

*Auroville*

# NEWS & NOTES

No 990 - A weekly bulletin for residents of Auroville

31 August 2023

**RA EDITION**



## PONDERING

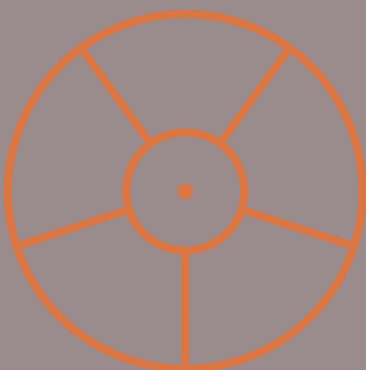
Each one has good reasons to support his own opinion, and I am no expert to judge between them.

But from the spiritual point of view I know that with true good will all opinions can be harmonised in a more comprehensive and truer solution. This is what I expect from the workers of Auroville. Not that some give way to others, but that on the contrary all should combine their efforts to achieve a more comprehensive and perfect result.

The ideal of Auroville demands this progress—don't you want to make it?  
14.11.1971

The Mother on Auroville, Page 74

<https://motherandsriaurobindo.in/The-Mother/books/compilations/the-mother-on-auroville/>





(continued from last week)

The Vedic rishis, speaking of the subconscious forces and subconscious beings, called them "those-who-cover," "those-who-devour," or the "sun-thieves." There could be no better description for them; they are indeed merciless thieves. No sooner do we make some progress, draw a new light or a more intense vibration, than we suddenly become covered over or pulled downward beneath a suffocating bell-jar where everything disintegrates in a dreadful mugginess; the harmonious vibration of the day before, so clear, so luminous, so supple, suddenly become blanketed by a thick, sticky layer, as if finding a bit of light meant wading through miles of seaweed; everything we see, touch, or do becomes as if spoiled, decayed by that invasion from below. Nothing makes sense anymore. And yet, outwardly, the conditions are the same, and apparently nothing has changed. There is a sort of locked struggle, wrote Sri Aurobindo, in which neither side can make a very appreciable advance (somewhat like the trench warfare in Europe), the spiritual force insisting against the resistance of the physical world, that resistance disputing every inch and making more or less effective counter-attacks.... And if there were not the strength and Ananda within, it would be harassing and disgusting work. The battle seems endless. One "digs and digs," said the Vedic rishis, and the more one digs, the more the bottom seems to recede downward: "I have been digging, digging... many autumns have I been toiling night and day, the dawns aging me. Age is diminishing the glory of our bodies." Thus, thousands of years ago, lamented Lopamudra, the wife of the rishi Agastya, who was also seeking transformation: "Even the men of old who were wise of the Truth and they spoke with the gods... yea, they reached not an end." But Agastya was not easily discouraged; his reply is magnificently characteristic of the conquerors these rishis indeed were: "Not in vain is the labour which the gods protect. Let us have the taste of even all the contesting forces, let us conquer indeed even here, let us run this battle-race of a hundred leadings." (I.179) To be sure, it is a hydra. Night after night, in his sleep or with his eyes wide open, the seeker uncovers very strange worlds. One after another, he unearths all the birthplaces of human perversion, human wars, human concentration camps, where everything we live here is being prepared; he catches in their dens all the sordid forces that move the petty and cruel men.

*A lone discoverer in these menacing realms  
Guarded like termite cities from the sun.*

The more Light he possesses, the more darkness he uncovers. Night after night he tracks down the surreptitious rot that undermines Life; for how can anything change as long as that gangrene is there? Since by now the seeker's mind and vital are too well established in the truth, too pure to be affected by those subterranean forces, it is his body that becomes stricken – for the body is Falsehood's last hiding-place. Then the seeker perceives in minute details through what complicity illnesses and death can penetrate the body – each defeat in those realms means a defeat here – and he understands tangibly, concretely, the enormous vanity of those who pretend to cure the world through external means and new institutions; no sooner is evil cured here or exterminated there than it instantly revives elsewhere, in some other place or some other form. Evil is not outside, but inside and below, and as long as that particular Disease has not been cured, the world can never be cured. As Sri Aurobindo put it: *The old gods... know how to transmigrate.*

