

News & Notes



#1050, 24 October 2024

A weekly bulletin for residents of Auroville



Original Last School building

*The Sons of Heaven, the Heroes of the Omnipotent,
thinking the straight thought, giving voice to the Truth,
founded the plane of illumination and conceived
the first abode of the Sacrifice.*

*... The Master of Wisdom cast down the stone defenses
and called to the Herds of Light...*

*... he shattered the city that lies hidden in ambush, and cut
the three out of the Ocean, and discovered the Dawn and
the Sun and the Light and the Word of Light. Rig Veda*

Pondering



A belief in immortality is made so vital a point in most religions because it is a self-evident necessity if we are to rise above the identity with the body and its preoccupation with the material level. But a belief is not sufficient to alter radically this mistake of perspective: the true self-knowledge of our being in time can come to us only when we live in the consciousness of our immortality; we have to awaken to a concrete sense of our perpetual being in Time and of our timeless existence.

For immortality in its fundamental sense does not mean merely some kind of personal survival of the bodily death; we are immortal by the eternity of our self-existence without beginning or end, beyond the whole succession of physical births and deaths through which we pass, beyond the alternations of our existence in this and other worlds: the spirit's timeless existence is the true immortality. There is, no doubt, a secondary meaning of the word which has its truth; for, corollary to this true immortality, there exists a perpetual continuity of our temporal existence and experience from life to life, from world to world after the dissolution of the physical body: but this is a natural consequence of our timelessness which expresses itself here as a perpetuity in eternal Time.

*Towards the Sevenfold Knowledge,
The Life Divine, Sri Aurobindo*

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House of Mother's Agenda



The measure of that subtle music ceased.

Down with a hurried swimming floating lapse
Through unseen worlds and bottomless spaces forced
Sank like a star the soul of Savitri.

Amidst a laughter of unearthly lyres
She heard around her nameless voices cry
Triumphing, an innumerable sound.

A choir of rushing winds to meet her came.

She bore the burden of infinity
And felt the stir of all ethereal space.

Pursuing her in her fall, implacably sweet,
A face was over her which seemed a youth's,
Symbol of all the beauty eyes see not,
Crowned as with peacock plumes of gorgeous hue
Framing a sapphire, whose heart-disturbing smile
Insatiably attracted to delight,
Voluptuous to the embraces of her soul.

Changed in its shape, yet rapturously the same,
It grew a woman's dark and beautiful
Like a mooned night with drifting star-gemmed clouds,
A shadowy glory and a stormy depth,
Turbulent in will and terrible in love.

Eyes in which Nature's blind ecstatic life
Sprang from some spirit's passionate content,
Missioned her to the whirling dance of earth.

Amidst the headlong rapture of her fall
Held like a bird in a child's satisfied hands,
In an enamoured grasp her spirit strove
Admitting no release till Time should end,
And, as the fruit of the mysterious joy,
She kept within her strong embosoming soul
Like a flower hidden in the heart of spring
The soul of Satyavan drawn down by her
Inextricably in that mighty lapse.

Invisible heavens in a thronging flight
Soared past her as she fell. Then all the blind
And near attraction of the earth compelled
Fearful rapidities of downward bliss.

Lost in the giddy proneness of that speed,
Whirled, sinking, overcome she disappeared,
Like a leaf spinning from the tree of heaven,
In broad unconsciousness as in a pool;
A hospitable softness drew her in
Into a wonder of miraculous depths,
Above her closed a darkness of great wings
And she was buried in a mother's breast.

Then from a timeless plane that watches Time,
A Spirit gazed out upon destiny,
In its endless moment saw the ages pass.

All still was in a silence of the gods.

The prophet moment covered limitless Space
And cast into the heart of hurrying Time
A diamond light of the Eternal's peace,
A crimson seed of God's felicity;
A glance from the gaze fell of undying Love.

A wonderful face looked out with deathless eyes;
A hand was seen drawing the golden bars
That guard the imperishable secrecies.

A key turned in a mystic lock of Time.

But where the silence of the gods had passed,
A greater harmony from the stillness born
Surprised with joy and sweetness yearning hearts,
An ecstasy and a laughter and a cry.

A power leaned down, a happiness found its home.

Over wide earth brooded the infinite bliss.

*Sri Aurobindo, Savitri
A Legend and a Symbol
Book Eleven: The Book of Everlasting Day
Canto One: The Eternal Day: The Soul's Choice and the
Supreme Consummation*

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

*With love and gratitude,
Gangalakshmi
(HOMA)*



Townhall Speaks

BCC OFFICE'S New Landline Phone

Dear community, the BCC office's new landline phone number is **0413 3509953**.

The old phone number has been disconnected.

*BCC Team,
(Angurajan, Arthi, Kalaiarsi, Ravindra, Victoria)*

FAMC OFFICE'S New Landline Phone

Dear Community, the FAMC office's new landline phone number is **0413 3509954**.

The old phone number has been disconnected.

Balaji, FAMC Admin

GUIDELINES FOR CONTRIBUTIONS to Auroville City Services and the Auroville Health Fund

Introduction

As per the ideals of Auroville, all Aurovilians are expected to work for Auroville. As per guidelines of the Mother, everyone should work at least five hours a day, every day, for the collective progress of Auroville. Or at least six hours a day for six days a week. All Aurovilians and newcomers are expected to contribute in the form of service. As Auroville evolved collectively we adopted a certain system to organize our collective material needs.

Aurovilians receive maintenance for their service from the units or services they work with. Monthly contributions to Auroville City Services and the Health Fund are expected from, or on behalf of, each adult resident of Auroville. For those who work with income-generating units, this contribution is made by the units. For residents who work with service units that are on a City Services budget, the monthly City Services and Health Fund contributions are part of that budget.

Guidelines

1. For individuals who work full-time in one of the City Services units, the monthly City Services and Health Fund contributions are covered by City Services.
2. For individuals who work only half-time at a City Services unit, 50% of the monthly City Services contribution is included in the budget of the unit. The other 50% must come from the individual or from any other income-generating unit where the person works for the remaining half of the time.
3. For individuals who are qualified to be on a "Care Package", City Services and Health Fund contributions are included as part of the Care package.
4. All income-generating units must make the monthly City Services and Health Fund contributions for each Aurovillian and newcomer working in the unit. It is the individual's responsibility to ensure that the unit they work with is making the City Services and Health Fund contributions on their behalf.
5. Monthly City Services and Health Fund contributions must continue even when a person leaves Auroville for a temporary period. A contribution exemption can be given for absence from Auroville in excess of three months, starting from the fourth month of absence from Auroville. Residents who plan to be away from Auroville must inform the Resident Service (RES) and the Budget Coordination committee (BCC) of their travel schedule before departure in order to avail of the contribution exemption.

These guidelines become effective immediately.

*Funds and Assets Management Committee and Budget
Coordination Committee, 16 October 2024
(Chandresh, Geeta, Margarita, Torkil)*

BCC FINANCE IS LOOKING for a Finance Coordinator

The job description for the position for Budget Coordination Committee (BCC) Finance coordinator is:

- Ability to read and process Balance Sheets, make calculations for BCC.
- To communicate clearly with the executives & trustees regarding clarifications on the submitted budgets, contributions and calculations derived thereof.
- Senior and experienced, ready to handle queries and challenging interactions with Aurovilians.
- Have a critical mindset to solve the queries of the unit executives.
- The candidate needs to have completed the following education—Indian Graduation: M Com or MBA Finance with at least 3 years of field experience in the field of finance & audits.

Please reach out to HR:

- hr-bcc@auroville.org.in or pass by our office at BCC in the Archives building.

Suresh & Raja for HR

ATDC:

Application Announcement 24-10-2024



**Auroville
Town
Development
Council**

L'avenir d'Auroville

A. The following Site Applications have been received and are approved.

Feedback period ends on 7 November 2024 and feedback shall be sent to avenir@auroville.org.in.

1. Surabhi Supplies & Service: Office & Storage Yard

Note: This project is being re-announced with a new site location.

The project site was first announced in the Southern Service Node but has now been relocated into the Industrial Zone on Radial 3 between Afsaneh Guest House and the site allocated to Svaram Research Campus.

- **Applicant/s:** Iyyappan & Prabhu
- **Location/area:** Industrial Zone
- **Area for which approval is sought:** 1285 sqm
- **Project brief:** Surabhi Supplies is a registered procurement service under the Service Trust that handles the 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.

2. Auroville Water Service: Fecal Sludge Treatment Plant

- **Applicant/s:** Auroville Water Service
- **Location/area:** Green Belt/ east of the Residential Zone Sector 1&2
- **Area for which approval is sought:** 1.27 Acres approximately
- **Project brief:** The aim of this project is to develop a sludge treatment unit for the safe handling and disposal of sewage sludge generated in Auroville.

Constructive feedback guidelines

Subjective and personal approval of projects from neighbors to the projects has no resonance with the ideals of Auroville where we have committed to a life guided by no desire, no preferences and no sense of ownership. This subjective "approval from the neighbors" is no longer part of the application process as this has no place in Auroville. When we publish projects for approval, we will discard all subjective and personal feedback with respect to "neighbors choosing neighbors" or "neighbors choosing development guidelines". All other feedback is welcome and will be part of the process.

No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and Progressive Harmony.

- **For more information on the projects** contact L'avenir d'Auroville (ATDC) write to: avenir@auroville.org.in for an appointment.

Joel, Inbox manager

IMPORTANT ANNOUNCEMENT:

Revision of Auroville Health Fund Contribution

Dear Auroville Health Fund Members, following a thorough review of the community's medical expenditures spanning the last several years, the FAMC-BCC has decided to revise the Auroville Health Fund contribution amounts going forward.

Revised Contribution Amounts

effective November 1, 2024

- **Adult** (Above 18 years): ₹660
- **Children** (Below 18 years): ₹330

Last revision was made during the financial year 2022–23. (From Rs 250 to Rs 300 for children and Rs 500 to Rs 600 for Adult Aurovillian)

Key Updates

- BCC will provide the revised Health Fund contributions towards individuals and children receiving maintenance from City Service. BCC will cover the Health Fund contribution amount for those who are receiving maintenance from City Service.
- Units and self-supported individuals are requested to contribute the full revised amounts starting November 1, 2024.

We appreciate your understanding and continued support in maintaining the well-being of all the residents of our community.

Sincerely, FAMC & BCC, 21 October 2024

FAMC: Chandresh, Geeta, Margarita, Torkil

BCC: Angurajan, Arthi, Kalai, Ravindra, Victoria

AUROVILLE'S WORKING COMMITTEE

Established as Legitimate by the Madras High Court

Auroville's Working Committee, duly selected as per Section 20 of the Auroville Foundation, established as legitimate by the Madras High Court on 01.08.24 by a Single Judge Bench (Writ of Quo Warranto W.P.No.12980 of 2023)

We are pleased to announce that a single judge bench of the Madras High Court, on 01.08.24, has established and reinforced the authority of the Working Committee of the Residents' Assembly of Auroville composed of Anu, Arun, Srimoyi, Partha, Joseba, Selvaraj, and Tine, selected under Section 20 of the Auroville Foundation Act. The confusion regarding the legitimacy of the Working Committee caused by some unauthorized residents, claiming to be the rightful Working Committee, had caused substantial confusion within and outside the community of Auroville and has been now brought to a closure with this Order.

The Order states:

"60. [...]R1 to R7 draw authority and sustenance from the admitted position that R1 to R4 were selected in accordance with the PWG procedure in 2021 and R5 to R7 replaced the break-away group in April 2022.

61. The removal of the members of the break-away group is in accordance with the procedure provided for such removal in the PWG document. It is not denied that R1 to R7 have attained the age of majority and their names also find place in the Register of Residents after due verification by the OSD. Thus, their position as members of the Working Committee of the Residents' Assembly is found to be legitimate, with requisite authority.

62. In addition, the OSD has, in document dated 20.02.2023 found that the records reveal that R1 to R7 comprise the Working Committee and this would also serve to clothe R1 to R7 with the required legitimacy to function as the Working Committee.

[...]

66. ***In light of the aforesaid discussion, I find no merit in the plea seeking writ of quo warranto as against R1 to R7.***

In summary, the court, after consideration of the arguments from the petitioner and the respondents, **has dismissed the writ petition seeking *quo warranto* which challenged the authority of the real Working Committee to hold office.** In other words, the court has ruled in favour of the Respondents [R1 to R7: Anu, Arun, Srimoyi, Partha, Joseba, Selvaraj, and Tine & R8: Secretary of the Auroville Foundation], wherein R1 to R7 were recognized as holding the proper authority to act as the Working Committee.

The court also observed that the lack of regulatory measures for the selection of a Working Committee has led to the current situation. The judge further observes that any attempt at regulatory measures in Auroville seems to be met with resistance.

Relevant excerpts:

"[...]56. It is very unfortunate that a Foundation of the stature of Auroville has existed thus far without a clear framework for selection of the members of the Working Committee. The need for such Regulation has never been more evident than it is today and there is a clarion call for finality in this regard.

57. *To such end, The Auroville Foundation (Framework for Selection of Working Committee) Regulations, 2024 has been issued seeking to bring out Regulations on the methodology for selection of the Working Committee of the Residents' Assembly but was immediately challenged in WP.No.1477 of 2024 and an interim stay of the Regulations obtained on 23.02.2024.*

58. ***The narration as above would reveal that any attempt to regulate the functioning of the Foundation has met with resistance and prompt resort to the Courts. Both Regulations, one for bringing in procedures to update the Register of Residents and the other to appoint the members of the Working Committee have faced this grim fate. Thus, till such time the Regulations are finalised, the directions issued by the First Bench on 04.09.2023 would govern the field qua the management and functioning of Auroville.***

The court has also explicitly recognized and reinforced the authority of the OSD (Officer on Special Duty) appointed as per Section 15(3) of the Act as follows:

"52. On the other hand, the Register that has been submitted by the OSD at the behest of R8, along with a tabulation of the various particulars relating to the contents thereof, reveals a totally different picture with only 1861 members.

53. *The OSD has been appointed in terms of the Section 15(3), in terms of which, the Governing Board may appoint such other officers and employees as may be necessary for the efficient performance of its functions. Section 17 sets out the powers and functions of the Governing Board as follows [...]*

[...]

55. ***In terms of Clause (d) of Section 17, it is the Governing Board which is vested with the power of monitoring and review of the activities of Auroville and to secure proper management of the property vested in the Foundation as well as other properties of Auroville. Thus, it is the OSD who, as on date, is the proper authority to oversee the functioning of the Foundation, as confirmed by the interim orders granted by this Court. I would thus go by the status as confirmed by the OSD.***

This verdict not only confirms that the Working Committee of the Residents Assembly is composed of Anu, Arun, Srimoyi, Partha, Joseba, Selvaraj, and Tine, but is yet another victory in the establishment of truth over falsehood, clarity over confusion.

Sindhuja

Community News

Passing On

AUROSHASTRI

04.07.1975—11.10.2024

Auroshastri was born in Pondicherry at Cluny Hospital on July 4, 1975. His father Gerhard asked Nolini for his name and received Auroshastri, meaning “he who has knowledge of the divine law.” He spent his early years happily alongside many friends — Aurosyllie, Sukrit, Ritam, John Bosco, Mukta, Auralice, Angiras and others while living at Isai Ambalam in Auroville. When he was six, the family moved to Germany for a few years before returning to Auroville in 1989. He attended Kodaikanal International School and at the age of 17 he went back to Germany, where for some years he lived and worked with his father in the clothing industry, travelling a lot. Then their work took them to England for several years before he came back to live in Auroville in 2000 at the age of 25. Among many other things his father taught him to play GO which he continued to enjoy throughout his life.



*Shastri in Bobby's arms,
Diane with Auralice, Mukta
in the basket*

In later years, he was deeply fascinated by water and dedicated much of his time to researching it. Living waters and natural energies were passions that consumed Shastri, driving his curiosity and commitment to understanding the world around him. He wasn't content with simply reading about concepts—he had to test them, experience them firsthand, and make them his own. Whether it was an experiment he devised or a theory he tested on himself, he held fast to his convictions, even when others didn't understand his thinking.

