

# News & Notes

#994, 28 September 2023

A weekly bulletin for residents of Auroville



○ Flame, ○ Wine, your force has become A perfect path  
of the Truth has come into being for our journey  
to the other shore beyond the darkness.

○ Truth-Conscious, be conscious of the Truth, cleave out  
many streams of the Truth.

I purify earth and heaven by the Truth.

*Rig Veda*

## Pondering



But if there is a self-existent Reality of which our existence here is a result, then there must be a truth of that Reality which is manifesting, working itself out, evolving here, and that will be the significance of our own being and life.

The significance of our existence here determines our destiny: that destiny is something that already exists in us as a necessity and a potentiality, the necessity of our being's secret and emergent reality, a truth of its potentialities that is being worked out; both, though not yet realised, are even now implied in what has been already manifested.

*The Divine Life, Life Divine by Sri Aurobindo*

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## EDITORS' NOTE

**Dear Friends, readers of paper version!**

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

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

Mail us @ [newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in).

The only excuse of late delivery us rain on Friday.

*Light and Peace  
Roy and Agni*



# *House of Mother's Agenda*

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(continued from last week)

Accepting life, he [the seeker of the integral yoga] has to bear not only his own burden, but a great part of the world's burden too along with it, as a continuation of his own sufficiently heavy load. Therefore his Yoga has much more the nature of a battle than others'; but this is not only an individual battle, it is a collective war waged over a considerable country. He has not only to conquer in himself the forces of egoistic falsehood and disorder, but to conquer them as representatives of the same adverse and inexhaustible forces in the world. Their representative character gives them a much more obstinate capacity of resistance, an almost endless right to recurrence. Often he finds that even after he has won persistently his own personal battle, he has still to win it over and over again in a seemingly interminable war, because his inner existence has already been so much enlarged that not only it contains his own being with its well-defined needs and experiences, but is in solidarity with the being of others, because in himself he contains the universe.

Will the end of the work ever be reached? We might conclude that the subconscious is an endless sewer—the rishis themselves called it 'the bottomless pit'—and that if we have to wait for it to be totally cleansed before we can achieve a supramental transformation, we might have to wait for a very long time, indeed. But this is only an appearance. The birth of a new individual does not bring with it a new load of subconscious or unconscious material; that individual merely draws from the common source, repeating the same vibrations which circle endlessly through the earth's atmosphere. Man cannot create new darkness any more than he can create new light. He is only an instrument—whether conscious or unconscious—of the one or of the other (though most often of both). No new vibrations can be brought into the world except those of the superconscious Future, which gradually become the present ones and dissolve or transmute the vibrations from our evolutionary past. Today's Subconscious and Inconscient are obviously less subconscious and unconscious than they were two thousand years ago, and we have all paid to bring about this result. This descent of the Future into the present is the key to the transmutation of the world. Yoga is the process of accelerating the Future, and the pioneer of evolution is the instrument who brings down more and more powerful vibrations. The task of the seeker, therefore, is not so much a negative endeavor of scouring the Subconscious as it is a positive one of calling the light and bringing down the vibrations of the Future to accelerate the cleansing or purification process. This is what Sri Aurobindo calls 'descent,' which is the main characteristic of his yoga, as has been said earlier. If there is a descent in other Yogas, yet it is only an incident on the way or resulting from the ascent—the ascent is the real thing. Here the ascent is the first step, but it is a means for the descent. It is the descent of the new consciousness attained by the ascent that is the stamp and seal of the sadhana... here the object is the divine fulfilment of life.<sup>382</sup> When Sri Aurobindo speaks



of 'descent,' he does not mean a sharp and quick movement upward followed by a sharp and quick movement downward. He does not mean coming down for a brief stint of hard labor to sweep up the dust; he means that the bottom must actually cease to be the bottom. To take an example, a very prosaic one—and as one soon learns, the transformation process is prosaic enough—we may be shopping at the grocery store amid a rather opaque and gray humanity, or we may be visiting at night rather noxious regions of the subconscious, yet do both things with the same intensity of consciousness, light, and peace as when we are sitting alone in our room, eyes closed, in deep meditation. This is what is meant by 'descending.' No longer is there any difference between the high and the low; both have become equally luminous and peaceful. Too, this is how the transformation works on a world scale, for the oneness of substance in the world works both ways. We cannot touch a shadow without touching all the corresponding shadows in the world; but the opposite is equally true: we cannot touch a light without affecting all the surrounding shadows. All vibrations are contagious, including the good ones. Every victory is a victory for all. It is all the same Being! exclaimed the Mother. There is but one consciousness, one substance, one force, and one body in the world. This is why Sri Aurobindo could say of the Mother and of himself: If the Supermind comes down into our physical, it would mean that it has come down into Matter and so there is no reason why it should not manifest in the sadhaks [disciples].

The higher the seeker reaches, the wider his access to the regions below—the Past he can come into contact with is exactly in proportion to the Future he has discovered—and the greater his capacity for collective transformation. Until now, the only power brought down was a mental power, or overmental at best, which was incapable of touching the bottommost layers, but now that a supramental or spiritual power has descended into the earth-consciousness through Sri Aurobindo's and the Mother's realization, we can conceivably expect this supreme Future to touch the supreme Depths and hasten the cleansing, that is, ultimately hasten the evolution of all humanity. Yoga is a process of accelerated evolution, and the progression is geometric: *The first obscure material movement of the evolutionary Force is marked by an aeonic graduality; the movement of Life progress proceeds slowly but still with a quicker step, it is concentrated into the figure of millenniums; mind can still further compress the tardy leisureliness of Time and make long paces of the centuries; but when the conscious spirit intervenes, a supremely concentrated pace of evolutionary swiftness becomes possible.* We have now reached that very point. The convulsions of the present world are undoubtedly a sign that the descending Pressure is increasing and that we are approaching a true solution.

(to be continued next week)

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

[https://sri-aurobindo.co.in/workings/satprem/adventure\\_of\\_consciousness\\_e.htm#066](https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm#066)

**With love and gratitude,  
Gangalakshmi (HOMA)**



# Townhall Speaks

## FROM THE ENTRY SERVICE—ES # 199

Dated: 28-09-2023

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

### NEWCOMER ANNOUNCED:



Catherine



Malaika



Mikhail



Priyanka

- Catherine Renee FOUCHÉ (South African) staying in Maitreya (Martin's house) and working at Sanskrit Research Institute
- Malaika JOSHI (Indian) staying in Discipline (Joster's house) and working at Baraka
- Mikhail SOKOLIN (Russian) staying in Kalpana and working at Last school
- Priyanka (Indian) staying in Arka and working at Aurokiya eyecare



Shaheen



Shaily



Victoriya

- Shaheen FATHIMA (Indian) staying in Humility (Lhamo's house) and working at Svaram
- Shaily SHAH (Indian) staying in Prayatna (Merry's house) and working at Nandanam kindergarten
- Victoriya BONNEAU (French) staying in Svedame and working at BCC office

### NEWCOMER CONFIRMED:

- Lakshmi RAJNIKANTH (Indian)
- Ponniammal VENKATESAN (Indian)
- Sergei NIKOLAEV (Russian)
- Yuvana JAYAALASAMY (Indian)

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

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

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

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

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

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

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

### Entry Service Timings

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

# Community News

## Passing On

### HASI GRANDCOLAS

This is to inform the community that Hasi Grandcolas passed away at Pondy's Nallam Clinic in the early hours of Tuesday, 19 September, due to heart failure.

Hashi had been in the Ashram in the early seventies and remained dedicated to Sadhika throughout her life, was a yoga teacher and painter, and a good friend of many in Ashram, Auroville and the Auroville International world.

The Sri Aurobindo Ashram takes care of her last rites.

Be well, dear Hashi, and see you again!

OM



### LEO MICHAEL BOSEMAN

Leo, who spent much of his childhood in Auroville and Pondy, had come back a year ago and started the entry process of a returning Aurovilian.

On Friday afternoon of 22 September Leo met with a road accident, was rushed to Jipmer and underwent surgery. He was then shifted to the I.C.U. ward where he passed away on Saturday, 23 September at 11:10pm.

As per the wishes of his sister Malai-ka, the cremation was to take place in the afternoon of Wednesday, 27 September at the Karuvadikupam cremation grounds in Pondy, as arranged for by the family that cared for them as children.

Until that time, Leo's body remained in Farewell where those who knew him were able to bid him goodbye.

May he rest in peace. OM



## Auroville Matters

### THE TREES WILL BE THE LUNGS OF THE CITY

Most scientists and people agree that humanity is facing a crisis which could be the last act for the species, homo sapiens; Climate change. Cities all over the world are looking for an answer to the immediate problem of rising temperatures. After extensive research Singapore concluded the fastest and cheapest way to cool the city in light of rising temperatures is to plant forests.

Someone has told the Auroville Land Board to sell or exchange the forests in the southern part of Auroville. In 1971 the community asked Mother for permission to build a Greenbelt around the Galaxy which she approved, and said 'The trees will be the lungs of the city.'

These forests on the south side of Auroville, not only help to protect Auroville from the crushing heat we experience, but also provide a very nice buffer between Pondicherry and the airport which is expanding to become an International Airport around which there will be a lot of development.

It seems very stupid to give away these valuable forests, not only valuable to Auroville, but valuable to humanity as a whole, which represent the life work of a team of Aurovilians who have spent the last 40-50 years of their lives nurturing these forests, often investing their personal family funds to do this very big and very beautiful work.



*Proposed exchange of 22 acres of forests lands located in Forecomers and Ravena for Poramboke land in the City Centre area*

So I don't know who authorized the Land Board to divest Auroville of this major asset but I hope they can be persuaded to reconsider. I hope everyone who reads this will send a letter to the [landboard@auroville.org.in](mailto:landboard@auroville.org.in), the [iac@auroville.org.in](mailto:iac@auroville.org.in), Jayanthi [secretaryavf@auroville.org.in](mailto:secretaryavf@auroville.org.in), [ravi@auroville.org.in](mailto:ravi@auroville.org.in) to ask them to please not divest Auroville of this major asset.

**Jocelyn**

- *David Stein Auroville Green Belt Land Use Plan:*
  - <https://aurorepo.in/id/eprint/192/1/Stein%20-%202015%20-%20Auroville%20Green%20Belt%20Land%20Use%20Plan.pdf>

## HEART WEAVING ANNOUNCEMENT

Dear Friends, as some of you might remember, *Heart Weaving* was started in December last year in an effort to deepen our capacity for dialogue in Auroville and to be able to truly listen to each other across differing perspectives and opinions. The process was anchored by Raghu Ananthanarayanan and a cohort of nearly 30 Aurovilians & Newcomers had chosen to be a part of it. Over the last ten months we have been exploring the *Samudra Manthan*/The Great Churning and enquiring into how this might be playing out inside each of us and as a result in Auroville as well.



*Heart Weaving* is primarily a space to support and nurture practice. In the spirit of which, some of us have also made small attempts at enabling deep dialogue and building bridges and brought our learnings and challenges back to the group for everybody to learn from. We are now ready to expand the circle and bring new members into the process. Any long term resident of Auroville, aspiring for harmony and truly keen on serving *The Mother's Dream* is most welcome to be a part of the journey. Kindly get in touch with us by **4 October** if you feel called to be a part of *Heart Weaving* going forward. More details and next steps would be shared directly with the friends who get in touch.

- [heartweaving.auroville@gmail.com](mailto:heartweaving.auroville@gmail.com)
- +91 94895-27893 (WA/Telegram only please)

*Warmly, Deven, Carla, Suzie, Iris,  
Sudha, B, Giovanni, Alexey, Naveen  
& Others For the Heart Weaving Circle*

## *Awakening Spirit*

**SAVITRI BHAVAN, OCTOBER 2023**



### **Exhibitions**

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

### **Films**

#### *Mondays at 4pm in the Sangam Hall*

- **October 2:** Conscious—Fulfilling our Higher Evolutionary Potential. Film by Alan Baiss and Joseh Garcia, the founder of Integral Inspirations. Duration: 66min.
- **October 9:** Interview of Kireetbhai Joshi by Francois G. in 2011. Kireet Joshi's speaks about his vision of Auroville and the Mother's three steps of her actions. Duration: 89min.
- **October 16:** The Yoga of the Earth—Extracts from 'About Savitri'—with reading and comments by The Mother and paintings by Huta. Produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. Duration: 32min.
- **October 23:** Pictures of Sri Aurobindo's Poems—Part One—with paintings and recitations by Huta. A meditative film by Manohar, with music by Sunil-da. Duration: 32min.
- **October 30:** Pictures of Sri Aurobindo's Poems—Part Two—A meditative film by Manohar illustrated with paintings by Huta. The poems are read by Huta and accompanied by Sunil's music. Duration: 41min.

### **Full Moon Gathering**

- **Saturday, 28 October, 7:15—8:15pm** in front of Sri Aurobindo's statue

### **Dream Divine Series**

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'.