All the way underneath, beyond the disorders and the fear – the great presiding Fear underneath – the seeker meets a stupendous Weariness, something that refuses and says *NO* to all this pain of living and this violation by the light. He senses that going farther down, to the end of this *NO*, would mean merging into a great release of stone, just as the ecstasy above meant merging into a great release of Light. Yet death is not the opposite of Life! It is the other side of, or the door to, the luminous Superconscient; at the very end of that *NO* there is a *YES* and *YES*, which keeps driving us into one body after another, for the unique purpose of joy. Death is only the regret of that *YES*. The great Weariness at the bottom is only a shadow-form of that Bliss. Death is not the opposite of Life! It is the dark release of a body that has not yet found the luminous release of an eternal joy. When the body finds that particular ecstasy, that vastness of light and rapture within its own flesh, as above, it will no longer need to die.

Where is the "I" in all this? Where is "my" difficulty, "my" death, "my" transformation? The seeker has broken through the thin crust of the personal subconscious only to find himself in the world's totality. It is the whole world that resists: *It is not we who wage the war; it is everything that wages wars against us!* We think we are separate, each in our own little sack of skin, with an "inside" and an "outside," an individual and a collective, like the tiny borders around our countries – but, in reality, everything perfectly interconnects! There is not a single perversion, not a single disease in the world that is not also rooted in ourselves, not a death in which we are not an accomplice. We are all equally guilty and in the same boat; no one is saved unless everyone is saved! It is not the difficulty of one body, says the Mother, but the difficulty of the Body. Sri Aurobindo and the Mother thus discovered *materially*, experientially, the oneness of the world's substance: we cannot touch a point without touching all points, take a step ahead or upward without the rest of the world also taking a step ahead or upward. We spoke earlier of a "strategic" difficulty; it may well be that the divine strategy is to prevent any single point from progressing all by itself without all the other points. This is why the Vedic rishis failed six thousand years ago. There cannot be any complete and lasting individual transformation without a minimum of world transformation.

(to be continued next week)

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

[https://sri-aurobindo.co.in/workings/satprem/adventure\\_of\\_consciousness\\_e.htm#064](https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm#064)

With love and gratitude,  
Gangalakshmi (HOMA)





**DEADLINE FOR SUBMISSIONS: TUESDAY 5PM**

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, 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.services**
- 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 5pm**.

**DISCLAIMER:**

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published. In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team  
**newsandnotes@auroville.services**

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**LIST OF ACRONYMS:**

**AVF** (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

**Working groups selected by the Residents Assembly:**

Working Committee (WCom)  
Funds and Assets Management Committee (FAMC)  
Budget Coordination Committee (BCC)  
Town Development Council / L'avenir d'Auroville (TDC)

Auroville Council (AVC)  
Entry Service (ES)

**FO selected groups:**

Working Committee (WC)  
Funds and Assets management Committee (FAMC)  
Budget Coordination Committee (BCC / BCS)  
Auroville Town Development Council (ATDC)

Housing Service (HS)  
Land Board (LB)



## NOTE FROM THE EDITORS

Dear Community,

if you wish for your events, workshops, and other content to be published in the RA N&N please send it to:

[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).

### Reminder:

Please do NOT write to us from an @auroville.org.in mail ID, your submissions will not reach us. If you only have an auroville.org.in mail ID, please use this [FORM](#) to send us your content.

### Support the RA N&N:

As the News and Notes budget is still being disbursed only to the FO N&N, printing and distribution costs are currently being covered by private donations. If you wish to contribute to the RA Edition of the N&N, you can do so by donating to: "NEWSLETTER COLLECTION" FS #252150.

We look forward to continuing to serve the over 3000 readers who receive the RA Edition as well as serving the Auroville community as a whole by providing a platform for all perspectives to be shared with respect.