Walking barefoot on the earth and swimming in the sea were his natural ways of reconnecting, balancing his body in harmony with nature. He explored every new healing technique with deep dedication, diving into its depths until he fully grasped it before moving onto the next discovery. He understood the importance of water for health and the vitality of life itself, recognizing the negative impacts of unnatural, tainted waters long before many others.

Auroshastri had strong convictions and was full of bold, unconventional ideas. He embraced his eccentricity, often enjoying life on the fringe of society. He thought in ways that transcended his time, envisioning a world that others could not always see. He followed his own path and wrote his own life. Throughout his successes and failures he touched many hearts and minds. He is dearly loved and will always be missed. Love never dies.

Bobby, Suryan and Alok

BHABANI PROSAD LAHORI PASSED AWAY

Bhabani Prosad Lahori, also known as Babu, recently passed away due to a heart attack. Babu lived in Auroville for a short while in the late 1980s or early 90s, when married to Aurovilian Rosa. After Rosa left her body, Babu ran a boutique in Pondy called Art Naturelle, and gradually contact was lost.

Babu was a long-term devotee of Sri Aurobindo and the Mother. Farewell, Babu

Submitted by Annemarie

REMEMBERING JAIRAM



J. Jayaraman, Jairam for those who knew him, joined Auroville at a very young age in 1970. He was born in Alankuppam (1959) and his childhood in the village had been a difficult one. He had ended up staying with his grandmother in Kottakarai, who was also hardly able to look after him. As soon as he heard that Auroville was coming, he applied to join. With Varadharajan as an intermediary, he was accepted by The Mother and began living with Daniel (an American pioneer Aurovilian) on his farm in Kottakarai.

All he aspired to do in Auroville was being of service. Very early on he worked with Paul Vincent as a tractor driver, ploughing some newly acquired fields which later became Djaima, and started Volunteering at Matrimandir with Ruud (another pioneer Aurovilian), and also as a tractor driver, and in MM construction work. Later one could find him at the entrance to the Chamber and served under the guidance of Arjun Puri and John H.

While he worked at Matrimandir he stayed at the Matrimandir Camp for many years, then later moved to Shanthi Community. He got married to Boomadevi and had a daughter, Vijaya and a son, Viji (Vijaykumar).

Unfortunately, he lost both his legs due to gangrene, and his only sadness was that his body would not allow him any longer to be of full service to Auroville. But he did not give up, even though he had to go through multiple operations due to health issues.

Many people driving or cycling past the Matrimandir during the past few years would have seen Jayaraman sitting on his wheelchair on the side of the road close to the Matrimandir gate near the big Peepul tree. He would lovingly greet passers-by and chat with them, and also guide guests who wanted to go to the Matrimandir or were looking for other locations in Auroville. He did this service for a long time, till very recently when, due to a head injury caused by a fall, he passed away on Friday, 11 October, 2024, aged 65, at his residence. The funeral took place at the Auroville Cremation Ground the next day, Saturday 12 October.

Written by Annemarie, with input from D. Vijaya

- On **Saturday, 26 October, at 7:30pm**, a **video portrait of Jayaraman**, made last month by Yatra Arts Media & Svaram, supported by AVI USA, will be shown **at Shanthi community** (near Matrimandir), **at Jairam's home**. More information will follow.



MIRJAM HARTGERS PASSES

Last week Mirjam Hartgers, a dog loving Dutch woman, passed away. She was a member of AVI Holland. She used to go regularly to an orphanage in Thiruvanamalai. There she also started taking care of dogs in need. She came into contact with the IACC (dog shelter) when she brought two dogs from there which needed help. From around 2012 she started



to come yearly to Auroville and spent most of her time working in the IACC. Besides giving all her energy to helping the dogs, she also helped the center financially.

She always stayed at Center Guest House and when I recognised her Dutch accent I asked her where she was from. It turned out we were from the same city. We also worked in the same place, the main Library. She started there in September while I left 3 weeks later to go on my world tour (which stopped here in Auroville). Her last visit was just before COVID. That time she was carrying a bag with her wherever she went. What was inside? She had found an abandoned kitten with the eyes still closed. As she was not allowed to have pets in her room, she hid it in the bag. When she left after a few months, she gave the kitten to me.

Kannan, who used to work in the IACC, always was like a younger brother to her. When she knew she was reaching the end of her life, she asked him to come and be with her for the last stretch of her life. He managed!

On Friday she will be buried next to her partner who passed away earlier this year. Love from all the people and dogs who worked with her and loved her.

Tineke

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity and Matrimandir

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE.

- The Park of Unity is open to **Aurovilians and Newcomers** daily, 6am—7:30pm
- **Aurovilians may bring close family and friends** to the Gardens daily, 9am—3:30pm

Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.

Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to **Aurovilians and Newcomers**:
 - Monday—Saturday: 6—8am, 4:30—7:30pm.
 - Sunday: 6am—12pm, 4:30—7:30pm.
- The Inner Chamber is open to **SAVI registered Volunteers**:
 - Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate.
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
 - Any day except Tuesday & Sunday: 8—8:35am.
Arrival at 7:45am at the Office Gate.
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools**:
 - Tuesday 9—11am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in: Tuesday 8—8:30am.

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders:
 - Monday—Sunday, 7—8am, daily 5—6pm.
 - Tuesday morning, closed.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre.
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre:
 - Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

Antoine, Divya Karun, John H., Judith, Sundar K

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

Every Thursday, 5:30—6pm (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your **Guest Card** with you. Access only for the Amphitheater from 5:15pm. Thank you.

Surya and Velmurugan for Amphitheater team

Awakening Spirit

SAVITRI BHAVAN



Schedule, November 2024

Exhibitions

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Glimpses of the Mother:** Photographs and texts In the Square Hall

Films: Mondays 4pm in the Sangam Hall

- **November 4: Meditations on Savitri, Book 3—The Book of the Divine Mother, Cantos 1—4.** This film covers all the four cantos of Book 3—The Pursuit of the Unknowable, The Adoration of the Divine Mother, The House of the Spirit and the New Creation and The Vision and the Boon. *Duration: 22min.*

- **November 11: The One Whom We Adore as The Mother.** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. *Duration: 63min.*
- **November 18: The Mother—Glimpses of Her Life.** Film from 1978 with recordings of The Mother's and Sunil's compositions. *Duration: 18min.*
Followed by A New Birth—A Meeting of The Mother with Surendra Nath Jauhar on 11.05.1967—Sadhak and founder of the Sri Aurobindo Ashram, Delhi Branch. *Duration: 23min.*
- **November 25: On Significance of the Siddhi Day.** This is the second conversation of Dr Alok Pandey with Narad on the significance of Siddhi Day, 24 November 1926. The talk was recorded on November 24, 2016, in Pondicherry. *Duration: 46min.*

Full Moon Gathering

- **Friday, 15 November, 7:15—8:15pm** in front of Sri Aurobindo's statue

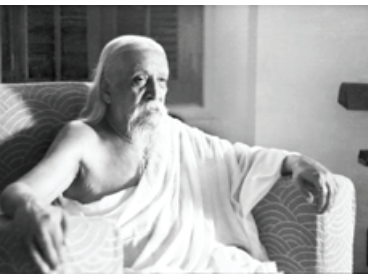
Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Wednesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Reflections on Passages in Savitri: Love

Larry Seidlitz

- **Saturday, 26 October, 4pm, Sangam Hall**



The overarching theme of Savitri is love, and the passage to be considered in this presentation discusses its deep mystical significance which is woven into the story of Savitri and Satyavan and into the lives and work of Sri Aurobindo and the Mother.

The passage reveals love as a divine Power which will transform this earthly life into a life divine, while also showing its relation with our common human love and its baser derivatives. It is love which has led to the fated meeting of Savitri and Satyavan at the edge of the forest, and at first sight, awakened their spirit's memory, and tore the mist separating their two lives. But more significantly, the passage links their story with that of Sri Aurobindo and the Mother, whose divine love for humanity and the world brought down the supramental power which will transform this earthly life.

Everyone is welcome

Dhanalakshmi for Savitri Bhavan

The Great Adventure—Auroville Becoming 50

- **Monday, 28 October, 4pm at Savitri Bhavan.**
Duration: 50min.

On 10 July 1957, in a talk in the Ashram, the Mother reflects on the New World and the Supramental manifestation which could also apply for Auroville's birth and becoming:

"We are now witnessing the birth of a new world... it is an absolutely unexpected and unpredictable adventure. There are people who love adventure. It is these I call, and I tell them this: "I invite you to the great adventure."

It is a question of a new creation, entirely new, with all the unforeseen events, the risks, the hazards it entails—a real adventure, ...Something that has never been in this present universe and that will never be again in the same way. If that interests you... well, let us embark. What will happen to you tomorrow—I have no idea.

One must put aside all that has been foreseen, all that has been devised, all that has been constructed, and then... set off walking into the unknown. And—come what may!"

The film opens with this message of the Mother—and then brings to our awareness that Auroville is a project by the Divine Mother and was inaugurated on the 28th of February 1968. During the inauguration ceremony, the Auroville Charter, written by the Mother, was read out by her with perceptible power. Also, the galaxy model of the new city was presented to the world.

The Mother gave direction and guidance to Auroville and personally met the first Aurovilians. The aim was to bring Sri Aurobindo's teaching into practice. Aspiration towards a new world and the teachings of Integral Yoga and Education, new conscious work with nature, knowledge about the Supramental consciousness force transforming earth, and the Mother's immense force nourished the dedication and ideals of Aurovilians.

Already in 1965, the Mother chose Roger Anger as the chief architect of Auroville and the Matrimandir. Eventually, she gave detailed instructions regarding the construction of the Inner Chamber. In her guidelines, she also spoke about the four zones of Auroville: Residential, Cultural, Industrial, and International. In an interview in 1973, Roger Anger reflected on the intention and philosophy behind the city of Auroville.

This documentary film offers profound insights and broad perspectives on Auroville's coming into being with all the diverse activities, research, and ideas that have been worked out and manifested. It also talks about its challenges.

Here is some information on milestones in the development of Auroville over the past five decades. The *Last School* in Aspiration opened in 1970 and the *Health Center* in 1971; In 1975 Aurovilians registered the Auroville Society in an attempt to create an independent legal body that could receive funds independently and develop a new internal organization. The new *Pour Tous Fund* came into existence in 1976.

In 1980 the Government of India passed the Auroville Emergency Provision Act and temporarily took over the management of Auroville. In 1984, the *Sri Aurobindo International Institute for Educational Research* (SAIER) was set up as an umbrella organization under which all educational activities and research could be coordinated and supported. In 1988 the Auroville Foundation Act was passed by the Indian Parliament. *Auroville Today*, a monthly magazine, came out in November 1988. The *Visitor's Center* opened in 1991.

Water, solar, and earth technologies and wastewater treatments were developed. The solar concentrator was created and in 1997 the *Solar Kitchen* and *La Terrace* opened. In 1998, the Central Water Tower, the so-called "Elephant," was constructed. Already earlier, the Greenbelt was laid out and Auroville's afforestation activities took off. Considerable research in alternative food sources was conducted.

The Auroville Library, Santé—The Auroville Institute for Integral Health, the Farewell Center, and the Pour Tous Distribution Center came into existence. In 2009 the Pavilion of Tibetan Culture was inaugurated by the Dalai Lama. The completion of the Matrimandir was celebrated with a bonfire in 2008. In 2015 the Auroville Retreat was organized with many participants reflecting on Auroville and its future and working on a detailed development plan... The list can go on and on.

Moreover, in Auroville, the presence of the Divine Mother's force and the Supramental, the Supreme constantly fuel inspiration and research. This being so, creativity got and will always get a new impulse.

In short, this film by Doris and Francis and Auroville Video Productions and with gratitude (2018) is a beautiful kaleidoscope of Auroville's history, activities, and achievements.

- It is also available on the Savitri Bhavan website <https://savitribhavan.org/>.

Margrit for Savitri Bhavan

House of Mother's Agenda welcomes you

The House of Mother's Agenda at Savitri Bhavan informs that from August 2024:

- **Monday—Saturday, 3—5pm** Ganga Lakshmi is here to welcome you.

Moreover, those who want to listen to the Agenda of the Mother's in French. That will be possible:

- **Every day, 3—5pm**

Welcome to the Infinite Joy.

Ganga Lakshmi

BRAHMANASPATI KSHETRAM

Calendar of regular events of October 2024

Every Tuesday 6:45 - 7:30pm

Savitri Reading

Every Thursday 6:00 - 6:30pm

Meditation

10th & 24th Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

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



kshetram2014@auroville.org.in

Rajan

SAVITRI SATSANG & OM CHOIR

with Narad

Every Wednesday @ Savitri Bhavan, Square Hall

- **Savitri Satsang, 4:30—5:15pm**

We will begin with Book 1 The Book of Beginnings, Canto I, the Symbol Dawn, Savitri, this prophetic vision of the world's history, including the announcement of the earth's future.



From the Mother: The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted. A complete system of yoga which can serve as a guide for those who want to follow the integral sadhana.

- **Om Choir, 5:30—6:15pm**

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

Please join us in this collective aspiration, in the form of united prayer. No prior singing

Narad

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo



By **Deepti Tewari**

4:30 pm - 5:30 pm

Every Tuesday

Venue :

Resource Library,
Bharat Nivas, Auroville



Scan for Location



Monisha

Education

KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulilapalayam

kulaicreativecentre.auroville@gmail.com

8608473385



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

Selva for KCC

BOOST YOUR AUROVILLE PROJECT WITH AI:

Enthusiasts Ready to Help!

Have an established Auroville project using online channels? Looking to improve with AI? We're local GenAI enthusiasts excited to explore AI's potential with you!

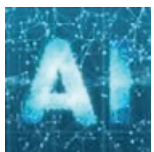
For those ready to apply AI, we can explore custom solutions, help integrate AI tools, and brainstorm AI-driven strategies for your online presence. You're the expert in your field; we're passionate about AI. Together, we can discover new possibilities.

We're eager to help find ways to analyze your data, streamline tasks, personalize user experiences, and investigate AI-powered marketing—all tailored to your Auroville project.

Ready to collaborate?

- Contact us on WA:
Manisha 9999955321, AL 9843941207.

Let's learn, grow, and innovate together with AI! **Manisha**



ACADEMIC TUITION OFFERED

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

Ashwini, Aspiration

AUROVILLE LIBRARY

Our Reading Circles

- Mondays 6—7pm, in the Children's Room:
The Beauty Myth by Naomi Wolf
by Sohela +91 8233277556
- Mondays 6—7pm, main building:
The Prophet by Kahlil Gibran,
hosted by Malcolm
+91 9080159721
- Tuesdays 6:30—7:30pm, main building:
A New Earth by Eckhart Tolle,
hosted by Debashish +91 7678208825
- Thursdays 6—7pm, main building:
When Things Fall Apart by Pema Chodron,
hosted by Helen & Serena
+91 7094753054, +91 8489760966



Auroville Library Contacts and Timings

- Phone: 0413 2622 894
- Email: avlib@auroville.org.in
- Opening timings:
 - Mornings: Monday—Saturday: 9am—12:30pm
 - Afternoons:
Monday, Wednesday, Thursday, Friday & Saturday:
2—4:30pm
Tuesday: 4—6:30pm

Laura

EARTH INSTITUTE:

November on-campus Training Course

CSEB Design : 11th Nov - 16th Nov

AVD Intensive : 18th Nov - 23rd Nov

CSEB Intensive : 25th Nov - 30th Nov

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



We are thrilled to invite you to embark on an exciting journey with us to explore the untapped potential of our Earth through interactive workshops! This unique adventure promises to be an enriching experience, full of discovery and learning.

Limited seats are available on a first-come, first-served basis. Register now & join the clan!