The goal of the project is to make newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

- There will be a weekly session every Wednesday 4:30—5:30pm.
- The series will include presentations, films, talks, etc., followed by questions and answers.

### **Regular Activities**

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** Self-Surrender in Works—The Way of Gita led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 4:30pm:** Mudra-chi led by Anandi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** Readings and exploration of 'The Triple Soul-Forces' of Savitri led by Dr. Jai Singh
- **Saturdays 4:30—6pm:** Satsang, led by Ashesh Joshi

- Exhibitions, Main Building and Office are open Monday to Saturday 9—5
- Library and Digital Library is open Monday to Friday, 9—5

Everyone is welcome

*Submitted by Dhanalakshmi  
for Savitri Bhavan Team*

**CONSCIOUS:  
Fulfilling our Higher Evolutionary Potential**



**Monday, 2 October 2023, 4pm, at Savitri Bhavan.**

**Duration: 66 min.**

The film by *Integral Inspirations* in California is inspired by the work of Sri Aurobindo, the Indian thinker and yogi, and his spiritual partner, Mirra Alfassa known as The Mother.

It attempts to answer the questions: What if consciousness on earth is evolving? What if we can participate in the evolution of our own consciousness? What if an evolutionary leap in our consciousness is essential, if we are going to survive?

Haridas Chaudhuri, approved by Sri Aurobindo as a representative of the Integral Yoga in the USA, indicated that 'Another breakthrough in evolution is coming when, out of the rational consciousness of man, a new type of consciousness, a higher consciousness is going to emerge.'

Other sadhaks and seekers of the Integral Yoga expressed their opinion on these issues as well, including Shradhdhavan, Stanislav Grof, Fariba Bogzaran, Brian Thomas Schwimme, Michael Murphy, Sean Kelly, Larry Seidlitz, and Bahman Shirazi.

The film ends with the powerful appeal by Mirra Alfassa, The Mother: 'The world is preparing for a big change. Will you help?'

Integral Inspirations founded by Alan Baiss and Joseph Garcia is a grassroots organisation comprised of California Institute of Integral Studies alumni and many others working in collaboration to integrally manifest the inspired dreams of humanity and for establishing Life Divine on Earth.

*Submitted by Margrit*

**DREAM DIVINE SERIES  
Interview with Aster Patel**



**On Wednesday, 4 October, 4:30—5:30pm**



**With Narad, a Recorded Video**

**In the Sangam Hall of Savitri Bhavan**

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

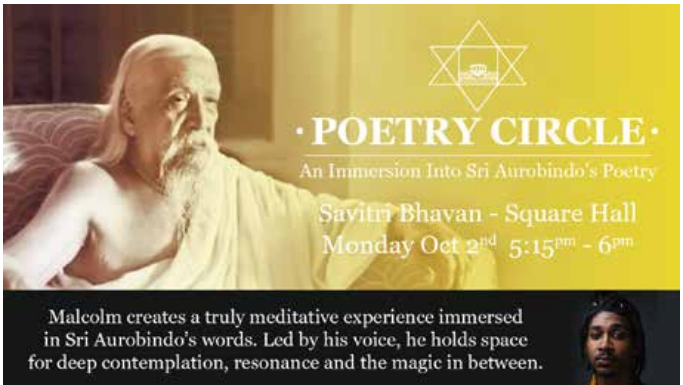
Everyone is welcome

*Dhanalakshmi, for Savitri Bhavan Team*



## POETRY RECITAL

Monday, 2 October, 5:15pm  
@ Savitri Bhavan



Dear lovelies, this Monday at Savitri Bhavan, Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. The programme will be in the Square Hall from 5:15pm until 6pm. All are welcome.

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

*Peace, Love & Soul, Malcolm*

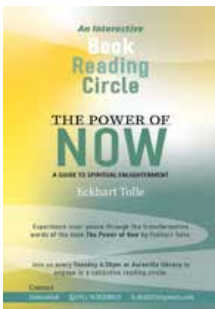
## BOOK READING CIRCLE

### The Power of Now

Every Tuesday 6:30—7:30pm

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

Contact: Debashish, (91)  
7678208825, [b.deb253@gmail.com](mailto:b.deb253@gmail.com)  
Debashish



## STUDY CIRCLE



### on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150<sup>th</sup> Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

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

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



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

27.03.1973

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

02.05.1970

Regards, Vani, BN Cultural Team  
0413 2622253



## MUDRA CHI

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

**Everybody Welcome!**

*Submitted by Anandi*

## AMPHITHEATRE—MATRIMANDIR

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

### **Meditation with Savitri,**

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

The season changes, we follow the sun...  
The timings are:

- 5:30 to 6pm

Let's gather under the beautiful open  
space, with heavenly music in the very  
center of Auroville!



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

*Thank you, Surya and Amphitheatre Team*

## BRAHMANASPATI KSHETRAM

### **Calendar of regular events, October 2023**



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

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

### **Calendar of regular events of October 2023**

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

Every Thursday 6:00 - 6:30pm  
**Meditation**

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

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

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

[kshetram2014@auroville.org.in](mailto:kshetram2014@auroville.org.in)

Location



*Submitted by Rajan*



## CLASSES FLOWERS AND THEIR MESSAGES Are Cancelled



Weekly Thursday classes on 'Flowers and Their Messages' have been canceled until we further notice.

*Thanks & Regards, Rabi For the team*

### UNITY PAVILION: DAILY PEACE MEDITATION

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



*Submitted by Arun*

### *Education*

#### MATHEMATICS

#### Workshops And Weekly Sessions by Enlight Activity.



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

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

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

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

- Every Saturday, 10am -12pm @ The European House

Please request an appointment to take it further.

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

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

- Every Friday, 4pm—6pm

- **To join or enquire about any of the above activities,** please connect via email [enlight@auroville.org.in](mailto:enlight@auroville.org.in) or phone, Snehal, 9529673687

- To understand our learning approach; please click on the link to listen to our podcast with Auroville radio <https://www.aurovillerradio.org/interview-with-snehal-d-roy/>

- This event is contribution based

*Arun, Anand and Balaji  
For Enlight team*

## AUROVILLE LIBRARY

### Weekly Timings:

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

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

- **Contact:** 0413 2622894,  
[avlib@auroville.org.in](mailto:avlib@auroville.org.in)
- **Web:** [library.auroville.org.in/](http://library.auroville.org.in/)

*Kristen for Auroville Library*



## *Animal Care*

### MONTHLY TRANSPARENCY REPORT SEPTEMBER

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

#### Overview

- New admissions: 21
- Dogs dumped at the shelter: 11
- Rabies suspect cases rescued: 3
- Parvo Virus cases rescued: 0
- Canine Distemper dogs rescued: 1
- Rescue dogs and shelter dogs deceased: 4 (3 shelter dogs, 1 rescue)
- Successful adoptions: 6 (total 58 since April)
- Dogs rehabilitated and released post-treatment: 4
- Vaccinations administered: 15 adults, 5 puppies (Rs. 260 per vaccination, puppies Rs. 389)
- ABC shelter dog sterilizations: 23, 14 female, 9 male (Rs. 36.900 total costs!)
- Deworming: 19 doses



#### Donations

This month we did not manage to receive enough donations to fully cover our running costs of more than Rs. 3 lakh a month. We received Rs. 241.194 in monetary contributions which includes Rs. 50.000 funds from BCC.

**Milaap Fundraiser—Help Us to Build 30 Dog Houses—**Our fundraiser to construct individual dog houses for our dog population to shield them from the coming monsoon rains has so far only achieved 25% or Rs. 30.325 of the Rs. 1.2 lakh donation goal. Still, we have a few more days until October 5th to hopefully turn this fundraiser into a success to keep our dogs dry during the rainy season. Please help us to raise the necessary funds either through Milaap Donation Gateway

- <https://milaap.org/fundraisers/support-auroville-dog-shelter-3/> or through your donation to our **FS Account 251391**

#### Donations in kind

We are very grateful that our Thursday donation pick-up drives continue to be a resounding success. As we have many small puppies in the shelter and only inadequate housing facilities, we rely on donations of cloth, cardboard, and paper to keep them warm and alive through the monsoon season. Several Aurovilians have contributed and donated to us a used PC, monitor, and even a printer so that we finally have an office system to be able to host electronically our dog database and inventory. We are deeply moved and grateful for the generosity of fellow dog lovers. Thank you very much.

## Expenditures

- **Animal Food:** This month we fed our dogs: 1.600 kg of rice, 1.950 kg of chicken, 50 kg of beef, 200 kg of pedigree, and 700 eggs, supplemented with donated food with a total cost of Rs. 1.1 lakh. We still have a lot of small puppies to feed which requires expensive milk powder. Thanks to our special feeding program almost all of our dogs have finally regained their perfect weight and their health has improved a lot. If you want to contribute, why don't you sponsor a ONE-DAY-FOOD-PARCEL for our dogs for Rs. 3.500? It would make our dogs very happy!

- **Animal Health:** We paid in September Rs. 92.838 on necessary medicine and supplementary syrups which includes a huge shipment of 500 bottles of rABC for which we had raised the funds last month to cure anemia in all our dogs. Additional five blood tests for a total of Rs. 5.000 have been conducted for several dogs so that we have the medical data necessary to evaluate the result after one month of treatment against anemia. This month we were able to perform ABC surgeries on 23 dogs and we spent Rs. 36.900 for sterilizations. Sterilizations are costly but very important, please support us! We have applied 20 vaccinations for a total of Rs. 5.845

- **Staff Costs:** Veterinary Salary, workers, staff members, and animal handlers amount this month to Rs. 91.000

## Rabies instant testing kits

We are now able to conduct instant post-mortem rabies testing using brain tissue samples from deceased rabies suspect dogs. This new testing method provides initial results with a 70%—80% accuracy rate within a matter of minutes. End of this month, we received two dogs from Bharat Nivas that tested positive for rabies. These dogs were infected during the Literature Festival end of August by other rabies dogs in the area, some of whom we were able to catch. In light of the ongoing presence of rabies in Auroville, we are seeking to acquire immediately 20 instant rabies testing kits. These kits are only available in packs of 10 tests, with each test priced at Rs. 600. Therefore, we kindly request the support of the AV community to help us raise Rs. 12.000, which will enable us to purchase these crucial instant tests. Our FS account is 251391

## Change of Executives

In light of Lore's expressed desire to pursue her studies towards becoming a veterinarian, she has decided to step down from her role as executive of the Auroville Dog Shelter. We extend our appreciation to Lore for the unwavering passion and dedication she has poured into the care and welfare of our beloved dogs. We wish her the very best for her future! At the same time, the team is delighted to welcome Mar Silverio Pardo as the new executive of our shelter.

## New Auroville Dog Shelter

This month we received a surprise inspection visit from the Animal Welfare Board of India (AWBI). This inspection was conducted by the same members who had previously cited numerous violations of guidelines and regulations during their last visit in March 2023 while the former IACC management was still in place. This visit from the AWBI followed another inspection conducted by the Department of Animal Husbandry just two weeks prior. We are pleased to share that both recent inspections have yielded the most favorable outcomes imaginable. In just five months our team has shown that positive change is not only possible but achievable. Moreover, it was acknowledged by the inspection teams that the shelter has not only met but exceeded the minimum government-mandated standards and regulations. We have received informal indications from both inspection teams that they intend to recommend financial support in the form of grants, in alignment with the AWBI and the Department of Animal Husbandry guidelines, to assist in the construction of the new Auroville Dog Shelter.

## Auroville Dog Shelter Fair

To celebrate the successful first six months of the Auroville Dog Shelter and to generate funds for the construction of the new dog shelter, we are excited to invite everyone to join us for the first-ever Auroville Dog Shelter Fair, scheduled for Sunday, October 15th. Stay tuned for more details, and look forward for an exciting event!

**We thank you for your continued support!**

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

### **LONG-TERM CORE STAFF MEMBER POSITION Available, 1/2 Maintenance Offered**



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

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

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

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

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

*Thanks, Arthur  
for The Auroville Dog Shelter Team*

## *Health Care*

### **INTEGRAL FREEDOM**

#### **Includes Freedom In Birth**

**Thursday, 5 October, 4—6:30pm**

**@ Multimedia Center, Town Hall, Auroville )**

*Presentation By Paula Murphy and Morning Star Team*



Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, childbirth and women's wellness care in Auroville. Our services include consultations, classes and research on the subjects of respectful maternity care, fathers involvement.

This presentation on 'Integral Freedom Includes Freedom In Birth' is to explore the connection of spiritual concept of freedom as described by Sri Aurobindo and how it is being applied to birthing women in Auroville. It will also include global human rights and the rights of women written in the constitution of India. Towards the end of the presentation the team will present the dream vision for birth in Auroville.

- The presentation is open for the community and the target audience are women, men and youth who are 15+ years of age. Mature themes, Parents be aware.