In community,

The RA Community Edition News and Notes Team

- **Suruthi DURAIRAJ (Indian)** staying in Celebration and working at Housing Service



### NEWCOMER CONFIRMED:

- **Fabio PALUMBO (Italian)**
- **Karunanithi SENGENI aka Balaji (Indian)**

### AUROVILIAN ANNOUNCED:

- **Lakshmi PANNEERSELVAM (Indian)** staying in Humanscapes and working at Aurosoya



- **Praveen RAJ (Indian)** staying in Baraka and working at Last School & Mattram



### AUROVILIAN CONFIRMED:

- **Julien SCHELLENBERGER (French)**
- **Susana Andrea BUSTOS GARAY (Chilean)**

### YOUTH TURNED 18 CONFIRMED:

- **Jessica SINGH aka MIMI (Swiss)**

### SPOUSE OF AN AUROVILIAN CONFIRMED:

- **Sumathi GUNASEELAN (Indian)**

### LEFT ON THEIR OWN:

- **Cesare FASSI (Italian)**

### 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 Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming Aurovilian is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- A confirmed Aurovilian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).
- A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.
- A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours,

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

### Entry Service Timings:

Monday, Wednesday, Friday, 9:30am—12:30pm

Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

Contact: 0413 262-2707, [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com)

## WORKING GROUPS NEWS

### FROM THE ENTRY SERVICE

#### ES # 195 DATED: 31-08-2023

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

We thank you in advance.

#### NEWCOMER ANNOUNCED:

- **Aumurto CHAUDHURY (Indian)** staying in New Creation GH and working at AV Arts and PTPS



- **Corrine AKIL SALVIANI (French)** staying in Serendipity and working at Auroville Dog Shelter



- **Elamkathir K (Indian)** staying in Udavi school Campus and working at C3 Steamland



- **Kanimozhi ANANDABASKARAN (Indian)** staying in Humanscape and working at ICA (Inner Climate Academy)





## FROM THE RA WORKING COMMITTEE

### FOREST GROUP REBUTTAL TO GB "FAMC" REPORT

Dear community,

For your information, please find [attached](#) a rebuttal from the Forest Group to the recent report of the GB 'FAMC' on forest work in Auroville. This report was sent to the Chairman and members of the Governing Board, as well as members of the International Advisory Council.

Sincerely,  
Your Working Committee  
Aravinda, Bharathy, Chali, Hemant, Maël (TOS), Sauro, Valli



**WORKING COMMITTEE**  
of the Residents' Assembly  
AUROVILLE FOUNDATION

## FROM THE AV COUNCIL

### ANNOUNCEMENT ON WORKING GROUP MEMBERS' SELECTIONS

Dear Community,

In our last monthly report the Auroville Council had announced a tentative timeline for a PWG working group member selection process starting on the 1st of August 2023. But then, a petition for a RAD that would give the Working Committee emergency functions was initiated, which in one way or another would affect or supplement the selection process if ratified. Therefore, with so many potential parameters to consider, it was decided to wait until the outcome of this RAD before determining what the most sensible course of action would be.

The RAD giving emergency functions was successfully ratified and announced on the 14th of August 2023, allowing the Working Committee for a period of 6 months to select members for all working groups on behalf of the Residents' Assembly. After much deliberation between the Auroville Council and the Working Committee it was decided to have a selection process at a later stage.

Best regards,  
Auroville Council

## COMMUNITY NEWS

### COMMUNITY SHARING

#### AUROVILLE NEWS PODCAST - EPISODE 2

Dear friends,

We're happy to announce that the second episode of our Auroville News Podcast has been released!

You can find it on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and on [this page](#) of the Auroville Media website.

We hope this podcast series will enable everyone to stay updated on what's going on in Auroville. Your feedback is welcome at [media@auroville.services](mailto:media@auroville.services)

Warmly,  
Auroville Media Liaison  
(Auroville Media Liaison is an activity approved by the Working Committee duly selected by the Residents' Assembly)



## AUROVILLE YOUTH INTEGRATION PROGRAM (AVYI)



In the month of June 2023 YouthLink launched a new program, the Auroville Youth Integration program. The aim of this program was to give an opportunity for "Children of Aurovillians" between the ages of 16 to 25 to make a well informed decision to join Auroville as full fledged members of the community.

The pilot program in June had 9 participants, who provided overwhelmingly positive feedback.

The program which runs for 4 days (Monday - Thursday) covers various informative areas (history, spirit, organisational structure, economy, etc), introspective exercises to understand oneself, and exercises and games that promote connection and cooperation.

