

News & Notes

#911 A weekly bulletin for residents of Auroville 28 February 2022

Regular Events March 2022



*A perfect path of the Truth has come into being for our journey to the other shore
beyond the darkness. O Truth-Conscious, be conscious of the Truth,
cleave out many streams of the Truth.*

Rig Veda

The Ponder Corner

So now there will be established on earth a gnostic Consciousness and Power
which will shape a race of gnostic spiritual beings and take up into itself all of earth-nature
that is ready for this new transformation.

The Life Divine, The Gnostic Being, Sri Aurobindo

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AUROVILLE BIRTHDAY

Collective Meditation with Dawnfire

Matrimandir Amphitheatre, 5 - 6am

- Open to Aurovilians, Newcomers, Aurocard and Pass Holders only.

For a quiet and peaceful reception at the gate Aurovilians and Newcomers are requested to please bring along their Auroville ID cards as it is no longer possible for those on duty to know or recognise all Aurovilians and Newcomers. Aurovilians with visiting family member/s or friend/s staying with them and holding no Aurocard are requested to come with their guest/s to collect their individual passes from the Matrimandir Access Office between 10am and 12noon on February 26 and 27, 2022.

Please note that bags, cellphones, cameras and other recording equipment are not allowed at the event and will need to be deposited before entering the Park of Unity. Please do not bring your pets to the Matrimandir.

Your goodwill and cooperation are essential in maintaining an atmosphere of peace and silence all through the event.

- Entrance from the Second Banyan Gate only, open from 4 am.
- All are requested to be seated by 5 am. Strict covid protocols to be followed.

Evening Program 5.30 pm: 'The Hour of God'

Recorded music of Sunil Bhattacharya based on the book of Sri Aurobindo

- Entrance from the Office Gate at 5pm.
- Guests are required to bring along their Aurocards.
- Last entrance for Aurocard holders at 5:45pm.

Bonne Fête !

Inner Chamber

Please note that the Inner Chamber will remain open for Aurovilians and Newcomers from **7:45 to 8:30am** and from **4:30 to 7:30pm**. Covid protocols to be followed as usual.





House of Mother's Agenda

"In fifty years the whole world, all the receptive sections of humanity (I am not saying intellectual, I am saying receptive), all the receptive sections of the world will be embraced – not "embraced": ABSORBED in the power of Sri Aurobindo's thought.

Those who already are have the good fortune of being the first ones, that's all."

The Mother, Agenda, 16 February 1972

Indian Literature – 2

(continued from last week)

"The Upanishads are the creation of a revelatory and intuitive mind and its illumined experience, and all their substance, structure, phrase, imagery, movement are determined by and stamped with this original character. These supreme and all-embracing truths, these visions of oneness and self and a universal divine being are cast into brief and monumental phrases which bring them at once before the soul's eye and make them real and imperative to its aspiration and experience or are couched in poetic sentences full of revealing power and suggestive thought-color that discover a whole infinite through a finite image. The One is there revealed, but also disclosed the many aspects, and each is given its whole significance by the amplitude of the expression and finds as if in a spontaneous self-discovery its place and its connection by the illumining justness of each word and all the phrase. The largest metaphysical truths and the subtlest subtleties of psychological experience are taken up into the inspired movement and made at once precise to the seeing mind and loaded with unending suggestion to the discovering spirit. There are separate phrases, single couplets, brief passages which contain each in itself the substance of a vast philosophy and yet each is only thrown out as a side, an aspect, a portion of the infinite self-knowledge. All here is a packed and pregnant and yet perfectly lucid and luminous brevity and an immeasurable completeness. A thought of this kind cannot follow the tardy, careful and diffuse development of the logical intelligence. The passage, the sentence, the couplet, the line, even the half line follows the one that precedes with a certain interval full of an unexpressed thought, an echoing silence between them, a thought which is carried in the total suggestion and implied in the step itself, but which the mind is left to work out for its own profit, and these intervals of pregnant silence are large, the steps of this thought are like the paces of a Titan striding from rock to distant rock across infinite waters. There is a perfect totality, a comprehensive connection of harmonious parts in the structure of each Upanishad; but it is done in the way of a mind that sees masses of truth at a time and stops to bring only the needed word out of a filled silence. The rhythm in verse or cadenced prose corresponds to the sculpture of the thought and the phrase. The metrical forms of the Upanishads are made up of four half lines each clearly cut, the lines mostly complete in themselves and integral in sense, the half lines presenting two thoughts or distinct parts of a thought that are wedded to and complete each other, and the sound movement follows a corresponding principle, each step brief and marked off by the distinctness of its pause, full of echoing cadences that remain long vibrating in the inner hearing: each is as if a wave of the infinite that carries in it the whole voice and rumour of the ocean. It is a kind of poetry — word of vision, rhythm of the spirit, — that has not been written before or after.

The imagery of the Upanishads is in large part developed from the type of imagery of the Veda and though very ordinarily it prefers an unveiled clarity of directly illuminative image, not often also it uses the same symbols in a way that is closely akin to the spirit and to the less technical part of the method of the older symbolism. It is to a great extent this element no longer seizable by our way of thinking that has baffled certain Western scholars and made them cry out that these scriptures are a mixture of the sublimest philosophical speculations with the first awkward stammerings of the child mind of humanity. The Upanishads are not a revolutionary departure from the Vedic mind and its temperament and fundamental ideas, but a continuation and development and to a certain extent an enlarging transformation in the sense of bringing out into open expression all that was held covered in the symbolic Vedic speech as a mystery and a secret. It begins by taking up the imagery and the ritual symbols of the Veda and the Brahmanas and turning them in such a way as to bring out an inner and a mystic sense which will serve as a sort of psychical starting-point for its own more highly evolved and more purely spiritual philosophy. There are a number of passages especially in the prose Upanishads which are entirely of this kind and deal, in a manner recondite, obscure and even unintelligible to the modern understanding, with the psychic sense of ideas then current in the Vedic religious mind, the distinction between the three kinds of Veda, the three worlds and other similar subjects; but, leading as they do in the thought of the Upanishads to deepest spiritual truths, these passages cannot be dismissed as childish aberrations of the intelligence void of sense or of any discoverable bearing on the higher thought in which they culminate. On the contrary we find that they have a deep enough significance once we can get inside their symbolic meaning. That appears in a psycho-physical passing upward into a psycho-spiritual knowledge for which we would now use more intellectual, less concrete and imaged terms, but which is still valid for those who practise Yoga and re-discover the secrets of our psycho-physical and psycho-spiritual being. Typical passages of this kind of peculiar expression of psychic truths are Ajatashatru's explanation of sleep and dream or the passages of the Prasna Upanishad on the vital principle and its motions, or those in which the Vedic idea of the struggle between the Gods and the demons is taken up and given its spiritual significance and the Vedic godheads more openly than in Rik and Saman characterised and invoked in their inner function and spiritual power."

(to be continued next week)

Sri Aurobindo, *The Renaissance in India*, pages 333-335

http://sri-aurobindo.in/workings/sa/37_20/the_renaissance_in_india_20.pdf

Townhall Speaks

COUNCIL MEETING POSTPONED

Dear Community members, the Council is postponing the proposed meeting on Friday, 25 until further notice.

Happy Birthdays' Week!

Best regards, For the Auroville Council Balaji, Claudine, Ganesh K. Meenal, Sai Suresh, Suryan, Shivaya, Shiva

REPORT OF THE FAMC OVER THE MONTH OF JANUARY 2022

Members: Amy, Angelo, Jonas, Lisa, Marc, Palani, Ranjith, Stephan

Invitee: AVFO Under Secretary Mr. Srinivasamurthy

Guest: Mr. Kalyani (Office of the Secretary, AVF, auditor)

Secretaries: Svenja, Balaji;

FAMC Finance Secretary: Madhan

The FAMC monthly report does not include regular liaison work with other working groups unless there is a final outcome, in which case the items may be reported in the reports of the respective working groups such as the Auroville Town Development Council (ATDC), Working Committee, Housing Board, Land Board, Auroville Council or the Budget Coordination Committee (BCC).

Please bear in mind that this is a report of decisions or events of a certain period and in the meantime changes, progress, or/and collaboration might have occurred in any given subject.

1. Topics of special concern of the Office of the Secretary, Auroville Foundation (AVFO)

a. Standardized and Centralised accounting. The FAMC invited trustees, executives and accountants to a meeting on January 29 to explain the status of the standardization of accounts and the further step of centralised accounting. Due to several members being unwell the presentation had to be postponed to 5 February.

b. House occupation by non-Aurovilian in Equality community. The FAMC had informed the occupants to vacate by 17 November 2021. Then the FAMC requested the assistance of the Secretary to evict the occupants. The FAMC responded to questions from the Under Secretary regarding the Auroville status of the occupant. The FAMC re-confirmed the non-status of the occupant of the Auroville housing asset and has asked again for the Secretary to use her authority as Estate Officer to take action for eviction of the family from the house.

c. Farm Accounts. The FAMC has met with and clearly informed the Auroville farmers that the consolidation of the farm accounts to be done under Foodlink is compulsory for this financial year 2021-2022, as there is a need to finally bring the farm accounts into the consolidated balance sheet in this financial year.

d. Continuity of records. The Under Secretary has expressed a necessity that unit and Trust records are properly maintained and are handed over to new executives or the unit accountant or Trust to ensure continuity and availability of records.

e. 51 crore 'special' budget request. The FAMC was verbally informed by the Under Secretary that this special budget, if approved, will not come this financial year.

2. Units and Trusts issues

a. General.

i. Afsanah Guest House. A dispute between the executives of the guest house was tabled at the FAMC. The FAMC has asked an outside firm of chartered accountants to audit the guest house accounts. The FAMC is looking for interim executives to take up the guest house responsibilities while the current executives will be suspended for the duration of the audit.

ii. Handy Market has requested permission to move to and share the UTS office in the Service area. FAMC has written to the executives of Handy Market that as an income-generating entity, it does not qualify to be attributed a place in the Service Hub area. FAMC also wrote to the ATDC requesting its views as the scope of Handy Market, as an income generating unit, does not match the proposed location in the AV service area. The executives accepted the position of the FAMC. ATDC has not replied to the FAMC inquiry.

iii. Artisana Trust. The FAMC has asked for an update about the restructuring of the Trust as was previously mentioned by the trustees.

iv. Discipline farm. A complaint from one of the residents of Discipline was made to the AVF office. The FAMC confirmed with the Under Secretary that the matter is being addressed. The FAMC is constituting a team to study all the collected data (of the assessment team) and to provide final recommendations to the FAMC and AVC.

v. Small guesthouses. The FAMC has noted that there is no process for registering new small guest houses. This needs to be handled like activities under umbrella units (ie complete the Online Entity Application with the FAMC). For all the existing small guest houses, the process of regularization needs to be addressed.

vi. Botanical Garden caretaker units. The FAMC agrees to the request to convert two 'caretaker' assets into regular stewardships. As regular housing assets, these assets will need to adhere to the Housing Policy.

b. Appointment, reappointment or resignation of trustees, unit executives and activity managers. Note: changes concerning trustees are approved in collaboration with the Working Committee.

i. Aureka, a unit under Toujours Mieux Trust. The requested executive resignation of Mr. Robi Leo Trunz could not be accepted at this time as it would leave this large unit with only two executives, Mr. Palani Murugesan and Mr. Aleksandr Sineev. The FAMC has requested that a third executive be proposed.

ii. The Right Path Café, a unit under Free Flow Trust. Executive appointment of Ms. Kyoung Hyoun Lee. Approved.

iii. Auroville Architectural Services, a unit under Auroville Service Trust. Executive reappointment of Ms. Mona Doctor-Pingel. Approved.

iv. Creativity Guest House, a unit under Guest House Trust. Executive resignation of Ms. Gumsoon An and Ms. Lieve Claes and executive appointments of Ms. Audrey Lanworthy Wallace Taylor, and Mr. Jussi Geradus Maria Van Rijit. Approved.

v. Integral World, a unit under ABC Trust. Executive reappointments of Mr. Jurgen Axer, and Mrs. Manisha Munjal; and executive resignation of Mr. Lakshay Dharan. Approved.

vi. Shri Arohan, a unit under Artisana Trust. Executive reappointments of Mr. Sanjay Kusale, Ms. Meenal Sanjay Kusale, and Mr. Sreevatsa Govindoss Ramesh Babu. Approved.

vii. City Service, now a unit of Auroville Service Trust. Executive appointments of Mr. E. Rathinam and Mr. Danny Merguei wef 1 April 2021 through 31 August 2022. Approved. A third executive will be appointed at a later time.

c. New units and activities

i. Fundraising Consultancy for Auroville Projects, a unit under Auroville Service Trust. Executives are Ms. Sigrid Lindemann and Ms. Tine Neuman. Approved for a one-year trial period.

ii. Kirtan Spirit, an activity under Auroville Art Service. Manager is Mr. Frederic Le Coent. Approved.

iii. **Keerthi Repairs & Maintenance**, an activity under Auro Small Scale Activities (ASSA). Manager is Mr. Veerappan Velayudham. Approved.

iv. **Embodied Ways of Knowing**, an activity under ASSA. Manager is Ms. Lili Dreikhausen. Approved.

v. **Smoked Foods**, an activity under Auroville Food Activities (AFA). Managers are Ms. Mawite Tonsing, Mr. Jurgen Holst, and Mr. Raphael Kohlen. Approved subject to obtaining the relevant food license.

vi. **Sound Artisan**, an activity under Auroville Art Service. Manager is Mr. Fabien Bontems. Approved.

3. Housing and land issues

a. **Demolishing of assets due to Crown Path and other roads.** The FAMC has asked the ATDC for information which assets, in their view, will be demolished due to the Crown Path, the Outer Ring Road and the 12 radials. The FAMC has also written to the Office of the Secretary, AVF, the ATDC and the Land Board asking about plans, costs and labour to offset felled trees by planting seedlings. No reply has been received.

b. **Housing assets valuation.** Stewards of a house in Prarthna have asked for a revaluation of the housing asset after flooding during the monsoon; it appears to have no proper foundation. The FAMC has asked the Housing Service to have the house re-evaluated by the same evaluator. The FAMC also asked the Housing Board to explore providing guidance and details to the evaluators for the evaluation process to improve methods in future.

c. **House repairs.** The FAMC has asked the Housing Board to set up a proper repair department.

d. **Felicity and Paolo Tommasi lands.** A discussion with members of the Land Board and Working Committee took place to decide on the best utilization of the lands and immovable assets at Felicity and created by Paolo Tommasi on Auroville land. No decision was reached.

e. **Land stewarding request.** A request was received from residents of Arati to become the stewards of the land located between Arati and Soffio. No decision has been taken.

f. **Wood sales by the Land Board.** The FAMC has asked the Land Board how it accounts for wood sales, considering GST regulations which describe 'wood in the rough' (18%) and 'firewood' (nil). FAMC will ask a Chartered Accountant to advise on the category 'wood in the rough'.

A4A BULLETIN

In this Special February during the 150th Anniversary Year!