**We warmly welcome you all to participate!**

*Thank you, Nivetha for YouthLink*

## MORNING STAR SERVICES

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



### Consultations

Consultations available with midwives, doulas and breast-feeding advisors. We offer consultations at Santé during pregnancy and through the child-bearing year. We provide well-woman care including Pap tests, and other screenings, menarche through menopause.

- Book an appointment through Sante: 0413 2622803

### Teens

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

- Contact by email [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)

### Classes

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

- Location: Hall of Light, Creativity Community
- Time: Wednesday evening
  - 5—6pm, Movement classes like Yoga, dance, breath work, etc
  - 6—7pm, Education on various aspects of pregnancy, birth, new-born and breastfeeding
- Most of the sessions are offered in English and Tamil.
- To join the classes: Bala, +91 9892699804 WA

### Parents' Group

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

- 10—11:30am, Wednesday mornings, Hall of Light
- Interested? Rotem, +91 8056888715 WA
- If you would like to know more about our work email us at [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)
- For general administrative queries: Bala, + 91 9892699804 WA.

*Best Regards,  
Balaganesh SIVA*

## AURODENT DENTAL CLINIC



Dental Clinic  
Auromode, Auroville.

**For Appointment please contact us**

Email: [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

*Submitted by Sudha*

**SANTÉ SERVICES**
**Working Hours**

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

**Tests and Sample collection**

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

**For emergencies**

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

**Appointment**

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

**Santé Services Schedule**

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

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

*Submitted by Dasha for Sante Services*

[sante@auroville.org.in](mailto:sante@auroville.org.in), <http://sante.auroville.org.in>

**AUROKIYA INTEGRAL EYE CENTRE @ ARKA**

**Working Hours: Monday—Saturday, 9am—5pm**

The following services are provided

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

**Contact**

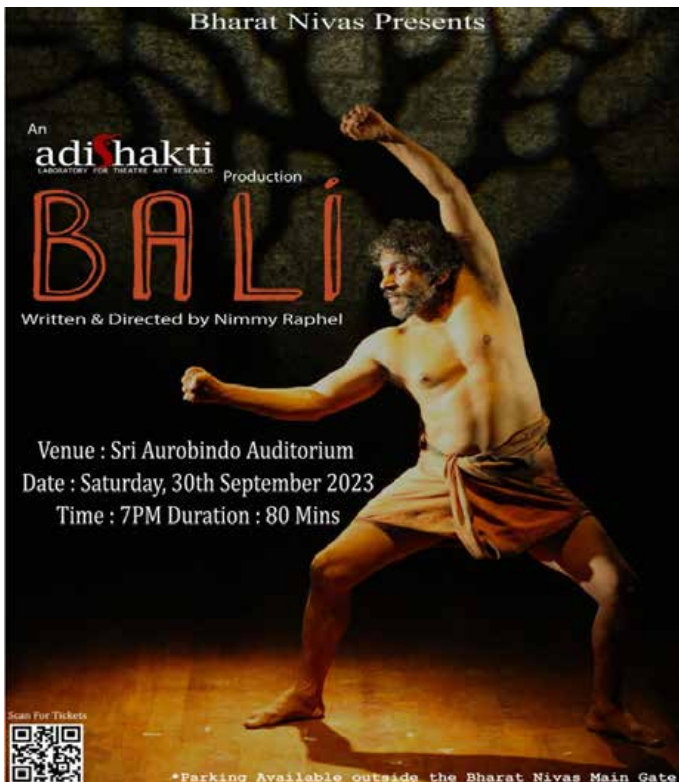
- [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com)
- WA/ Mobile: 8012305151, [www.aurokiya.com](http://www.aurokiya.com)

*Thanks, Aurosugan,  
Aurokiya team*



**BALI**  
**adiShakti**  
LABORATORY FOR THEATRE ART RESEARCH

Sri Aurobindo Auditorium, 30 September, Saturday, 7pm  
Duration: 1 hour



Adishakti's Bali is a retelling of the various events that lead up to the battle between Bali and Ram, and eventually, the death of Bali. The play explores the notion of right or wrong and how it may change when each and every character is given an opportunity to voice their thoughts and opinions. Here, Bali's death is placed in the center and a personal take is presented that will enable us to transition seamlessly back and forth- from the epic to the Every day and vice versa. The play presents powerful moments through alternate and opposing points of view of Bali, Tara, Sugriva, Angadha, Ram, and Ravan based on their own ethics and contexts.

The play gives its artiste and audience a space for introspection—to take a step back and detach ourselves from our dominant ideologies and rigid identities to explore other perspectives. *An emotional and energy high through the 70-minute performance.*

- <https://www.youtube.com/watch?v=ISPV-tQbT54&t=71s>

### Cast & Credits

- Written and Directed by Nimmy Raphel
- Performed by Vinay Kumar, Arvind Rane, Ashiqa Salvan, Kiyomi Mehta, Sooraj S
- Music arranged & composed by Vinay Kumar & played by Meedhu Miriyam
- Music for Tara and Bali scene composed by: Kirtana Krishna & Vinay Kumar
- Lights Designed by Vinay Kumar & played by Subodh Subramanyam
- Creative Guidance: Anmol Vellani & Vinay Kumar

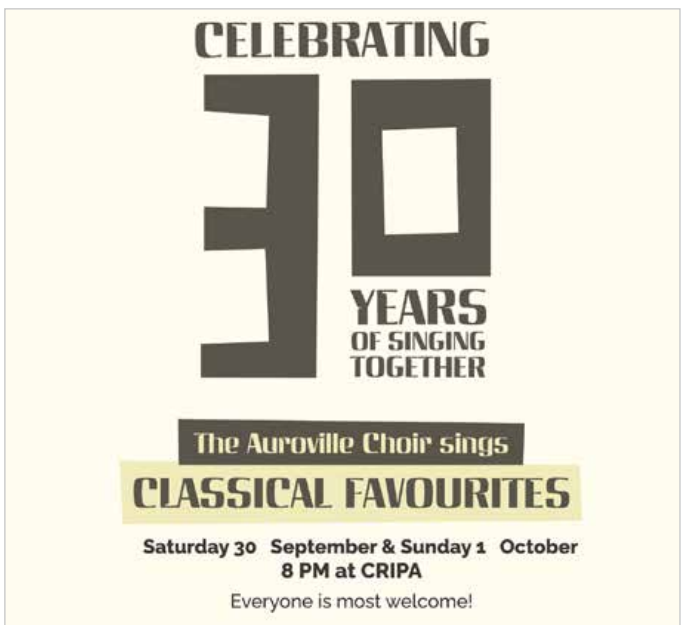
Enquiry contact: Krishna at 9787880211

- <https://in.bookmyshow.com/events/bali-1-hour-20-minutes/ET00370514?webview=true>

Parking available outside the Bharat Nivas main gate

Regards, Vani, BN Cultural Team.

**CELEBRATING 30 YEARS OF SINGING TOGETHER**  
**The Auroville Choir sings Classical Favorites**  
Saturday, 30 September & Sunday, 1 October, 8pm  
@ CRIPA



**Everyone is most welcome!**

*We request everyone to park their cars and motor bikes on the Gaia Frisbee field. Cycles will be allowed to park inside CRIPA area. To access the field, turn left on the road to Gaia. We would appreciate that no motorized vehicles use the access between Kalabhumi and Gaia (via CRIPA) during the concerts.*

**Thank you for your understanding and support.**

*Love, Nuria*

**TEMPORAL DIMENSIONS, BY OBAYYA**  
Centre d'Art, Citadines



Centre d'Art  
Auroville

**Exhibition is open till 7 October 2023**



- **Gallery hours:** Monday to Saturday, 10am—12pm and 2—5:30pm

*Please Park at town hall parking.*

*Thank you, Marco*



*Activities*



**DANCES OF UNIVERSAL PEACE**  
Monday, 2 October, 6:15—8:45  
@ Unity Pavilion

**Dances of  
Universal Peace**

**Monday, October 2,  
6:15 - 8:45 pm, Unity Pavilion  
With Arjun Calero, from Columbia**



**All are welcome!**

We are delighted to welcome Arjun back to Auroville after his inspiring visit last December. Arjun is a senior mentor in the Dances of Universal Peace International Network. Dances of Universal Peace are circles of people singing sacred songs and chants from around the world with simple movements that honor and celebrate our spiritual essence and shared aspirations.

**All are welcome.**

- In addition to this special evening, October 3—6 he has offered to share his skills with anyone who would like to learn to facilitate these unifying dances.
- If interested, please contact 9489244823.

*Thank you, Kaia*

## ANGAM TREE Workshop: LA Style Salsa Dance



Salsa is dance from Los Angeles, It's all with Music & Dance with Presence of mind. It is a Fun, Great skill to have in life, a way to make new friends, relieves stress, builds confidence, exercise and universal dance.



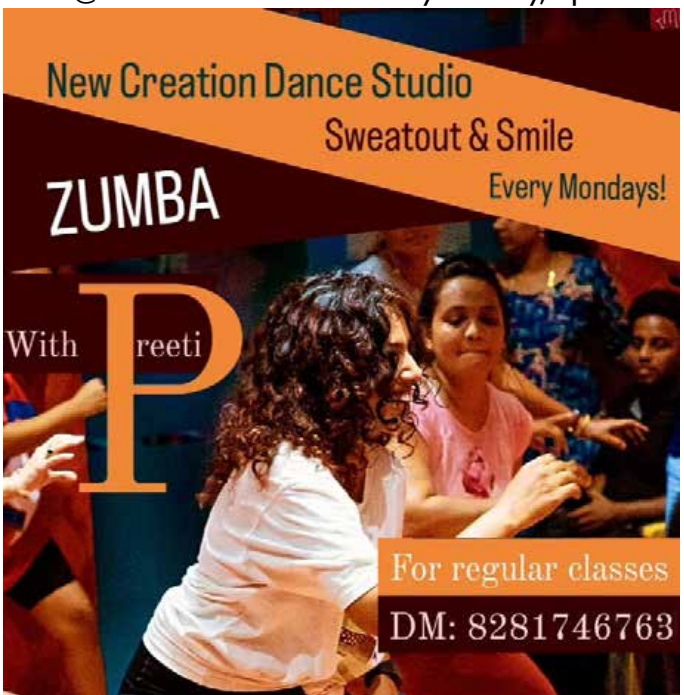
- Beginner, Basic steps (40 minutes): Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps (20 minutes)
- Break (10 minutes)
- Partner sequences. Turning and leading. How to get the beats or rhythms. Dance with Partners
- Feedback sessions
  - Contribution based. You can learn more about us and register on [www.angamtree.com/workshops](http://www.angamtree.com/workshops)

+91 9751395939, [www.angamtree.com](http://www.angamtree.com)

Thank you,  
Raja Narayanasamy

## ZUMBA

Zumba classes are happening  
@ New Creation Studio every Monday, 6pm



Warm regards, Vega

## SALSA DANCE CLASS

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



Mani,  
@bakisata\_dance

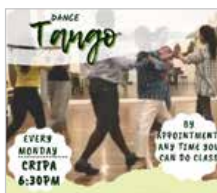
## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By apointment: any time you can do class

### Information

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



For bookings contact us:

- +918637633696, [bakisatadance@gmail.com](mailto:bakisatadance@gmail.com).

*Submitted by Mani*

## NEW CREATION DANCE STUDIO: SCHEDULE

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

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

*Submitted by Savitri*

## SWIMMING CLASS

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



*Mani*

**BANSURI (FLUTE)**  
**Group Classes With Michael**

# ***The Sound of Bamboo***

**Various Styles of the Indian Flute**



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

Warm Regards, Dave,  
+440 7564119728

[djsevans87@gmail.com](mailto:djsevans87@gmail.com)

## **PAINTING CLASSES WITH SATHYA**

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



Contact: +91 9486145072 WA

Warmly, Sathya

## **COUCH TO 5K**

1 October, 7am @ Townhall Parking

### **COUCH TO 5K**

It is a running event for absolute beginners, it's a mix of running and walking to gradually build up your fitness and stamina.

Whether you've never run before or you just want to get more active, it's an easy way of getting fitter and healthier.

**It's free for everyone!**



**TOWN HALL  
PARKING**



**1 OCT, SUNDAY  
7 AM**



**+91 98844 32677**



I am a volunteer working with wallpaper, and staying in wallpaper's care taker's house. I am a marathoner and I'm planning to conduct a weekly free running event for the community.

Thanks & Regards, Siva,  
+91 9884432677



## AUROVILLE TANGO ACTIVITIES



### Monday, Class

7pm intermediates;  
8pm beginners

### Wednesday, Practica

7:30pm guided practica  
8pm practilonga

### Friday, Open Source

6:30-8pm



**Venue: Harmony Hall, Bharat Nivas**

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

**+91 98211 66082, [tango@auroville.org.in](mailto:tango@auroville.org.in)**

*Submitted by Aurevan*

## KALPANA GYM



**Kalpana Gym  
has a new Caretaker**

**It is open**

- 7—9am & 5—8pm
- Monday To Saturday

**All Are Welcome!**

*Satyakam*

## BLIND BABBLE EVENT

Thursday, 28 September,  
5:30 to 7pm



Youthlink invites you for our Blind Babble Event taking place on Thursday, 28 September. This event was created to provide you with the experience of meeting and discussing loads of different topics and questions in a safe environment over some tea and cookies with other people. Your partners will be provided with a stack of cards, each one containing a unique question meant to encourage deep thought and creative verbal expression.