- Contact: +91 9159225078/0413 2623330/2623064
- Registrations are open:
<https://registration.earth-auroville.com/>

T. Ayyappan

Youth Initiatives

MAKER SPACE

Monday to Thursday, 8:30am—12:30pm
@ Youth Center

Dear Community, we are excited to share with you the news of our newly launched Maker Space! This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings.

In order to continue providing a dynamic and resourceful environment for our community, we are reaching out to ask for your support. We are seeking donations in cash or in kind, specifically materials such as wood, metal, and other upcycling materials that will help our makers bring their ideas to life.

Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

If you are interested in supporting our Maker Space with a donation, please reach out to us at Youthlink@au-rovville.org.in or for in cash donations you can directly transfer to our account **251048**.

Your contribution will make a meaningful difference in the success of our program. Thank you for considering supporting our Maker Space. We look forward to hearing from you and continuing to empower makers in our community.

Lucrezia & Youthlink team

LAUGHTER IS THE BEST MEDICINE

26 October, Saturday, 9:30am—1:30pm @ CRIPA

The Curious Case of Missing Humor

Facilitated by: Siddharth and Smriti

Explore the transformative power of laughter and storytelling. Learn how to use writing, theatre, and art to express yourself and find healing through the Story Rainbow pedagogy.

YouthLink AUROVILLE

Join us for an immersive playful cheerful workshop on therapeutic storytelling to decode why “Laughter is The Best Medicine” and how to create it while exploring one’s own uniqueness. Interactive, fun, and light-hearted experience allowing participants to discover oneself and different types of humor, their own humorous style, and how humor can enhance communication and relationships. Looking at life from the lens of humor.

- [Register via the link](#) or scan the QR code!
- Facilitator: Siddharth & Smriti



Jisung on behalf of Youthlink

'STATIC HANGING' WORKSHOP

24 October, Thursday, 4:30—6pm

@ Dehashakti sports & physical education

Dear all, YouthLink is hosting its first 'Static Hanging' Workshop!

Why learn the static hang?

It's a under-utilized method to:

- Decompress the spine.
- Improve grip strength.
- Stretch the upper body.
- Relieve shoulder pain.
- Promote increased blood flow.



Learn the proper way to apply the static hang under the guidance of Nitin & find out more about its benefits in person.

No registration required, show up and have fun with the community.

Arun on behalf of Youthlink

Ecology

COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,

10:30am—12:30pm & 3—4:30pm

Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.



We welcome all recyclers or anyone needing such

items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

- It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H. for Eco service team

Health Care

SIMHA HEARING AIDS AND SPEECH THERAPY CENTER Offer Services

Simha Hearing Aids and Speech Therapy center of Pondicherry will be commencing their services at Auroville Health Centre. Prof. N D Rajan with more than 45 years of experience and Mrs. M. Manju with 20 years of experience, Audiologists and Speech Therapists, will be providing their services from the month of November 2024.



- They will be visiting on **2nd and 4th Saturdays of every month, starting 9 November, between 2—5pm.**

They will be providing the following services:

- Audiometry (Hearing Assessment)
- Hearing aid fitting (like SIEMENS, PHONAK, and other known brands)
- Programming and readjustment of hearing aids
- Consultation for speech and voice problems

In addition, **basic accessories for hearing aids** like batteries, cleaning kits etc, will be **available in the Pharmacy** from the second Saturday of November 2024.

Dr Uma

AUROKIYA: 5TH EYE YOGA AND WELLNESS RETREAT

5 to 9 November




Aurokiya Integral Eye Centre
(An Auroville Unit)

FOCUS-V

5th Eye Yoga & Wellness Retreat

For Registration & Details

Date: November 5 to 9, 2024
Time: 7:00 AM - 8:00 AM
Place: Arka, Auroville



Limited Seats: 15 [LINK](#)

Aurokiya Integral Eye Centre is hosting our 5th Eye Yoga and Wellness Retreat from 5 to 9 November. Join us as we guide you through eye exercises to refresh your visual system. This event is in partnership with The School for Perfect Eyesight in Pondicherry. To register and for more information, please scan the QR code or [click on the following link](#).

Benefits of Eye Yoga: Reduces eye strain, improves vision, boosts concentration, promotes relaxation, prevents vision problems.

- For details and other programs contact 8012305151/ 9704258709

Aurosugan for Team Aurokiya

ASITA TO PROVIDE IN-HOME SERVICES For The Elderly

My humble greetings, I am very blessed to be a part of this wonderful community. As a Behavior Technician in ABA therapy, trained by Centria HealthCare, I also hold a master's in Sociology and a bachelors in Psychology. I've contributed to projects in Maternal and Child Health, Nutrition, and Childcare, and I currently offer my expertise as a fellow in Medicine and Health Management at AVF.

I have worked with the Emergency Medical Services (EMS) in the past and currently, I am providing my services at Senior Living centers and in-home services for the elderly in and around Auroville, focusing mainly on memory improvement for patients with nerve disorders through engaging activities like storytelling, puzzles, and music therapy to enhance their receptivity.

I also provide family counseling, offering my guidance and emotional support. I am happy to offer my services to all.

- Feel free to contact me by booking an appointment through Santé reception 0413 2622803 on Wednesday and Saturday morning. *Asita Dutta, Santé Team*

OFFERING NURSING SERVICES

Greetings to the community, it's my pleasure to introduce myself to all of you. My name is Madhi and I'm 26 years old. I've been living in Auroville since my childhood with my family. I have done my bachelors degree in B.Sc (Nursing) and I have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in ICU and six month in emergency). Past two years I've been working with private diagnosis and health care in Auroville.

- Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I'm happy to offer my professional skills in the appropriate and proper way.

*Madhi, 9597222826 call/ WA,
madhiazhagan014@gmail.com*

SANTÉ SERVICES



Sante

Schedule, October 2024

Working Hours

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

Tests and Sample collection

- Monday—Friday 8:30—12pm.
- No sample collection on Saturday.

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr.Senthil & Dr.Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
Ayurveda with Dr. Be: TOS until January	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Midwifery & GYN Care with Paula: Tuesday & Wednesday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry email admin-sante@auroville.org.in	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

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

CHILDBIRTH PREPARATION CLASSES

Hall of Light, Creativity community, on Wednesdays

Childbirth preparation classes, including fathers, are offered throughout the year, at Hall of Light, Creativity community on Wednesdays. Each week, we have different themes and concepts. You're welcome to join us for a consultation and then enroll in classes.



- 5—6pm, **movement classes** like yoga, dance, breath work, etc
- 6—7pm, **theory** on various aspects of pregnancy

Like to join the classes?

- [Join our WA group here](#) or send message to Bala +91 9892699804 to add you in the group

All classes are drop in/out, if you are few minutes late or need to leave early we understand.

Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, integrative child birth and women's wellness care in Auroville.

- If you'd like to know more about our work email us morningstar@auroville.org.in
- and **general administrative queries** to Bala + 91 9892699804 WA only. *Submitted by Bala*



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

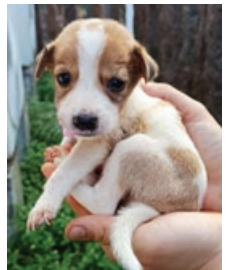
Working hours

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

Animal Care

A TIME FOR COMPASSION: Auroville's Call for Taking Responsibility

Once again, it is that time of year when countless puppies are born and abandoned like trash in Auroville or thrown at night over our fence. "Out of sight, out of mind. Let it be the shelter's problem!" This happens at least twice a year when dogs reproduce, and our shelter becomes overwhelmed with too many rescues. Daily we are receiving more and more calls, some friendly, some even threatening to take in these helpless animals, but our shelter is operating beyond full capacity with barely any funds, not enough staff, almost out of food and medicines, and no volunteers to help as its rainy season. Despite all our efforts to expand the back area of the shelter to free up space for rescues and sterilizations, we are unable to do more without receiving support.



And then there are always the voices of those who assert that Mother declared: "No dogs in Auroville!" It's simply not true. Maybe contemplate on what Mother said whenever you see a puppy dumped in the streets: "...Personally, I could do praam before a puppy dog, mon petit, in all sincerity—seeing the Lord in it. You only have to think of the Lord, no?" (Agenda 3:343) It is time for us, as a spiritual community, especially those in Auroville's administration, to realize that raising funds for the municipal dog shelter is a collective responsibility and not solely the shelter's burden. This is not just about money and budgets; it is about compassion, responsibility, and reducing the suffering of living beings.

We urgently need Auroville's backing to ensure that the shelter can continue its mission to keep the Community safe from dangerous diseases like rabies and be finally able to solve the puppy problem for good by systematically sterilizing all dogs to end the suffering and limit the overall dog population. Auroville must stand up to its responsibility and provide at least the basic monthly running costs of Rs. 3 lakhs until the new Auroville Dog Shelter becomes self-sufficient by earning its own income. Let the ideals on which Auroville is based, the words of The Mother, not just be empty words but a daily reminder to extend our love and care to all living beings.

"One can have the true attitude only when one has attained the consciousness of the divine Oneness; meanwhile it is always good to treat animals with respect, love, and compassion." (Collected Words of Mother 17:103)

Please sign our petition to show your support to help us secure the necessary funds to keep the shelter alive: Auroville [Dog Shelter Petition](https://www.change.org/AurovilleDogShelter). <https://www.change.org/AurovilleDogShelter>

By signing this petition you can choose to remain anonymous. So far over 800 signatures have been collected! Please support us with your donation. For donations in kind, we have a barrel in front of Pour Tous in Kuliyappalam or donate to our FS 251391 or www.aurovilledogshelter.com for alternative options.

Arthur

Theatre, Music & Arts

AUROVILLE SINGING FESTIVAL 2024



Saturday, 26 October, 7:30pm @ CRIPA

Sunday, 27 October, 7:30pm @ CRIPA

Two days, two different programs

Marta

NRITYARPAN
An odishi dance recital

By
Sangeeta dash
&
her students



07:00 pm
Sunday, 03rd November 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

bookmyshow



Scan for Ticket

SHAKTI
The Divine Forces, beauty & resilience of the feminine

By
Aurodyuti Dutta
Sumati Kalidindi
(Teaching Bharatnatyam in Sri Aurobindo's school of Pondicherry)



07:00 pm
From 26 October 2024
Venue:
SAWCHU,
Bharat Nivas, Auroville

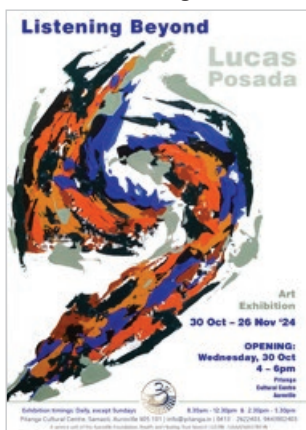


Scan for Location

LISTENING BEYOND: LUCAS POSADA
30 October—26 November @ Pitanga

The exhibition is in memory of Lucas Posada, who died on 31 October last year as a result of injuries sustained in a taxi accident.

Opening
Wednesday
30 October
4—6 pm



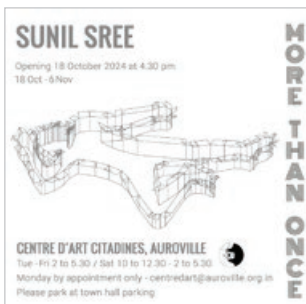
Andrea

SUNIL SREE:
More Than Once

18 October—6 November

More Than Once examines the themes of repetition, resilience, and transformation through the lens of the everyday.

The works engage with objects and imprints that carry the weight of familiarity, drawing attention to what is often dismissed or overlooked. By recontextualizing these elements, the boundaries between the ordinary and the profound are blurred, inviting reflection on cycles of use, disposal, and renewal.



Repetition becomes a method of exploration, where each iteration reveals new layers of meaning. The process of reworking these materials speaks to the persistence inherent in both artistic and societal practices, while subtly critiquing systems of excess and disposability. Here, repetition is not simply the act of duplication, but an opportunity for transformation, offering a nuanced perspective on the potential for renewal within everyday life.

More Than Once opens a dialogue on the tension between potential and realized form, where the act of repetition becomes a method of discovery rather than mere duplication. “More Than Once” highlights the persistence embedded in creative and social cycles, revealing beauty and meaning within the very act of continuous creation and re-creation.

- Tuesday—Friday, 2—5:30pm,
- Saturday, 10am—12:30pm, 2—5:30pm
- Monday by appointment only:
centredart@auroville.org.in
- Guided visits on Saturday at 10:30am

Marco



17 October—13 November @ Tibetan Pavilion

Join us for an inspiring showcase of artistic diversity!

Sathyamuthu

Dance Activities



Wanna STUDY TANGO

AUROVILLE TANGO
New batch starts the first week of each month

MON	WED
19:00 Introduction to Tango	19:30 Guided Practica
20:00 Opensource	20:00 Practilonga

HARMONY
Bharat Nivas

No partner required.
Bring socks or dance shoes.
And plenty of joy!

Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- Monday: 7—Introduction to Tango, 8—Open Source
- Wednesday
 - 7:30—Guided Practica, 8—Long Practice

No partner required. Bring socks or dance shoes.
And plenty of joy!

- +91 9821166082, tango@auroville.org.in Maud

DANCE CLASSES BY MANI



SALSA DANCE CLASS

Choose your Dance

- ✓ Bachata Dance
- ✓ kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now
+91 86376 33696

Tuesday salsa class 6:30 pm
Saturday workshop 7:0 pm

Bakisata_dance

New creation, dance studio
Embrace the Rhythm and Let Go!



TANGO DANCE

MONDAY
Beginner 6:30 to 7:30 pm
Intermediate 7:30 to 8:30pm

FRIDAY
Workshop 6:30 to 7:30pm
Open practice 7:30 to 8:30pm

Auroville, cripa

CONTACT US BY

+91 86376 33696

Bakisata_dance

Submitted by Mani

Ballet dance class with Fleur

Dance initiation
Age 4 to 5
Every Monday from 2.30 to 3.30pm

Classical ballet level 1
Age 6 to 7
Every Monday from 3.45 to 4.45pm

Classical ballet levels 2&3
Age 8 to 10: Every Saturday from 9.15 to 10.30am
Age above 10: Every Saturday from 10.30am to 12.00pm

@ New Creation Dance Studio

Fleur, 9600225764

ZUMBA WITH PREETI

New Creation Dance Studio
Sweatout & Smile
ZUMBA Every Mondays!

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Vega

International

The French Pavilion and Unicorn Collective present:

THE ART OF STORYTELLING

Workshop by Mireille

Wednesday, 30 October, 4:30—6pm

@ French Pavilion (opp. Visitor Centre)

Telling a story is much more than just speaking words. It's about using your own words, reclaiming a narrative, playing with your voice, your gestures, and your entire body to captivate the audience. It's an art that draws on the storyteller's authenticity while creating an intimate connection with those who listen.

After studying psychology, Mireille discovered her passion for storytelling, combining her understanding of human emotions with the art of narration. For 25 years, she has worked alongside renowned storyteller M. Hindenoch, exploring oral traditions. Mireille has shared her stories in France, Italy, Ladakh, Chandigarh, and Rajasthan, captivating diverse audiences. She also leads workshops for both children and adults, helping them find their narrative voice, and occasionally incorporates paper theater to enhance the storytelling experience.



- **Workshop for adults** every 15 days
- **Booking required:** +33618709157 WA

Vivekan

LA VITA DIVINA

Dear Italian friends, although Auroville Radio is going through a difficult period and is currently unable to continue publishing



podcasts, I want to reassure you that you can still enjoy listening to Sri Aurobindo's The Life Divine in Italian. The reading is posted regularly on the Gate of Dreams Italia YouTube channel.

- Find it by clicking on:

<https://www.youtube.com/@gateofdreamsitalia8047>

Francesca

Celebrations

WELCOME TO DIWALI AT UPASANA!

1 November, Friday, from 6pm onwards
@ Upasana, Auroshilpam



Join us as we celebrate Diwali together! Since 1999, Upasana's Diwali has blossomed into a beautiful community event filled with chanting, lights, flowers, and snacks. All are welcome! Let's celebrate the festival of lights together!