We are happy to share this rich array of eight inspiring articles from the quarterly land fundraisers' newsletter for this «Birthday Month» of February <https://land.auroville.org/a4as-february-2022-newsletter/>

1. Acres For Auroville Flier The Mother's guidance is a gift we feel with particular force in February, the month of her birth. And as we celebrate, too, the anniversary of Auroville's foundation, we remember with warm gratitude the action and generosity of India. As we gather together in aspiration, the ancient invocations continue to inspire us in our progress towards a more luminous future. In English, French & Tamil. <https://land.auroville.org/a4a-flier-21st-february-2022/>

2. LFAU Letter – 21 February 2022 Auroville is a double-edged undertaking with work to be done in matter and with work to be done in consciousness, one's own and the collectivity's. While India and the world are celebrating the 150th birth anniversary of Sri Aurobindo, it's appropriate to understand Auroville's relevance to the realisation of the future he envisioned. In English, French & Tamil. <https://land.auroville.org/lfauletter-21st-february-2022/>

3. Auroville Land Consolidation & Fundraising: Historical Perspectives & Milestones

Here, Aryadeep presents the milestones of Auroville's land consolidation and fundraising, paying tribute to the energy and devotion of so many over the decades for the cause of Auroville's land. With 10% of the City and over 50% of the Green Belt still missing, the task isn't over! <https://land.auroville.org/land-consolidation-fundraising/>

4. Charlie & the History of Aurogreen: Conversations with Suzie

Aurogreen is an Auroville success story! In these conversations between AV pioneers Charlie and Suzie, we get a glimpse into the immense challenges of these early days – and the ingenuity it took to succeed. We are grateful to Charlie for sharing the adventure of Aurogreen's step-by-step growth, and his 47 years of intensive work building Aurogreen. <https://land.auroville.org/charlie-the-history-of-aurogreen/>

5. «The Adventure of Auroville Was Calling Me» by Helen

After years of forward-thinking professional work, idealistic service, personal trials, and solo travels in rural Asia, English-born Helen became an Aurovillian in early 2021, "Auroville continues to fascinate me every single day. I feel lucky and inspired to be surrounded by so many people of such diverse backgrounds bound together through their passion to discover new ways to live." Here's her inspiring story. <https://land.auroville.org/adventure-auroville-calling-me/>

6. A Special Offer for New Regular Land Donors: «Matrimandir – the Privilege»

A Special Donor Gift Offer: "Matrimandir – the Privilege" combines inspiring poems by Aurovillian Anandi with majestic photos of the Matrimandir. Beautifully produced by Prisma, it is sponsored by AVI-Netherlands which is offering free copies of this beautiful book to the first 6 people who say become regular A4A donors for a year. For a glimpse of this exquisite book and the offer: <https://land.auroville.org/offer-for-new-regular-land-donor/>

7. A4A Collaboration through Books: Joseph Vrinte's new publication

The stream of collaboration for A4A continues with the publication of «Reflections upon Psycho-Spiritual Obstacles on the Journey to the Divine – an Insider's View» by Dr. Joseph Vrinte, a longtime Aurovillian from The Netherlands. The book is an inquiry into the processes of Integral yoga and integral psychology, as well as Auroville's raison d'être and relevance, and sale proceeds go to A4A for land purchase. Joseph has also gifted several copies for land donors via LFAU. <https://land.auroville.org/a4a-collaboration-through-books/>

8. Inspiration from Sri Aurobindo & The Mother

Here are seven inspiring quotations of wisdom and guidance on self-development – and on the aspiration that helps us to have a compass and keep confidence during the process. Presented by MirraBliss, we are again grateful for their sharing! <https://land.auroville.org/inspiration-from-sri-aurobindo-the-mother/>

We thank you for your support for the land!

Contact: lfaul@land.auroville.org and +91 413 2622657
Donation Info: <https://land.auroville.org/new-banking-information/>

REMINDER TO PARTICIPATE IN OUR COMMUNITY BUDGETING PROCESS SURVEY!

Dear Community, we hope you have been following our community budgeting process! We have arrived at the last step, which is a community survey on budgetary priorities, following outcomes arrived at with randomly selected participants. We invite all of you to participate in this survey – and if you've missed the presentations leading up to this survey, to watch the available recordings before filling it in. [Here is the link to the survey.](#)

Please see the previous N&N and the Auronet for more information, and please fill it in by Sunday, March 6!

Thank you! Your BCC members
(Aurosugan, Danny, Enrica, Fabien, Hans, Inge, Mahi, Mathan, Rathinam, Suryamayi)

FROM THE ENTRY SERVICE - ES # 122

Dated: 26-02-2022

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 entryservice@auroville.org.in. We thank you in advance.

NEWCOMER CONFIRMED:

- Anjana SARAF (Indian)
- Prabhu PONMUDI (Indian)
- Sabrina JECKER (French)



Cloe

AUROVILIAN ANNOUNCED:

- Chloe TADIOTTO (French) staying in Humanscapes and working at Land for Auroville (LFAU-A4A) and Synthesis
- Shanmugapriya KUMAR (Indian) staying in Udavi Staff Quarters and working at Udavi School



Shanmuga-Priya

AUROVILIAN CONFIRMED:

Punniyakodi MANJINI (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. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

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 Service

Community News

THANK YOU

BIG THANKS TO THE AUROVILLE COMMUNITY

Dear Ones, I am leaving Auroville on 10th March 2022 to start a new phase of my spiritual journey back in my home country. I am leaving Auroville full of joy and gratitude following a call.



Thanks to Auroville for offering me for more than 20 years a space to learn and grow.

Thanks for your patience which allows me to experience the joy of acting.

Thanks for all the support given to find out how to keep a balance and all the helping hands to allow me to correct it.

My journey here in Auroville started in Sincerity by offering my full service to Her and this wonderful, very special project.

My journey here in Auroville is ending in Peace by carrying Her Dream in my heart, knowing that Her dream is not ending at the greenbelt.

I have handed over the house in Angiras Garden to the Housing Service for transfer to a new steward following the due process.

I applied with the FAMC for 'Leaving Auroville Allowance'. I have no clear picture of what HER plan is, but I know that I am safe in HER lap, wherever I will be.

In case you have any idea where and how it could be... please share it with me.

My email is: Inge.fl@auroville.org.in

My Whatsapp number: 88702 88502

My Financial account number is 3718, just in case you can support my journey!

Would love to meet-up, to say goodbye with you and see how to keep up the link.

Just let me know if you are interested.

Love, Inge

LOTS OF LOVE AND GRATITUDE FROM KALOU

Dear lovely people, my children and I would like to thank all the community for their support, for your appreciation and amazing care. Many of you open their hearts with so much love. Without saying any names because, All of you, open their hearts, and care so beautifully, with material, with your words, your love, your spirit, your energies...

A friend helped us financially, lent us some suitcase, some warm clothes, and even proposed to me some gifts from her unit for my family.

We are a Unity, a Humanity, a Community who cares of each other, who help if needed, and with this spirit nothing can take it away, it's in our heart, in our cells. We are in the service of the divine, and through you, from your acts, your word, your love,... the divine mother blessed us.

Thank you for touching my heart so deeply, you all helped us to transform this journey into magical beauty. I feel stronger, loving, appreciated, supported and so blessed to open my wings with trust, confidence, to fly to France and come back.

With all my heart I send to all of you so much gratitude, this beautiful quality that you bring into me, even more deeply in my yoga life. This helped me to change the vibration of this journey experience specially after 16 years. Thank you.

On this divine Mother's birthday, Mother bless us.

Lots of love and gratitude from Kalou, Shayan and Asia



Ibis, Painting by Roy

AUROVILLE MATTERS

AMIT BAWA

This is to inform the community that in the evening of Friday 18 February our dear friend and brother Amit Bawa passed away due to cardiac arrest at the age 48. Hailing from Srinagar, Amit came first to Auroville in 2008 and became Aurovilian in 2011.



Amit, with his friendly, outgoing and ever-smiling nature, was a welcome figure in the various Auroville services to which he contributed, such as Deepanam School as learner and facilitator, as member of the Matrimandir Access group at Matrimandir itself and the Visitors' Centre, as active participant in children's school camps, and more. In the later years he oversaw Swagatham guest house in Bharat Nivas, where he also peacefully lived with his cat family and transformed the gardens into a true flower paradise.

His dedicated and cheerful presence was evident throughout, and he will be sorely missed. After his parents arrived from Srinagar, Amit's remains were cremated at the Auroville mandapam in the late afternoon of Sunday 20th. OM

DAKSHINA



Dakshina, a dear US-based friend and spiritual sister to many, passed away on 19 February due to cancer. She was the profoundly inspired and inspiring devotee of Sri Aurobindo and the Mother who founded Sri Aurobindo Sadhana Peetham in Lodi, California, a haven for weary travelers on the path where numerous Aurovilians and Ashramites have visited and stayed throughout the years.

Through her Auromere brand, she distributed books, shampoo, incense and more, of which 10% of the proceeds were donated to Auroville while the balance supported the 'Lodi Ashram' as the center was mostly called. Dakshina also served on the board of the Foundation of World Education and built Mother's House for guests visiting the Sri Aurobindo Ashram in Pondicherry.

We very sincerely salute a true sister and comrade on the path, and our warmest condolences go out to the Lodi family and all her many friends. OM

FOR YOUR INFORMATION

SANTÉ WILL BE CLOSED ON MONDAY, 28/02/22
for Auroville Birthday celebrations



See Sante schedule [on page 27](#)

TO ALL MEMBERS OF THE AV HEALTH FUND SCHEME

If you still have any medical bills from the past months at home please drop them, **together with your doctor prescription and your PT account number and Email**, in the Health Fund box at Aspiration Health Centre or at Sante.

As the financial year is going to end, all the pending bills from April 2021 till February 2022 have to be processed before the end of March 2022.

Only the medical bills from March 2022 can be paid till the end of April 2022. The audit service has been told **not to process** any bills from last financial year after **March 2022**.

Please check your cupboards while there is still time!

Kind regards, Health Fund Team

ACCOMMODATION LONG-TERM DISCOUNTS

(up to 70 %) in Serendipity (Ex. Joy)

Dear long-term guests and friends, we would like to let you know that in March we'll be starting to take again volunteers to do gardening and maintenance work in our community and at the same time we'll increase our discounts up to 70 % for young people, long-term guests and volunteers, according to length of stay and commitment in any project in Auroville. In case you're interested please send us an email to serendipity@auroville.org.in or pass by our office from 8:30 to 12:30 and 1:45 to 4:45. We are located in Center Field, opposite Center Guest House.



Serendipity team, Serendipity (Ex. Joy Guest House)

Landline: +91 (0)413 2965693

Mobile/WA: +91 9385623342

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>

WHAT STALLED DEVELOPMENT FOR THE LAST 20 YEARS

(Survey)

It would be great if people participated by sharing their views. It is a quick survey, unless you have lots to add in writing. The main idea is to find out what people think stalled development, which might be different to what actually did. Perhaps getting more information will help us to not make the same mistakes again. At the very least it will give us a picture of what people think.

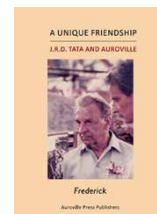
This survey and the results will be shared with many groups and on the Auronet. Please also share it. <https://docs.google.com/forms/d/e/1FAIpQLSefqxrsp4VfR2rXK4Y3s5ZUG3Tff5fr4WFEM2AE1eblDxapEA/viewform>

+91 7598103616, treescapes.in

A UNIQUE FRIENDSHIP – J.R.D. TATA AND AUROVILLE

Just Released a book entitled "A Unique Friendship – J.R.D. Tata And Auroville" by Frederick

- Published by Auroville Press Publishers
- 20% discount for Aurovilians
- Available at the bookshop at the Visitors Center and at Auroville Press



RAINBOW KITCHEN, SVEDAME COMMUNITY

- We serve special lunch: 12pm Pure Veg Meals & Salad Bar
- Throughout the day Fresh Fruit Juices & Healthy Snacks
- We are open from 8am to 5pm



This Saturday, 26 February we invite you to a special buffet Lunch to come and taste our special themed food, healthy and Consciously Cooked.

- There will be food.
- There will be Music.
- There will be Fun

For Enquiries and Bookings Please call Rainbow Team: 9619996080 or [join whatsapp group](#)

PIZZA IN THE YOUTH CENTER



Hi Everyone! Come and enjoy pizza and cakes on Wednesdays and Saturdays From 7pm in the Youth Center, for the next few weeks the money that will be raised will be used to help Alice and the kids to be able to go to Europe to renew little Milo's visa!

Alice and Family

LATEST NEWS FROM THE TRAVEL SHOP

Our Travel Consultant Mr. Ganesh is available at Kalpana for issuing, re-scheduling for all kind of ticketing Bus, Train, Flights and travel insurance which includes a Covid 19 Cover:



This policy covers Medical Expenses arising out of Covid-19 outside India, including Medical Expenses incurred during Quarantine period subject to the policy terms and conditions. Accommodation and non-medical incidental expenses arising during Quarantine period stand excluded.

Contact:

- One can meet him from 10:00 to 16:00,
- by phone 2623030 or/ and by WA after office timings: +91 9894598686,
- by e-mail: travelshop@auroville.org.in or domestic@inside-india.com.

All payments (including Credit/ Debit cards use) should be routed via the Financial Service.

Flights from Chennai Airport to Europa, East Asia and beyond see last weeks announcements on Auronet:

Tourists/Foreign Passport Holders/ Sri Lankans Landing Requirements to Sri Lanka

1. On-Arrival ETA at the port of entry to Sri Lanka will be facilitated for the tourists who are unable to obtain ETA by online mode due to time constraints.

2. As per the health guidelines issued on 27th January 2022 by the Director General of Health Services, all arriving passengers to Sri Lanka must perform a COVID-19 PCR test within 72 hours prior to departure or Rapid Antigen Test obtained within 48 hours prior to departure.

3. All Tourist visa and Foreign Passport Holders (excluding Diplomatic passport holders and family) require mandatory Sri Lanka COVID-19 Insurance coverage at a cost of USD 12 which has a cover of USD 75,000 for one month. [To be purchased online](#) or on arrival.

The COVID 19 Insurance coverage is not required to board an aircraft but upon landing in Sri Lanka, he/she must purchase the policy prior to leaving the respective airport in Sri Lanka

4. Sri Lankan passport holders do not require the COVID-19 Insurance coverage when traveling to Sri Lanka.

5. It is not mandatory to submit Health Declaration Forms online and passengers who are unable to submit their online Health Declaration Forms are permitted to submit the printed HDF at the airport.

Many countries have eased restriction but still require is a Passenger Location Form (PLF) to be filed online before traveling which has to include an negative PCR test result.

11TH BIRTHDAY OF SATCHITANANDA RAW VEGAN RESTAURANT

28 February, 12 to 2pm

Near Ganesh Bakery, Svaram etc.