- Join us in Le Morgan from 5:30 to 7pm
- It's a walk-in event and everyone is welcome!

Warmly,  
Gautam from Youthlink team

## CAPOEIRA WORKSHOP

Friday, 6 October, 5—7pm  
@ Deepanam School

We are happy to inform you that YouthLink is offering you a Capoeira workshop happening at Deepanam School!

- Taking place on Friday, 6 October, taught by Ginga Saroba Group.



Afro-Brazilian martial art incorporating music, dance and movements. It was developed in Brazil during the 18<sup>th</sup> century.

Derived from traditions brought across the Atlantic Ocean by enslaved Africans and fueled by the burning desire for freedom. It soon became widely practiced on the plantations as a means of breaking the bonds of slavery, both physically and mentally.

Join us to discover a piece of history through a fun and beautiful martial art.

- This workshop starts at 5pm until 7pm.
- **To register** email us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or come to our office in Town hall between 9:30am & 12pm and 2 & 4pm to sign up.

Warmly,  
Nivetha from Youthlink team

## ABHAYA Offers Martial Arts Classes

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



### Regular Classes

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

### Contacts

- [abhaya@auroville.org.in](mailto:abhaya@auroville.org.in), 9487340778 WA
- Check our work and follow us here: [https://www.instagram.com/giacomo\\_writer\\_auroville/](https://www.instagram.com/giacomo_writer_auroville/)



### Martial Art Classes For Kids

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

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

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

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

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

- <https://www.youtube.com/watch?v=ZzEB-GtOjys>
- Please contact us to sign up: [abhaya@auroville.org.in](mailto:abhaya@auroville.org.in) or 9487340778 WA

### Bharat Kandare Classes

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

- **Contact Abhaya** via email [abhaya@auroville.org.in](mailto:abhaya@auroville.org.in) or via 9487340778 WA for more info.



*See you on the tatami,  
Giacomo*

## AUROVILLE BAMBOO CENTRE

October Program 2023



### Bamboo Centre Campus Tour

## AUROVILLE BAMBOO TOUR!



*Discover*

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

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

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

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

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



Mobile : +91 8300949081  
Telephone: 0413 2623806  
Email : [bamboocentre@auroville.org.in](mailto:bamboocentre@auroville.org.in)

Auroville Bamboo Centre  
Kottakarai, Mangalam Campus  
Auroville 605 111

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

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

### Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

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

### Training and workshop

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

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

### Daily: Make and Take Hands On Workshops Experiences

#### One-Day Make and Take Workshops

##### Furniture Workshop

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

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



## Bamboo Lampshade

Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own handmade lampshade at the end of the workshop.

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

## 3 Hours Make and Take Workshops

### Bamboo Toys

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

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

### Bamboo Musical Instruments

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

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

### Bamboo Jewellery

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

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

### Bamboo Planter

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

- Timings: 10am—12:30pm or 2:30pm—5pm
- Days: Every day except Sunday
- Registration: Walk-in registration available

Auroville Bamboo Centre presents

## MAKE & TAKE WORKSHOPS

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

**JWELLERY, TOYS & MUSICAL INSTRUMENT WORKSHOP**





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





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

FOR REGISTRATION & INQUIRIES :  
PREBOOK A DAY IN ADVANCE

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

## Upcoming Workshops

### Bamboo Furniture Design Workshop

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc...

- The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.
- Dates: 10 to 12 October

### Bamboo Construction Workshop (Wall Panel Making)

This workshop focuses on Bamboo construction technique from bamboo and various natural materials making dis-mandible Wall Panels.

- The Bamboo Construction workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.
- Dates: 26 to 28 October

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

- Preferred through Email at [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)
- or telephone number: +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- Contact: Voice call and WA 8300949081

[www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org)

Murugan For Bamboo Centre

## MOHANAM PROGRAM:

### Soul of Soil

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



## Conscious and Cultural Tour, Work-shops & Therapy

### Make and take hands-on workshops

- Terracotta
- Soap Making
- Kolam Mandala Painting
- Coconut shell craft
- Incense Making
- Lampshade & Paper Marbling
- Stone Carving

### Daily: Make and Take, Hands-On Workshops

- @ Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)
- Advance booking is necessary
- Contact: Preferred through e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), or call +91 8300949079
- Timing: 10am—4pm
- Day: Every day, Except Sundays

### Mohanam campus Tour & Craft Village Visit

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

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

## **Mohanam Sound healing**

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

- **Advance booking** is necessary
- **Contact:** Preferred through e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), or call +91 8300949079
- **Timing:** 10am—4pm
- **Day:** Every day, Except Sundays

## **Saree & Veshti Experience Tour**

**Let the magic of Saree & Veshti adorn you!**

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

- **Days & Date:** All working Days except Sunday,
- **Timing:** 10am—4pm
- **Advance booking** is necessary
- **Contact:** Preferred through e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), or call +91 8300949079

## **Kolam Workshop (Every Friday)**

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

- **Meeting point:** Mohanam Heritage Village
- **Day:** Every Friday, 4 to 6pm
- **Email:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)
- **Phone:** 8300949079

## **Conscious and Cultural Tour & Experience in Auroville**

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

## **Bio region Village & Temple Tour**

- Bioregion historical, monument, heritage educational tour
- Auroville Forest tour
- Auroville Farm tour
- Auroville North-West experience
- Auroville Entrepreneurship tour
- **Includes** Tea and snacks, **duration:** 2 hours.
- **Date:** 1-day advance booking is necessary
- **Day & Timing:** Every day 10am—5pm

## **Thiruvannamalai Eco & Spiritual Services**

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

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

For more information, contact us:

- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079

## Cycle Tour with Bio-Region Youth + Breakfast

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

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

## Auroville North-West Tour + Lunch

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

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

## School of Art and Music Activities

Classes available for Kids 5 to 15 years old

Class	Day and Time
Silambamb	Sunday, 8am—9am
Western Dance	Sunday, 1pm—2pm
Indo African Djembe Class	Sunday, 1pm—2pm
Karate and Kick Boxing	Sunday, 8am—9am

For more information, contact us:

- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079

## Workshop on Organic handmade Soap



*Workshop on Organic Handmade Soap*

Introduction participants to the arts of melt and power soap marking

**Time**  
Adult: 11am to 12:30  
Kids: 9:30am 11am

**Fees**  
Rs: 1100 for adults  
Rs: 900 for kids

**Workshop Details**  
Art of cold process handmade soap making

**Facilitator:** A.Ramesh aged 50 years having 20years experience in cold process soap making process ..

Introduction participants to the arts of melt and power soap marking. Towards contribution.

- **Time:** 11am - 12:30 Adults, 9:30am - 11am Kids.

Art of cold process handmade soap making. Facilitator A.Ramesh aged 50 years having 20 years experience in cold process soap making process.

**Registration:**

- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in),
- 0413 2622667, 8300949079

Regards, Murugan For Mohanam

## AUROVILLE ONE DAY AND HALF DAY TOURS

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



- **One day tours:** Every Saturday, 9:30am to 5:30pm
- **Half Day Tours:** Every Friday, 9am to 1pm
- **Pre—Registration** is required.
- **Contact us** to know more details:  
[youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) and +91 85248 25120 WA
- Here is the link for the itinerary, fee and other important details:
  - [https://drive.google.com/drive/folders/1tGQNBGLtSxZKGulnpwhQTPNaUIAJomDU?usp=drive\\_link](https://drive.google.com/drive/folders/1tGQNBGLtSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link) or
  - please scan this code to know more.



*Regards, Bondeepa*

*Help Needed*

## UPDATE FROM DONATION CHANNELING GROUP



Dear Friends, This is to inform you that the new donations channeling processes are undergoing feedback review and auditor's vetting. So the last date announced for project/ unit registering by 31 September is under review. We will update you when the process is ready to begin.

Meanwhile, the current processes for donations continue as has been happening till now.

*Donation Channeling Group, Naren & Sandeep*

## SUPPORT NEEDED

CREEVA stands for Center for Research, Education and Experience in the Visual Arts, the inspiration of Aurovilian Audrey Wallis Taylor. Audrey personally financed Creeva during her lifetime.

Since Audrey's passing, a small group of artists have united to continue CREEVA, as for years many classes have introduced students to the joy and self discovery of the visual arts.

We are in need and would deeply appreciate your financial support to **FS #252422**.

*Margaret*



## AUROVILLE SINGING FESTIVAL SEEKS SUPPORT



Dear Music Lovers, we are preparing the Auroville Singing Festival for 14 & 15 October in CRIPA. The theme of the festival is 'Singing hearts of Auroville' and our aspiration is to create Unity in the beautiful diversity of voices from Auroville, by presenting our native souls and expressing ourselves through songs.

As there are no funds available for Cultural events in 2023 we invite you to support this event with a donation toward **Financial Service Acct. 0250 Auroville Artist Group**.

*With love, Shakti, Marta,  
Antoine, Ok and Rolf*





## YOUTHLINK MATCHING DONATIONS CAMPAIGN



**YOUTHLINK**  
Matching donation  
campaign

All donations you make to us from August to December 2023 will be doubled!

**1 + 1 = 2**  
Your dollar      Matching Dollar      Double the Impact!!

**GOAL:**  
10 LAKH RUPEES

AS OF SEPTEMBER 01: **68,000 RS!**

Find out more through our website: [Youthlink.org.in/](http://Youthlink.org.in/)

The poster features a large group of diverse young people smiling, set against a teal background. A yellow heart icon is positioned to the left of the group. The text is in white and yellow, with a green arrow pointing to the website URL at the bottom.

YouthLink has been provided the amazing opportunity to raise funds through a matching donation campaign. This means that whatever donation you make between now and December gets doubled!

So you may be asking yourself, what is YouthLink?

We are a diverse group of youth from Auroville who work towards creating a positive impact in Auroville. We largely cater to the youth of Auroville (ages 16-30), and work towards providing opportunities and experiences. Our main scopes of work are to empower, integrate, and connect young people through our educational workshops, integration programs, and community gatherings. We create opportunities for links within the community that we believe should go together; such as teachers to students, initiatives with similar scopes, work opportunities with job seekers, and people who can support one another; such as mentors to mentees or newfound friendships.

Our team is ever-growing and evolving. Currently at 10 members, we are a diverse and proactive community with a common mission and intentions which enable us to work efficiently and harmoniously.

We are also actively improving our organizational structure in order to maintain and increase our efficiency and harmony, experimenting with different methods of decision making, non-hierarchical structures, and management of responsibilities. Our current method embraces the values of self motivation and encourages proactive responses, providing our members the opportunity to explore self discipline and growth, while retaining a macro perspective of our society and the world.



So how can you help, and why?

We currently receive a budget from BCC (4 maintenances plus 5,000Rs budget), however it only covers approximately one third of our monthly expenses.

Our hope is that our matching donation campaign can collect enough money for these maintenances, so that YouthLink can continue to offer free programs.

We also believe that YouthLink currently serves a secondary purpose of being an informal training center, for the organization produces youth that are well connected within Auroville, have a strong understanding of Auroville's structures (both social as well as organizational), and are proactive and vibrant, both as individuals and in teams.

And we believe that we can still do more. Every day there are interesting offers and opportunities of collaboration



that find us from inside and outside Auroville, as well as ideas from our team. We currently find ourselves not having the time and space to fully concentrate on all the avenues we could explore, hence we are also looking to expand the team in the near future, moving into avenues such as intensive courses and vocational training.

When you donate to YouthLink, you will be providing a team member the opportunity to develop capacity and grow through work, and in extension be offering invaluable programs to the Auroville community as well, such as safety and boundaries workshops, first aid courses, and Auroville introduction programs; which all work towards creating a safe environment for our youth to grow up and to continue the experiment of human unity and collective living. We are constantly researching and communicating with the community to find which areas to focus our efforts!

Please consider supporting us on our journey to shape the future of Auroville through your financial means!

- You can find more information about us on our website: [youthlink.org.in](http://youthlink.org.in) or visit our office at Town Hall, under Le Morgan (open to visitors: Monday to Friday, 10am—12pm).
- Please consider supporting us through Financial Service account: 251048 YouthLink
- Or through unity fund, [link provided on our website](#).