Hosted by Upasana & AV Community.

Uma

Multiple Activities

A teal-colored poster for Bharat Nivas activities. At the top left is a circular portrait of Sri Aurobindo. At the top center are two overlapping circles (yellow and red) above the text 'BHARAT NIVAS' and 'भारत निवास பாரத நிவாசம் The Pavilion of India, Auroville'. At the top right is a white wheel-like symbol. The main title is 'REGULAR WORKSHOP, CLASS & EXHIBITION'. Below are several activity listings, each with an icon and text. At the bottom, there are exhibition listings and an enquiry contact number.

BHARAT NIVAS
भारत निवास பாரத நிவாசம்
The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

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

EXHIBITIONS - MONDAY TO SUNDAY

- 09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra
- 09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)
- 09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Music, & Art Activities

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

7, 8, 9 November

@ Centre d'Art Gallery, Citadines, Auroville

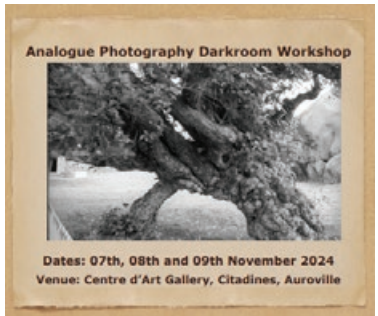
Program & Timings

- **Thursday, 7 November, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 8 November, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 9 November, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

The workshop fee for Guests: Rs.3000 incl. GST.

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



- All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.
- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, Centre d'Art

CREATIVE WRITING

Writing from Within is a session to learn how to use the writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves and also the spontaneous resources we harbor inside to overcome obstacles and evolve. Moreover, many other creative writing exercises can also be practiced



during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more.

Duration of the session: 1h30min.

- If you want to know more about me, check my Vlog I Just Wanna Write: <https://www.youtube.com/@IJustWannaWrite.channel/videos>
- For Info and to book your session, write at ijustwannawrite.email@gmail.com

If you want to know more about me, check my blog:

<https://ijustwannawrite.com>

Let's keep up with the good writing!

Francesca

SVARAM PROGRAMS

Ongoing Programs

Svaram Sound Experience: Sound Journey

- Every Wednesday, 5:30—6:30pm @ Unity Pavilion



The Quantum-Karmic Multiverse Book Reading Satsang



- Every Thursday 5—6pm
SVARAM Atelier, 2nd Floor, UTSAV Bldg.

We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of *The Quantum-Karmic Multiverse*. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-quantum-karmic-multiverse/>

Svaram Atelier: Open for Creative and Healing Arts

Svaram Atelier, located on the second floor of the UTSAV Bldg., is now open for morning rentals, offering an inspiring space for anyone involved in the Creative and Healing Arts. The Atelier is equipped with



air conditioning, backup power (UPS), fully-equipped kitchen and includes two therapy rooms available for use. These facilities can be rented for a minimal contribution.

- For further info, please contact +91 9360123054 WA or svaramprograms@auroville.org.in

Upcoming Programs and Workshops 2024-25

Sound Design and Music Composition with Csound

- 21—23 November

This is a 3-day workshop to discover the limitless possibilities of Csound with Dr. Gleb G. Rogozinski and Aman Jagwani. Csound as a flexible and open-source platform, has become a cornerstone of music technology. Its ability to generate complex sounds and interact with various devices, from traditional synthesizers to modern computers, has made it an indispensable tool for composers, sound designers, and researchers.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-power-of-csound/>

Cosmic Octave: 2—6 December

This is a 5-day special interactive workshop to discover the Harmonics of the Universe with Jens Zygar, a distinguished sound musician since 1984, with over 40 years of experience for an immersive exploration into the Cosmic Octave — the science of the universe's vibrational frequencies. This workshop is ideal for those interested in sound healing, spiritual wellness, and deepening their understanding of cosmic frequencies.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/cosmic-octave-with-jens-zygar/>

Integral Sound Practices Training Module 3

- 20—25 January
Week 1: Music and Medicine—The Therapeutic Process
- 27—31 January
Week 2: Subject-based Workshops with an international faculty offering in-depth knowledge and practical programs on holistic well-being.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/issp-international-program-jan-2025/>

If you resonate with any or all of the above or are generally interested in SVARAM's Program & Workshop offerings please contact us via WhatsApp at +91 9360123054 or via email at svaramprograms@auroville.org.in and Indhu our Programs Coordinator will be happy to assist.

Aurelio and the SVARAM Team

EXPLORE WATERCOLOR TECHNIQUES

- Thursday, Friday & Saturday, 10am—12pm @ Unity Pavilion
- Art with Mr. K. Janakiraman
- For more details
9443648774, 7558401106



Submitted by Arun

Workshop

For Musicians & Producers

Basics of Music Distribution

With **Ritnika Nayan**

Kalabhumi Music Studio

25 October, 2024

07 PM - 09 PM

25 October, 7—9pm @ Kalabhumi Music Studio

Learn how to distribute, monetise and officially release your music on all digital platforms and create your artist profile on platforms like Spotify, Apple Music, Deezer, Amazon music etc. Workshop is facilitated by Ritnika Nayan, author of the book Indie 101 and received multiple accolades and has been working on major projects such as Lollapalooza India and the Guns & Roses India Tour.

- Registration: <https://hangar18.studio/register>

Organized by Sunshine Music
in collaboration with Hangar 18 Studio

Edo for Kalabhumi Music Studio , +91 9843893652

CREEVA: CENTRE FOR RESEARCH Education Experience In Visual Arts

Weekly Art Activities

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



CREEVA Studio, Creativity Community, Auroville

- sathyacolour@auroville.org.in
- +91 9486145072 WA Sathya.

Sathya

Sports & Martial Arts

ABHAYA MARTIAL ARTS

Dear Community, Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belts (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**; a martial art academy recognized by the Olympic Committee.



Our regular classes

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

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

Brazilian Jiu-Jitsu Classes For Kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from **4 to 13** on **Tuesdays and Thursdays, 4—5pm.** Contribution is required.
- Send your kids in **sportswear**, with a **bottle of water** and a **big smile.**



The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self defense training and it has proven results in building cognitive skills and fine motor development, especially for kids.

- For more information and to be part of the WA group contact +91 8448077070 **Giacomo for Abhaya**

KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm
◦ Monday to Saturday

All are welcome!

Satyakam

AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter.



Adult classes

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- We are happy to announce an additional class on **Wednesdays, 5:30—7:pm**. The first class will be on **Wednesday, 30 October**. Welcome!

Children/ young students

- **Monday, Wednesday and Friday from 4 to 5pm**.
- For the time being no Saturday 9—10am class are offered.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

*Cristo, Rita, Surya,
and Philippe for Auroville Aikido*

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- **Kalari Classes for Beginners**
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday
- **Kalari Massage Available**
 - By appointment, 9042009200, Maneesh



Maneesh For Kalari Team

BHARAT NIVAS

presents Kalaripayattu Class
in Collaboration with Kalarigram:
Bhumika Hall,
6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bharatnivas@auroville.org.in,
office: 0413 2622253

Monisha for BN Team



Swimming class

Swim to Serenity: Waves of Strength!

Watersport_mani

Book Now

+91 86376 33696

20% Swimming class only

- water therapy
- open water
- Oceanic
- water dance
- water movie
- swimming in pool





Package swimming class

TAI CHI HALL IN SHARANGA

Schedule of classes

- Every day except Sundays.
 - Mondays and Saturdays: 7:30—9:30am
 - Tuesdays to Fridays: 7:30—9am



Krishna

ULTIMATE FRISBEE:

First under 24 Women's Hat Tournament in India 2 & 3 November @ Gaia Field

Dear Auroville Community, we are happy to announce that Auroville Ultimate will be hosting the first under 24 Women's Hat Tournament in India on 2 & 3 November at the beautiful Gaia Field!



Whether you're an Ultimate Frisbee enthusiast or new to the sport, this is a fantastic opportunity to come out, cheer for the players, and enjoy an array of activities, including food stalls, fun games, and the chance to connect with fellow community members.

Bring your friends and family, and make a day of it! Let's come together to celebrate sport, community and Diwali!

- For any questions, feel free to reach out!
[@rhinos.ultimate](#) (Instagram)

Smiti for Auroville Ultimate

GIRLS' FUTSAL Football Club

Every Wednesday at 5:10pm
@ Dehashakti

We started a girl's football team in Dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details



Submitted by Beber

Nature Activities

PERMACULTURE 360° FARM TOUR

Every Saturday, 11am—1pm @ Terra Soul

Join us every Saturday from 11am to 1pm for an immersive tour of our permaculture farm in Auroville!

What to Expect: Guided tour of our lush permaculture farm, hands-on experience with sustainable practices, delicious farm-to-table lunch made from our fresh harvest, a chance to connect with Nature and like-minded individuals.

- **Auroville Contact:** Juan 9443434182
- Limited spots available! Register now to secure your place before coming and step into a world of sustainability.

Follow us on Instagram [@terrasoul_community](#) for more updates and glimpses of farm life!



Juan

HERBAL MEDICINAL PLANTS COURSE

For beginners

Monday—Friday, 9—11:30am

Workshop Highlights

- **Curriculum:** Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.
- **Expert Guidance:** Guided by 20 years experienced herbalists Shivaraj (Nutritionist), Dr. Geeta Auropremi MD, and Sylvie Roques.



Discover 35 medicinal plants and their health benefits to support your health and well-being. No prior experience is necessary.

- **Contact Us:**
martuvam@auroville.org.in,
 ◦ +91 9345454232 call/ WA,
 ◦ @ Alankuppam.



Submitted by Shivaraj

FOOD FOREST TOUR

With Smoothie Bowls and More...

Every Saturday & Sunday, 9:30—11:30

FOOD FOREST TOUR
WITH SMOOTHIE BOWLS ...and more

EVERY SATURDAY & SUNDAY from 9:30 to 11:30

Come to an experience in my permaculture garden, learn about organic farming and get inspired to start growing your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers. After the tour we are going to create delicious nourishing **RAW VEGAN SMOOTHIE BOWLS**

at La Ferme Community (5min from AV Bakery)
 Sign up and more info www.myfoodforest.in
 whatsapp Sarah 9047421044

For groups of min 4 people any other weekday is possible.

Submitted by Sarah

Bioregion Activities

EGAI

+91 9159468946, egai@auroville.org.in

Workshops

- **Toys Workshop:** Craft toys made of wood and bamboo.
- **Finger painting workshop.**
- **Coconut Shell workshop:** Craft earrings, keychains, pendants and bowls.
- **Incense making workshop:** Come and make your own Agarbattles



UTAVI Empowering communities

- **Egai Velai:** Infrastructure support to space deficient community and village artisans and craftsmen
- **Egai Kaivinai:** Assisting craftsmen of varied skill sets via materials and tools to offer workshops for the traveler community
- **Egai Kalai:** Conscious intent for youth of all needs to learn a skill to build their future "Dream" of Self Determination



Visit our store @ Auromode

Anand



Contact: Balaji/ Anand

8270071581/ 9159468946, enlight@auroville.org.in

Explorative educational experiential



- Art and Crafts, Visitor Center, Resident Family Visit, Units and Activities, Ecological Farming, Bonfire Drumming, Spiritual Journey, Canyon exploration, Nature Trail

Learning to cook is a life skill

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

Two Hours Tour with a/c car



Program Outline

- Tour from 9:30am to 11:30am
- Visiting Tibetan Pavilion, Savithri Bhavan, Mother's Flower Garden, Ride through Residential Zone, Green belt area, Industrial Zone

Bioregional village tour

<p>Traditional Welcome</p> <p>Handicrafts</p>	<p>Village Walk</p> <p>History and Culture</p>	<p>Kolam Experience</p> <p>Native Lunch</p>
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ENLIGHT Light of Auroville

One day prior booking

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

For Inquiries Scan here

Pottery workshop



10:00 AM TO 11:30 AM
03:00 PM TO 04:30 PM

MUDDY MONDAYS
WONDERFUL WEDNESDAYS
SATISFYING SATURDAYS

MOHANAM PROGRAM

October 2024

Mohanam Auroville Campus

2min from Vérité,

6min from Matrimandir,

8min from Visitor's Center

Experience, Explore, Energise



MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

- Email: mohanamprogram@auroville.org.in
- Call/WA: 8300949079
- Office Timing: 10am—4pm
- Working Days: Monday to Saturday

Tours inside Auroville

Auroville Northwest tour

- 10:30am—1pm, every day, except Sundays
- 1 day advance booking is necessary.

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

Mohanam Campus tour

Come and visit Mohanam Village Heritage Centre to explore the taste of Tamil culture, bamboo experiential farm, bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti, herbal tea.

- 10am—4pm, every day, except Sundays
- 1 day advance booking is necessary.

Make & Take workshops at Mohanam Campus

- 10am—4pm, every day except Sundays
- 1 day advance booking is necessary.



Join and experience the learning aspect of engaging in the art and craft workshops. Manifest your inner self through various materials and form using creative technique.

- Pottery making _____ 1 hrs
- Kolam mandala painting __ 2hrs
- Coconut shell craft _____ 3hrs
- Incense making _____ 1.5hrs
- Lampshade making _____ 3hrs
- Paper marbling _____ 1 hrs
- Candle making _____ 1.5hrs
- Soap making _____ 2hrs or 1 day

Classes at Mohanam Campus

- **Saree and Veshti Experience:** Choose a saree and veshti from a variety of beautiful sarees and veshtis in our library. Get your traditional south Indian look with help of our women's group members who will assist you to drape/ wear the saree & veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.

- 10am—4pm, Monday to Saturday

- **Cooking Class:** Learn how to cook traditional South Indian food and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
 - 10am—12:30pm, every Saturday

October month events @ Mohanam Campus

Event	Day	Time	Booking model
Mohanam Drum Circle	Every Thursday	5:30—6:30pm	Walk-in
Herbal chai with Dr. Loganathan	Every Saturday	4—6:30pm	Pre-booking required
Tamil Chanting with Mr. Anandou	Every Saturday	5:30—6:30pm	Pre-booking required

Thiruvannamalai Eco & Spiritual Services

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

Auroville Bioregion Experience with Mohanam Team

Soul of Soil: opening the gateway to the village program for August, conscious and cultural tour, Auroville bio-region hub for art, craft and culture to bridge and promote local Tamil culture: touch, ride, feel, taste, hear, discover, experience

- Village Tour _____ 3hrs
- Munnur & Perumukkal visit _____ 6hrs
- Salt Dune & Kaluveli Tank Visit _____ 6hrs
- Bio-region Village Temple Tour _____ 4hrs (Irumbai Shiva Temple & Panchavadi Hanuman Temple)
- Navagraha Temple visit _____ 3hrs (Moratandi Navagraha Temple & Prithyangara Temple)
- Wood Fossil Visit and Quarry Shower ___ 6hrs

Auroville Sunday Tour & Brunch Experience

To unlock the full potential of youth and women through art, craft, culture and traditional knowledge. By connecting the local villages to the international community and reconnecting the locals to their traditional knowledge.

Experience the Following Activities: Mohanam Campus Tour, Bamboo Sound Garden, Bamboo Tour, Tree House Experience and Special Steams Brunch

- 10am—1pm, Every Sunday
- One Day Advance booking is necessary
- **Contact:** Preferred through email mohanamprogram@auroville.org.in, or call +91 8300949081

TOUR TO THIRUVANMALLAI

I have been arranging a tour of Thiruvanmallai by AC car or AC van every Tuesday. We leave in the morning at 6am and back at 6pm. To join the tour please text me. WA 9090819998 WA.