Dear ones, all of you are cordially invited to join us in celebrating the 11th Birthday of Satchitananda raw vegan restaurant. Thanks to the Divine, Auroville, the world, its earthly beings and many generous hearted co-founders that we are able to exist, work, serve and spread health.

As usual we will serve excellent organic raw vegan lunch on this day too. We intend to give you the pleasure of eating raw vegan ice cream for free.

- **Date:** 28 February, 12 to 2pm
- **Venue:** Satchitananda restaurant near Ganesh Bakery, Svaram etc.

*With Love and Gratitude,
Anandi & Team*

AURA NETWORK UPDATE



Aura is happy to participate with the Crafts Mela at TLC Base Camp on Friday and Saturday. Drop by to chat or sort any Auro issues.

Love, Aura Team

THE ARTS

HIBISCUS ART FESTIVAL



ROAD OF THE WILD LILY

Friday, 4th March, 7:30pm at CRIPA

Final concert by Shalini Sekhar and Shruthi Veena Vishwanath.



A warm invitation to our last concert in Auroville. We take you on a little journey, on the Road of the Wild Lily – with pieces from India, Pakistan, Afghanistan, Iran, Syria, Turkey, Greece, and Bosnia & Herzegovina – bringing to you the voices of women and those displaced from their homelands.

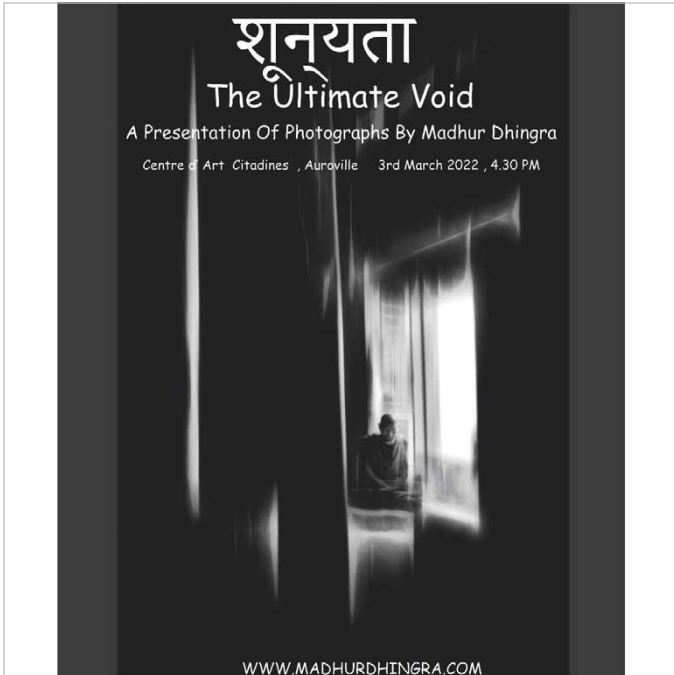
TALK BY MADHUR DHINGRA

Thursday, 3 March at 4:30pm to 6pm

Centre d'Art Gallery, Citadines, Auroville invites you to an Artist talk by Madhur Dhingra on Thursday, 3 March at 4:30pm to 6pm.

Madhur Dhingra is a photographer based in New Delhi, India. An advertising photographer by profession I specialize in product photography, but his heart lies in shooting people, telling stories.

Photography happened to me as a matter of chance. I was given a camera by my family and a mere curiosity turned into a lifetime passion. I have learnt my basics of photography from Triveni Kala Sangam, Mandi House, New Delhi, a renowned photography institute and art center. After that initial learning I have been self-learning through books, internet and experimentation.



After my Basic Course from Triveni Kala Sangam in 1995, I got fascinated by product photography and soon started shooting products for major advertising agencies of Delhi like O&M, MAA, Interface and a host of others. I held my first solo exhibition "Where Man Meets God" in the year 1998 at India International Center New Delhi with a preview held at Art Konsult a renowned art gallery of Delhi. My preview & exhibition were widely acclaimed by important art critics and artists of India alike. It was also given full page reviews by most major newspapers of Delhi.

By nature I am a restless person and easily get bored shooting similar images. After shooting products for some years I started shooting for a personal quest where I searched for answers to some fundamental questions about life, its meaning and purpose and then later my understanding about the nature of 'Reality'. My quest is taking me to every nook and corner of India meeting sadhus, philosophers, scientists and charlatans alike. The genre of my images is Abstract Street Photography/ Impressionist Street Photography/ Fine Art Street Photography.

I have just finished my first story titled "Shunyata – The Ultimate Void". This story has been widely acclaimed and published by many print & digital magazines all over the world. Life for me as a photographer continues as I shoot for the next stories. www.madhurdhingra.com

Please park at the town hall parking

Contact: centredart@auroville.org.in,
www.centredart.in

ARTWORLD The Fine Art Gallery Sarala's Art Centre & Bharatnivas presents Theme: Unity in Diversity

Tapas Ghosal, G Raman, Snehashish Maity, Bodhiselvam, P. Saravanan, Pramathes Chandra, Parag Adhikari, Sajal Sarkar, Ejoumale, Nele, Puneet, Kirti Chandak, Nadees Prabhu, Prabhat Biswas

Inauguration of the Painting, Art & Crafts Exhibition in the presence of Guest personality on Friday, 18th Feb 2022 at 5.00pm Venue: Kalakendra Art Gallery

Exhibition: 18th February to 18th March 2022, Opening hours: 10:00am to 5:00pm (Sunday open)

21/28 10:00AM

The Blue Light Dance Studio Bhubaneswar, Odisha Presents

Exhibition of Odisha Handicrafts

Ornaments including Filgree Stone-carved Statues Sambalpuri Saree-Dress Material Items of Golden Grass Folk Arts including Patachitras and Appliques

18th Feb to 18th March 2022 10:00am to 5:00pm Everyday Contact: 8249335483 / 0413 2622488

In collaboration with: Auroville FESTIVAL festival.auroville.org

Celebrate Oneness!

CHILD PORTRAIT



I (Roof Studio/Auroville Art Service) offer to draw your baby so that you can keep the memory of his/her first smile forever.

My mission is to bring attention to children and their upbringing by my drawing/painting of them. "How to Bring Up a Child?" is an essential question to our society. I do not provide an answer but hope to trigger a public discussion about it. My values are gratitude, humbleness and love. My work is my impressions of the happy child, not a photo-like picture. I purposely chose smiling kids of an early age as they smile only when they are really happy. I enjoy my work and if you send me a photo of your child between 6 – 18 months of age, I will send you back for free a photo of my work. I will keep the right to exhibit the picture publicly and the copyright to it. I work with full confidentiality – no information about you or your baby will ever be made public. The photo should have some shadows, no flat light please. You could hold your baby so naturally it will be create shadow from the side of you. And a smile needs to be there.

Please contact me on: ivana.frousova@yahoo.co.uk
Love, Ivana

THE END OF IS THIS THE END?

25 February, 8pm, Sri Aurobindo Auditorium, Bharat Nivas

After the great success of the first performances, Surya Performance Lab, Auroville presents the last performance: Is this the end? On 25th of February at 8pm Sri Aurobindo auditorium, Bharat nivas, Auroville

Don't miss it ! Is this the end is a theatrical, choreographically, musical performance inspired by a poem by Sri Aurobindo.



Is This The End?
A Theatrical, choreographical, musical performance inspired by a poem by Sri Aurobindo

25th February 2022
Time: 8pm Duration: 1hr

Venue
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville.

Directed by Philippe Pelen

Performed by Huong Pham
Thierry Moucazambo
Gopal Dalami

Music composed by Zan David

www.surya-performance-lab-auroville.com

The reviews:

◦ "Was an excellent performance with such a thought and heart provoking theme! Congratulations to the entire team for the excellent coordination, movements, energy, and poetry in movement. All the very best and keep it up."

Dr. Jayanti Ravi, Secretary Auroville Foundation

◦ "What a poetic journey! Through dance, music, and emotions. Thank you very much. All the best for this new show."

Lise Talbot Barré – Consul General of France

◦ "Inspiring performance on Aurobindo's poem. Much needed work of theater to everyone on the Earth."

Regards, Rajaravivarma, Head of Dept. Performing Art Pondicherry University

◦ "Deep, intense, inspiring, pure, authentic, true. Thank you for your sharing."
Kalou

◦ "Loved it. The intensity and vulnerability. Kudos guys for another superb performance. You have again outdone yourself. Keep climbing and thank you for this gift for Sri Aurobindo's 150th birthday."
Bondeepa

◦ "Beautiful, full of depth. Is this the end? Always a hope, grace, and chirping of the birds on the greens. The love keeps us together."
Tushita

◦ "I watched last night and was utterly enraptured. Beautiful bodily and energetic catharsis for your audience. A much-needed art piece."
Christos Sophia

◦ "You, as performers, achieved what it is that I believe art DOES. You carried me and every audience member out of myself, out of ourselves. You showed us what is happening in the world and in our community and in ourselves. Words are not necessary. The language of movement, the power of sound, the creation of a story through image and expression. I breathed with you and wept with you and your screams were mine. Your silence was mine, too. Your death upheld the part of me that died a bitter suffocation death in the disappointment in our elders, our community, our home. And then we walked again, found our voice, found our feet. You leap, show freedom, delicate, gentle, loud expression."
Lili – Auroville

We will perform at Sri Aurobindo Auditorium, Bharat Nivas, Auroville on 25 February at 8pm and we are delighted to invite you to our performances.

**Warm regards, Philippe Pelen, Thierry Moucazambo
Surya Performance Lab Team**

- Free entrance.
- Donations are welcomed on our Surya Performance Lab Auroville Financial Service account: 252160

We need your financial support to support our production and creation. <https://www.surya-performance-lab.com/>, suryaperformancelab@auroville.org.in

WORK OPPORTUNITIES

THE HOUSING BOARD IS LOOKING FOR A SECRETARY

Dear Community, the Housing Board is looking for a Secretary. If you have good writing skills, organization capacities, computer literacy please do not hesitate to reach out to us.

A secretary of the Housing Board, needs to be time conscious as some of the key features involve, preparing the Agenda, taking meeting notes, sending out responses on time to queries, preparing report to share with the community-at-large, keeping track of follow ups, managing the mailbox, organizing the online drives, coordinating meetings, liaison with Housing Service and other groups.

It is an important position as the secretary would be the voice of the group, so we are looking for someone who can work in a team, is friendly and neutral.

If interested, kindly send an email to housing@auroville.org.in to receive an application.

Thank you for taking the time!

Best Wishes, Housing Board

On Behalf of the Auroville Housing Service Team

(Aravind, Ole, Savithri, Venkatesh)

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 6am 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 please email sadhanaforest@auroville.org.in, WA 8525038274 or call 8122274924.

Looking forward to welcoming you!

The Sadhana Forest team

HR HUB INITIATIVE



HR Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in.

We invite the Auroville Services/Units to use our service; if you are in need to find someone to fill out a work position in your unit, we can help you by screening and finding suitable applicants.

We also invite Aurovilians and newcomers that are in search of a work opportunity to write to us and apply through our service so that we can connect you with the Units/Services of Auroville in need.

Please contact us for more information.

hr_hub@auroville.org.in
HR Hub Team

LOOKING FOR

Looking For House-Sitting/Accommodation



Hello one and all, I am Shaheen a SAVI registered volunteer. I am looking for a long-term house sitting over the summer as I have to move out as soon as possible. I am pet-friendly and would also like to part-take in chores/ taking care of things.

Please do contact me over +91 8056058269/ writewith-shaheen@gmail.com if you do have any leads!

Love and Light, Shaheen

Seeking Long Term Housing



I'm a long term SAVI volunteer in Auroville and I'm looking for a long term House Sitting opportunity to stay in the Auroville community during my stay here. Please call, or WA 9739725871, acancelata@tutanota.com.

Thanks in advance, Pedro

Looking for a House



I am actively looking for a house for house sitting (long term) as my Newcomer period is coming to an end and in order to become an Auroville I need a house sitting arrangement. I am an architect by profession and I am a bachelor. I would like to assure you I will take good care of the house and abide by community rules.

Call 9892890072 or e-mail M.sudhir.rao@gmail.com

Thanks & Regards, M.Sudhir rao

LOST AND FOUND

One Plus Z lost



Lost one One Plus Z bluetooth earphone which dropped from my pocket while I was riding in Auroville. Most probably somewhere on the Ringroad of Matrimandir.

One Plus z white gray, in a battery box with two ear pieces. Humbling requesting if anyone finds please let me know.

Thanks, Bhaskar

8240004793, bhaskaragl@gmail.com

TAXI SHARE

To Chennai Airport on Sunday, March 13



To stay ECO friendly: Looking for 1 or 2 passengers to share a taxi from Auroville to Chennai Airport on Sunday, 13 March. Departure from Auroville around 11:30am.

Please contact me via WA: +34685673777, or via sms: +917289907792, or please leave a message in PTDC as I am volunteering there everyday.

Thanks, Sunny

AVAILABLE

Abandoned Dog and her Puppy Seeks a Home

A young female dog and her puppy have found their way into Quiet where they cannot remain. Urgently looking for a loving home for the 2 of them together. The dog is very friendly.

WA +91 9488483286/ nandita@sharan-india.org

Dr Nandita Shah

HELP NEEDED

FUNDRAISING

FOR WORLD ULTIMATE FRISBEE CHAMPIONSHIP



Dear Auroville Family, we are excited to share with you all that two of us from Auroville have been selected to be a part of different Indian National Ultimate Frisbee teams playing in the world championships. Selvi will be playing in the 'mixed gender' division going to the USA (in July, 2022) and Kumaran will be playing in the 'men's masters' division going to Ireland (in June 2022).

We are looking forward to this journey and very proud to be playing for India. It is a dream come true for us. To make this happen we seek the help and support of the community in finding the money to travel.

We each need a total of 1.8 lakhs per person.

So far we have collected,

- Selvi: Rs. 91000
- Kumaran: Rs. 91000

Still looking for **89000 each**.

Our account number and name in FS is **252162**

Name: **Frisbee National Team**

No contribution is too small! We appreciate whatever amount you can give. For any clarification or questions please mail us at: kumaran@auroville.org.in, selvi33@auroville.org.in

Thank you all, Kumaran and Selvi.

NAMOI SEEKS TO JOIN THE PARELLI CENTER



Hello everyone! My name is Namoi, born and raised in Auroville. I love horses and have been around them my entire life. For the last 10 years, I've been learning about Natural Horsemanship and for the last 5 years, I have been intensely pursuing a unique education in Natural Horsemanship from the world-class Parelli Center.

This year I got accepted to an intensive professional instructor programme in Colorado and was thrilled to have received a scholarship as well. If I'm able to complete this course and continue this journey, I'll be the most qualified Natural Horsemanship instructor in Asia. I dream of bringing this unique knowledge and experience back to Auroville.

The course fees, flight tickets, and accommodation for the course come to **INR 8,45,000 or EUR 10,000** and I've started fundraising to realize this dream.

Today I've already raised over 60% of the funds and am so happy to see this dream slowly become a reality.

Could you please help me?