Remember, with each donation, double the impact!: )

*Namu For YouthLink Team*

## SUPPORT

### Accessible Auroville Public Bus Service

Accessible Auroville Public Bus service started in 2016 with help of an Italian donor, who contributed to purchase a public bus to Auroville. Since 2016, we have received good support from Aurovilians, guests and all. The service self-sustained by collecting contributions from the bus users to cover the running



expenditures. We were supported by the AVI Canada to cover the yearly maintenance like, Insurance, Fitness Certificate, Yearly Maintenance of the vehicle. Since the covid-19, the users of the bus have reduced and it became hard to cover the running cost of the bus. Therefore, we often request help from the community to support. We tried different options to increase the bus users but still no progress. Only during the season, the bus is filled with people. So, it shows that most of the aurovilians are willing to use the individual vehicles to visit Pondicherry, other than using the public transport.

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

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

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

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

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

- **For donations Avbus A/c No: 251675**

### Details of works to be done

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

*Raju for AAPB Team*

### MAATRAM NEEDS SUPPORT

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



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

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

- The amount can be transferred to A/c no. **240001** Unity Fund with, 'For Maatram' in the description.
- If you have any more questions, please email us on [maatram@auroville.org.in](mailto:maatram@auroville.org.in).

You can also visit our website [maatram.org.in](http://maatram.org.in) for more details about our work.

*Warmly, Megha for Maatram*

### *Honorary Voluntary*

### TLC WELCOMES VOLUNTEERS

**Every Friday from 1:30 to 3pm in TLC's Base Camp, starting from 13 October**

TLC (The Learning Community) is welcoming volunteers for our 'Open spaces' activities every Friday from 1:30 to 3pm in TLC's Base Camp, starting from 13 October.



- We are looking for **volunteers, guests or community members who are willing to offer activities**, such as sports, arts, crafts, music, drama etc. for all Auroville kids aged 6—14. You can offer your skills and talents for one whole term or more.
- If you feel inspired to participate, please contact Sashka on 9442180610 WA.

*Sashka for TLC Community team*

### KUILAI CREATIVE CENTER

#### Looking for Volunteers

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

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



**Kindly contact:**

- [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in)
- + 918608473385 WA / 9843195290 WA

*Selva from KCC*

## CALL FOR FARM VOLUNTEERS

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

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

A poster for AuroOrchard featuring a background of green leafy vegetables. At the top, the AuroOrchard logo (a stylized plant in a circle) is next to the text "AuroOrchard". Below this, the main headline reads "Volunteer and learn farming hands-on!" in a large, bold, white font. To the right of the headline is a small illustration of a wheelbarrow. Below the headline, two paragraphs of text describe the farm and the volunteer opportunity. At the bottom, there are two columns of contact information. The left column is headed "JOIN US!" and lists the days and times. The right column is headed "PLEASE REACH OUT TO US FOR ANY QUERIES!" and lists the email and WhatsApp number. There are also small decorative icons of a bee and a snail at the bottom right.

**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](mailto:auroorchard@auroville.org.in)  
**WHATSAPP:** 9566631079 (Nidhin)

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

### Please contact

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

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

## GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day **from 7am onwards**, and have a vegan breakfast at **8:45am**.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

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

*Looking For*

## Administrator Position Wanted

Competent, highly recommended woman Administrator is looking for a secure job, preferably in the northern half of AV. Aged around 40, she has 15 years experience looking after the day-to-day needs and problems of an AV unit. Speaks excellent English and Tamil. Has own moped for transport.



- For more info contact Tim at Aurelec ph. 2622296 or home 2622381, or email [timwrey@auroville.org.in](mailto:timwrey@auroville.org.in). Tim

## *Available*

### **Space Available**

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

Interested people may contact Mr. Siva at Aurelec in person, or phone to 2622293/294 or [adps@auroville.org.in](mailto:adps@auroville.org.in)



*Siva for ADPS Trust*

### **Pearl Drum Kit Available**



For sale Pearl drum kit.

Contact Serena  
8489760966  
for more info

*Serena*

## *Taxi Share*

### **To Bodhi Zendo, 3 or 4 October, back 10 October**



Hello, One person is traveling to Bodhi Zendo on October 3 or 4 and returning 10 Octobr. If you are also traveling there and would like to share transport costs, please contact +91 9442300518.

*Thank you, Ing-Marie*

## *Work Opportunities*

### **HOUSING SERVICE RECRUITING**

#### **Civil Engineer**

*We are recruiting for a Civil Engineer for Auroville Housing Service. Those who meet the criteria below are eligible to apply. The deadline to apply is two (2) weeks from the date of publication of this notice. Full maintenance is available.*

#### **The Job Overview**

We are seeking a dedicated civil engineer to join our team. You will collaborate with other engineers and contractors to create effective and sustainable infrastructure designs to improve Housing Service, repair and maintenance services.

As a civil engineer, we hope you can put your passion for design and execution to create beautiful, lasting, and sustainable cornerstones for all the assets under Housing Service.

#### **Your duties will include**

- Striving to deliver infrastructure facets that will serve for a minimum of 20 years with proper maintenance.
- Reviewing and evaluating all prints and plans for structural, ethical, and sustainability concerns
- Developing and bidding on proposals and maintenance plans for the structure before implementation
- Managing and hiring contractors, subcontractors, and structural engineers as needed to ensure budget and timeline adherence
- Enhancing dialogue between all parties involved

- Filing reports at each project milestone, informing the Housing Service office so that regular evaluations can be conducted
- Monitoring project completion status and presenting progress reports at the end of each quarter
- If any projects fall behind schedule, putting forward plans and methods of shoring up the project timeline

## Responsibilities

Below are some of the responsibilities a civil engineer is expected to assume in their position:

- Oversee all designs created for the project
- Create regular project progress reports in the provided template
- Deliver project assets on time and under budget with feasibility
- Create designs in all requested media formats
- Work to ensure that the project progresses at an acceptable rate, barring unavoidable interference (e.g., delays due to unexpected weather)
- Manage budgets and project resources
- Schedule material and equipment purchases and deliveries
- Make sure the project complies with legal requirements, especially health and safety
- Prepare public reports, such as property and right-of-way descriptions, bid proposals, and environmental impact statements.

## Job Qualifications and Skill Sets

Below are the qualifications expected of a civil engineer:

- Bachelor's degree or higher in civil engineering; master's degree in civil engineering a plus
- Proficiency in English, Tamil and Hindi
- Minimum two years in a professional engineering firm or one year spent as a freelance engineer
- Having passed the Principles and Practice of Engineering exam
- Strong mathematical and analytical skills
- Project management in accordance with Govt standards
- Strong problem-solving and communication skills
- Soft skills including:
  - Negotiation
  - Supervisory
  - Leadership
  - Verbal and written communication
  - Ability to adhere to budgets, submit necessary budget amendments, and adhere to timelines
- *Ability to create and modify Autocad drawings as and when necessary.*
- *Full maintenance / Salary will be provided.*
- *This is strictly a full time opportunity, part time option not available.*
- *Full confidentiality to be maintained, Non Disclosure Agreement may be needed.*
- *Any conflict of interest to be acknowledged immediately to be submitted to the Housing Service Team preferably in writing.*

## Contact or send your CV to the following email

- [housing@auroville.org.in](mailto:housing@auroville.org.in)
- The office timings:
  - 9:30am—12:30pm
  - 2:30—4:30pm

Piero



## **RECEPTIONIST JOB for the Auroville Housing Service**

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

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

### **Receptionist Job Responsibilities**

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

### **Receptionist Qualifications / Skills**

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

### **Education, Experience, and Licensing Requirements**

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

### **From HS side**

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

**Contact or send your CV to the following email:**

- [housing@auroville.org.in](mailto:housing@auroville.org.in)

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

**Piero**





## *Foods, Goods and Services*

### STYLE STUDIO

Get personalized styling tips for your body type that can be implemented in your daily wardrobe.

#### One on One session with stylist

- A personalized styling session with styling expert
- Know your body type
- Third line—Handpicked product recommendations to enhance your body!



Get personalized styling tips for your body type that can be implemented in your daily wardrobe. A personalized styling session where the styling expert will understand your body type likes, comfort and requirements. You can hand-pick products accordingly that enhance your body.

- Ping +91 94429 82957 to book your Styling Session
- [Office@upasana.in](mailto:Office@upasana.in)
- Clothing Lab @ UPASANA Auroshilpam, Auroville.

*Uma*

### VEGAN LUNCH

#### in Red Dot Cafe



Low carb—vegan office lunch in Red Dot Cafe, Upasana.

Sign-up lunch scheme.



[upasanared.cafe@gmail.com](mailto:upasanared.cafe@gmail.com), *Uma*

### AV BAKERY & CAFÉ WILL BE CLOSED

on 2 October, Monday

Av Bakery & Café will be closed on 2 October, Monday, 02.10.23 For Gandhi Jayanti!

Please pick up your Monday, 02.10.23 order on Saturday, 30.09.23



*Elumalai.G for AV Bakery*

### DISCOVER THE MAGIC OF HEMP AT HEMPLANET!

Open Monday to Saturday, 10am—4:20pm

@ Reve Area, 1<sup>st</sup> Floor, Building 1, Auroville

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

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



*Davide*

## FIBER OPTIC AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our

Auroville community Since 2015

And I am happy to provide the below services to our Auroville community

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

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan, 9943919899, [ramkrishna@auroville.org.in](mailto:ramkrishna@auroville.org.in)

*Ramakrishnan*

## UNITY TRANSPORT SERVICE



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

We would like to convey that we have experienced drivers that have been with us for the last 15 plus years.

**We have a full range of taxis now**

- Toyota Etios: 4+1 seater
- Maruti suzuki Ciaz: 4+1 seater
- Maruti suzuki Swift: 4+1 seater
- Toyota Innova: 7+1 seater
- Toyota Crysta: 6+1 seater
- Load carrier
- Tempo traveler: 14 + 1 seater
- Buses
- Any Taxi bookings can be done directly to our UTS office.



- **The contact numbers are,**
  - **Landlines:** 0413 2623586, 0413 2623587
  - **Cellphones:** 9047015801, 9443362218
  - **Email:** [uts@auroville.org.in](mailto:uts@auroville.org.in)

Thank you so much for the support you have extended to us all these years.

*Regards, Lakshmi  
For UTS Transport Service Team*

## BOOK YOUR TAXI

Eco-Friendly Taxi sharing "Book and save"

# Book Your Taxi!

Affordable shared rides, less traffic, more savings.

## Join our Sharedtransport Service

Your Eco-friendly and Efficient travel solution!

### For Booking

8098776644  
9442566256

OR



Scan QR



Website: [sharedtransport.auroville.org](http://sharedtransport.auroville.org)  
Email: [sharedtransport@auroville.org.in](mailto:sharedtransport@auroville.org.in)



Regards, Rajesh.D

## ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

*Erumalai (Evergreen)*



## SURABHI SUPPLIES



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

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

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

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

*lyyappan*

## RAPID CARE SERVICE

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

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

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality. We make sure the work is completed on an economical budget without compromising quality.

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



### List of services provided by Rapid Care Services

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

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

- Balaji, 8270071581, Arun, 7639810621
- [rcsrapidcareservices@gmail.com](mailto:rcsrapidcareservices@gmail.com)
- [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)

*Balaji and Arun for Rapid Care Team*

## FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:  
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:  
2:30pm—4:30pm

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



*At Her Service, Kamala For the Freestore team*

**NOWANA Delivery**

**MONSOON**

**Sep 1 to Nov 30**

Stay dry and enjoy your favorite  
NOWANA at home

**91 73396 43557**  
**0413 296 5490**

## HAIRDRESSER

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

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



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

*Lovely day, Ulrike Urvasi*

## RUPAVATHI JOY ACTIVITIES

### Bio-Region Temple Tour

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



Starting point from Solar Kitchen.

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

### South-Indian Cuisine Cooking Class

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



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

### Thai Massage

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

### Tailoring

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

- For any of the above services, contact
  - Phone/WA 8098845200
  - [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

*Rupavathi Joy*

## ĀDESHA

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



- **Focus:**
  - Startups: Products and Services
  - Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
  - Email, Instagram, WhatsApp and LinkedIn Marketing, Business Communication and Content Writing—Guidance only
- **Contact Details:**
  - Name: Surajkiran
  - Mobile: 98842 04918, Voice and WA
  - Email: [surajkiranv@gmail.com](mailto:surajkiranv@gmail.com)
  - Location: Auroville

*Regards, Surajkiran*

## LATEST NEWS from Inside India Travel Shop

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



- landline phone 2623030
- or +919894598686 WA,
- or by email: [travelshop@inside-india.com](mailto:travelshop@inside-india.com)
- **Spicejet** new and exclusive daily flights from Pondicherry to Bangalore to Hyderabad. Enjoy convenient Spicejet one stop connections to Delhi and Visakhapatnam.
- **Samples of Schengen Transit Visa Rules**, please be aware that they are also applicable to other Nationals.
- **Schengen transit visa regulations** on Lufthansa Group to / from India—UK via Germany and Switzerland. Indian Nationals traveling via FRA/MUC holding a UK visa will require a Schengen transit visa unless holding a visa for USA or Canada. Indian Nationals traveling via ZRH holding a UK visa will not require a Schengen transit visa. IN-UK-IN : Indian Nationals transiting TWO Schengen cities holding a UK visa will require a Schengen transit visa.