Arabinda



AUROVILLE BAMBOO CENTRE

Experimental Various Bamboo Lampshades

Workshop on 29th - 30th of October 2024



For more information, special requirement, and pre-booking contact: Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Mani, <https://aurovillebamboocentre.org/>

Craft Activities

WELLNESS WOODCRAFT:

Auroville Activity

Start your woodworking journey with hand & power tools. Carpentry and woodworking allows you to express your creativity by designing and building unique & personalized projects. Whether you're creating a piece of furniture, kitchenware or a home decor, woodworking gives you the freedom to design and build something that reflects your personal style and interests. Woodworking can also provide a sense of community and connection with other like-minded individuals.

Carpentry Workshop (Wood Joinery)

Beginners Level

- Basics of wood & tools.
- Introduction & hands on practice of hand & power tools.
- Half-laps Joint.
- Bridle Joint.
- Motise & Tenon Joint.



Spoon Carving Workshop

Beginners Level

- Basics of wood & tools.
- Marking & cutting.
- Shaping with hand tools.
- Sanding & finishing.



Bowl & Plate Turning Workshop

Beginners Level

- Basics of wood, hand & power tools.
- Introduction & function of turning lathe & tools.
- Preparation of wood for slabs.
- Hands on practice of wood turning.



Advance booking is necessary

- DM to register: +91 9952589649
- wellneswoodcraft@auroville.org.in

Anand
for Wellness Woodcraft

PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, every day except Sunday

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

+91 9385744722, 0413 2969722 Zeevic



Help Needed

COMMUNITY-SUPPORTED FILM THEATERS:

Cultural and Social Hubs

Community-supported film theaters play a vital role in enriching culture, building social connections, and boosting local economies. By offering free screenings and low-cost venues, they make quality films accessible to all, with a lasting impact on education, society, and cultural awareness. Unlike commercial cinemas, they feature independent, international, and classic films, offering unique experiences beyond mainstream entertainment. These spaces foster discussions and collaborations, strengthening the social fabric.

Even in large cities like San Francisco and Chicago—and here in Auroville—these theaters are cherished cultural spaces. They attract diverse audiences and help local businesses like restaurants and guesthouses. Funded by donations, memberships, and volunteers, these theaters focus on accessibility, inclusion, and a far-reaching impact on culture and education.

Why Community Film Theaters Deserve Support

1. **Education:** Offering workshops and educational programs that enrich learning in unique ways.
2. **Community Engagement:** They foster bonds and create shared cultural experiences.
3. **Cultural Enrichment:** Providing access to films that enhance cultural diversity.
4. **Economic Impact:** Drawing visitors and supporting local businesses.
5. **Versatile Event Spaces:** Ideal for hosting presentations, discussions, and community events.

A Perfect Fit for Auroville

Auroville's emphasis on human unity, education, and cultural diversity makes it an ideal setting for a community film theater like Cinema Paradiso. It aligns with Auroville's ethos, enriching the cultural landscape, supporting educational programs, and boosting the local economy.

An Open Call for Support: Let's Thrive Together

We need your support to not just survive but thrive. Here's how you can help:

1. **Financial Contribution:** Consider contributing Rs. 1000/month or more to cover essential costs and continue our programs.
2. **Ideas and Connections:** Share ideas, links, or resources that help us bring films we can't currently afford or upgrade our equipment.

Your support will ensure we continue offering high-quality films for free and maintain the professional space you've come to expect—even as we transition to become a Unit. To contribute, set up an automatic monthly payment at Financial Service (FS Account #105106) and email us at mmcauditorium@auroville.org.in.

Nina and Marco for MMC Team

SUPPORT FOR GIUSEPPE

We are in need of financial support to continue to pay for the people that give their time and energy to look after Giuseppe. The food costs are also above what is received from Auroville. Any smaller or bigger contribution is most welcome. For contributions you may use FS ac.102518 (Giuseppe).

For additional information, contact +91 9489601312, call or WA *Shivaya and Enrica*

MOUNTAIN TO SEA



Karsha nuns of the Gelugpa (Yellow Hat) sect, led by the Dalai Lama, live in harmony with nature, dedicating their lives to Buddhist study, practice, and a deep sense of community.

We aim to bring 10 nuns from the remote Karsha Nunnery in Ladakh to Auroville, with filmmaker Serena Aurora documenting their transformative journey.

We are very excited and grateful to announce the following cooperation between Aurora's Eye Films and Inside India:

This project has been approved by AV International USA and is currently on their platform to raise awareness and funds. We are asking for some extra support from whoever would like to:

- A special FS Account has been made for that very purpose on: **252230**. Les petites rivières font les grands fleuves, do not hesitate to contribute even little amounts as it will make a difference...

Thanks a lot for your attention and interest,

Olivier for Aurora's Eyes Films & Inside India team

SEEKING FUNDS

To Complete the Repayment of Housing Loan

Dear Auroville Community, we would like to share an update on our current situation and humbly request your support to help us complete the repayment of our housing loan. Both Vinai and I (Rama) grew up in Auroville, having spent our childhood in New Creation (Roy's Boarding). I currently serve with Unity Fund, while Vinai is engaged with ATDC. Both of us work in service units and receive monthly maintenance support. We have two children, aged 8 and 12, and we built a house at Petite Ferme, for which we took out a housing loan.

We are pleased to inform the community that we have already repaid over 50% of the loan. However, we still have an outstanding balance of ₹4 lakhs. Each month, we have consistently contributed between ₹9,000 and ₹12,000 towards loan repayment, demonstrating our ongoing financial commitment. However, the burden of these payments has begun to weigh heavily on our family's financial well-being. A significant portion of our monthly maintenance is directed towards repaying the loan, leaving limited resources to cover other essential expenses, which is impacting our overall quality of life. At this stage, we are seeking a bit of relief from this financial strain.

We kindly request the community to consider supporting us with either a monthly contribution or a lump-sum donation to help reduce the loan burden. This support will enable us to focus on our work for Auroville with renewed energy, free from the pressure of financial hardship. We are incredibly grateful for the generosity we've already received from the community, and we hope that this request for assistance will resonate once more.

- Any contribution, large or small, would mean a great deal to us, my **FS ac/no:106445**.

Rama & Vinai

Looking For

Saravanam seeks watchman work

Saravanam has worked for many years in the Solar Kitchen and, before that, in Anusuya community. Now he is looking for a day watchman job in Auroville. If anybody has a vacancy, please contact me and I can provide further details.

Alan (Samriddhi) 2622341

Looking for Long Term House Sitting

I'm looking for a long term house sitting, but I'm also open to a shorter term too, from the end of October. I'm clean, tidy, responsible and I love animals.



If it resonates to you, please contact me at:

- +91 8489764602 WA or lakshmiprem369@gmail.com

Lakshmi

Available

Office Spaces Available: Aurelec

- A well protected 47sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco) and canteen facilities.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises is available, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.
- 35.12 sqm. space available inside Aurelec Premises. This space is ideal for a workshop or office, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco), canteen and sports facilities.



Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/ 2622294 or e-mail adps@auroville.org.in

Siva for ADPS Trust

Office Space Available: Auromode

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.



Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or pandian@auroville.org.in

Pandian

Vandi Available

Very new small Vandi to carry materials for sale. Contact Guidelma in Probiotics House.

- Contact Details: MGEcoduties—Probiotics House, mgecoduties-orders@auroville.org.in

Guidelma, 9443790180



250ml square Marasca bottles

On sale.
Call 9443790180,

Guidelma Grandi

Lost & Found

Found: Reading glasses

A pair of reading glasses were found at Samasti parking, gate no 1. On the inside of the frame it's printed "Medizinprodukt", indicating that the glasses were bought in Germany. The owner can collect the reading glasses from Pitanga's reception desk.

Andrea

Taxi Share

To Chennai Airport, 26 October, 11:30am

I am traveling to Chennai airport from Auroville on 26th October, Saturday, at around 11:30 am. If anyone is going at a similar time and wants to share a ride, please contact me. Neel 9818022420.

Neel

Work Opportunities

ECO FEMME

Video Editor/ Content Creator

Eco Femme is looking for a passionate Video Editor/ Content Creator to join our team part-time. If you are driven by the idea of producing impactful content that reflects our brand values of sustainability and empowerment, we'd love to hear from you.

In this role, you will be responsible for shooting and editing video content (both short and long form) for our social media channels and website, as per ideas and guidance from the Communications Team Leader.

Proven experience required

- 1+ years of experience in film-making and editing for social media platforms
- Strong video editing skills using tools like Adobe Premier, Final Cut Pro, or mobile editing apps
- Basic understanding of graphic design principles
- Familiarity with Google Drive Suite
- Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate, this position requires the candidate to be present at our office on a daily basis.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Social Media Account Manager

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

Proven experience required:

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

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

**Mahalakshmi Prabhakar,
+91 7094278777**

KINDERGARTEN HEAD @ Mohanam

Join our team at Mohanam, Auroville, as a dedicated Kindergarten Head. We're seeking a passionate educator to lead our thriving kindergarten program.



- **Responsibilities:** Curate current curricular, Manage teachers, Ensure student well-being, Manage resources, Collaborate with parents, Report and documentation
- **Qualifications:** Master's degree in early childhood education or B.Ed, 3+ years experience, Strong leadership, communication, and organization skills, Passion for child development.
- **Apply now:** mohanameducation@auroville.org.in

Balu for Mohanam

EARTH INSTITUTE:

Communication and Website Specialist

We are seeking a Communication and Website Specialist to join our team. Are you passionate about sustainability and architectural communication?

We're looking for someone interested in writing, learning, and creating content about

our projects, research, and training to help us spread the knowledge of earthen construction through our social media platforms, website, campus tours, and more.



- If this sounds like you, reach out to us at: info@earth-auroville.com.
- **Contact:** +91 0413 2623330/ 262 3064. *T.Ayyappan*

JOB OPENINGS AT THE LIVING ROOM CAFE

We're seeking passionate and talented individuals, Aurovilians/ People from bio-region to join our team at The Living Room Cafe!

Positions Available

- Senior Chef (1), Junior Chef (1)
- Prep cook/ Commi Chefs (3)
- Barista (2), Waiter/Waitress (3)
- Housekeeping Ladies/Men (2)

Qualifications

- Proven experience in the relevant field.
- Strong culinary skills and passion for food.
- Excellent communication and team player.
- Ability to work in a fast-paced environment.

To Apply

Please send your resume and cover letter to email: tlr@auroville.org.in Last day for application is 10 November.

- We offer maintenance, competitive salaries and benefits.

Join us in creating unforgettable dining experiences!

Debo for TLR (The Living Room Team)

Honorary Voluntary

Martuvam Healing Forest

Email your cover letter and resume
Email: martuvam@auroville.org.in
Call / WhatsApp: +91 9345454232

Call for Volunteers

We need your help in medicinal
herb garden

We need your help in medicinal herb garden, send us your cover letter and resume martuvam@auroville.org.in

Shivaraj,
+91 9345454232, call/ WA

MOHANAM: VOLUNTEERS INVITATION

Join the Mohanam Team—Make a lasting impact! Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis!



• We're looking for individuals with skills in: Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn

- **Volunteering Duration**
 - Short term volunteers: Minimum 3 months
 - Long term volunteers: Minimum 6—12 months
- **Language you must know:** English
 - Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/ events.

Do you share our passion for empowering village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

- **Benefits of Volunteering with Mohanam:** Be part of a meaningful cause, help fulfil Mother's vision of bridging Auroville and villagers, gain valuable experience and develop new skills, work in a supportive and collaborative environment, campus lunch and beverages
- **Ready to join us?** [Submit your application through this link](#) or scan the qr code and submit your application.



Let's build a brighter future together!

- For more information, contact us: mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667 **Balu**

VOLUNTEERING AT ECOSERVICE

Everyone in Auroville is volunteering at Ecoservice when you sort your waste at home. Not everyone wants to or needs to come to Ecoservice to help manage our efforts to recycle everything, end landfill and achieve zero waste (by the way, that's written in our famous Masterplan). But we all need to know what's happening. Also a new Ecoservice facility is planned but meanwhile...



Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs. **Tuesday mornings is a dedicated time that all are welcome to randomly drop in for some onsite sorting** and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first. **B for Ecoservice**

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

The Sadhana Forest team, Aviram

KUILAI CREATIVE CENTER SEEKS VOLUNTEERS

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
 - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact: kuilaicreativecentre@auroville.org.in

or call us 8608473385

Selva for KCC

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.

JOIN US! PLEASE REACH OUT TO US FOR ANY QUERIES!

MONDAY to SATURDAY
7AM TO 9AM and/or
9:30AM TO 12PM

EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

auroorchard@auroville.org.in,
9566631079 WA, Nidhin for AuroOrchard team

Foods, Goods & Services

KINDNESS KITCHEN
conscious food

Diwali Special Snacks

Sunday 27 Oct. 10 am onwards

Diwali snack preparations become a lively celebration, with family, friends, and neighbors gathering in the kitchen, laughter echoing around them. Everyone contributes—rolling dough, mixing, roasting & frying. Sharing the chores, creating a joyful atmosphere & turning cooking into a cherished memory that strengthens bonds.

- **Menu:** Chakli, Sev, Muruku, Chivda, Karanji, Somas, Shankarpali, Laddu along with simple lunch
- **Hosted:** at the home of Nirmala & Naresh, Kottakarai, Bioregion Auroville.
- **To RSVP:** fill this form <https://t.ly/7842V>
or +91 9223379171 WA

Kindness Kitchen is an experiment in generosity and heartfelt connections. No prices, no strings attached. Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala Naresh

SIDDHARTHA FARM: EXCITING DIWALI OFFERS

Special Discounts on Cashew and Jaggery Products

As Diwali approaches, Siddhartha Farm is delighted to announce special offers for all cashew and jaggery lovers in the Auroville outlets!

- 37% off on Cashew Sweets
- 30% off on Cashew Butter
- 30% off on Jaggery for Bulk Orders (3kg and above)



Note: Jaggery must be picked up directly from the farm. The jaggery is made from sugarcane naturally grown on our farm, and the cashew are from Auroville.

Enjoy these highly nutritious food items.

Wishing you a joyful and prosperous Diwali!

Suha for Siddhartha Farm Team

HIVE COWORKING SPACE OPEN HOUSE

25 October, Friday, 9am—5pm @ HIVE, Auromode



Hive Coworking

FREE ON EVERY FRIDAY

OPEN HOUSE

FREE COFFEE | FREE FAST WI-FI | FREE DESK

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—All for **FREE** on our Open House.

- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in
+91 7092197375 WA / +91 9042759540 WA or drop by.

All are Welcome!!!

Dhesh for Hive Team



Explore the Benefits of Hemp!

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.

- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. *Daive*

LA FERME CHEESE, AUROVILLE

Gift Hamper For Your Loved Ones!

- A sample set of 8 different cheeses now available.
- **La Ferme Cheese Is Open For Guided Tours.** Like all our products, the sample set is also available at our factory outlet, along with a guided tour of the manufacturing unit, **from 2:30—4:30pm on prior appointment** (closed on Sundays)



La Ferme Cheese Promotions

- **Ricotta Cream Cheese, Discount 45%:** A fresh cheese excellent when sweetened with honey, ideal for pastries, for spread preparations and as thickener in sauces.
- **Goat Cheese, Discount 25%:** Made in the French-Mediterranean way, cylinder shaped and develops a natural mold-covered crust when aging for about 4 weeks.

C.Arumugam for La Ferme Cheese, 0413 2622212

GASTRONOMICA: FRESH FLAVORS EVERY DAY!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches.

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



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

ARTISTE CAFÉ

Opening from **Monday to Saturday**
(8.30 a.m. to 9.00 p.m.)
Break-fast, Lunch & Dinner available



Enjoy our traditional home-cooked South Indian food.
Sunday – Holiday



ARTISTE CAFÉ

Near New Creation, Kuilapalayam, Auroville

☎ 0413-2623071📞 9786772209✉ yatraartistecafe@gmail.com

ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFE

Bharat Nivas Cafe has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20.