- Please share my fundraising campaign on Go Fund Me with those in your network outside of Auroville. <https://www.gofundme.com/f/a-better-world-for-horses-and-people>
- If you are in Auroville, please contribute to **FS # 253024 Namoi Education**.



Every single contribution helps and is deeply appreciated! If you'd like to learn more about my dream, I'm more than happy to share more about this course, and my dream!

Thank you so much!

Namoi, Aurodam, namoimoro@yahoo.in

**Pencil drawing of horses by Justine Bruner*

ADISHAKTI THEATER FESTIVAL

March 25 to 28, 2022



Dear Community members, as the Adishakti Theater festival is fast approaching, here are some more updates.

Unfortunately, due to an actor's injury, the play "Bali" has been canceled. The

dates of the 4 remaining shows have also changed slightly. The festival will now take place between 25 and 28 of March 2022.

The plays to be performed are:

- Bhoomi
- Impressions of Bhima
- Nidravatvam

The fundraising efforts are slowly showing results. Donations have come in from an Aurovilian as well as friends of Auroville. Bharat Nivas has agreed to cover the cost of publicity, extra wages and transport for artists. All this is very encouraging indeed and I thank the donors for their wonderful gesture.

But as of today, 21st February, for the 4 days' festival to happen we **still need Rs. 40.000.**

I therefore continue to appeal to the community for support for the realization of this event. Moreover, in order to start preparing for the festival in full earnest, we must have the full amount by 1st of March. The days are flying and there is a lot to do.

Kindly donate through the Financial Service account Adishakti Festival/252778. Thank you.

Below I share with you an excerpt of a press review by The Hindu dated 19th October 2021, on Adishakti's latest play, Bhoomi:

"Almost all of Adishakti's plays have dealt with contemporary issues, despite their being based on stories and characters from the epics. Bhoomi, the story of Araja, daughter of Shukracharya (characters from the Ramayana) takes on the challenge of speaking up for the victim of sexual violence in a dialogue between two actors, women in the real world, who stand at different points in their personal journeys. It is at this point that Bhoomi comes into its own, entering strongly into the space that Veenapani Chawla created and wishing her actors to occupy and vocalize in their own ways.

The tension created is palpable, and the web closes in, drawing the audience tighter into its grasp, as the actors' body language and stances change, and layers of self-deception and imposed silence, that conceal acts of violence from coming into the open, are revealed."

Joy (event coordinator)

AUROVILLE RADIO TV NEEDS YOUR HELP!



We are happy to announce that the Auroville-RadioTv is going to move to the first floor of the Archives building. The new location having more potential for growth, we have re-think the studio taking into consideration the various needs of the community to become a full flesh recording studio in the next future.

The project is therefore divided into two phases.

The first phase will allow the radio to shift its regular work without major interruption. It is expected to be finished by March, thanks to a great team and a generous donor.

However, our budget is short of 5 Lakhs to finish in a timely manner. We appeal to you to help this essential service of Auroville that have adapted to the pandemic constraints by streaming our events and meetings (with more than 15k view in the last month only!) despite a very low budget and a lack of manpower. We are counting on your support to continue serving the community at our best. Please donate! Financial account number **251369**, specify "Donation for relocation – Phase 1".

In addition, we are also proud to say that the project is realized with the help of Auroville units only! **Thank you!**

NEEDS HELP TO OBTAIN VISA

I, Alice (Kalabhumi), am writing this letter to ask for help...

Many of you might know us already... for those who don't... I have been living in Auroville since 2004 and I worked in Kindergarten for many years, before and in between the birth of my children.

I also worked for Lilith School for a few years... and as a dance teacher... I am always very passionate about Auroville and managed to build our house with my mother's heritage.

My partner, Sasha, is currently taking care of Youth Center, previously he worked for Tree Care and Transition School.

Our Son, Milo, needs to get a new visa from Italy therefore we need to travel in a few months.

Usually my aunt was able to help me with tickets and stay expenses, but at this time she is unable to... not even to host our stay, that has to be of at least a month, in order to be sure to have the time to get the new visa. She will be able to let us stay in her house but she can't afford to pay for food or other expenses.

I don't have any other family member that can help, both my parents passed away long ago, my grandfather is nearly 100 years old and my sister is also in no position to help us.

I therefore ask your help to be able to go and sort the visa for Milo, I will travel alone with the children and we are already very grateful for the time that you spent reading this letter and we will be even more grateful for anything that can help us to make this possible.

I opened a Fs account named Alice travel and the number is **253030**. I thank all of you in advance and send gratitude and love from all of us.

Alice, Sasha, Kamil, Alyha, Neelan, Milo and little Leo

Voices and Notes

TO THE LORD



If the inner hermit with his flame always traveled alone,

If we burnt the habits and tastes which displayed till now our finished past, If remembering the coming Future we tore out the old chimeras

Where in this ocean of intense fire or in this blue sky all is the same immense Journey with Thee,

We now know that exposed to numberless lives we even unknowingly fulfill the promise of this imperceptible past with this earthly body which is the parchment to read the legend written and told by Thee.

Thy white Light awakened us, it is our common signature.

This is our memory found again in the depth of this sun, it is She, our winged soul, which reunited all our lives, the only One since the first.

Thou have inscribed Thy sweet Peace in the cave of our breast, Thou art this mighty fire which revived our soul, where these solar seeds disperse in the midst of this rolling ocean.

With the triple key of Knowledge, Works and Love Thou openest for us all the locks of the Spirit, where all thirsts are quenched.

*With my profound joyful surrender,
Ganga Lakshmi, House of Mother's Agenda,
Savitri Bhavan*

WHO IS THIS "MOTHER"?

The following practice resonated with me and I shared it online in 2011, and in my book in 2019 with that question in mind:

Becoming Aware of 'Oneself'

"It's one of the most indispensable things to do if one wants to succeed in having self-control and even a limited self-knowledge: to be able to localise one's consciousness and move it about in the different parts of one's being, in such a way as to distinguish between one's consciousness and one's thoughts, feelings, impulses, become aware of what the consciousness is in itself. And in this way one can learn how to shift it: one can put one's consciousness in the body, put it in the vital, put it in the psychic (that's the best place to put it in); one can put one's consciousness in the mind, can raise it above the mind, and with one's consciousness one can go into all the regions of the universe.

But first of all one must know what one's consciousness is, that is, become conscious of one's consciousness, localize it. And for this there are many exercises. One of them is very well known, it is to observe oneself and watch oneself living, and then see whether it is really the body which is the consciousness of the being, what one calls 'myself'; and then when one has realized that it is not at all the body, that the body expresses something else, then one searches in his impulses, emotions, to see whether it's that, and again one finds out that it is not that; and then one seeks in his thoughts, whether the thought is truly himself, what he calls 'myself', and at the end of a very short time one becomes aware: "No, I am thinking, therefore 'myself' is different from my thoughts."

And so, by progressive elimination one succeeds in entering into contact with something, something which gives you the impression of being -- "Yes, that's 'myself'. And this is something I can move around, I can move it from my body to my vital, to my mind, I can even, if I am very... how to put it?... very practiced in moving it, I can move it into other people, and it's in this way that I can identify myself with things and people. I can with the help of my aspiration make it come out of my human form, rise above towards regions which are no longer this little body at all and what it contains."

And so one begins to understand what one's consciousness is; and it's after that that one can say, "Good, I shall unite my consciousness with my psychic being and shall leave it there, so that it may be in harmony with the Divine." Or else, "If by this exercise of rising above my faculties of thinking and my intellect I can enter a region of pure light, pure knowledge...", then one can put his consciousness there and live like that, in a luminous splendor which is above the physical form.

But first this consciousness must be mobile, and one must know how to distinguish it from the other parts of the being which in fact are its instruments, its modes of expression. The consciousness must make use of these things, and you should not mistake these things for the consciousness. You put the consciousness in these things, so you become conscious of your body, conscious of your vital, conscious of your mind, conscious of all your activities through your will for identification. But for this, first you must be sure that your consciousness is not entangled, mixed, or joined, so to say, with all these things. It must not take them for itself, must not be mistaken.

When one thinks of oneself (obviously out of millions of men perhaps there are not ten who do otherwise), one thinks "Myself... that's my body, that's what I call 'myself', what's like this. And so, I am like that; and then my neighbor, he also is the body. When I speak of another person, I speak of his body." And so, as long as one is in this state, one is the playing of all possible movements and has no self-control.

The body is the last instrument and yet it's this which one calls 'myself' most of the time, unless one has begun to reflect."

The Mother

2011.01.28

Who is this "Mother"?

The Question

Is the Beacon

That Beckons

The Quest

2019.01.28

Answers reveal themselves spontaneously along progressive/regressive stages of the quest. It took many years before I discovered this book online: [The Mother, The Story of Her Life by Georges Van Vrekhem](#)

Excerpt from One Earth, The Divine Field of Our Evolving Consciousness and Life – Poems, Sharings & Yoga <https://www.amazon.com/author/zech.joya.panganiban>

Happy birthday dearest Mother, and thank you so much for everything, even leaving us an Auroville, and especially for incarnating with Sri Aurobindo on Earth and giving birth to the New World. In eternal gratitude please continue to bestow upon us your blessings, your guidance, your clarity, your protection and your Grace so that this bundle of We may continue what You both have started towards a Life Divine here on Earth.

Om Namō Bhagavate, Zech

AUROVILLE RADIO



Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

Last published podcasts

- [Soul Tracks – Se.3 Ep. 13 "With guest presenter Dhani Muniz! \(Music\)](#)
- [Audible Weed Walk – Ep.71 "Birthday week – weedy celebration... and this and that!" \(Food Education\)](#)
- [Aarohan – Ep.43 "Dastaan-e-Dard ! The music of Akh-tari Bai Faizabadi" \(Music\)](#)
- [Happiness, Love and Laughter – Ep.133 "Love is...a conversation with Cecilia" \(Wellness\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – 385 \(Integral Yoga\)](#)
- [Marlenka's Weekly Offering – ep.44 \(Integral Yoga\)](#)
- [The Life of Sri Aurobindo in Tamil-Ep.5, Sri Aurobindo "ஸ்ரீ அரவிந்தரின் வாழ்க்கை வரலாறு"](#)
 - [Happiness, Love and Laughter – Ep.132 "Dinesh, Mira and Coffee: An Auroville Love Story" \(Wellness\)](#)

Last Youtube live videos

- [Gayati mantra by Sri Aurobindo – Performed by Auroville Choir and Instrumental Ensemble \(Music\)](#)
- [DREAMWEAVING Round 3 – Day 1 Morning \(City Life\)](#)
- [DREAMWEAVING Round 3 – Day 1 Afternoon \(City Life\)](#)
- [Auroville Festival Inauguration \(City Life\)](#)

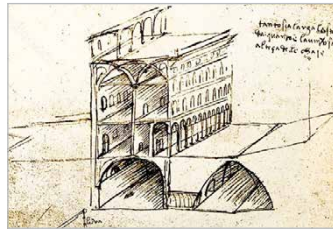
...and more! on www.aurovillerradio.org

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

Peace and Love

LEONARDO'S THREE-LEVELS CITY AND ROGER'S 'VOLUMETRIC URBANISM'

The layered-city Leonardo envisaged 540 years ago heralds the future. Applying his tiering concept, an example would be the infrastructure for robot-cars and driverless vehicles necessarily separated from pedestrians. Delivery trucks could run underground. Surprised that, during Mother's years, underground driverless capsules were foreseen for speedy or heavy traffic?



The NEOM project launched in 2017, Saudi Arabia, foresees a city for one million inhabitants at three levels: traffic underground, third level; infrastructure underground, second level; residences and human activities, ground level. CityLife (Town Hall exhibition) is also a materialization of Leonardo's concept. Traffic runs underground, at the lowest level: driverless metro; parking for 7,000 cars and two residential settlements. Shopping center at the intermediary level, also underground, restaurants, theaters, etc. At ground level, three towers for 10,000 employees, two sets of residences hosting 4,500 inhabitants, gardens, orchard-gardens and the largest public park in Europe funded privately.

In 1967 Roger, Mother's architect, submitted to her a concept evoking Leonardo's multi-layered city; "the town of the future" she wrote. Excerpts:

"... To achieve the integration of man with his social community, we had to rediscover what made those small towns of southern Europe successful – they were so beautiful and the inhabitants were happy living in them. ... We developed a concept of urbanism now called 'volumetric'. 'Volumetric urbanism' consists in recreating on selected artificial sites progressive levels with multiple perspectives. The town consists of a macrostructure, created with terraces on successive levels, that looks like a real pyramid when stripped to its essentials.

The pyramid is fitted on its exterior planes with levels of habitation which give an extraordinary contact with nature. Inside, one finds a complete complex of things necessary for living: cultural and recreational centres, commercial outlets etc. The pyramid's vertical axis contains systems of high-speed elevators and escalators offering quick circulation with and between the levels and easy communication to residential sectors. ... The number of people in each organic unit is limited so that intimate human relations remain possible, so that a kind of open fraternity can exist, a necessity in the town of the future. We feel that an important number of contacts between individuals is so necessary for a balanced community existence that, with the help of modern technology, we conceived an architecture which aims at inducing this cohesion, this warm mutuality. In short, we start with artificial platforms, terraces on which we have positioned a highly concentrated habitat.

Running against this conception, modern western urbanism for the last twenty-five years has been geometric, horizontal – it has killed human relations and been a dramatic failure. People are isolated, lost, within a living unit neither self-sufficient nor self-contained, separated from others by lawns and linear lots. Redensification is today's necessity. Citizens of these new cities may enjoy once again (as was the case with streets and forums of the past), the dialogue of man with man...

Urbanism cannot be separated from plastic, open-ended architectural vision. Both are striving after an environment where man can live and evolve with joy. A macrostructure, like a mountain, cannot easily be changed. The macrostructure is an arrangement of space involving an underworld of sewage pipes, of water and electricity connections, main circulation ways wandering through the surface relief, natural or artificial climatic conditions bathing the whole complex. Once the macrostructure is positioned, everything becomes possible.

On this structure is laid an outer skin, changeable and plastic so that it may be stretched, so that its color may suddenly be altered all along an avenue by a play, let us say, of revolving panels. Such an approach is the only one that will allow an evolution of the town in time and within a given space. The clothing of the town may be changed, renewed without drastic destruction."

Submitted by Paulette

GREEN COLUMN

The India State of Forest Report 2021 India's "missing" forests



What is a forest? In 1996 the Indian Supreme Court ruled that forests will not just be areas recorded as forest land in government records, but all areas which are similar to the dictionary definition of a forest, irrespective of the classification of land. With this verdict a new type of forest was born: the "deemed forest" – land that may be defined as forest once the state governments make up a local definition. Because forest in Gujarat is not the same as forest in Kerala or Manipur.

Moving on a few decades and we see yet another type of forest: the "missing forest". What is this about?