*Joster*

## *Auroville Radio*

### AUROVILLE RADIO / TV

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

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



#### Last published podcasts:

- [La Vita Divina Ep. 33 \(Sri Aurobindo\)](#)
- [Exploring Education in Arts, Animation and Film-making—Ep. 19 'How Do I Make My Drawings Not Look Flat?' \(Cinema\)](#)
- [Exploring Education in Arts, Animation and Film-making—Ep. 18 'The silent years—Pre-World War I European cinema' \(Cinema\)](#)
- [Teens Connect—Ep. 7 \(Integral Education\)](#)
- [Marlenka's weekly Offering—Ep.104 \(Literature\)](#)

#### Last Youtube Live Videos

- [Matrimandir lake—Information meeting](#)

Auroville Radio TV is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovilian, wish to make a donation to Auroville Radio-TV please make the donation to **FS number 0867**.

Thanks for your help!

....and more! on [www.aurovilleradio.org](http://www.aurovilleradio.org)

For more information write to  
[radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love,  
Wobbli



## **ONE'S SPIRITUAL JOURNEY, a call to residents**

Since 'To be a true Aurovilian' requires one to first search for our Inner Being, one could wonder what this really means.

For a lot of people, finding this 'Psychic Being' remains a rather vague and unknown goal that we might reach one day or not.

Encouragingly, many among us, and not only elders, believe that this new vehicle for the Soul isn't just an out of reach abstraction but indeed it is very concrete and knowable, although not easily distinguishable from the other parts of our being.

Also, although the present situation in Auroville does not seem to provide the circumstances to get close to this secret part of ourselves, there is also the acknowledgement from a few that they have consciously witnessed their spiritual part growing within them.

It would be helpful to those who do not know how to start this quest, or having started long ago still struggle to distinguish clearly in their behavior what belongs to the ego and what belongs to the Psychic Being, to gain more clarity on the concrete aspects and practicalities, with the lived experience of their more advanced companions on this spiritual journey.

Would you be willing to share your progress and insights with us through a recorded interview?

No quotes, no lectures! Just looking inside and share with us, perhaps with the help of the possible following questions.

- Are you in contact with your Psychic Being? How does it manifest?
- What does it imply in your daily routine?
- Did you have to develop certain abilities to do this?
- Could you share with us a significant moment that happened in your quest?
- What about the traps on your path?

We would like to make 10-minutes audio-recordings of these responses. These will then be collected and shared later, with your prior consent, to the community through a booklet or podcast. Could also be envisioned later to organize talks on the topic.

- If you wish to contribute, please, send an email to [dan.auroville@gmail.com](mailto:dan.auroville@gmail.com)

*I thank you for your collaboration, Dan*

## **ONE CANNOT STOP**

### **Why can't one stop in the transitional human stage?**

Here are Sri Aurobindo and the Mother:

- <https://incarnateword.in/cwm/09/19-march-1958>

Remember, 29 February 1956 and subsequent Supramental descents have already happened and intensely hastened transitional transformations are happening everywhere. So the Supramental emergence is now unstoppable, however one wants to believe otherwise.

['And the thing is DONE.'](#)<sup>1</sup>

['The change IS DONE.'](#)<sup>2</sup>

['It is DONE.'](#)<sup>3</sup>

The best choice is to take the easiest and most joyful Sunlit Path of Surrender to the Divine, which obliterates the ego. This is to save you from all the psychological-emotional-physical sufferings resulting from the still ongoing but futile collective resistance to change of the old crumbling perverted mental world.

And no one else can make that consenting choice for you. That conscious choice must be yours and yours alone. Go within...

**Om Namo Bhagavate**

<sup>1</sup> <https://incarnateword.in/agenda/03/april-13-1962>

<sup>2</sup> <https://incarnateword.in/agenda/11/march-14-1970>

<sup>3</sup> <https://incarnateword.in/agenda/13/march-8-1972>

- **Q&A on the Great Cosmic Play**

### **How to rise beyond being a mere puppet of cosmic forces?**

*'Every standpoint, every man-made rule of action which ignores the indivisible totality of the cosmic movement, whatever its utility in external practice, is to the eye of spiritual Truth an imperfect view and a law of the Ignorance.'*

Even when we have arrived at some glimpse of this idea or succeeded in fixing it in our consciousness as a knowledge of the mind and a consequent attitude of the soul, it is difficult for us in our outward parts and active nature to square accounts between this universal standpoint and the claims of our personal opinion, our personal will, our personal emotion and desire. We are forced still to go on dealing with this indivisible movement as if it were a mass of impersonal material out of which we, the ego, the person, have to carve something according to our own will and mental fantasy by a personal struggle and effort.

*This is man's normal attitude towards his environment, actually false because our ego and its will are creations and puppets of the cosmic forces and it is **only when we withdraw from ego into the consciousness of the divine Knowledge-Will of the Eternal who acts in them that we can be by a sort of deputation from above their master.** And yet is this personal position the right attitude for man so long as he cherishes his individuality and has not yet fully developed it; for without this view-point and motive-force he cannot grow in his ego, cannot sufficiently develop and differentiate himself out of the subconscious or half-conscious universal mass-existence.'* **Sri Aurobindo**

- <https://incarnateword.in/cwsa/23/standards-of-conduct-and-spiritual-freedom>

**Zech, 2023.09.18**

## **VOLUNTEERS REQUIRED**

Volunteers are indeed required, on another level...

Refocusing from an Aurovilian brother's sharing wherein the Mother states:

*'Keep this attitude—never side with anybody nor take up any personal quarrel—think only of the Divine Peace, Harmony, Light and Happiness and become more and more their purified and quiet instrument.'*<sup>1</sup>

The advice of the Mother not to take sides must be fully understood in the context of being instruments for the Supramental transformation. These fully conscious, totally surrendered instruments to the Divine Consciousness will undergo a psychophysical transformation, an intense transmutation process that may happen in one's lifetime or not, that will eventually result in the Divine Manifestation of the new apex species the Supramental beings that will have a Direct Will over matter-life-mind (prakriti) ushering in a Life Divine on Earth.

These petty quarrels happening all over Earth are still the workings of the old gross mental-vital cosmic forces pitting their human puppets against each other as either for fodder or entertainment.

Not that petty actually as the level of brutality of the pain and suffering inflicted at each other, on other living, sentient beings, even to one's self, are appalling horrendous. The insanity has rendered most humans numbed and desensitized, zombified to say the least. This is crystal clear, obvious to the superconscious and cannot continue.

And so it is not just a 'quarrel', but The Great Cosmic War. The Supramental Avatars Sri Aurobindo and the Mother came to usher in the end of the Reign of Mind. Even leaving us all the revelatory instruction manuals to continue on with the Supramental transformation and an Auroville as a collective sanctuary, a Deva Sangha in the making. One may note how perfect the timings of events and circumstances were since the Avatars' births, as the Earth would have been obliterated by World War I and II and the cold nuclear war if they were not mitigated and prevented. The threat is not yet finished as now we have entered the weaponry age where lasers, higher frequencies of the electromagnetic spectrum, AI and robotics are used, Star Wars magnitude.

One may ask why these monstrosities need to happen. The fact is that whatever is happening is happening, and we have to proceed from that. With the terms 'Eternal' and 'Infinite', 'Absolute' and 'Relative' to describe the Indescribable, it is therefore obvious that in a multidimensional cosmic existence of limitless possibilities, all possibilities must emerge in the full spectrum of dark and light.

Well, something has to compel a few humans to be willing servitors of the Divine Consciousness (in the realm of relativity, that implies an opposite, the undivine consciousness, requiring a 'choice', thus 'willing servitor' of either Dharma, the Divine Truth of Oneness or adharma, the undivine falsehood of separateness). These few highly conscious, awakened humans must lend themselves fully as psychophysical instruments for the Supramental transformation in total equanimity, samata, seeing the indivisibility of the players in the Great Cosmic Play of the One and Its infinite many.

A few egoless 'guinea pigs', 'imbeciles' as the Mother revealed, devoid of any gross mental-vital perturbations are required. Are you up for it? Not that easy, isn't it? Do you feel the ego immediately objecting?

*'The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.'*<sup>2</sup>

These egoistic mental-vital cosmic forces from the Overmind realms below are what will be either transformed or dissolved back to Source when the New Supramental World has fully manifested under the governance of the new apex species the Supramental being.

We call this the Golden Age or Satya Yuga.

Any egoless volunteers from the so-called [True Aurovilians](#) of Auroville, the City of Dawn, cradle of the transitional beings?

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<sup>1</sup> <https://incarnateword.in/cwm/14/quarrels>

<sup>2</sup> <https://auroville.org/page/a-true-aurovilian>

Zech, 2023.09.26

*Languages*

## **CLASSES AND COACHING:**

### **Spoken English**

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

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

**Patricia at Creativity**  
[pat@auroville.org.in](mailto:pat@auroville.org.in),  
0413 2623750

## LEARN FRENCH BY 'THE SOUNDS OF ITS MUSIC

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



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

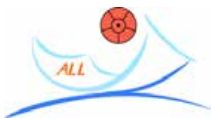
by Jean-Marie Master in Applied linguistics Brussels State University

- Book + CD: 500 INR. First batch 30 hours class drill: free contribution
- Mail: [ecohome2@skynet.be](mailto:ecohome2@skynet.be) or [jeanmarieDemulier@gmail.com](mailto:jeanmarieDemulier@gmail.com)
- Call: 918148401950 WA

*Thanking you, Jean-Marie, Aspiration*

## NEWS

### From Auroville Language Lab



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

## Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413-3509932 or 0413-2622467 or email us at [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

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

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

## Current Language Courses at ALL

### New: German with Ben

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

- **Beginner German**

This course is now closed to new registrations.

- **German Conversation**

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

- This course will start as soon as we have 4-5 registrations.
- Classes will take place Tuesdays & Thursdays, 4 to 5pm.

### **New: Spoken Tamil with Saravanan**

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

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

### **New: Beginner Hindi with Alka**

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other interactive modes. This three-month (24-hour) beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will also make use of the material put together by the Landour Language School, one of the oldest Hindi language schools of India. The course will be paced to align with each student's comfort.

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

### **New: Beginner Spanish with Mila**

Great news for Spanish learners!

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

- We hope to start as soon as we have 6-7 confirmed registrations.
- Classes will take place twice weekly, on Tuesdays and Thursdays, 2:30 to 3:30 pm.

### **New: French with Jean-François**

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

- **Beginner French**

This course is now closed for new registrations.

- **Beginner French for Teens**

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

- We need five confirmations to start the course.
- Classes will take place Saturdays, 11am to 12noon.

- **French Conversation**

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in French. Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. He will also review the grammar useful for basic conversation.

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

## Italian Conversation with Fabio

This two-month (16-hour) course is for learners who already have a basic knowledge of Italian and would like to explore the language further & polish their speaking skills. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. This is mainly for those who took the Beginner course last time, but is open to all. This course will close at 4 registrations.

- This course started on September 12.
- Classes take place Tuesdays & Thursdays, 2:30 to 3:30pm.

## Intermediate Spanish with Susana

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

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

## Beginner and Pre-Intermediate English with Rupam

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

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

## Current Schedule of Classes

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

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



## To join or enquire

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

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

## The Language Lab is open

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



Vismai, for Language Lab Team

## Poetry

### THE MOON SHINES IN MY BODY

*THE moon shines in my body, but my blind eyes  
cannot see it:*

*The moon is within me, and so is the sun.*

*The unstruck drum of Eternity is sounded within me;  
but my deaf ears cannot hear it.*

*So long as man clamors for the I and the Mine,  
his works are as naught:*

*When all love of the I and the Mine is dead,  
then the work of the Lord is done.*

*For work has no other aim than the getting of knowl-  
edge:*

*When that comes, then work is put away.*

*The flower blooms for the fruit: when the  
fruit comes,  
the flower withers.*

*The musk is in the deer, but it seeks it not  
within itself:  
it wanders in quest of grass.*



Kabir, 1440—1518

### FEEDBACK

*Not to avoid, allude or auto-play  
In muted mutual dissatisfaction*

*Not to flatter, flatten or feed  
The ego, subtle or overt*

*Not to pry, pick or prick  
Loopholes in 'others'*

*Not to demonstrate  
Right or wrong  
Better or worse*

*But to give and receive  
In growing goodwill  
A trusting incubation  
Full of candid calm  
And comprehending compassion  
Of crescent co-travelers  
Careful in the art and act  
Carefree in what comes  
In the dance of Two in One*

Anandi Z.

## *Classes, Workshops & Healing Arts*

### **NONVIOLENT COMMUNICATION WORKSHOP**

**Saturday, 30 September and Sunday, 1 October**  
**9am—12pm & 2—4:30pm at Tibetan Pavilion**

We are happy to inform you that YouthLink is offering you a 2 days Nonviolent Communication workshop happening at Tibetan Pavilion!