Please, come and enjoy, welcome to Bharat Nivas cafe
Arabinda for Bharat Nivas team

ENJOY THE ESSENCE OF THE SPROUT

Monday—Saturday, 7am—4pm, UTSAV, Verite, Radial



Enjoy the essence of The Sprout in Auroville, where Vegetarian Mediterranean cuisine meets modern and healthy dining in a cozy and relaxed atmosphere.

www.thesprout.in, Monica

GOYO KOREAN SILENT RESTAURANT

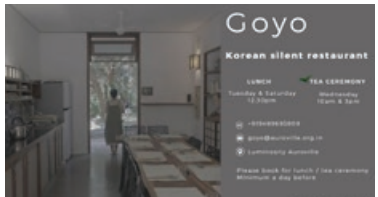
Lunch:

Tuesday & Saturday,
12:30pm

Tea Ceremony:

Wednesday,
10am & 3pm

@ Luminosity Auroville



- Please book for lunch/ tea ceremony minimum a day before: +919489693809, goyo@auroville.org.in

Won Ja for Taste of Korea

SUDHA'S KITCHEN

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

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

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



You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number: +0413 3509884, +91 7094358547
- E-mail ID: sudhaskitchen14@gmail.com

Sudha

FOODLINK MARKET OPEN EVERY DAY

Monday—Saturday, 9:30am—12:30pm

 **FOODLINK MARKET**

Fruits, vegetables, milk & eggs from Auroville farms

Monday - Saturday
9:30 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804



No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- For more info, call/ WA +91 83002 68804 or pass by.

Foodlink Team, Isabelle
[FoodLink basket order form here](#)

INTEGRAL HARMONY FARM OFFERS CHARCOAL

We are excited to offer our top-end charcoal at low prices. We now offer two types of charcoal for sale: Grade One and Grade Two.

Grade One charcoal is of the highest quality, distinguished by its silvery tone and exceptional properties.

Grade Two charcoal is meant for agricultural purposes: to improve the yields and soil health by incorporating Grade Two charcoal into the soil.

Write to us, and we will prepare a bag for you. Additionally, we can accommodate higher quantity orders, but please be ready for a potential wait due to high demand. Beyond individual sales, we proudly offer regular deliveries to other farms and forests.



- Contact Velmurugan at +91 9751468504 or integralharmonyfarm@auroville.org.in

For Integral Harmony Farm, Pranav and Velmurugan

ANNAPURNA FARM BASKETS



from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates. Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

REDUCED-PRICE MAROMA PRODUCTS for all Aurovilians in the Outlet Store



Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is:

- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

See you there!

Jesse for The Maroma

Team



Dear Community Members, greetings from ITS (Integrated Transport Service). We are happy to inform you that ITS is extending our working hours to better support the community.

- The working hours are from 8:30am—7pm, effective now.

To book a E-van or E-auto, please contact us

- +91 8098776644/ +91 9442566256 *Rajesh I.T.S.*

SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256, its@auroville.org.in

Rajesh.D for Shared Transport Service



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

QUTEE ELECTRIC SCOOTER SERVICE

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



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

- You may call Qutee 9443372418/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

*Govindaraj & B
for Qutee Electric Scooter Service*

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kuilapalayam.



8940648542, Michel

SARVAM COMPUTERS Offers Reliable Service

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in **Utsav Complex**.



And we would always like to provide you with fast and reliable service. **Sarvam Computer offers** all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.

Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

RAPID CARE SERVICES

Dear Residents, we are thrilled to announce that Rapid Care Services, your trusted one stop solution for repair and maintenance and ancillary works since 2022, is expanding its range of services.



For more information or to schedule a service, please don't hesitate to contact us. We look forward to continuing to serve you with our enhanced range of services!

Services offered

Category	Service
Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Newly Added	
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

- **Contact:** + 91 8270071581
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** @rapidcare1 **Balaji & Arun**

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money. **Contact us for all your procurement needs:**



- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone **Iyyappan**

ECO FEMME

Open House every Thursday, 10:30am

Dear Friends, come join our Open House every Thursday at 10:30am. We hold these at our office in Auroshilpam, just behind Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and cloth nappies. See you soon!



Submitted by Mila

NAMASTE FROM INSIDE INDIA!

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India.

Your One-Stop Travel Solution!

From flights and trains to buses, travel insurance, and visas — we've got it all covered!

- Need a taxi or a cozy place to stay? Count on us.
- Passport renewals? No worries, we'll handle that too.

Reach Us: Kalpana Office, 10am—5pm, Monday—Friday.

Contact Mr. Ganesh: 2623030 (Landline)

- +91 98945 98686 (Mobile/ WA)
- travelshop@inside-india.com

Dreaming of a Tailored India Tour?

We specialize in crafting unforgettable journeys, particularly through the breathtaking South of India. Drop us an email at insideindia@auroville.org.in or insideindia@inside-india.com with your travel dreams!

Exclusive Flight Deals

- **Gulf Airways:** From Chennai to Milan
- **Air India:** From Chennai to Zurich, London, Milan
- **Qatar Airways:** From Chennai to Rome, Brussels
- **Emirates:** From Chennai to Paris, Lyon, Milan
- **Etihad Airways:** From Chennai to London, Rome, Amsterdam
- **Aeroflot:** From Delhi to Moscow
- **IndiGo:** Daily flights from Chennai to Jaffna (Sri Lanka)

Important Updates for Travelers

- **Indian Railways Update:** Starting November 1, 2024, book train tickets 60 days in advance (previously 120 days).
- **Baggage Convenience:** International passengers can drop off baggage at the I-to-D transfer facility in Chennai Airport before moving to domestic terminals.
- **Health Pass for Indonesia:** All travelers to Indonesia must complete the SATUSEHAT Health Pass (SSHP).
- **Thailand ETA System:** Mandatory Electronic Travel Authorization (ETA) will be implemented starting December 2024 for visa-exempt nationals.

Fast-Track Your Airport Experience!

- **DigiYatra:** Breeze through Chennai Airport with facial recognition for quick check-ins.
- **Easy Airport Parking:** Enjoy skybridge access to both Domestic and International Terminals at Chennai Airport.

Fast Track Immigration – Trusted Traveler Program

- Eligible Indian nationals and OCI cardholders can enroll in the FTI-TTP Program for fast-tracked immigration.

Important Reminders

- Ensure you carry your **Original Visa** along with your e-FRRO Stay Visa to avoid check-in issues.
- We accept both Indian and International debit/credit cards, UPI IDs, and QR code payments at our office.

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

Olivier for the Inside India Team

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in
- newwavesauroville@gmail.com

- **Office open afternoons only**
Monday to Saturday, 2—5pm



Dhanda

SERVICE AVAILABLE

- Gardening work: fencing, cleaning, cutting, pruning, planting, digging
- Keeth Hut house building any size
- House repair: masonry, carpentry, plumbing
- Shopping service



Please contact Ranjith, Aurovilian:

8610997059, subramani13@auroville.org.in. **Ranjith**

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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 me in advance for more information and booking.

South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi. Please book sessions in advance.

- Monday to Saturday, 10am—5pm @ Creativity.

Thai Massage: Monday—Saturday, 9am—5pm.

To book massage sessions or for more information, please contact me personally.

Tailoring: We can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact information below

Contact: Phone/ WA 8098845200,

rupavathijoy@gmail.com

Rupavathi Joy

Voices & Notes

IDENTIFYING THE FALSE-SEPARATIVE EGO-MIND

To the ego-bound who persistently falsely separates Spirit from Matter:

The problem, or the limitations of the mind or mental consciousness is that it keeps separating Spirit from Matter.

Thus we call it a false-Separative consciousness, the ego-mind itself. And it either takes too much of things to complete its false perception of lack, or fights something that it falsely perceives as a threat to its Separative ego-self. It becomes greedy and selfish and becomes the psychophysical expressions of greed and selfishness itself. Life in this Old Mental World becomes a perpetual battle against the ego-mind's falsely perceived other selves that it experiences as seesawing joys and sufferings of varying degrees.

The Supramental as a Truth-Unity Consciousness is already the integration, the union, the Yoga of Spirit and Matter that are always inseparably One. So the Supramental functions harmoniously with everything because everything is its manifest Self.

As this Divine Truth-Unity Consciousness is the hidden Fundamental Nature of the evolving humans and all sentient forms in this present existence that is still predominantly of the ego-mind, we are compelled secretly or openly to manifest this divinity, expressing it in so many unique ways as individually unique as we each are, such as all sorts of expressions in the fields of arts and sciences and whatever business one is inclined to, including technological advances in AI and robotics and every transitional else that will emerge and unfold thereafter towards the Divine Manifestation. Which is only obvious as all, without exclusion, are parts and parcel of the Only One Existence that is Eternal and Infinite.

And so the first necessity is a **change of consciousness**¹ from the false-Separative ego-mind with its selfish, cruel and brutal world of sufferings (undivine) to the Truth-Unity Supramental with its integrally unified existence as the One and Many (Supreme Divine).

This evolutionary process of a **change of consciousness**

is intense, as the resistance to change is intense, as we observe and experience.

Thus the easiest and most joyful way for this **change of consciousness** is with the Sunlit Path of Surrender, of Bhakti to the One Source Itself, personified as That that gives birth to all, the Supreme Divine Mother MahaShakti², surrendering this false-Separative ego-mind to Her for complete dissolution until total identification is reached in Spirit and Matter.

And so here in the Auroville of the Supramental Avatar Sri Aurobindo and the Mother we were fully guided to first build Matrimandir, the Temple of the MahaShakti. And then continue to build the City of Dawn as a whole, as a Symbol of the inseparable One Divine Group Soul, a sanctuary and cradle for the New Supramental World, reverberating from here to the whole of Mother India, to all the Nations of this One Earth and to the whole Cosmos. This constant progress, unending education and conscious works within and without we courageously and joyfully continue, until in just a few more generations of Us, a critical mass, a tipping point, a new condition of existence is reached amongst the exponentially awakening and ever-evolving humans, and the Divine Manifestation of the new apex species with a Direct Will over Its Matter, the Supramental being, spontaneously happens...

The Life Divine.

For reconfirmation, carefully read and understand Sri Aurobindo and the Mother. Here's one reference in the Agenda of 7th July 1961.³

And see how it all goes from there

To the aspiring willing servitors, messengers and Hero Warriors of the Divine Supramental Consciousness-Force, well, you have to courageously and proactively play the unique roles assigned to you by the Supreme. The penultimate guidance from the Supramental Avatar is Yogic Samatā.⁴

We continue on... Om Namō Bhagavate

Zech . 2024.10.22

¹ <https://auroville.org/page/a-true-aurovilian>

² <https://incarnateword.in/cwsa/32>

³ <https://incarnateword.in/agenda/02/july-7-1961>

⁴ <https://renaissance.aurosociety.org/what-is-yogic-samata-sri-aurobindo-explains/>

Poetry

THE FLOWER TURNS IT HEAD

*The flower turns it head
To face the sun.
I turn my head
From the road ahead
To see the flower
Face to face.
No, I'm not blocking the sun.
It turns out that
The flower has
A larger face.
Who is the director
Of all these turns?*

BOOK OF LIFE

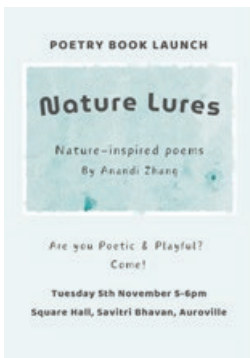
*Book of Life
No copyright
Infinite copies left*

*With joyful Gratitude,
Anandi Z.*



**POETRY BOOK LAUNCH:
Nature Lures**

Tuesday, 5 November, 5—6pm
Square Hall, Savitri Bhavan, Auroville



Nature Lures
Nature-inspired poems
By Anandi Zhang
Are you Poetic & Playful?
Come!

*With joyful Gratitude,
Anandi Z.*

Classes, Workshops & Healing Arts

TRANSFORMATIVE SOUL JOURNEY

Sunday, 27 October, 3:30—5pm
@ Revelation Forest, Auroville

Embark on a transformative journey into the mystical realms of your soul! Shamanic drumming and light language will transport you to higher dimensions, releasing deep-seated blocks and igniting profound healing.

Experience:

- Shamanic drumming
- Light language
- Deep healing
- Higher dimensional connection

Pre-registration: Contact Rahul +91 83499 17282

- Contribution based

Join us for an unforgettable experience of spiritual growth, healing, and self-discovery!

Rebecca for Revelation Forest



**AWARENESS THROUGH THE BODY:
Rhythm & Breath explorations**

With Honor & Vega. All are welcome!

Saturday, 2 November, 9:30am—12:30pm

ATB (Awareness Through the Body) facilitates a space to connect with oneself, and give opportunities for self-discovery and inner growth. In this workshop, through rhythm and breath activities, we will explore and develop attention, concentration, coordination, and the capacity to be present and self-regulation in various moments.

All are welcome who want to experience or deepen our connection and understanding with oneself and others.

Advance registration required.

- Inquiry : 91598 56148 / dancingtree.smile@gmail.com
- [Registration link](#)



Vega

MINDFULNESS KINDFULNESS

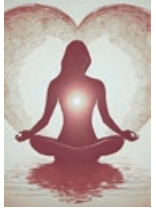
Half Day Retreat with Helen

Saturday, 2 November, 9:15am—12:30pm

@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalize in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.

This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion—for ourselves & others. Participants will have the choice of practicing in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice.



- Booking is required.
- To register contact Helen, 7094753054 WA or visit innersightav.org.

Helen

MINDFULNESS FOR STRESS REDUCTION (MBSR)

8 week course

Tuesdays, 5—7pm, starting 29 October

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



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

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

The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovilian and qualified MBSR teacher.

- The course is run over 8 weekly sessions. Sessions will be held 5—7pm on Tuesdays for 8 weeks from 29 October to 17 December. The course will be held at Creativity Hall of Light.
- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see innersightav.org. *Helen*

SOUND JOURNEY

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday only by appointment call or WA: 9443635114.



Megha for Auromode SPA

SHAMANIC BREATHWORK & SOUND JOURNEY

Thursday, 31 October, 11am—12.30pm

@ Anitya community, Maloka space

Experience deep clarity and true inner peace with Shamanic Breathwork—a powerful ancient journey that frees your mind, releases energy blockages, and revitalizes your entire being.

Feel more grounded, present, and connected to your authentic self as you access altered states of consciousness through rhythmic breathing and shamanic drumming.

The journey will conclude with the soothing waves of a Sound Journey, where the healing vibrations will carry you into deep inner harmony.



• Reserve your space at:

Lakshmi: +91 8489764602 WA

Email: lakshmiprem369@gmail.com

Lakshmi

YOGA WITH RACHEL

One to One lessons—

Small groups: Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.



Clases particulares—Pequeños grupos: Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu. Rachel

KUNDALINI CLASSES

Thursdays, 5—6.30pm

@ The Hall of Light, Creativity

Kundalini Yoga is a dynamic and powerful practice designed to enhance your physical, mental, and emotional health. It purifies your electromagnetic field as well as your nadis. By the end of the session, you will feel more spacious, calm, and joyful. To achieve these benefits, Kundalini Yoga combines Asanas, Pranayamas, Mudras, and Mantras.



• All levels,

Come 5 minutes before,

Bring a cloth or towel to cover the mat.

• On contribution.

• Contact: Bel, 7598892065 WA.

Certified Kundalini Yoga teacher.

Bel

AUROMODE YOGA SPACE
Aurrothaima—Hospitality Trust



October—November Schedule

Registration a must for all the programs.

Email or WA us to know about the fee structure and other details.

balaganesh.siva@gmail.com

+91 9892699804 WA only

October—November 2024 Schedule

Day	Time	Description
All days of the week (Monday to Sunday)	5:30—7pm	Vinyasa flow Yoga with Arun or Bala
200hr YTTC: Experience a Yogi Lifestyle in Auroville	6:30—9:30am & 3—5pm	November 7 to November 28

Vinyasa flow with Arun & Bala

Traditional yoga practices are characterized by discipline, and we believe in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice every day of the week.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

Bala & Arun from the bio region of Auroville offer daily yoga classes in the evening.