Down to Earth's editor Sunita Narain [recently exposed](#) a big gap in national forest survey estimates when analysing the [State Of Forest Report 2021 \(ISFR\)](#). She found that there are states where over 30-50 per cent of the land classified as forests is 'missing' from the government's assessment. In total India is "missing" almost 26 million hectares of its forests. This is the difference between what is 'recorded' as forest area, and the actual forest cover that exists on that recorded area – defined as land having more than 10% tree cover. The recorded forest area, as per the ISFR 2021, is 76 million hectare (ha), but the actual forest cover on these lands is said to be 52 million ha. This huge tract of doubtful forest land is equal in size to the state of Uttar Pradesh, or **double** the size of Tamil Nadu... According to the analysis, there are states where 30 or even 50 per cent of the land classified as forests is 'missing' from the government's assessment. Madhya Pradesh, for instance, has 'lost' nearly three million ha. In Jharkhand half the forest on paper does not exist. If this is the real state of forest loss in our country we should be worried.

The story behind the "missing" forests

India can be said to have two kinds of forests — those that are inside the officially recorded forest area, and those that are outside it. In the 2013 survey report total forest cover was estimated as 70 million ha — but it did not distinguish if this forest was inside or outside the recorded forest area. Two years later, in the 2015 State of Forest Report, the area inside the "official" forest got reduced to 51 million ha and the rest — 19-20 million ha — was said to be forest cover outside recorded forest area.

Narain says: "You can argue that this forest cover was always 'missing'; it was not possible to assess what was 'inside' or 'outside' as forest boundaries were not digitized. And now this has been done, the forest survey can tell us that 28 per cent of forest cover is on lands outside the forest department's control. However, the pertinent question which remains unanswered is: what is the state of this massive land area under the control of the forest department, which does not even get classified as "scrub" in the assessment?"

An agenda for action

DTE goes on to propose a solution to reinvent forest management for the future; so that we build a wood-based future, but still protect the ecologically fragile areas.

- **Protect the very dense and ecologically significant forests through ecosystem payments.** The very dense forests, with canopy cover of 70 per cent or more, make up just 3 per cent of India's land area.

But the bulk of this (over 70 per cent) is found in districts classified as 'tribal', where the poorest people of India live. These remaining very high-quality forests must be protected at all costs for ecological security, biodiversity conservation and carbon sequestration. We must do this so that communities who live near these forests get true value-based ecosystem payments for their role in protection and to sustain their livelihoods. The compensatory payments evolved by the 12th Finance Commission must be reworked for this, with real intent and real funds which are transferred to the communities as ecosystem payments.

- **Focus on the lands inside — under the control of the forest department.** This missing 25.87 million ha must be regenerated, with the active involvement of local communities with seriousness of intent so that people get rights not just over the grass and minor forest produce, but also the right to cut and sell the trees when they are ready for harvest. Felling of trees is not the problem, the problem is our inability to replant and regrow forests.
- **End the license raj on trees outside forests:** Narain said the good news is people are planting trees — on their farm lands, in their backyards. But the bad news is that this is happening against all odds. In the highly restrictive conditions today, it is literally a crime to fell a tree even if you have planted it on your own land!

According to ISFR 2021, India has 53 million clumps of bamboo in the country. But the fact is that even though this plant has now been classified as a grass and taken out of the Indian Forests Act, 1927, people who plant it are still not allowed to transport it or sell it.

Lisbeth and Gijs

For AV Green Center avgreencenter@auroville.org.in Green column appears bi-monthly in the News and Notes and sometimes on AuroNet. We report on green issues in Auroville, the Bioregion and the wider World. We like to hear from you!

HELPFUL HINTS

SPRING AND LIVER SUPPORT with Ayurveda and healthy plants



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) that takes away slowly the strength and energy, leaving us exhausted by the end of the summer.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it shows lethargy, fatigue, loss of appetite, colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

If these occur, it is time to expel Kapha and help the liver to detox:

With the food:

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest
- Good tastes: bitter, astringent and spicy
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, green salads, lettuce, rucola, spinach)
- Artichokes, ashgourd, avocado (moderately), beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chowchow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- Good sweet = Cereals: amaranth, barley, buckwheat, red rice, millets, dry oats; Fruits: pomegranate, apple, dry apricots, chiku, papaya, grape, pear, raisins, strawberries...
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water, with honey, Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast
- Walk 100 steps after lunch

Daily routine:

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Wash with warm water (shower or bath)
- Keep the body warm: neck and feet especially
- Physical exercise: 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

*Wishing you a cheerful Vasanta
Berengere (Be) @ Santé Clinic*

CLASSES, WORKSHOPS, HEALING ARTS & REGULAR EVENTS

MUSIC CLASS

Thursday, March 3, at 4–6pm, Saiier Building, 1st Floor
Introduction into History and Theory of Western Classical Music, the XX century, from Late Romanticism to Atonal Music, from Richard Strauss to John Cage. Video clips of Operas and Concerts will be shown. Beginners are welcome.



Hartmut, 7094812897, vonlieres@gmx.de

Organizing Group: SAIIER

SAVITRI BHAVAN, MARCH 2022**Exhibitions**

- **Meditations on Savitri:** The 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
- **Sri Aurobindo:** A life sketch in photographs, in the upper corridor

Films: Mondays 4pm

- **March 7: Building Matrimandir – cinema of Love 1971-2008.** The Matrimandir is the soul of Auroville; this documentary shows the dedicated work and construction. Duration: 52min. (Postponed from 28 February)
- **March 14: How the Mother's Inner Quest brought Her to Sri Aurobindo.** Lopa, a former student of the Sri Aurobindo International Centre of Education, speaks about the Mother's spiritual experiences from childhood and her meeting with Sri Aurobindo on 29 March 1914 in Pondicherry. Duration: 51min.
- **March 21: The Yoga of the Earth.** This sensitive and meditative film shows a new version of 'About Savitri' (Book 1 Canto 1) where Mother gives unique insights into the past and future of our earth, produced in 2016. Duration: 32min.
- **March 28: Meditations on Savitri, Book One – The Book of Beginnings, Canto 1: The Symbol Dawn.** A meditative film on the passages from Sri Aurobindo's epic poem SAVITRI, read by The Mother and accompanied by her own organ music and illustrated with paintings by Huta under the guidance of The Mother. Duration: 40min.

Full Moon Gathering

Thursday, March 17, 7:15 – 8:15pm, in front of Sri Aurobindo's statue.

A workshop on MUDRA-CHI

On Saturday March 26th at 4.30pm led by Anandi

Regular Activities

- **Sundays, 10:30–12noon:** Savitri Study Circle
- **Mondays, 3-4pm:** Psychic Awakening led by Dr.Jai Singh
- **Tuesdays, 3-4pm:** Yoga and the evolution of man led by Dr.Jai Singh
- **Tuesdays, Fridays, Saturdays, 4-5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays, 5-6pm:** Introduction to 'Hymns to Mystic Fire' by Sri Aurobindo led by Nishtha
- **Fridays, 3-4pm:** Readings of the Mother's commentary on Dhammapada
- **Saturdays, 3-4pm:** Introduction to Integral Yoga, led by Ashesh Joshi
- **Saturdays, 4-5:15pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9-5
- **Library** is open Monday to Friday 9-5
- **The Digital Library** can be accessed on request Monday to Friday 9am-4pm

Everyone is welcome

TRAINING COURSE AT THE AUROVILLE EARTH INSTITUTE

The Auroville Earth Institute is conducting a special course on the Ferrocement & Wind generator in March 2022.

- 07 to 12 March: Ferrocement
- 14 to 19 March: Wind Generator

To register, [please click the link](#).

Otherwise you can directly come to our office at Auroshilpam to register for the Training course.

Welcome to our courses, Saravanan

KALAI MARRUM KAIVINAI CREATING LIVELIHOOD OPPORTUNITIES

We are happy to share with our community that Egai and Auro Deniz together beginning our activity Kalai Marrum Kaivinaï creating livelihood opportunities for our Auroville community and Bioregion Women and Youth empowerment in the area of arts and crafts. We will be holding workshops and skill development programs to promote and preserve our traditional skill and knowledge handed down for generations.

Contact details:

For Egai: Anand, +91 9791896488, egai@auroville.org.in

For Auro Deniz: Arun, +91 7639810621, arun.s@auroville.org.in

Best Regards, Arun

WEEKLY WEED WALK**YOGA WARRIORS ALL KIDS**

Yoga Warriors: All Kids (3-10yrs) welcome for Asana, Visualization, Relaxation, Awareness Practise and Play:

- Mondays 8:30-9:30am (3-5yrs),
- Wednesdays 3:30-4:30pm (5-8yrs) and
- Saturdays 3:30-4:30pm (7-10yrs)



At the European House next to the International House. Prior contact required. Age groups can be flexible – please request. Bring a Yoga Mat if you can.

Welcome to this special adventure!

mothersworkforTheMotherswork@auroville.org.in,

ulrike@auroville.org.in,

WA: 00491745803786,

SMS and Signal/Telegram 9751513906

DANCE OFFERING

Mondays, 5:30 – 7:15pm, Cripa main space



Listening-Allowing-Unfolding-Celebrating-Offering

Welcome to the space where we explore & express, release & ground, connect & cocreate through free authentic movement expression.

Welcome to sweat your prayers or simply enjoy free dancing, with intention for all of these contributing to individual and collective wellbeing and eventually healing.

For adults of all ages, genders, abilities.

Thank you for coming on time to hold the space together, with commitment to presence and awareness. *Dariya*

10 DAY INTERMEDIATE LEVEL INVITATION TO PRACTISE

March 3 to 12, 5:30 to 9:30am & 5 to 7pm



An invitation of practise to the Yoginis & Yogi for the joy of practising together & taking our practise to next level. We are visualizing benefits like meeting like-minded people, increasing our energy building a consistent practice, increasing confidence, motivation & Self-Care, learning from one another, finding what works for us & much more.

- 5:30 to 7am: Jal neti, Pranayama, Eye yoga, Neck Yoga, Trataka, Udyana bandha, Nauli, Karlakattai, Core & legs, etc.
- 7 to 8:30am: Ashtanga Vinyasa, primary series, Mysore Style
- 8:45 to 9:30am: Meditation, Yin Yoga, Yoga Nidra etc.
- Evening, 5 to 7pm: Kalaripayatu*/Hatha Yoga

Please write us about yourself & your interest. We expect everyone to have a minimum level of fitness & who have been practising yoga. Minimal guidance & teaching and a lot of practice. We expect a contribution from every participant.

contact@auromodeyogaspace.com,
WA +919892699804

FORM & FLOW

A mindful and fun journey into a more advanced yoga practice.

This 4 days course offers an embodied deep dive into yoga practice — for students and teachers alike.

You'll learn different pose modifications, the creative use of props, accessible variations of advanced poses, breathwork and to use your imagination. All designed to help you to build resilience by adding variety to your Yoga practice. You'll walk away with the skills you need to adapt to whatever life throws at you, on and off the mat.



Friday 4, Saturday 5, Sunday 6 and Monday 7 of March
at 7:30-9:00 mornings & 17:00 to 18:30 evenings
at Tibetan Pavilion

Aurovillians, Newcomers and Volunteers: contribution based, guests: fixed donation. For registration and further questions please write to: dyncreations@auroville.org.in

This course is organized by 'Dynamic Creations Auroville'
Best, Nadja Akcadurak

KAYA BODHA: THE ART OF BODY AWARENESS

Kaya Bodha: The Art of Body Awareness with Hans.

Fridays, 6:30 – 7:45am
@Dehasakti sports/Budokan Dojo.

Relaxation, Agility, Breathing & Self-Healing techniques.

Please bring a cloth or towel.



No Kaya Bodha: There will be NO class this Friday, 25 February.
Greetings, Hans

INTEGRAL HEALTH

Classical homeopathy hypnotherapy child care

We are providing alternative health care for body, mind and emotion through classical homeopathy and transpersonal regression therapy since 2001

Homeopathy is the 2nd biggest medicine globally, practiced since 200 years, and further developed by our teacher Dr. Sankaran, Mumbai, www.theothersong.com



• Aqua Terra – Water of Unity

We are offering Aqua Terra, a homeopathic remedy prepared from the water from 324 water sources on Auroville's 50th Birthday. We invite all interested to share the research as well as potential benefits for the Auroville community. All are welcome to pick up Aqua Terra C 200 and C 1000 from our remedy box in the waiting area.

• **Sigrid** offers therapeutic consultancy since 1997, special focus on constitutional homeopathic remedies for chronic diseases, migraine, autoimmune diseases, and treatment of children incl special needs children and behavioral issues.

• **Malar** offers consultancy in Tamil, as well as First Aid Remedies and PC remedies.

• **First Aid Kits** with 32 remedies are available, description in English, French, German and Tamil are available. Please contact us if you would like to learn how to use homeopathy for First Aid. Available from our remedy box in the waiting area, 24-7, for free:

- PC Shock Trauma, PC Allergy, PC Diabetes, PC High Blood Pressure etc. and 70 more PC remedies for trauma, as well as chronic diseases are available. Benefits are well established – no side effects.
- Harmony and Samata, remedies related to Mothers and Sri Aurobindo energy.

Consultations are free for Aurovillians and newcomers, from others donations are welcome.

Consultations are generally held in English, French, German, and Tamil

• **Timings:** Malar is managing the office, the FirstAidKits and PC remedies, daily Mondays to Fridays 9 – 12:30am,
You are welcome to contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.

Integral Health, Prayatna 2623669

Central building 1st floor

Sigrid, sigrid@auroville.org.in,

www.sigridlindemann.com

Malar malar@auroville.org.in, 9080054843

SERENDIPITY ACTIVITIES & THERAPIES

Karma Yoga (Permaculture) with Sanaan **Every day, Monday to Saturday,** **from 2 to 4:30pm, drop in.**

This yoga teaches each one of us to act according to a divine purpose, freeing our mind from any attachment to work and its results. In Serendipity we have a beautiful organic vegetable garden and we follow the practice of natural farming. We will also take care of the maintenance of the community compound and the landscaping of the gardens, which are immersed in the tropical dry evergreen forest.



Qi Gong with Lhamo

From March 14th Every Tuesday and Friday
from 7:30 to 8:45am, drop in class.

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

Tai Chi with Lhamo

From March 14, Every Wednesday and Thursday,
from 4 to 5pm, drop in class.

This martial art is an ancient Chinese tradition that has evolved over centuries and even though tai chi developed for self-defense, it has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Ayurvedic & Stone Massage with Simona

On appointment only (+91 9489511648)

The specialty of this massage is that it takes up the traditional concepts of Ayurveda and marma (vital points) therapy along with modern anatomy and physiology. Prime aim of this massage is to provide health or rejuvenation thanks also to the healing qualities of the oil helping the skin to perform its diverse functions efficiently. A technique with hot stones can also be applied, which gives further release along marma points.

Bach Flowers Remedies with Stefania

On appointment only (+91 9486363442)

These remedies are made out of watered-down extracts from the flowers of wild plants, containing its healing energy. They work not only with adults, as they are especially effective with children and even pets. It's a safe and natural method of healing that gently restores the balance between mind and body by casting out negative emotions which interfere with the equilibrium of the being as a whole.