- **Taking place** on Saturday, 30 September and Sunday, 1 October
- **Facilitated** by Stefan (CNVC-certified trainer) and Team.



The basics of Nonviolent Communication involve expressing ourselves with clarity, compassion, self-responsibility, empathy and the common good in mind, which is the exact opposite of what violent communication is.

Join the workshop to discover the tool to enable you to express your needs and feelings in a conscious way, for the person in front and for yourself!

- This workshop starts from 9am to 12pm, Lunch Break (12pm to 2pm) and afternoon session from 2pm to 4:30pm.
- **To register** email us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or come to our office in Town hall between 9:30am to 12pm and 2pm to 4pm to sign up.

*Warmly, Nivetha from Youthlink team*

### **ACTIVITIES BY DR. SEHDEV KUMAR**

**Three Workshops @ Vérité, Auroville**

**Register: +91 7867805812**

#### **Yoga of Forgiveness**

- **Saturday, 14 October, 2—4:30pm**  
*From the Darkness of Hatred & Indifference  
To the Light of Forgiveness  
From Fear & Festering Revenge  
To the Courage of Being*
- **Video Links**
  - Bhakti Movement In India, Prof. Sehdev Kumar  
<https://youtu.be/y4td9i6fhFg>
  - An Exploration of the dynamics and power of Forgiveness in Families, between Friends and among Nations  
<https://youtu.be/p18qUDakJEM>
- **Zoom Sessions**
  - Zoom Session #1: Ushering of Atomic Age & Moral Dilemmas
  - Zoom Session #2: World Beyond Wars: Seven Steps Towards Global Peace



#### **Freedom from Fear**

- **Saturday, 21 October, 2—4:30pm**

#### **Peace Within: Peace Without**

- **Saturday, 28 October, 2—4:30pm**

*Submitted by Sehdev*



### **PRANAYAM CLASSES**

**Starting 2 October @ SAWCHU,**  
**Every Monday, 5:30pm.**

Pranayam classes begin on 2 October in SAWCHU building, every Monday at 5:30pm.

Offering for Aurovilians and newcomers, Guests may offer.

**Please register:**

- [arabinda@auroville.org.in](mailto:arabinda@auroville.org.in), 9090819998 WA

*Best wishes, Arabinda*



## A SATSANG ON THE INTEGRAL YOGA



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

*'The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville,' — The Mother*

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

- **Facilitated** by Zech Joya
- **Schedule:** Tuesdays and Thursdays, 5:30—7:00pm
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, Auroville

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



Cheers! Zech

## ANGAM TREE



### Therapies

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

### Sound Healing Therapy

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



- Contribution based

### Massage Therapy

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



- Contribution based

### Dance Movement Therapy

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



- Contribution based
- You can learn more about us and register at [www.angamtree.com/therapies](http://www.angamtree.com/therapies)
- +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

## Traditional Massage Therapy Classes

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

- **Course modules:**

- Varma Massage Therapy
- Varma Touch Therapy
- Varma Myology (Muscles)
- Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at [www.angamtree.com](http://www.angamtree.com)

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

- Contribution based
- [angamtree@auroville.org.in](mailto:angamtree@auroville.org.in), +91 97513 95939 **Raja**

## SHIATSU—AN ART OF TOUCH

Seminars to begin or deepen Your Journey

- *Shi-atsu—thumb-pressure*

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



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

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

- 6, 7 October, Friday, Saturday 8:30am—3:30pm, 2 days, Introduction to Shiatsu and Meridians. Preparation for the 6 days courses. Open for All Interested.
- @ Budokan Auroville on Dehashakti Sports Ground
- Do contact Ulrike Urvasi at [mothersworkforthemother-swork@gmail.com](mailto:mothersworkforthemother-swork@gmail.com) or 9751513906 (WA, Signal, Telegram) for necessary registration or questions.

**Ulrike**

## MEDICAL QIGONG TRAINING

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



- Those who are interested leave a name and your convenient time address to [ellimagen@gmail.com](mailto:ellimagen@gmail.com) or 9952749221 WA

**Elli**



## ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, October 2023

### Treatments


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

### Classes

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

*Submitted by Ramana*

### SATYAYUGA: ENERGY VIBRATION




**Location: near Auroville Bakery** *Can move on demand*

Satyayuga - in collaboration with Auroville Art Service

WA: +91 76397 61930 - [jlmalor@yahoo.fr](mailto:jlmalor@yahoo.fr)

FB: Satyayuga Energy Vibration



- **Reiki with Kototamas:** give energy for the wellbeing and struggle against stress
- **QiGong:** work on the rejuvenation of the body & automassage and Yoga facial. 7 people max
- **Personal trainer:** using Karla Kattai, conscious muscular exercises and stretching of articulations 1 to 3 people
- **Reflexology:** Manual and natural method centered on the selfregulation of human body by pressing reflex zones & Vibrational massage with bowls
- **Gongs, Tibetan Bowls & Didgeridoo meditation for Full Moon and New Moon.** Working with the energetic forces of the Moon, we will create an energetic field to power your intention. @ 7pm for around one hour

*Warmly, Satyayuga (Jean-Luc Malor)*

## UPCOMING EVENTS AT A SUNLIT PATH

For info/registration for all events:  
8870988843 WA

### Dhrupad Retreat

A Sunlit Path presents  
**DHRUPAD**  
Retreat

6.7.8  
OCT  
10:30am - 12:30pm  
& 5 - 7pm

An immersion into the  
meditative and healing  
vibrations of Rāga  
Sangeet

Explore Nada  
Yoga as a way  
to connect to  
yourself

Open to  
everyone,  
regardless of  
background  
in music

offered by  
**NILOY AHSAN**  
@dhrupad\_niloy

limited seats  
register before Sep 27 at 88709 88843

contribution  
requested

@sunlitpathcommunity  
www.asunlitpath.org

- @ A Sunlit Path
- **October 6, 7, 8 @ 10:30am - 12:30pm & 5 - 7pm**

A Sunlit Path, in collaboration with Abhaya, an Auroville activity of ASSA, is happy to bring you another **Dhrupad Retreat** with **Niloy Ahsan** on October 6, 7, 8 from 10:30am - 12:30pm & 5 - 7pm.

Dhrupad is an ancient form of Indian classical music known for its meditative and therapeutic qualities. It's a musical journey that aligns the mind, body and soul.

Led by Niloy Ahsan, an exceptional Dhrupad vocalist in the Dagar lineage, this retreat will introduce you to the profound practice of Dhrupad and Nada Yoga, making it accessible for beginners while enriching the knowledge of those already on their musical and yogic journey. Discover how sound can become a bridge between your outer and inner world, creating a harmony that resonates deep within.

During these three days, you will:

- Cultivate inner peace and self awareness.
- Deepen your understanding of music and yoga.
- Experience the joy and wisdom of classical Indian music.
- Connect with like-minded souls on a spiritual journey.
- Discover the healing power of sound.
- Cultivate mindfulness and presence in your daily life.

This retreat is a welcoming space for all, whether you're just starting or well along your path. Come as you are, with an open heart and a willingness to explore the magic of sound and silence.

- **Register by 30 September: +91 8870988843 WA**

### Dhrupad Concert

- @ A Sunlit Path
- **5 October @ 7pm (to be confirmed)**

We are looking forward to a concert by Niloy Ahsan at A Sunlit Path during or before this October retreat. The exact date/time tentative. If you're interested in attending, please WhatsApp +91 8870988843 and more information will be shared with you as it is available. Thank you!



## Yoga Of Nature Retreat



- @ A Sunlit Path
- 21 October, 6:30am - 22 October, 5pm

Join us for our 'Yoga of Nature Retreat' at A Sunlit Path with Saraswathi Vasudevan and Parvathi Nagarajan. Our journey commences at 6:30am on Saturday, concluding at 5pm on Sunday.

Saraswathi Vasudevan is a yoga teacher, trainer and therapist, founder of YogaVahini and serves on the Voluntary Board of Directors of Yoga Alliance and Parvathi Nagarajan is a treasure-trove of knowledge in the realm of medicinal plants with over two decades of experience. Their combined wisdom and heart promises a transformative journey of self-exploration and wellness.

In the two days, **you will experience:**

- Revitalizing yoga asana and meditation sessions in KYM tradition
- Wholesome meals to nourishing and heal your body
- Inspiring Chanting and Philosophy sessions
- Dive into the five elements through the lens of Yoga & Ayurveda
- Mindful walks in nature
- Heartfelt sharing circles

You are welcome to either book a room above A Sunlit Path or arrange your stay elsewhere.

Limited spots are available.

- **Register by 14 October:** +91 8870988843 WA

## Hindustani Vocal Classes, Ongoing

- @ A Sunlit Path
- **Tuesdays, 6 - 7pm, starting 3 October**

We are excited to start regular Hindustani vocal music classes at A Sunlit Path with Lakshmi Santra. Lakshmi is a Hindustani classical vocalist born into a family of talented musicians in Calcutta. Read more about her here: [www.asunlitpath.org/lakshmi](http://www.asunlitpath.org/lakshmi). She brings her voice and her heart to us through devotional kirtans and weekly Hindustani vocal music classes. We are blessed to now have more opportunities to open our hearts through our divine instrument of voice.

- **If you're like to register:** +91 8870988843 WA.

## Hatha Yoga Classes, Ongoing

- @ A Sunlit Path
- Monday, Wednesday, Friday, 7 - 8am starting 2 October

Start your days with a combination of asana, pranayama and meditation with a sprinkling of inspiration from The Mother and Sri Aurobindo's readings by joining the regular hatha yoga classes at A Sunlit Path with Sudha. Her calm presence, soothing voice and her emphases on breath and awareness is the hallmark of her yoga classes. She focuses on creating space in the body and mind for healing to occur and for the Divine within to act. Through her experience of overcoming various physical challenges through the years through yoga, Sudha approaches her students with empathy and guidance specific to the capacity and growth of each individual.

- Read more about Sudha at [www.asunlitpath.org/Sudha](http://www.asunlitpath.org/Sudha)

Warmly, Sudha,  
A Sunlit Path Family & Abhaya Team  
[www.asunlitpath.org](http://www.asunlitpath.org)

## VÉRITÉ



Verité

Please contact Verite @ 0413 2622045,  
2622606, 9363624083 or

[programming@verite.in](mailto:programming@verite.in),  
[www.verite.in](http://www.verite.in)

## Workshops and Therapy

- Pre-registration required.

### **Understanding pranayama and its practice in asanas and meditation with Radhika**

- Friday, 29 September, 9:30am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

### **Energy Cleanse through Yoga Kriyas with Mamta**

- Saturday, 30 September, 9:30am—12pm

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

### **Balance your Koshas (Bodies) through the Practice of Yoga with Sabrina**

- Saturday, 30 September, 9:30am—12pm

**Long version:** According to the Taittiriya Upanishad (Yajur Veda), the human being is composed of 5 sheaths called 'Pancha koshas', from gross/physical to the more subtle bodies.

In this workshop, Sabrina will guide you through 5 different yogic practices to balance each of your 5 koshas: 1 asana sequence, 1 pranayama set, 1 mantra Japa, 1 pratyahara practice and 1 meditation

Hence you will experiment and explore the effects of each practice. This will give you tools to bring back to your everyday life, that help to maintain harmony and balance in your being. Expect to feel a deep sense of grounding, balance, and inner peace. A beautiful session, open to all levels Can be done independently from the workshop 'Explore your Koshas.'

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

- Friday, 6 October, 9:30am—12pm

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

## **Master Class—Mantra, breathing & Asanas for internal Organs with Andres**

- Saturday, 7 October, 9:30am—12pm (theory booklet included)

A workshop to help you understand the relationship between emotions and organs, and the effect of asanas on our internal organs through specific breathing techniques, asanas and mantras that bring equanimity to your emotions and well-being to your internal organs.

## **Explore Your Five Bodies (Koshas) through the Practice of Yoga with Sabrina**

- Saturday, 7 October, 9:30am—12pm

Through a specific Hatha Yoga practice Sabrina will guide you to become aware of our bodies, develops inner clarity and discrimination and sharpens our yoga practice. As attention is strengthened and awareness expanded, better understanding of ourselves and self-management can occur in our everyday life.

## **Regular Events—October 2023**

### **Classes**

#### **Sivananda Yoga with Mani**

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

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

- Contact 0413 2622045, +91 9363624083 WA,  
or email [programming@verite.in](mailto:programming@verite.in).

#### **Pranayama and Meditation with Radhika**

- Monday, 11—12am

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

- Contact 0413 2622045, +91 9363624083 WA,  
or email [programming@verite.in](mailto:programming@verite.in).

#### **Yin Yoga—Healthy Hips with Emma**

- Wednesday, 3:30—4:30pm

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

- Contact 0413 2622045, +91 9363624083 WA,  
or email [programming@verite.in](mailto:programming@verite.in).