- **Date and Time:**
 - **Arun:** Monday to Thursday, 5:30—7pm
 - **Bala:** Friday, Saturday and Sunday, 5:30—7pm
- **Find our Yoga Shala**
 - <https://youtube.com/shorts/8FTldxoWt9k?si=JMKXs062TplaE82D>
 - <https://g.co/kgs/frzmN4>

200hr YTTC: Experience a Yogi Lifestyle in Auroville

We invite you to experience the authentic Yogi lifestyle in Auroville. Whether you're aspiring to become a certified yoga teacher or simply wish to deepen your personal journey, our Teacher Training Course (TTC) offers you the opportunity to focus on what truly matters. This course is not just about yoga; it's about becoming a better student of life and enhancing the five key elements of health: physical, mental, financial, social, and spiritual.



In the heart of this international community, you'll find like-minded individuals committed to practicing yoga, meditation, and pranayama. Our teachings are a close blend of the Patanjali Yoga Sutras and South Indian traditions, offering a holistic approach to integrating ancient wisdom into a modern lifestyle.

Over the course of 21 days, you'll engage in daily yoga sessions, pranayama, meditation, and explore the philosophy of Patanjali. The program also includes sequencing skills, anatomy, mantra chanting, an introduction to Kalaripayattu, Animal Flow, sound healing, Karma Yoga, and much more.

By the end of the course, you'll earn a globally recognized 200-hour Yoga Alliance certification, preparing you to share the gift of yoga with others.

Bala



Traditional Massage Therapy Classes

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



The certificate course:

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

Arunachala Sound Healing Therapy:

Positive musical psychotherapy using Visualization, Breathing.



Idumban Karlakattai Muscle Therapy

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



Siddha Varma Kalai Massage Therapy

Acupressure and deep tissue varma points healing massage therapy.



Nattyakkalai Movement Arts Therapy

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



La Style Salsa Dance Worskhop

Salsa is dance from Los Angelo, it's all with Music & Dance with Presences of mind. It is **fun, great** skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. Salsa dancing not only feels good, but it also improves your physical strength, endurance, flexibility and coordination.

Kindly bring water bottle, towel and wear loos fitting cloths with socks and canvas shoes.

- **Saturdays, 6—7:30pm**
- **Contact:** Raja, + 919751395939, Mobile/ WA
- **Location:** Egai Campus, 1st floor, Isaiambalam road, Auroville



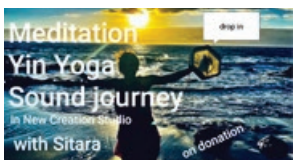
Raja, www.angamtree.com

DROP-IN CLASS

on Meditation, Yin Yoga, Sound Journey

Every Thursday, 10:30am—12pm

Sitara has been living in Auroville for 22 years. Over the years she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see



- <https://sitaramunay-kiyoga.org/sitara/>

In this class she will teach her favorite combination of meditation, yin yoga and sound journey **Giovanni**



Watsu Yoga Round with Ellie & Roberto

- **Saturday, 26 October, 3—6:30pm**

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



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

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

WOGA® (Yoga in Water) Class w/ Friederike & Tamara

- **27 October, 4:30—6pm**

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



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

Baby Watsu® Classes with Appie & Friederike

- **Wednesday, 30 October, 9:30—11 am**

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



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

Guido for Quiet, +91 9488084966,
www.quiethealingcenter.info/ quiet@auroville.org.in

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

- **Thursdays, 9am,**
Drop-in class
- **Fridays, 5pm,**
Regular class

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



serendipityauroville@gmail.com , +91 8940288090
 Sonia

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, October

For any details and queries, you can contact us:
arka@auroville.org.in, 0413 2623799



Treatments

Treatment	Therapist	When
Body Logic, Soft massage and Deep Tissue massage	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment: 0413 2623767 antarcalli@yahoo.fr
Integral Regression therapy, Integral Reiki healing, Breathwork—the holotropic way	Niyati Thakkar	Only by Appointment niyatithakkar2112@gmail.com Monday to Sunday 7041391995

Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am, Friday: 5:30—6:30pm by Appointment: 7867998952
Iyengar yoga	Olesya	Wednesday, Saturday, 6:30—8am, Monday, Thursday, Saturday, 5—6:30pm, or by Appointment: 9159052743
Eye yoga and Wellness retreat	Aurosugan & Priyanka	Every day morning: 7—8am by Appointment only: 8012305151/ 9704258709

*Submitted by Ramana
for Arka*

SOUND THERAPY & SELF HEALING, 2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

• First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body's consciousness.



• Second, by performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

- If this resonates with you, then please contact 9385428400 call/ WA to book your session today!
- Donation Based

Submitted by Isha

HOLISTIC WELL-BEING SERVICES @ Anitya Community!

The Joy of Impermanence—Anitya Community Project is offering a variety of holistic well-being services to nurture your body, mind, and spirit. Located in the serene environment of Anitya Community, Centerfield, Auroville, our skilled practitioners are here to guide you on your journey toward health and inner peace. Below is an overview of the therapies available and how to get in touch:



Thai Yoga Bodywork with Andres

- Contact: +91 9751607501

Combining elements of yoga, acupuncture, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

Ayurvedic Massage with Elene

- Contact: +91-7904143719

Soothing full body oil massage intended to dissolve tension in the body and rejuvenate prana by focusing on head, back, stomach and feet.

Integral Coaching with Dave

- Contact: +44 7564119728

Integral Coaching offers a personalized approach to personal development, helping you achieve your goals by integrating all aspects of your life—mind, body, emotions, and spirit. Dave will work with you to identify your strengths and challenges, guiding you towards lasting transformation.

Shah-Lu-Ha-Ka Bodywork with Nikki

- Contact: +91 7094716136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

Mindfulness Meditation with Helen

- Contact: +91 7094753054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self.

Women Circles with Prem Shakti

- Contact: +91 9489244823

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and spirituality.

- **Location:**
Anitya Community, Centerfield, 500m after Center Gh, Auroville
- **Bookings:**
For more information or to book a session, please contact the practitioners directly via WhatsApp.
- **Email:**
joyofimpermanence@auroville.org.in

*Mathilde
for the JOI Anitya team*



Program November 2024

Drop-In Classes. Join without prior registration!

Mondays	
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
4–5pm	Doing No-Thing Consciously with Mike
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
5:30–7pm	Vocal Sound Healing with Lola, not on 4/11 and 11/11
Tuesdays	
7:30–8:45am	Self Practice with Rachel
5:30–7pm	Antigymnastique® with Francesca F
Wednesdays	
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
5:30–7pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko's tools, with Marie-Claire
Thursdays	
7:30–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
4:30–5:30pm	Aviva Exercise with Suriyagandhi
Fridays	
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
4:30–5:30pm	Readings of the Life Divine with Balvinder
5:15–6:15pm	Feldenkrais with Shari
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
Saturdays	
9–10:30am	Asanas intermediate level with Rachel
2:30–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4–5pm	Odissi Classical Dance, a beginners' class especially for children, with Agila, assisted by Rekha

Youth Activities

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

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

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

Classes. By prior registration

- **Art Therapy with Gala**

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

- **ATB Exploration with Isora and teachers in training Rosario and Teresa**

- Thursdays, 5:30pm–6:45pm

Prior registration required.

Awareness through the body aims to provide tools for individuals to expand their consciousness, explore the different planes of their being and discover their inner selves in a joyful space. Please book your place with Pitanga beforehand.

- **Private Yoga sessions with Rachel**

Available on request.

New Activities

- **Lucid Journey with Malcolm:
Immersive Guided Meditation**

- **Thursdays, 7:30am–8:30am**
- 1-Hour Guided Session:
15min Intro, 30-min Meditation, 15min Integration

An audio-visionary voyage into inner astral planes:
Mindfulness, Flowstate, Beauty, Dreams, Identity

You are invited to join us as we explore our own unseen worlds, unveil our deepest hidden truths, and inspire our own awakening.

“Naturopathic practices have been known to alleviate stress, anxiety and grief while promoting self-healing and spiritual awareness.”— Dr. Li Hubbard N.D.

- **Antigymnastique® with Francesca F.:**

An invitation to discover, connect and live in your body

- **Group class: Tuesdays, 5:30pm–7pm**
This is a drop-in class with limited places available.
- **Individual sessions by appointment**, contact Pitanga

Embark on a voyage through your body and its history:

Discover how your body has been quietly reorganizing, adapting and protecting itself throughout your life. You will learn to perceive and understand your body in a deeper, more accurate and autonomous way.

Each session is an opportunity to (re)discover and awaken new parts of your body. Class by class, you will learn to free yourself from the contractions, stiffness, muscle and joint pain that are draining and limiting your freedom. This will allow you to regain your mobility, your vitality, your health and your independence.

Antigymnastique® is a unique method of bodywork comprised of subtle but powerful movements performed at your own rhythm, created by physiotherapist, Thérèse Bertherat. Francesca is a licensed Antigymnastique® therapist.

- For more information: <https://antigymnastique.com>

- **For Giving Love with Marie-Claire**

Transmuting heavy emotions with Dr. Lasko

- **Wednesdays, 5:30pm–7pm**
- This is a drop-in session.

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow’s tools guide you through a process of forgiveness to complete your own healing. Forgiveness does not mean forgetting or accepting what has been done. It does not mean loving others, which may or may not happen in the process. It’s simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

- **Truth Based Relationships**

Practical Sessions with Juan Andrés

- **Saturdays 2:30–4:30pm.** This is a drop-in class.

Practical Sessions based on the Authentic Self Relationships Model by its author, psychologist Juan Andrés.

Use the opportunity for conscious growth that all your relationships offer you in everyday life. First timers need to have previously explored the content at asrmodel.com

- **Yoga Therapy sessions with Nadia A.**

Yoga therapy is a specialized application of yoga practices to help with physical, mental, and emotional well-being. Unlike group classes, individual yoga therapy sessions are tailored to address specific health issues or personal goals.

Benefits: It can be beneficial for a wide range of issues such as chronic pain, anxiety, depression, insomnia, digestive problems, and more. The therapist might incorporate specific poses or exercises that target the symptoms you're experiencing.

The aim is to create a balanced program based on your individual needs that's safe and effective for your specific needs.

Please contact us for an appointment.

- **Harmonization of Spirit and Body sessions by Nadia Labiod**

- Please contact us for an appointment.

Any physical or mental unwellness begins in an instant, usually after a shock that we can call a triggering conflict.

Nadia's sessions are aimed at restoring the harmony of body and mind by creating a personalised, nutritional diet and accompanying the process by decoding the symptoms of physical, vital, emotional, mental and spiritual imbalance.

Nadia is a certified Naturopath (Lyon, France), which includes nutrition and psychology (among other fields).

- **Cranio Sacral Technique & Ancient Healing Technique sessions by Anne Hildebrand**

- Please contact us for an appointment.

"Graduated in Biodynamic Cranio Sacral Technique from Ged Sumner's Body Intelligence Training schools in India and France, I have trained my hands to listen to the music of the bodies and create the right space of safety and caring for the body to tune in and play its own scales. I also use ancient healing techniques passed down from the Cree lineage of the Bear Clan and rely on journeys into the non-ordinary reality (invisible world) to receive information that supports change.

These two techniques accompany physical and emotional traumas as well as certain unusual situations that are not traditionally dealt with. These practices are done on a table, dressed, with a delicate touch of the areas suffering from restriction. A session can take place in silence or with explanations. The receiver is free to move and speak."

Healing Space. By Appointment

- Antigymanstique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Cranio Sacral Technique by Anne H.
- Chiropractic by Afsaneh
- Harmonization of Spirit and Body, sessions by Nadia Labiod
- Shiatsu by Patricia G.
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy sessions with Nadia A.

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless. If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile !

Pitanga Cultural Centre

2622403/ 9443902403 WA, info@pitanga.in, Andrea

VÉRITÉ, NOVEMBER

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

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

**Yoga & Re-creation Programs**

Days	Drop-in Classes	Timings	Presenters
Mondays	Pranayama & Meditation	7:30—8:30am	Mamta
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Hatha Yoga Essentials	10:45—11:45am	Dev
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan: Songs for Your Soul—Contributions are voluntary	5—6pm	Mamta
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Yin Yoga—Deep Tissue Release	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Deep Sound Bath	5—6pm	Satyayuga
	Cosmic Dance Wave—A Healing Journey through Movement	5—6:30pm	Sandyra
Fridays	Pranayama & Meditation	7:30—8:30am	Radhika
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Strengthen and Align Yoga	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga (no class November 2)	5—6pm	Mani

Regular Events**Classes**

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

Pranayama & Meditation: Mindfulness Practice with Mamta

- Monday 7:30—8:30am

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Savasana.

Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres

- Monday & Wednesday 5—6pm

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

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Monday, Thursday & Saturday 5—6pm

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

Hatha Yoga Essentials: Asanas with Breath Awareness with Dev

- Tuesday 10:45am—11:45am & Thursday 7:30—8:30am

This practice helps to achieve balance between body and mind through asanas, pranayama, relaxation and meditation. We will follow a traditional approach to increase flexibility, de-stress, calm the mind and bring awareness and also help to achieve balance, heal and rejuvenate to experience inner peace and happiness

Yoga for Happy Hips: Stretch, Strengthen & Improve Flexibility with Dev

- Wednesday 7:30—8:30am

Happy hips yoga is the series of yogic postures designed mainly to stretch, strengthen and improve flexibility at Hip joints and pelvic muscles. Hip opening postures also improve blood circulation in the reproductive glands. It also stretches your hamstring muscles and flexes your spine which helps you to keep your body light.

Kirtan: Songs for Your Soul with Mamta

- Wednesday 5—6pm, contributions are voluntary

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

Yin Yoga: Deep Tissue Release with Radhika

- Thursday 9:15—10:15am

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

- Contact also 7867805812 WA.

Cosmic Dance Wave: A Healing Journey through Movement with Sandhya

- Thursday, 5—6:30pm

The Cosmic Dance Wave is a bodily experienced healing journey designed to elevate your frequency through joy and ease. Together, we dance into inner alignment, freeing ourselves from unhealthy patterns and embracing our Cosmic Soul.

Pranayama & Meditation:

Re-balance your Nervous System—with Radhika

- Friday 7:30—8:30am

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

Free Flow Dance & Movement: Expressing Freedom with Vega

- Friday 5—6:30pm

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

**Open Heart Space Meditation:
Embrace with Awareness with Samrat**

• Thursday 3:30—4:30pm

It is a simple practice of becoming aware of reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go of each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment.

**Strengthen and Align Yoga:
Efficient, Stable Movements with Dev**

• Saturday 7:30—8:30am

Strengthen and alignment yoga is mainly to achieve ideal body posture with proper alignment. It also helps to unload rigidity and promotes ease of movement in the body. We will work on the group of core muscles that helps to bring stability, endurance and controls the spine, muscles and bones. It provides more efficient movement with less effort and stress.

**Sivananda Yoga:
Pranayama, Asanas & Relaxation with Mani**

• Saturday 5—6pm (No Class 2 November)

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

Treatments and Therapies

By appointment: +91 413 2622 606,
+91 9363624083 WA, treatments@verite.in

Thai Yoga Massage Bodywork with Andres

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

Face & Neck Massage with Mamta

The Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce a deep relaxation for body & mind.

Biodynamic Craniosacral Therapy with Mila

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

**Food is Medicine: Lifestyle Health Practices
Consultation with Parvathi**

Nutrition and lifestyle modifications consultation to transform health through personalized guidance. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

Healing Facial Therapy: An 8-step Skin Care Treatment with Indigenous Herbs with Parvathi

Healing Facial Therapy is a treatment which helps to cleanse the facial skin, remove dead cells, improve skin collagen, reduce wrinkles, treat acne and boosts the skin to glow, smoothness and softness. The indigenous herbs used in this treatment are natural products chosen to suit your skin type/dosha.

Craniosacral Therapy with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony.