Conscious Life Counseling with Stefania

On appointment only (+91 9486363442)

This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. Different techniques (like Awareness Through the Body, Psychosynthesis, Integral Psychology and Astroshamanism) will be used to develop consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life.

Facial Acupuncture and Massage with Lhamo

On appointment only (+91 9565524237)

Facial acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. The theory and techniques of facial massage comes from facial acupuncture and it is useful for people who are more sensitive and feel uncomfortable with the needles. Through massaging the face, neck, head and using acupressure, the whole body is treated and supported.

Gua Sha (Chinese Detox Scrub) with Lhamo

On appointment only (+91 9565524237)

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

Head & Shoulders Marma Massage with Bala

On appointment only (+91 9892699804)

Marma points means "vital points that hold life force energy". In this massage the practitioner uses fingers and hands to press (isometric / constant pressure) the specific point in head, face, neck and shoulders. This massage is based on the principles of Ayurvedic and various martial art traditions. Marma massage can help in relieving deep-seated tensions and improving circulation and energy flow.

Hypnotherapy with Lhamo

On appointment only (+91 9565524237)

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

Shiatsu Massage with Sara and Simona

On appointment only (+919443617308 and
+91 9489511648)

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

Small Children (0-6) Chinese Massage with Lhamo

On appointment only (+91 9565524237)

A very interesting way of looking at small children's health and well being. It is a way to cure infants' daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. It works through very soft massage using different acupressure points than adults. It is an empowering tool for parents to deal with their kids daily ailments. It is very effective for newly born babies and suitable for children up to 6 years old.

(Ex. Joy Community in front of Center GH)

Center Field, Landline: +91 (0)413 2965693

Mobile/WA: +91 9385623342

Email: serendipity@auroville.org.in

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



VÉRITÉ CLASSES & INTENSIVES

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

programming@verite.in, www.verite.in

treatments@verite.in

Registration required for the following Classes & intensives

Diaphragmatic Breathing: Joints & Glands And Systematic Relaxation With Viraj

**Tuesday, Wednesday & Thursday, 1, 2 & 3 March,
from 9:30 to 11am**

(attend all 3 sessions for maximum benefits)

Learn yoga practices that strengthen & support the breath, relax the nervous system, slow down the heart rate, and improve joint health & blood circulation throughout the body. We will explore breathing through the diaphragm in crocodile pose (makarasana), and subtle movements of the joints from forehead to toes, along with regulation of the glands, then followed by systematic relaxation of the whole body. These practices develop resilience & better management of stress.

Well Being Of The Bowels With Viraj

Friday, 4 March, from 9:30 to 11am

Healthy bowels are vital to well being. Learn how to align with "nature's call", by understanding the process that prepares the body to flush toxins out of the system and through simple practices that work on the digestion/ elimination system. Beneficial for all, but especially for people suffering from irregularity or constipation. Come and learn the art of being able to relax and eliminate well!

Vocal Yoga With Ludmi

**Friday & Saturday, 4 & 5 March,
from 10am to 1pm**

Vocal Yoga is a holistic approach, aimed at opening the voice and its capabilities, as well as attaining balance, liberation and relaxation. We begin with the anatomy of the voice and its connection to the body and emotions, and then move into active vocal yoga practice, integrating movement and sound production.

- This workshop is for anyone who wants to:
 - explore and free the voice
 - understand the voice and how it works
 - learn/ practice various breathing techniques
 - learn to use the voice in the healthiest manner
 - release emotional blocks connected to the voice
 - learn to express freely and enjoy our unique voice
 - gain confidence in our voice and ourselves
- This two-day program includes:
 - introduction to vocal training
 - pranayama
 - active Vocal Yoga practice (combination of yoga asanas and vocal production)
 - improvisation techniques
 - OM chanting

Introduction To Hatha Yoga & Yoga Nidra With Bijou

Saturday, 5 March, from 9:30am to 12noon

A beginner to intermediate guide to the origins of Yoga, balance between breath & movement, physical & mental states, followed by a 30 minute yoga Nidra (guided relaxation meditation). A physical and psychological mindfulness approach to inhabiting our body.



VÉRITÉ REGULAR EVENTS, MARCH 2022

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

programming@verite.in, www.verite.in

Hatha Yoga: Sun & Moon, with Taher Monday 8 to 9:20am

Hatha Yoga is a preparatory process. The word "ha" means sun, "tha" means moon. "Hatha" means to bring balance between the sun and the moon (or the Ida and Pingala); Hatha yoga is a path toward uniting opposites. You can explore Hatha Yoga in ways that take you beyond certain limitations, but fundamentally, it is a physical preparation – preparing the body for a higher possibility.

Contact 0413-2622045 or programming@verite.in.

Yin Yoga, with Bijou

Monday 5 to 6pm

The most relaxing form of yoga, to wrap up a busy or stressful day/week and completely relax all muscle groups, joints, and the nervous system.

Contact 0413-2622045 or programming@verite.in.

Vocal Yoga with Ludmi, (starts 7 March)

Monday 5 to 6pm and Thursday 11am to 12noon

Active vocal yoga practice that combines movement and sound production, aimed at opening the voice and its capabilities, as well as attaining balance, liberation and relaxation.

Contact 0413-2622045 or programming@verite.in.

Chandra Hatha Flow Yoga with Sabrina

**Tuesday 8 to 9:30am and 5 to 6:30pm,
Thursday 9 to 10:30am and 5 to 6:30pm**

A complete and balanced practice integrating mantras, mudras, pranayamas and asanas, performed in a meditative way, synchronizing with the breath. These Hatha Yoga sessions are consciously synchronized with the cycles of the moon: some sessions will be more yang (active), others will be more yin (receptive), to adjust according to the energy flow. Open to all people who want to enhance their consciousness and connect with their inner joy and peace.

Contact 0413-2622045 or programming@verite.in.

Wellness Wednesday w/ Maggie

Wednesdays 11am-Noon

Release stress and unwind tension: session may include gentle stretches, self-massage, mindfulness, breathwork and embodiment practice. Suitable for all. Dress: comfortable clothes you can move in.

Contact 0413-2622045 or programming@verite.in or +919486623465 (Maggi)

Somatic Explorations with Maggie

Wednesday 5 to 6pm

Mind-body training in the tradition of Thomas Hanna. Somatics is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging.

Contact 0413-2622045 or programming@verite.in or +919486623465 (Maggi)

Vinyasa Flow Yoga with Taher

Friday 5 to 6:20am

Vinyasa is an approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses and the pace of the flow vary from one session to the next. Vinyasa promotes a healthy life for the body, mind and spirit.

Contact 0413-2622045 or programming@verite.in.

**Ecstatic Dance Conscious Movement with Taher
Saturday 5 to 6.40pm**

Ecstatic Dance is a Freeform Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations and allow yourself to feel your emotions, sensations, body, mind and spirit. A safe space for movement and expression.

Contact 0413-2622045 or programming@verite.in.

Heart-Centered Resilience with Susan

Learn simple, heart-focused skills that help self-regulate your body's response to stress and build resilience. These scientifically validated tools have been proven to increase well-being, personal and professional performance and quality of life. Best learned in a series of three 60-90 minute sessions.

By appointment: +91 413 2622 606, +91 7867805812 (WA), treatments@verite.in

Yoga Therapy for Inguinal Hernia - with Bijou at Vérité. Complete physio session through yogic movements and holds, aimed at strengthening pelvic and abdominal muscles to relieve inguinal hernia strains, and aimed at non surgical remedy. Strictly for those with inguinal hernia; belts recommended for all sessions.

By appointment: +91 413 2622 606, +91 7867805812 (WA), treatments@verite.in



VÉRITÉ PROGRAMS MARCH 2022
Phone: +91413 2622045, 2622606,
Mobile: 7867805812
programming@verite.in, www.verite.in

Yoga & Re-creation Programs

Social distancing practiced in all programs

Drop-in Sessions

Days	Drop-in Sessions	Timings	Pre-senters
Mondays	Hatha Yoga: Sun & Moon	8 to 9:20am	Tahir
Mondays	Yin Yoga	5 to 6pm	Bijou
Mondays	Vocal Yoga (starts 7 March)	5 to 6pm	Ludmi
Tuesdays	Chandra Flow Hatha Yoga	8 to 9:30am	Sabrina
Tuesdays	Chandra Flow Hatha Yoga	5 to 6:30pm	Sabrina
Wednesdays	Wellness Wednesday	11am to 12noon	Maggie
Wednesdays	Somatic Explorations	5 to 6:15pm	Maggie
Thursdays	Chandra Flow Hatha Yoga	9 to 10:30am	Sabrina
Thursdays	Vocal Yoga (starts 10 March)	11am to 12noon	Ludmi
Thursdays	Chandra Flow Hatha Yoga (Focus on Back)	5 to 6:30pm	Sabrina
Fridays	Vinyasa Flow Yoga	5 to 6:20pm	Tahir
Saturdays	Ecstatic Dance: Conscious Movement	5 to 6:40pm	Tahir

Intensives (pre-registration required)

Day & Date	Intensives (pre-registration required)	Timings	Pre-senters
Tuesday to Thursday, 1 to 3 March	Diaphragmatic Breathing: Joints & Glands & Systematic Relaxation	9:30 to 11am	Viraj
Friday, 4 March	Well Being of Bowels	9:30 to 11am	Viraj
Friday & Saturday, 4 & 5 March	Vocal Yoga	10am to 1pm	Ludmi
Saturday, 5 March	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12noon	Bijou
Friday, 11 March	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Saturday, 12 March	Gratitude: Juice of Our Life (Based on Non-violent Communication)	9:30am to 4:30pm	Vega & Edo
Saturday, 12 March	Freedom from Fear	2 to 4:30pm	Dr. Sehdev
Friday, 18 March	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12 noon	Bijou
Saturday, 19 March	Somatic Movement Intensive: Feel & Move Better	9:30am to 5pm	Maggie
Monday to Wednesday, 21-23, March	Somatic Series: Releasing Through The Hips	9:30 to 10:45am	Maggie
Friday, 25 March	Yoga Therapy for Back Pain	9:30 to 12 noon	Bijou
Saturday, 26 March	Dyad Meditation: Connecting to the Beloved Divine Energy Through Each Other's Presence	9:30am to 1:30pm	Vega & Edo
Saturday, 26 March	Yoga of Forgiveness	2 to 4:30pm	Dr. Sehdev

Therapies (by appointment only)

Heart-Centered Resilience	Susan
Yoga Therapy for Inguinal Hernia	Bijou

JIVA



www.auroville-jiva.com, WA 9626006961
contact@auroville-jiva.com, [Facebook](#)

We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Fast-ing Natural Horsemanship, Horse Assisted Therapy, Medical Cloning, Yoga Nidra, Gentle Birth & Peggancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

Regular classes in Taijiquan and QiGong

- **Dynamic QiGong with Andres**
 - Tuesday, Thursday, Saturday
 - 7-8am behind Kalabhumi



- **Taiji Quan and Qigong with Michael & the Taiji-Family**
 - **Qigong** Tuesday, Thursday, 4 – 4:45pm
Qigong is the “Yoga of China”, a holistic system to practice and refine the body, our life-energy, the mind and to nourish our soul. Suitable for all ages. Body-work and Meditation
 - **Taijiquan (TAI CHI)**
Tuesday, Thursday 4:45pm – 6pm
Learn “Chen Style Taijiquan Practical Method” from disciples of the lineage holder Master Chen Zhong-hua. Authentic Chinese Martial Art.
 - **Venue:** “The Learning Community” near Transition School

Integral regression therapy sessions



A therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, based on trauma therapy, pastlife regression therapy, inner child work, NLP, and a client centric approach.

Typically, integral regression therapy addresses unexplainable pains, traumata from accidents or early childhood, questions about past lives, life purpose or restricting behaviour patterns.

Sigrid Lindemann is a transpersonal regressiontherapist, trainer in hypnotherapy and teacher of advanced classical homeopathy, with her background in Integral Yoga, living over 20 years in Auroville, Pondicherry.

All info: Sigrid, contact@auroville-jiva.com WA 9626006961

Explore your mind

- 3-day workshop in hypnotherapy
- 25, 26, 27 February

“The answers you seek never come when the mind is busy, they only come when it is still” What is hypnosis? How do the right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax!Meditate with ease! Expand your therapeutic toolbox!



Apply Selfhypnosis Workshop combining experiential learning and “Theory of the Mind “Certified course from EKAA www.ekaa.co.in

- 25 February, Friday 4 – 7pm,
- 26 & 27 February, Saturday, Sunday 9- 5pm
- at Sharnga Guesthouse Yogahall

Trainer: Sigrid Lindemann Certified Faculty in Hypnotherapy, Regression Therapy and Classical homeopathy, Germany and Auroville

Venue: Sharnga Guesthouse Yogahall, www.sharngaguesthouse.in

- Workshops with Nirupam Gyan Sufi are planned for September 2022: *The Sufi Way* and *“Gurdjieff Sacred Dances”*
- **Venue:** Sharnga Guesthouse, www.sharngaguesthouse.in
Sharnga Guesthouse is a green oasis, with a huge Banyan Tree, horses, birds, a lively tropical garden, with a small pool, gym and rooms from simple to AC, single to family units. A Yoga Hall, AC lounge with big screen, and the great service and international cuisine make it a perfect spot.
- **YEP** We do offer adventure camps with kids programs, <https://www.facebook.com/YEPAV> parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

Natural Horsemanship

- Individual and group sessions ongoingly
- **Timings:** afternoons 4 – 6pm or mornings 8-10am

Mirrabelle offers webinars, classes and workshops in Natural Horsemanship. Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!



Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and it’s just fun time to BE with a sensitive, naturally trained horse!Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfils her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care, riding and therapy!

Contact: WA 9626565134, contact@auroville-jiva.com

QUIET HEALING CENTER



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

+91 413 2622329/+91 9488084966, 948807987

Watsu® 1 with Petra and Gianni

Tuesday 1 – Monday 7 March, 8:45am – 6:30pm

Watsu is an aquatic bodywork modality, developed by Harold Dull in the 1980s and given in a warm water pool (ideally 35°C).

In this course, you will be taught the basic movements and positions of Watsu, connect them with long, gracefully flowing transitions and 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. You will experience floating other people and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

No previous experience required (and also not being able to swim)!

Watsu® & Meditation with Dariya

Tuesday 8 – Wednesday 9 March, 8:45am – 6pm

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. The purpose of meditation is to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition through the heart rather than perception through the rational mind. This might at times support making choices from a deeper place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to and be fully present with the person we float during a Watsu session.