## **Deep Sound Bath with Satyayuga**

- **Monday, 5—6pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Hatha Vinyasa Yoga with Andres**

- **Monday, Wednesday & Friday, 5—6pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Gentle Vinyasa Flow with Emma**

- **Tuesday, 11am—12pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Face & Eye Yoga with Mamta**

- **Tuesday, 3:30—4:30pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Holistic Hatha Yoga with Sabrina**

- **No class 24, 26, & 31 October**
- **Tuesday & Thursday, 5—6pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Vinyasa Flow with Rebeca**

- **Tuesday & Thursday, 5—6pm**

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Yoga for inner alignment, Pranayama & Asanas with Radhika**

- Wednesday, 11am—12pm

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Yin Yoga—Healthy Spine with Emma**

- Wednesday, 3:30—4:30pm

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Kirtan—Songs for the Soul with Mamta & Savitri**

- Wednesday, 5—6pm, Contributions are voluntary

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Peace with Pranayama with Mamta**

- Thursday, 11am—12pm

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Open Heart Space Meditation with Samrat**

- Thursday 3:30—4:30pm

A simple practice to help dissolve habitual patterns and become aware of what is. Learn to embrace and let go of experiences, to quiet the mind and to sink into open heart-space, where the inner and outer worlds meet.

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Free Flow Dance and Movement 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.

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Mindful Flow—Awaken in Movement & Stillness with Savitri**

- Saturday, 5—6pm

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

- Contact 0413 2622045, +91 9363624083 WA, or email [programming@verite.in](mailto:programming@verite.in).

## **Treatments and Therapies**

### **Private Yoga Sessions with Andres**

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

- By appointment: 0413 2622045, 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Thai Yoga Massage 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.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Individual Self-work with Clay with Megha**

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Private Yoga Sessions / Yoga Therapy with Nadia**

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Integrated Craniosacral & Foot Reflexology with Radhika**

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

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

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)



## Biodynamic Craniosacral Therapy with Mila

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

## Private Yoga Sessions / Yoga Therapy with Sabrina

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

- By appointment: 0413 2622606, 9363624083 WA, [treatments@verite.in](mailto:treatments@verite.in)

## VERITÉ PROGRAMS, OCTOBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: [programming@verite.in](mailto:programming@verite.in)
- Website: [www.verite.in](http://www.verite.in)



## Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga	9:30am—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Yin Yoga—Healthy Hips	3:30pm—4:30pm	Emma
	Deep Sound Bath	5pm—6pm	Satyayuga
	Hatha Vinyasa Yoga	5pm—6pm	Andres
Tuesdays	Gentle Vinyasa Flow	11am—12pm	Emma
	Face & Eye Yoga	3:30pm—4:30pm	Mamta
	Vinyasa Flow	5pm—6pm	Rebeca
	Holistic Hatha Yoga (no class 24 & 31 October)	5pm—6pm	Sabrina
Wednesdays	Sivananda Yoga	9:30am—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Yin Yoga—Healthy Spine	3:30pm—4:30pm	Emma
	Kirtan Songs for your Soul	5pm—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5pm—6pm	Andres
Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	3:30pm—4:30pm	Samrat
	Holistic Hatha Yoga (no class 26 October)	5pm—6pm	Sabrina
	Vinyasa Flow	5pm—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5pm—6pm	Andres
	Free Flow Dance & Movement	5pm—6:30pm	Vega
Saturdays	Sivananda Yoga (No class on 7 October)	5pm—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5pm—6pm	Savitri

## Workshops (pre-registration required)

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, October 6	Restorative Yin & Nidra Yoga	9:30am—12pm	Emma
Saturday, October 7	Master Class—Mantra, Breathing & Asanas for Internal Organs	9:30am—12pm	Andres
Saturday, October 7	Explore Your Five Bodies (Koshas) through the Practice of Yoga	9:30am—12pm	Sabrina
Friday, October 13	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Friday, October 13	Sivananda Yoga—Masterclass	9:30am—12pm	Mani
Saturday, October 14	Purify your Koshas (Bodies) through the Practice of Yoga	9:30am—12pm	Sabrina
Saturday, October 14	Yoga of Forgiveness	2pm—4:30pm	Dr Sehdev
Friday, October 20	Master Class on Energy Pathways: Restore Flow of Prana through Mantra, Pranayama, Asana, and Prana Nidra	9:30am—12pm	Andres
Saturday, October 21	The Shoulder in Yoga: Theory & Practice	9:30am—12pm	Rebeca
Saturday, October 21	Balance your Koshas (Bodies) through the Practice of Yoga	9:30am—12pm	Sabrina
Saturday, October 21	Freedom from Fear	2pm—4:30pm	Dr Sehdev
Friday, October 27	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, October 28	Awareness Through the Body	9:30am—12pm	Amir
Saturday, October 28	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Dr Sehdev

## Therapies (by appointment only)

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

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

## PITANGA

### Program Until 7 October 2023



During school holidays our program changes

### Classes—Registration required

- **Iyengar Yoga with Tatiana and Chloé.**

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

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

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

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

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

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

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

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

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

### Drop-In Classes

	Class & teacher	Class level
Mondays (Holiday on 2/10/23)		
7:30—9am	Asanas with Rachel	All levels
Tuesdays		
No drop-in class		
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels

## Healing Space

- By appointment, 2622403, 9443902403
  - Acupuncture by Heidi
  - Bio-Resonance (with Bi-Com machine) by Afsaneh
  - Chiropractic Adjustments by Afsaneh
  - Shiatsu by Ulrike

### Bio-Resonance (with Bi-Com machine) with Afsaneh

Bio-Resonance therapy is a complementary or alternative medicine therapy. It uses a device to determine the frequency of energy wavelengths emitted by the body. These measurements are then used to provide a diagnosis of a disease.

All body cells emit electromagnetic vibrations. During illness or injury these vibrations become disharmonious.

The Bi-com equipment can read these vibrations and transmit complimentary electromagnetic vibrations to restore harmony in the body.

The Bi-com equipment has computerized programs to make an energy diagnosis and to determine which therapies are appropriate for specific symptoms, organs, and meridians.

Bio-resonance therapy can be used for both diagnosis and treatment.



### Chiropractic Adjustment by Afsaneh

Chiropractic is a health care modality that emphasizes diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system, especially the spine.

The main chiropractic treatment technique involves manual therapy, including manipulation of the spine, other joints, and soft tissues; treatment also includes exercises, and health and lifestyle counselling. Most who seek chiropractic care do so for lower back pain. This healing modality offers at the same time a journey to discover oneself and the deeper functioning of our emotions.

*If you wish to receive our program of activities by email, please write to us: [info@pitanga.in](mailto:info@pitanga.in)*

*See you at Pitanga, with a smile !  
Love, Andrea*

## QUIET HEALING CENTER



### Watsu® 1 (Transition Flow) with Petra

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

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

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- Prerequisites: Watsu Basic

*Guido for Quiet Healing Center Team,  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info), [quiet@auroville.org.in](mailto:quiet@auroville.org.in),  
Mobile & WA: +91 9488084966*

**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, 6 October****Amazing Quest: Stories from New Zealand**

2023 / 52 minutes

The remnant of a sunken prehistoric continent, New Zealand is teeming with exuberant vegetation and the most stunning sites from the riverbeds of the Hokitika region to the exploration of 'Waters of Greenstone'.

In this film, we meet Peter, the paint brush, Dave, the hunter for jade stones, and Furhana, the woman living in a wild paradise. Together, we explore this incredibly diverse landscape!

*Submitted by Shek***AUROFILM****At Multi Media Centre Auditorium, Town Hall****Reminder**

- Friday, 29 September, 'TULPAN' by Sergey Dvortsevov, Kazakhstan, 2008

**Full Time, original title À Plein Temps**

- Friday, 6 October, 8pm

Directed by Éric Gravel, France, 2021

With: Laure Calamy

**Synopsis:** Julie can't catch a break. For a single mother raising two children in the suburbs of Paris but working in the city, the train is a lifeline, and it's suddenly severed during a strike. Without the train, Julie can't get to her job at the hotel, or to the interview for a better job she has lined up... 'A more straightforward 'issues' film might have thrown in a catastrophe, a cataclysmic moment when everything goes wrong. But Gravel's script understands it doesn't need fireworks. Every day life is enough...'

*Original French version with English Subtitles. Duration 1h.28'*

*Surya, for Aurofilm team*



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**02 October 2023 to 08 October 2023**

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

**Indian and diaspora—Monday 2 October, 8pm**  
**YEH BALLET (This Ballet)**

India, 2020, Writer-Dir. Sooni Taraporevala w/ Julian Sands, Sarah Jane Dias, Jim Sarbh, and others, Drama-Musical, 117mins, Hindi w/ English subtitles, Rated: NR (PG)

Based on a true story, in this film Asif and Nishu, both underdogs, are talented dancers. Being sons and that of an auto driver and a welder respectively they have little opportunity and indulge in the dance form that is in general considered for the rich. What the duo lacks they can perhaps compensate for with talent. When international ballet teacher Saul Aaron comes to scout for talent in Mumbai, do they make the cut? It is an heart-warming tale. A must watch!

**Potpourri—Tuesday 3 October, 8pm**  
**BENEDETTA**

France-Belgium, 2021, Dir. Paul Verhoeven, w/ Virginie Efira, Charlotte Rampling, Daphne Patakia and others, Biography-Drama-Romance, 131mins, French-Latin w/ English subtitles, Rated: NR (R)

A 17th-century nun in Italy suffers from disturbing religious and erotic visions. She is assisted by a companion, and the relationship between the two women develops into a romantic love affair.

**Interesting—Wednesday 4 October, 8pm**  
**FANTASTIC FUNGI**

USA, 2019, Dir. Louie Schwartzberg w/ Brie Larson, Andrew Weil, Giuliana Furci, Documentary, 81mins, English w/English subtitles, Rated: NR (PG)

This acclaimed film is a descriptive time-lapse journey about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth that began 3.5 billion years ago. *Our screening is to celebrate World Fungus Day celebrated in October.*

**Selection—Thursday 5 October, 8pm**  
**CYRANO**

UK-Canada, 2021, Dir. Joe Wright, w/ Peter Dinklage, Haley Bennett, Kelvin Harrison Jr. and others, Musical-Romance-Drama, 123 mins, English w/ English subtitles, Rated: PG13

A man ahead of his time, Cyrano de Bergerac dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne, Cyrano has yet to declare his feelings for her and Roxanne has fallen in love, at first sight, with Christian.



**International—Saturday, 7 October, 8pm**

**RE GRANCHIO (The tale of king crab)**

Italy-Argentina, 2021, Dir. Alessio Rigo de Righi, Matteo Zoppis, W/ Gabriele Silli, Maria Alexandra Lungu, Ercole Colnago and others Adventure-Drama, Italian-Spanish w/ English subtitles, 105 mins, Rated: PG13

In the 19<sup>th</sup> century, a wandering drunkard in Italy is cast out of his village for a crime. He is exiled to Tierra del Fuego, where he searches for a mythical treasure, paving his way toward redemption.

**Children's Matinee—Sunday, 8 October, 4:30 pm**

**STORKS**



Canada-USA, 2016, Dir. Nicholas Stoller, Doug Sweetland w/ voices Andy Samberg, Katie Crown, Kelsey Grammer and others, Animations-adventure-Comedy, 87mins, English w/ English subtitles, Rated: PG

Storks have moved on from delivering babies to packages. But when an order for a baby appears, the best delivery stork must scramble to fix the error by delivering the baby.

**Robert Altman Film Festival@ Ciné-Club:**

Altman has frequently been a favorite with most of the best critics and many actors and actresses, and some of his films have been highly successful at the box office. He worked in Hollywood but never exactly a part of it; his films have a distinctive style and significantly different from the Hollywood work that preceded his.

**Ciné-Club Sunday 8 October, 8pm**

**THAT COLD DAY IN THE PARK**

USA, 1969, Dir. Robert Altman, w/ Sandy Dennis, Michael Burns, and others, Drama—Thriller, 113 mins, English w/ English subtitles, Rated: R.

Based on the novel of the same name by Richard Miles. Frances Austen is a lonely young woman living alone and stuck in a world occupied by her parents' friends. During one particularly boring tea party she spies a boy sat alone in the park in the pouring rain. After the guests leave, she invites him in. Despite him not speaking a word she becomes attached to him, allowing him to remain in her apartment and buying him gifts.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available. For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). **We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.**

**Thanking You, Nina for MMC/CP  
Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)**

## *Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 94430 74825



### **Auroville TO PONDICHERRY**

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



### **Pondicherry TO AUROVILLE**

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

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

## *N&N Guidelines*



### **Hard deadline for submissions TUESDAY 3pm**

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

#### **How to submit material:**

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

#### **Disclaimer:**

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

*Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in), 0413 2622133*

## *Emergency Services*

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

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

**Health:** Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

**Mental health 24/7 support:**

- Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7):**

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