Foot Reflexology with Radhika

Foot reflexology involves applying pressure points and massages on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

Integrated Craniosacral & Foot Reflexology with Radhika

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

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

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

Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific "reflex points" of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep.

Energy Healing Reiki with Vyshnavi

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner's hands. Practitioners gently place their hands on or near the client's body to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Integrated Energy Healing & Holistic Foot Reflexology with Vyshnavi

These sessions combine elements of Pranic Healing (energetic cleansing), Reiki ("divine healing" through innate intelligence), & Reflexology to internalize, integrate, & circulate channeled energy.

Healing Sound Bath with Tuning Fork Therapy with Satyayuga

Tuning fork therapy is a powerful method to help you connect with your natural high-vibration state. By addressing deep-seated behavioral patterns stored in the mind and body, often shaped by family, environment, and society, we can release long-held fears that may block us from fulfilling our life purpose. The vibration of the forks helps recalibrate blocked emotional energies, balance the left and right brain, align the chakras, and allow creativity, spontaneity, and peace to flow freely.

Birenda Massage with Radhika

A relaxing full body oil massage using a unique technique developed around the 1950s by Birenda of the Aurobindo ashram. This soft, yet profound massage helps to unfold a journey within oneself during which energy blockages and tensions surface so that they can be recognized and transformed.

Treatments and Therapies

Therapies (by appointment only)	Therapist
Thai Yoga Massage Bodywork	Andres
Face & Neck Massage	Mamta
Biodynamic Craniosacral Therapy	Mila
Food is Medicine: Lifestyle Health Practices Consultation	Parvathi
Healing Facial Therapy: An 8-step Skin Care Treatment with Indigenous Herbs	Parvathi
Birenda Massage	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Craniosacral Therapy and Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi
Healing Sound Bath with Tuning Fork Therapy	Satyayuga

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 2 November	Food is Medicine: Lifestyle Health Daily Practices	2—4pm	Parvathi
Friday, 8 November	Pain Management: Yoga for Lower Back Pain	9:15am—12pm	Dev
Saturday, 9 November	Introduction to Ayurveda and its Lifestyle	2—4pm	Dr. Geeta
Friday, 15 November	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Saturday, 16 November	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 16 November	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Friday, 22 November	Master Class: Yoga to Enhance Strength and Flexibility	9:15am—12pm	Dev
Saturday, 23 November	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr. Geeta
Saturday, 30 November	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 30 November	Food is Medicine: Remedy for Health Issues	2—4pm	Parvathi

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 26 October 26, 2—4pm
- Saturday, 2 November, 2—4pm

Learn about your body's constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Sivananda Yoga: Masterclass with Mani

- **Saturday, 26 October, 9:15am—12pm**

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

*Anandhi
for Verite programming*

TASTE OF YOGA @ VÉRITÉ

Monday to Saturday

9am—12pm & 13—16:30pm

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



Anandhi for Vérité Programs

LEELA THERAPY

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

- For more details see www.innersightav.org or contact-Kardash on 9940934875 WA.

Submitted by Kardash



TAO OF TEA 茶道 CHA DAO Sencha Syle Tea Ceremony

The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.)

Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/ flowers also available.)

The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- **Venue:** To be decided when you call to confirm your appointment. The ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/ WA +91 9385428400

Submitted by Isha



It Matters

Schedule from 24 October to 2 November

Weekly Activities—A/C Room

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

All activities are Rs./ 600 for guests, Rs./ 150 for Aurovilians/ Volunteers. Discount vouchers available.

Date	Activity
24 October, Thursday, 4—5pm	Laughter Yoga & Relaxation with Ancolie Dove
24 October, Thursday, 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
25 October, Friday, 5:30—6:30pm	Calligraphy: Form & Expression with Jayesh
26 October, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
29 October, Tuesday, 5:30—6:30pm	Science of Meditation with Matthias
30 October, Wednesday, 3:30—5:30pm	Journey Through Inner Wisdom Board Game with Sitara
30 October, Wednesday, 5:30—6:30pm	Learning Native American Flute with Sitara
2 November, Saturday, 2—4pm	Intuitive Painting with Marie Claire Barsotti
2 November, Saturday, 4:30—5:30pm	The Savitri Research Project with Matthias
Date	Workshops in October*
26 October, Saturday, 10am—12pm	The Art of Conscious Living with Preeti Mahurkar, Rs./900

Pre-registration for Workshops is mandatory

* 50% discount for Aurovilians and SAVI volunteers

Bhakti & Sandra

Languages

BOLSTERING ENGLISH

Native English speaker happily offers facilitation for English reading, speaking and composition.

Individual or small group sessions are for those connected to Auroville who already can read, write and speak English with adequate comprehension, and who wish to practice for presentations or performance or simply for clearer conversation. We can include rhythm, nuanced expression, and some dialects, if wished.

- Also inviting anyone at any level for SAVITRI.
- Scheduling is as-you-wish: long or short session(s); long or short intervals between sessions.



Patricia,
0413 2623750, pat@auroville.org.in

TAMIL CLASSES OFFERED

Saturdays and Sundays

எழுதப்பட்ட தமிழ் வகுப்புகள்

Written Tamil Classes Offered in Auroville,
Donation-based

Contact Murugesan to setup timing: +91 8610916301

Submitted by Malcolm

ITALIAN CLASS

Hello! If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from now! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore the use of the Italian language but will be an enjoyable introduction to different aspects of Italian culture, art and history. If you'd like to practice your Italian with me, this is the email avgateofdreams@gmail.com. *Arrivederci! Francesca*

AUROVILLE LANGUAGE LAB

The Language Lab is open

- Monday—Friday, 9am—12pm & 2—7pm
- Saturday, 9am—12pm & 2—5pm
 - **Location:** International Zone, after Unity Pavilion & Pump House.
 - **Phones:** 2623661 (Lab), +91 9843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
 - **Email:** info@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

Submitted by Mita

Cinema



Aurofilm presents at Multi Media Centre Auditorium (MMC, Town Hall)

Reminder: Friday, 25 October, 8pm

"The African Queen"

Directed by John Huston, USA, UK, 1951

With: Humphrey Bogart, Katharine Hepburn, Robert Morley

"The African Queen" is a romantic comedy film, set during World War I. It is adapted from the novel of the same name by C.S. Forester.

Synopsis: Samuel Sayer (Robert Morley) and his sister Rose (Katharine Hepburn) are English Methodist missionaries in German East Africa (now most of Tanzania) in August 1914. Their post and supplies are delivered by a small steamboat named the African Queen, helmed by the rough-and-ready Canadian mechanic Charlie Allnut (Humphrey Bogart). After Rose's brother is assaulted by a German soldier at the beginning of World War I, the steamer captain saves prim, sober Rose. Under many quarrels and struggles they have to survive a treacherous African river journey... *A brilliant, funny and exiting adventure film with wonderful dialogues!*

The film was selected for preservation in the United States National Film Registry in 1994, and the Library of Congress deemed it "culturally, historically or aesthetically significant". And Humphrey Bogart won the Academy Award for Best Actor!

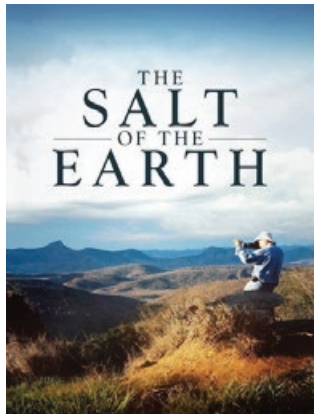
Original version in English with English subtitles. Duration: 1h45'



Friday, 1 November, 8pm
“The Salt of the Earth”

Directed by Wim Wenders, Juliano Ribeiro Salgado, France, Brazil, 2014

Overview: The Salt of the Earth is a documentary film that paid a tribute to one of the most important photographer of his generation Sebastião Salgado. His black and white photographs illuminate how the environment and humans are exploited to maximize profit for the global economic market. The film traces 40 years of Salgado’s work, which took him from South America to Africa, Europe, the Arctic, and back home to Brazil, and focuses on international conflicts, starvation and exodus, and natural landscapes, both pristine and in decline. The film won Special Prize “Un Certain Regard” 2014 Cannes Film Festival.



Synopsis: After leaving Brazil for political reasons in the late 1960s, Sebastião Salgado began a career in France as an economist. When his wife, Lélia, bought a camera, however, he discovered a love of photography, and changed professions. With Lelia’s support, he began working full-time as a photographer in 1973, initially doing photojournalism before transitioning to a more documentary style. Salgado’s own photos and videos are used to illustrate his life and work, beginning with his exile from Brazil and subsequent transition from economist to artist and explorer...

In French and other languages, with English subtitles. Duration: 1h50’

- **Note: Contributions are very welcome!**
Aurofilm Collection Acc. No. 252658

Susana for Aurofilm Team

FIRST WORKSHOP:

Film Appreciation Programme

2 & 3 November @ Future School Auditorium

Film appreciation is about analyzing and understanding the elements of a film to recognize why it works and what makes it great. The classes will help you understand film as a language; the history of film; its technology and aesthetics; how films use their distinctive language to construct meaning and stimulate our thoughts and feelings.

All sessions will feature talks, PowerPoint presentations, screenings of short films and film clips and interactive participation.

The course is taught by film director and well-known professor SivaKumar Mohanan, who has extensive experience in the field of cinematography.

- **For information and registration: 8300364055 WA/ 0413 2622037/ afacademy.team@gmail.com**

Susana for Aurofilm team

AUROFILM
CINEMA and BEYOND
Aurofilm's new venture in Teaching Cinema
Film Appreciation Programme
Facilitator
Prof. Sivakumar Mohanan
November 2nd & 3rd, 2024
Future School Auditorium, Auroville
FOR MORE DETAILS
FOR INFORMATION AND REGISTRATION
Whatsapp: 83003 64055 * Special contribution for Aurovillians
E-mail : afacademy.team@gmail.com



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
28 October to 03 November 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/ beverage to be taken inside the hall.

As we honor spirits in parts of India, coinciding with Halloween and Mexico's Day of the Dead, we bring you some spooky films!

Indian—Monday, 28 October, 8pm

Stree 2: Sarkate Ka Aatank

(Woman 2: Terror of the Headless)

India, 2024, Dir. Amar Kaushik w/ Bhumi Rajgor, Pan-kaj Tripathi, Rajkumar Rao, and others, Comedy-Horror, 147mins, Hindi w/ English subtitles, Rated: NR (R).

In the original film, a ghostly woman abducts men from Chanderi, and local tailor Vicky teams up with friends to protect the village, eventually falling in love with the spirit. In the sequel, fear has faded, but a new threat arises as Sarkatta, a headless man, targets women. Villagers think Vicky has gone mad for his ghostly love. Following clues from the vanished woman, Vicky and his friends explore the haunted house and confront Sarkatta, uniting once more to save the women.

Potpourri—Tuesday, 29 October, 8pm

The Sixth Sense

USA, 1999, Writer-Dir. M. Night Shyamalan w/ Bruce Willis, Haley Joel Osment, Toni Collette, and others, Psychological Thriller, 107mins, English-Latin-Spanish w/ English subtitles, Rated: PG-13.

A child psychologist, Malcolm Crowe, receives an award the same night he is visited by an unhappy ex-patient. He takes on the challenge of helping a young boy named Cole Sear, who "sees dead people," spending time with him to the concern of his wife, Lynn. Cole's mother, struggling with her son's issues, sees Malcolm as her child's only hope. A must-see again film! BTW this was the debut film of the director who was born in Pondicherry.

Selection—Wednesday 30 October, 8pm

Gedo Senki (Tales from Earthsea)

Japan, 2006, Dir. Gorô Miyazaki w/ Timothy Dalton, Willem Dafoe, Mariska Hargitay, and others, Fantasy-Adult -Anime, 155mins, Japanese w/ English subtitles, Rated: PG-13.

In Earthsea, where magic is everyday life, a strange force causes chaos. Crops wither, and dragons re-emerge. Lord Arch-mage Sparrowhawk and troubled prince Arren must uncover the truth behind this imbalance. They embark on a perilous journey to save the realm, battling lurking evil. Will Arren fulfill his destiny or fall to darkness?

Interesting—Thursday 31 October, 8pm

Día De Los Muertos (The Day of the Dead)

USA, 2019, Dir. Dignicraft (Ana P. Rodriguez-Jose. L. Figueroa-Omar Foglio-David Figueroa-Aranceli Biancarte), Artbound (PBS)-Season 10-Episode 3, Documentary, 57mins, English (no subtitles), Rated: NR (G).

Día de los Muertos has been adapted for centuries from its pre-colonial roots to the popular depictions in mass media today. Inspired by Oaxacan traditions, it was brought to East Los Angeles in the 1970's as a way to enrich and reclaim Chicano identity through a small celebration at Self Help Graphics and Art. Since then, the celebration has grown in proportion with renditions enacted globally. This film highlights that cultures across the world are so similar!

International—Saturday, 2 November, 8pm

The Conjuring

USA, 2013, Dir. James Wan w/ Patrick Wilson, Vera Farmiga, Ron Livingston, and others, Mystery-Horror, 112mins, English-Latin w/ English subtitles, Rated: R.

In 1971, Carolyn and Roger Perron move their family into a dilapidated Rhode Island farmhouse, where they soon encounter escalating strange occurrences and nightmarish terror. Desperate, Carolyn reaches out to renowned paranormal investigators Ed and Lorraine Warren. They uncover a dark haunting targeting the Perrons and must use all their skills to confront this malevolent force that threatens the family. Based on true events.

Children's Matinee—Sunday, 3 November, 4pm

Coco



USA-Mexico, 2017, Dir. Lee Unkrich & Adrian Molina w/ Anthony Gonzales, Gael García Bernal, Benjamin Bratt, and others, Animation-Fantasy, 105mins, English-Spanish w/ English subtitles, Rated: PG.

Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector, and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history. A much-acclaimed wonderful film!

New German Cinema @ Ciné-Club

Ciné-Club Sunday 3 November, 8pm

Die Ehe Der Maria Braun

(The Marriage of Maria Braun)

Germany, 1979, Dir. Rainer Werner Fassbinder, w/ Hanna Schygulla, Peter Märthesheimer, and others, Drama, 120 mins, German w/ English subtitles, Rated: R.

This movie follows the life of a young German woman, married to a soldier in the waning days of WWII. Fassbinder has tried to show the gritty life after the end of WWII and the turmoil of the people trapped in its wake.

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

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

*Nina, MMC/ CP Group Account# 105106,
mmcauditorium@auroville.org.in*

STUDY CIRCLE



Film Institute @ Auroville is delighted to introduce an open study circle at the Auroville Film Institute, India Space, Bharat Nivas.



The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Schedule

Friday, 25 October, 2:30—7pm	Introduction to Conscious Grading	In this open session, Jeremy Carroll will host a discussion with the AVFI Open Space Documentary Arts students about the intent behind colour grading decisions. Through some examples from film and media, we will analyse together the components that define the look of the visuals in terms of lighting, contrast, saturation and shade tones.
Saturday, 26 October, 5—7pm	Screening & Discussion: <i>Wasted</i> (Anirban Datta, 2011)	Why is recycling such a foreign idea to a culture that talks about cycles in so many ways? What happened to an agrarian culture that had remained fodder and consumer to the industrial revolution under colonial rule? This film sets out to probe such deep questions and encounters deeper, personal, spiritual and emotional queries.

- **Venue:** Auroville Film Institute, India Space, Bharat Nivas
- **For more information write to:** info@aurovillefilmstitute.com & +919980590704
Jahnavi for Auroville Film Institute

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, 25 October: 73 Cows

15 minutes/ 2021/ Alex Lockwood

Infinity and Back/ 22 minutes/ 2017/ Kuntal Joisher

The first film is a touching story of a UK cattle farmer who became the first person in the UK to trade beef for sustainable organic vegan farming.

The second docu-movie showcases the first man, Kuntal Joisher, to climb Mt. Everest with 100% vegan gear and food.

Aviram

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

- Health Center—0413 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

[Regular updates of the bus](#)