Prerequisites: Watsu Basic

Watsu® for Babies with Dariya

Friday 11 March, 8:45am – 6pm

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to experience the joy of being in water with babies. In this course, you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies. Thanks to the collaboration with Gianni De Stefani, certified WABA facilitator, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

Prerequisites: Watsu Basic or a degree to work with babies in water

Watsu® & Breathing with Dariya

Saturday 12 – Sunday 13 March, 8:45am – 6pm

A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also integrate the practice of Watsu qualities and the power of working with your receiver's breath. Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and your energetic connection with the receiver. You will also be exposed to the anatomical basis of our respiratory system to better understand its functioning. To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

Prerequisites: Watsu Basic

Quiet Regular Offerings March 2022

Therapeutic Treatments	Therapists
Acupuncture	Linda
Aquatic Bodywork (Watsu®/ Oba®/ Liquid Flow/ Waterdance)	Appie, Daniel, Dariya, Friederike, Guido, Orev, Ursula
Ayurvedic Abhyanga Massage	Umberto
Ayurvedic Birenda Massage	Eli, Jean-Louis, Kumar, Sheida
Ayurvedic Marma Massage	Kumar, Maggie
Clinical Massage Therapy	Maggie
Craniosacral Therapy	Shola
Deep Tissue Massage	Andrei, Maggie, Shola
Etiomedicine	Lisa
Foot Reflexology	Sheida
Healing Touch Massage	Sami
Holistic Massage	Maggie
Hypnosis Therapy	Shola
Kahuna Massage	Anwar
Lymph Drainage	Dodo
Physiotherapy (Pt)	Jussi
Quantum Shiatsu	Sami
Raindrop Technique	Dodo
Reiki	Maggie
Sound Healing/ Sound Bed	Sami
Thai Yoga Massage	Sheida
Traditional Chinese Medicine	Linda



PITANGA
CULTURAL CENTRE

PITANGA

Programme for March 2022

Pitanga Cultural Centre, Samasti,
(0413) 2622403/9443902403
pitanga@auroville.org.in

Please note: Respecting present Covid protocols, access to classes is limited.

Yoga

Pranayama, [Regular only]	Friday, 6:45 – 8:00am	François & Namrita
Gentle Yoga Practice, [All levels]	Wednesday, Friday, 7:30 – 9:00am	Rachel
Asanas, [All levels]	Thursday, 10:30 – 12:00pm	Rachel
Asanas on alignments, [Mixed level]	Tuesday, Thursday, 3:00 – 4:30pm	Rachel
Asanas on alignments, [Intermediate level]	Monday, Friday, 5:00 – 6:30pm	Rachel
Hatha Flow, [All levels]	Tuesday, 10:30 – 12:00pm	Rachel
Hatha Flow, [All levels]	Wednesday, 5:00 – 6:30pm	Rachel
Hatha Yoga, In French, Drop-in, [All levels]	Tuesday, Friday, 11:00 – 12:30pm	Sylvie
Yoga Nidra, In French, Drop-in	Monday, 5:15 – 6:30pm	Sylvie
Yoga Therapy, [All levels]	Monday, Wednesday, Friday, 8:30 – 10:00am	Gala
Asanas, Teenagers	Monday, Wednesday, 4:00 – 5:00pm	Lisbeth
Asanas, Children, 7 – 9yrs	Saturday, 10:00 – 11:00	Gala
Private Yoga lessons	Available on request	Rachel

Iyengar Yoga

Prior registration necessary

Iyengar Yoga, For Seniors, Regular	Monday, 9:30 – 11:00am
Iyengar Yoga, For ladies, Regular, [Level 2-3]	Monday, 11:00 – 12:30pm
Iyengar Yoga, Drop-in, [All levels]	Tuesday, 7:00 – 8:30am
Iyengar Yoga, Regular, [Levels 2-3]	Tuesday, 5:00 – 6:30pm
Iyengar Yoga, Regular, [Levels 2-3]	Thursday, 7:00 – 8:30pm
Iyengar Yoga, Drop-in, [All levels]	Thursday, 5:00 – 6:30pm
Yoga for Immunity, Self-Practice, Regular, [Levels 2-3]	Saturday, 9:00 – 10:30am

Iyengar Yoga practitioners, please note the following:

- Classes earmarked "All levels" mean:
 1. Students can come to the class regardless of experience of Iyengar Yoga practice
 2. Performing inverted poses in this class is optional.
 3. If the student is unable to complete the basic pose, the teacher will offer an alternative.

- Classes earmarked “Level 2-3” mean:
 1. The class is designed for experienced practitioners!
 2. In each lesson, inverted poses are performed.
 3. If the student cannot perform the basic version of the asana, he/she should know alternative options for replacement according to the peculiarities of his/her practice.

Healing Spaces

Please book your appointment for a healing space by phone: 262 2403

Energy therapy	Vani
Rediscovering the Self-healing power and natural Intelligence of the body	Vani
Journey to the memory of the body	Vani
Focusing on Presence (in French)	Sylvie
Shiatsu	Ulrike
Self-Healing – Based on Craniosacral Therapy	Kirtan
Shamballa Reiki	Pierre
Essenian Healing	Patrick D.

Body – Mind – Spirit

Feldenkrais, Drop-In	Friday, 5:15 – 6:30pm	Shari
Maitri Tunes, Drop-In, An exploration of sound and stillness	Monday, 5:30 – 6:30pm, Private sessions available on request	Sheetal
Flow Game, Finding clarity alone and together	Tuesday, Wednesday, Friday, Saturday, 9:30 – 12:30pm, For booking, write to: sheetal@auroville.org.in	Sheetal
Feldenkrais, Drop-In	Friday, 5:15 – 6:30pm, Not on 4th	Shari
Balance Program, (8 sessions in February/ March)	Wednesday 8:45 – 10:15am, Not on 30th , For Elder Aurovilians	Osnat, Dan
Self-Shiatsu, Drop-In, In French / English	Monday, 4:00 – 5:15pm	Patricia
Self-Shiatsu, [Regular only]	Wednesday, 5:15 – 6:45pm	Patricia
Healing Qi Gong, Drop-In	Thursday, 9:15 – 10:15am, Starts on 10th	Shari
Taoist Qigong, Drop-In, [Beginners], In French	Wednesday, 7:00 – 8:30am	Elisa
Taoist Qigong, Drop-In, [Beginners], In English	Saturday, 7:00 – 8:30am	Elisa
Aviva Exercise, For women, Drop-In	Monday, Friday, 5:00 – 6:30pm	Suriya-gandhi
Energy Games & Art class, Children 7-9 yrs	Saturday, 11:00 – 12:00noon	Gala
Odissi Dance, [Regular]	Friday, 3:30 – 5:15pm	Rekha

About our healing spaces

- **Energy therapy:** Fusion of deep guided relaxation, visualisation, reiki, pranic healing, and foot & cranial reflexology.
- **Rediscovering the Self-healing power and natural Intelligence of the body:** Experiencing the Presence within by quietening the thought process and contacting the body.
- **Journey to the memory of the body:** Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware & deprogramming these old believe systems put in place in the past, which keep us from living a very joyful life in the present.
- **Shiatsu:** The Quantum Shiatsu practised by Ulrike Urvasi for over 20 years follows an understanding which is multi-dimensional and holistic, reminds of and activates the self-healing forces in each one of us.
- **Self-Healing based on Craniosacral therapy:** Self-Healing sessions offered by Kirtan are a non-medical healing approach based on Craniosacral Therapy. It is a way for you to experience your True Self in a profoundly deep, practical, and lasting way, by attuning you to your own blueprint for health. It calls forth your natural re-alignment, resonance and healing forces.
- **Shamballa Reiki:** Pierre is offering treatments for those who are open to using the Universal Energy, we call Reiki, to keep us aligned during the immense shift we are all going through. In his observation “the cosmic clock is turning; the Universal Energy remains the same”.
- **Essenian Healing:** Essenian treatments are a therapeutic approach that uses the healing power of light and sound as well as the massage of energy points with the aim of maintaining or restoring a harmonious balance between body, soul and spirit. The healing acts by restoring the flow of energy that has been disrupted by stress, illness, negative thought forms and the difficulties of everyday life.

• **Coaching Session:** “l’Accompagnement en Présence”: Seance D’accompagnement En Présence – 1h30. Formée à l’Accompagnement en Présence depuis 2017, je vous propose mon expérience de Praticienne. Chaque séance est une invitation à laisser venir en vous les réponses dévoilées par vos sensations corporelles. Ce processus de focusing est simple, il vousamène exactement à l’endroit du corps qui a besoin d’être entendu.

• **Coaching: Focussing on Presence:** Trained in the coaching method “l’Accompagnement en Présence” since 2017, I offer you my experience as a practitioner. Each session is an invitation to let the answers get revealed by the bodily sensations you are experiencing. This focusing process is simple, it brings you exactly to the place of the body that needs to be.

Exhibition

A Journey to the Inner Core of my Being

Art Exhibition by Crystal

A series inspired by Indra’s web and the Emergence of the Psychic Presence

21 Feb - 19 Mar 2022

Pitanga Cultural Centre

8.00 - 12.30 pm & 2.00 - 5.30 pm

Open daily, except Sundays and 28th Feb

Pitanga Cultural Centre, Samsat, Auroville | pitanga@auroville.org.in | 0413-2622403 or 9443902403

Homeopathic Clinic

"Svasti" Homoeopathic Clinic with Dr Aditi Patel, B.H.M.S., Homoeopath (Registered).

Consultations for new cases are held by appointment only. Please take your appointment with Dr Aditi directly, by calling +91-9428429642.

Patients with any urgent requirements and regular patients can drop-in from Tuesday to Thursday 10:30 – 11:30am and will be attended to on first come, first served basis.



If you wish to receive our program of activities by email, please write to us: pitanga@auroville.org.in

See you at Pitanga, with a smile !

HOLISTIC AND HOLISTIC HEALTH CARE UNIT March 2022



Healing & consciousness

For more info: www.auroville-holistic.com or Mob/whats' app: +919489805493

or Mail: contact@auroville-holistic.com

• **Ashtanga Yoga Classes, Mysore style**, with Christine P. Everyday From Monday to Saturday at 7:45am

For beginners, advanced students. The teaching is adapted to each one and his (or her) own issue (So you can join even if you have physical issue)

• **Hypnotherapy** with Christine P. Any time on appointment, last 2h: Hypnosis, healing purpose / regression.

• **Workshop: De-stress your mind with Scientific Sound & meditation.** Tuesday & Thursday at 4pm, Saturday & Sunday at 11am. Last 1h15 min. For the purpose of deep relaxation.

• **Reiki Session** with Mradul, on appointment .

• **Health & Life Coaching** with Christine P., on appointment, from 23 March. Our days for open consultation will be Monday/Thursday from 2:30 to 3:30pm. Improve work performance & qualities. Goal setting, relationship issues, etc. Healing purpose.

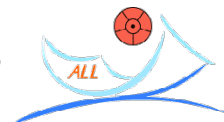
• **Health & consciousness program** with Christine P. & Mradul J. Contact us for details and appointment. Involvement in the therapy and advises given are required. Talk one to one session/CBT/NLP/Meditation/Systemic Therapy.

- Looking for your next step in your life?
- Difficulty to make a choice or take decisions.
- Suffering from panic attack, anxiety, sleeping disorder, depression, etc.
- Anyone, who wants to enhance his (or her) relationships, etc.

• **AMI: Analysis of multiple Intelligence** with Mradul J., on appointment basis. 1st appointment last 20 min: to take the finger print. 2nd appointment is for the counseling (1h). Scientific way to discover your hidden talent and potential.

• **Acupressure therapeutic massage** with Christine P. Any time on appointment. Lasts 1h30 min. For any health issue or emotional blockage. Rebalancing the energy and harmonization of the chakra.

NEWS FROM AUROVILLE LANGUAGE LAB



COVID 19 Prevention

When you access the Language Lab, please observe the following actions:

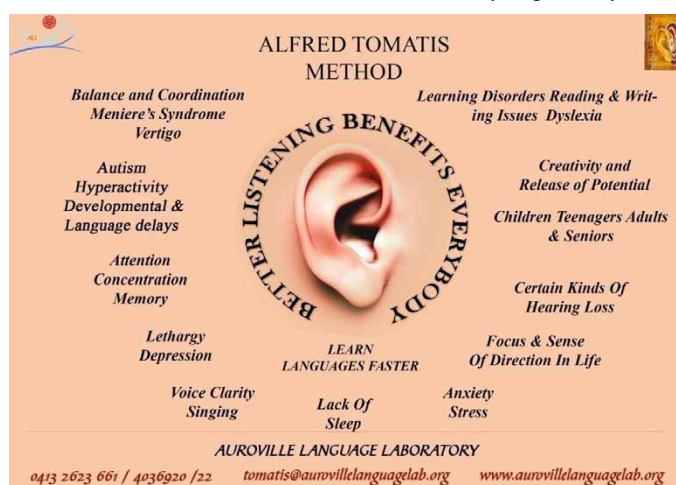
- Please take your temperature and sign the Covid tracking book
- Clean your hands with Sanitizer
- Wear a mask
- Maintain social distance

Please remember to put your mobile phones on flight mode and switch off all wireless and bluetooth devices before you enter the lab, since it is a wireless-free space

Tomatis

There are spaces available for both language & therapeutic programmes! Please contact 4036922 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations

For more information about the Tomatis program, 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-sBMly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New Language Courses

Sanskrit For Beginners With Aravinda

We are happy to announce that a Sanskrit class for beginners, is about to start at the Language Lab, on Thursday, 24 February. It is held in person by Aravinda.

Growing up in a family with deep appreciation of Sanskrit, Aravinda has natural love and affinity for it. His dream is to see Sanskrit as a living language in Auroville.

Course features:

Starting with the sounds and the alphabet, we shall enjoy exploring simple words, conversation and chanting of selected mantras.

The classes will take place every Thursday, 3 to 5pm, for 3 months. If the timing is not suitable for you, we are open to discuss possible changes. Let us know.

If you are interested:

Please [fill out our form](#) at to join, or inquire about, any language classes at the Lab! You can drop us an email to info@aurovillelanguagelab.org, or call us at 2623661

Language	Level	Start Date	Time	Days of Classes
English with Sandy	Total Beginner	To Start in February	3pm – 4pm	Tuesdays – Thursdays

Please [fill out our form](#) to join, or inquire about, any language classes at the Lab! As well as drop us an email or call! **Please note:** registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

Projection of Dreamweaving Sessions

Monday to Friday, from 4:30-5:30pm

For those without computers or good internet access, we will be projecting the Dreamweavers sessions everyday, Monday to Friday, from 4:30-5:30pm, **starting on 11.02.2022**. All are welcome to drop in. We'll start with the most recent days of presentations, and also cover all the technical presentations from the beginning of the process.

- [More info is here](#)

ALL: Schedule of Classes as of 21.02.2022

Language	Level	Time	Days of Classes
English	NEW To Start, Total Beginners!	03:00pm – 04:00pm	Tuesday & Thursday
	Beginner & Pre-Intermediate	10:00am – 11:00am	Tuesday & Thursday
	Beginner & Pre-Intermediate, Group 2	10:00am – 11:00am	Wednesday & Friday
	Intermediate	02:30pm – 03:30pm	Wednesday & Friday
French	Beginner – Group 1	02:00pm – 03:00pm	Monday & Thursday
	Beginner – Group 2	03:15pm – 04:15pm	Monday & Thursday
German	A1.1 Beginner Online	07:30am – 08:30am	Tuesday, Wednesday & Thursday
Hindi	Beginner	10:00am – 12:00pm	Saturday
Tamil	Spoken Beginner	New cycle in March! Inquiries Welcome!	
	Written & Spoken Beginner	04:30pm – 05:30pm	Monday & Thursday
	NEW – Written & Spoken Beginner, Inquiries Welcome!	03:00pm – 04:00pm	Tuesday & Thursday
	Tamil for Children, Beginner	04:15pm – 05:15pm	Friday
Sanskrit	Beginner	03:00pm – 05:00pm	Thursday
Spanish	Beginner	New cycle in February! Inquiries Welcome!	
	Intermediate	03:30pm – 05:00pm	Monday & Friday
	Conversation	02:00pm – 03:00pm	Wednesday
Japanese	Beginner	10:00am – 12pm	Saturday
Italian	Beginner	04:00pm – 05:00pm	Wednesday & Friday

The Language Lab's Opening Hours

Monday – Friday:

9:00am – 12:00pm & 2:00pm – 5:00pm.

Saturday:

9:00am to 12:00pm.

Location: International Zone, after Unity Pavilion & Pump House.

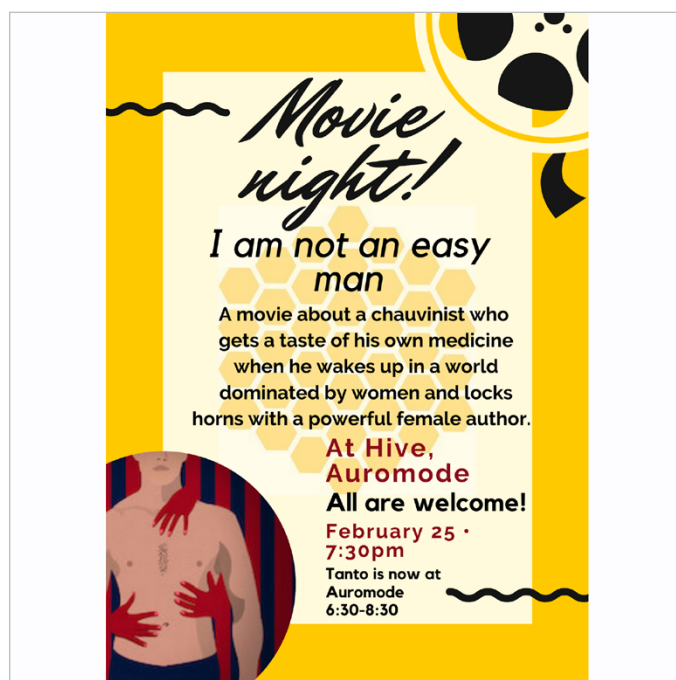
Phone: (0413) 2623 661, 4036920/22.

Email: info@aurovillelanguage.org

CINEMA

AUROMODE HIVE & TANTO

Movie night on February, 25 at 7:30pm and Tanto is serving pizzas at the same time.



BUILDING MATRIMANDIR – LABOR OF LOVE, 1971-2008



Monday, 7 March, 4pm at Savitri Bhavan

This impressive and touching documentary on building the Matrimandir shows archival footage of the early stages of the construction and the Foundation Stone ceremony, as well as more comprehensive coverage of the final stages and includes interviews with some of the builders.

The construction of Matrimandir represents a special aspect of the growth of Auroville and its soul.

On 14 August 1970 the Mother gave the message "The Matrimandir wants to be the symbol of the Divine's answer to man's aspiration for perfection. Union with the Divine manifesting in a progressive human unity." And the Foundation Stone for Matrimandir was laid on Mother's birthday in 1971 with the Mother's message on this day: "Let the Matrimandir be the living symbol of Auroville's aspiration for the Divine."

The film will be shown in English and is available on two different DVDs in eight languages at the Auroville Visitor Center, published by Auroville Video Production in 2008.

The film can be seen [also in English on Vimeo with the link](#).



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
 Film Program
 28 February 2022 to 6 March 2022

Cinema Paradiso-Multimedia Center is in operation at 50% seating capacity as per the regulations. It is open to all. Mask is a must (and not scarves etc.) as well as standard Covid19 protocols. Please come prepared and enjoy the films.

Please note: we have rolled back our timing to 8:00pm for now. To organize seminar/program please contact us via email. If as per regulation, there are any changes we will let you know.

Indian- Monday 28 February, 8:00pm:
BIOSCOPEWALA

India, 2017, Dir. Deb Medhekar w/ Danny Denzongpa, Geetanjali Thapa, Adil Hussain and others, Drama, 91mins, Hindi w/ English subtitles, Rated:NR (PG)

In this beautiful extrapolation of Rabindranath Tagore's famous story Kabuliwala, the film starts from where Kabuliwala ends. Here Rehmat Khan shows films or bioscopes to children in Kolkata and misses his daughter in Kabul ravaged by civil war. Will he meet his daughter again? Will their story find a completion this time? *Don't miss this beautiful adaptation!*

Potpourri - Tuesday 1 March, 8:00pm:
KAJILLIONAIRE

USA, 2020, Dir. Miranda July w/Richard Jenkins, Debra Winger, and others, Comedy-Drama, 104 mins, English w/ English subtitles, Rated: R

A woman's life is turned upside down when her criminal parents invite an outsider to join them on a major heist they're planning.

Interesting - Wednesday 2 March, 8:00pm:
BLOODY NOSE, EMPTY POCKETS

USA, 2020, Dir. Bill Ross IV & Turner Ross w/ Peter Ellwet, Michael Martin, Docu-Drama, 98 mins, English W/ English subtitles, Rated: NR

A look at the final moments of a Las Vegas dive bar called 'The Roaring 20s'. On the eve of the 2016 U.S. presidential election, and on its final night before closing, it becomes a stage where its employees and barflies commiserate one last time.

Every Thursday, we will screen winning films from the Auroville Film Festival (AVFF) 2022 [HU: stands for Human Unity].

AVFF 2022 - Thursday 3 March, 8:00pm:

- **A LETTER FROM INDIA - WISDOM AWARD for HU**
- **WHITE EYE - CP AWARD for HU**
- **IN YOUR EYES - CP AWARD for HU**

A LETTER FROM INDIA - India, 2019, Dir. Naveed Mulki & Shaktiraj Singh Jadeja w/ Bijju Ibrahim, Documentary, 12 mins, English w/ English subtitles, Rated: G

In Mattancherry, a small place near Fort Kochi in Kerala, live 39 communities from all around the country and some across the oceans - for over 500 years. They came here for different reasons, in different times, but they all stayed for the collective reality that was far better than any dream could convey. This is a place where the idea of India comes alive like no place else. This is a story told through the eyes of a photographer who has been documenting these communities for the past two years.

WHITE EYE - Israel, 2019, Dir. Tomer Shushan, Drama, 21 mins, Hebrew w/ English subtitles, Rated: G

A man finds his stolen bicycle and it now belongs to a stranger. In his attempts to retrieve the bicycle, he struggles to remain a human.

IN YOUR EYES - Israel, 2019, Dir. Barak Heymann, Documentary, 56 mins, Amharic-Arabic-English-Hebrew w/ English subtitles, Rated: G

The film follows the less-known aspects of the lives of four "web stars" - Israeli YouTubers: Moti Taka, one of the busiest singers in Israel today. Suzi Boum, aka Liorsraelov, a successful, well-known drag queen, born and raised in a religious family. Chen Halfon, a 25yrs old mother of three, who is one of the few orthodox YouTubers in Israel. And Hannah Ziad, an Arab YouTuber with about half a million followers, who reveals a complex family story about her father's death.

International - Saturday, 5 March, 8:00pm:
THE FRENCH DISPATCH

USA-Germany, 2021, Dir. Wes Anderson w/ Benicio Del Toro, Adrien Broday, Tilda Swinton, Comedy-Drama, 117 mins, English-French w/ English subtitles, Rated: R

A love letter to journalists set in an outpost of an American newspaper in a fictional twentieth century French city that brings to life a collection of stories published in "The French Dispatch Magazine".

Children's Matinee - Sunday, 6 March, 4:30pm:
SING 2

USA, 2021, Dir. Garth Jennings w/ Matthew McConaughey, Scarlett Johansson and others, Animation-Comedy, English w/English subtitles, 110 mins, Rated: PG

With his theatrical company a local success, Buster Moon is dreaming of bigger things. Unfortunately, when a talent scout dismisses their work as inadequate for the big time, Buster is driven to prove her wrong. With that goal in mind, Buster inspires his players to gamble everything to sneak into a talent audition in Redshore City for the demanding entertainment mogul Jimmy Crystal.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. *Pl donate to "Cinema Paradiso" (account #105106) or set up for a monthly contribution. We need it now more than ever.*

Thanking You, MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in

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 4 March

The Economics of Happiness

2011/ 68 minutes/ Helena Norberg-Hodge

The Economics of Happiness spells out the social, spiritual, and ecological costs of today's global economy while highlighting the multiple benefits of economic localization. The film showcases the steps people are already taking worldwide to rebuild their local economies and communities. Featuring Vandana Shiva, Bill McKibben, David Korten, Samdhong Rinpoche, and other inspiring thinkers.



At Multi Media Centre Auditorium (MMC, Town Hall)

Friday 4 March, 8:00pm

LA STRADA (The Road)

Director: Federico Fellini, Italy, 1954

With: Giulietta Masina, Anthony Quinn, Richard Basehart

Overview: One of the truly great classics of cinema, La Strada is a profound allegory about the triumph of spirit – in all its gracious and neo-realistic simplicity – over the brutal and arrogant forces of unbridled flesh. Set in the midst of poverty and mayhem of post-war Italy, this masterpiece by the great artist of cinema, Federico Fellini (La Dolce Vita, Amarcord) presents the story of Gelsomina, a simple-minded young woman bought from her mother by Zampanò, a brutish strongman, to assist him in his performances in little towns around the country.



Told with heart-rending grace, this film reveals how one can break iron chains and yet know little how to break knots that entangle one's heart and being. La Strada became "one of the most influential films ever made," It won the inaugural Academy Award for Best Foreign Language Film in 1957 and it was in 1992 British Film Institute list of cinema's top 10 films. Introduced by Prof. Sehdev Kumar as part of his Series, "International Film Classics and the Human Condition" in collaboration with Aurofilm. All are invited to stay for a short discussion and comments after the screening of the film.

Italian version, with English subtitles, duration 1h48'

Covid 19, please follow the current SOP at MMC.

Appendix

SANTÉ SERVICES IN MARCH 2022

Working Hours

Monday – Saturday: 8:45 – 12:30pm & 2:00 – 4:30pm
(closed Tuesday afternoon for team meetings)

Tests and Sample collection

Monday – Friday before 12:00pm.

No sample collection on Saturday.

For emergencies

Auroville ambulance (24/7): Phone+91 94422 24680

Government ambulance (24/7): Phone: 108

Appointment

Please call Santé on (0413) 2622803 during working hours for an appointment	
Doctor consults with Dr. Brian, Dr. Senthil & Dr. Prabha, Daily	Nursing Care, Ezhil & Thilagam, Daily (No appointment necessary)
Acupuncture with Andres, Monday – Saturday	Ayurveda with Dr. Berengere & Dr. Sonia, Monday/ Wednesday/ Thursday/ Friday
Homoeopathy with Michael, Monday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres, Monday/ Tuesday/ Wednesday/ Friday
Midwifery & Family counselling with Monique, Tuesday	Pregnancy Care & Women's Wellness with Paula, Tuesday & Wednesday
Paediatric Physiotherapy with Swati, Monday & Wednesday	Physiotherapy with Osnat Monday/ Thursday/ Friday
Physiotherapy and Massage with Galina, Monday – Friday	Physiotherapy with Rebeca, (TOS from 01/01 onwards)

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.

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/ 0413 2623937
- Farewell – 8903836246

Mental health 24/7 support:

- Mattram – 9487746051


India Emergency Response Service (24/7)


- 108

ACCESSIBLE AUROVILLE PUBLIC BUS



BEYOND THE STEP !

 Auroville TO PONDICHERRY				
	Trip 1	Trip 2	Trip 3	Trip 4
Svaram	7:00	9:30	14:15	17:00
Verite Udayogam Junction	7:02	9:32	14:17	17:02
Auroshilpam Youth Center Junction	7:04	9:34	14:19	17:04
Town Hall Parking	7:06	9:36	14:21	17:06
Mahalakshmi Home	7:10	9:41	14:27	17:11
Vikas Radial Junction	7:11	9:43	14:30	17:13
Solar Kitchen (Round About)	7:12	9:44	14:32	17:14
Certitude Enterance	7:15	9:47	14:34	17:17
New Creation Road	7:19	9:52	14:39	17:22
SBI Bank/ Kuilapalayam	7:20	9:54	14:41	17:24
Handy Market (ECR Junction)	7:24	9:59	14:46	17:29
Quiet Healing Center – Junction	7:27	10:04	14:49	17:33
Lotus Hotel, SV Patel Road	7:37	10:16	15:01	17:50
Ashram Road Junction	7:40	10:20	15:05	17:55
Ashram Dinning Hall	7:45	10:20	15:05	17:55

 Pondicherry TO AUROVILLE				
	Trip 1	Trip 2	Trip 3	Trip 4
Ashram Dinning Hall	8:00	13:00	15:30	18:10
Ashram Road Junction	8:02	13:02	15:32	18:14
Lotus Hotel, SV Patel Road	8:06	13:06	15:36	18:18
Quiet Healing Center – Junction	8:18	13:18	15:48	18:30
Handy Market (ECR Junction)	8:21	13:21	15:51	18:33
SBI Bank/ Kuilapalayam	8:26	13:26	15:56	18:38
New Creation Road	8:28	13:28	15:58	18:40
Certitude	8:35	13:35	16:03	18:45
Solar Kitchen (Round About}	8:38	13:38	16:06	18:48
Vikas Road Junction	8:39	13:39	16:07	18:49
Mahalakshmi Home	8:40	13:40	16:08	18:50
Town hall Main Parking	8:45	13:45	16:13	18:55
Auroshilpam Youth Center Junction	8:47	13:47	16:17	18:57
Verite Udyogam Junction	8:49	13:49	16:19	18:59
Svaram	8:50	13:50	16:20	19:00

Bus Charges

- Monthly Rs.550 (Aurovilians & New comers)
- Rs.100 one way for Aurovilian & New comers
- Rs.150 one way for Guest

Email: avbus@auroville.org.in

Phone: +91 94430 74825

IMPORTANT INFORMATION ABOUT NEWS & NOTES



Hard deadline for submissions or cancellations: Tuesday 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a "Reply" to the digital subscription mail.

There is no guarantee that anyone will see communications sent this way.

- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thursdays due to work pressure.

Visiting hours: call or email for appointment.

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 offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

**News & Notes, Media Centre,
Town Hall, 0413-262-213**