If you are between the ages of 16 to 25 and would like to participate in the upcoming AVYI program, please fill up the [form](#) through the QR code provided so that our team can choose dates that suit you best.

You can also find more information about the AVYI program and the previous participants' testimonies on our website: [youthlink.org.in](http://youthlink.org.in) under our *blogs* section.

YouthLink Team



### 'ஒப்புரவே முக்கியம்' EQUITY MATTERS

Human unity, our cherished ideal. Oneness in diversity, our shared aspiration.

Why is it so hard to make them real?

Where are the elements that create the divides? And how to bridge the gaps?

Can we discover within us the hidden levers of change?

Can the elusive dream of sister and brotherhood still become our living reality?

'Equity Matters' workshops invite us to a gentle yet effective discovery of our unconsciously held patterns, stereotypes, labels, reactions - whether of privilege or victimhood - of the shared baggage that perpetuates our collective misunderstandings and fault lines.

**Ginn and Letlapa**, whom life has placed in the forefront of South Africa's experience of Reconciliation (and longstanding friends of Auroville) have accepted the call to return in September. They will offer us a series of 'Equity Matters' workshops, and guide us how to take this deeply transformative work forward as a community.

This [short documentary](#) tells the moving story of their journey.

We are invited to an informal interaction with  
Ginn and Letlapa  
@ Unity Pavilion  
on Thursday 7th September at 5 pm.  
All are welcome!

Come and meet them, and get an idea what to expect from the Equity Matters workshops planned for the weekends of 8-10th, 15-17th and 22-24th Sept (Friday afternoon to Sunday noon, at Tibetan Pavilion and Unity Pavilion).

We will continue our encounter over a shared light supper. Feel free to contribute some refreshments!

For any questions and communications, please message 97877 97814.

This invitation is an offering to the Auroville community on behalf of Wisdom of Africa / African Pavilion.



## MONTHLY TRANSPARENCY REPORT (AUGUST 2023)

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

### Overview

- New admissions: 20
- Dogs dumped at the shelter: 12
- Rabies suspect cases rescued: 3
- Parvo Virus cases rescued: 4
- Canine Distemper dogs rescued: 2
- Rescue dogs and shelter dogs deceased: 12
- Successful adoptions: 6 (total 52 since April)
- Dogs rehabilitated and released post-treatment: 0
- Vaccinations administered: 75 adults, 12 puppies (Rs. 260 per vaccination, puppies Rs. 389)
- ABC shelter dog sterilizations: 4 – 3 female, 1 male
- Deworming: 42 doses



### Donations

This month we managed to just break even to cover our running costs of Rs. 3 lakh a month. We received Rs. 313,019 in monetary contributions which includes Rs. 50,000 funds from BCC.

Milaap Fundraiser – Fight Anemia finished successfully. As in the past over a long time our dogs had been fed a very low nutritional food consisting mainly of plain white rice with a tiny amount of meat many of them suffer from anemia which can cause severe health issues and even death. We were able to reach 76% or Rs. 68,386 of our Rs. 90,000 goal in funds to buy Hemobest and aRBC Syrups in bulk to treat our dogs. Thanks to a donor from the USA who donated the rest to reach our goal, we are able to place the order very soon and heal anemia in our dog population.

### Donations in kind

Our Thursday donation pick-up has been highly successful, and we extend our heartfelt gratitude to all the participants for their generous weekly contributions, which make a significant difference. A special thanks goes out to Damaan Shelter in Mahabalipuram who donated pedigree food and to the amazing folks at Youth Centre for materials we can use to patch up our leaky shelter roofs.

### Donation Boxes

Even though we still haven't managed to get a QR code to receive donations due to seemingly impossible challenges to overcome, we have finished creating beautiful donation boxes which we have started to distribute in different locations to help us to raise much needed funds for running the shelter.

### Expenditures

**Animal Food:** This month we fed our dogs: 1.550 kg of rice, 1.825 kg of chicken, 30 kg of beef, 110 kg of pedigree, 4 kg of daal, and 600 eggs, supplemented with donated food with a total cost of over Rs. 1.1 lakh. As we are taking care of a whole litter of eight tiny 3-week-old babies, we need a big quantity milk powder which is expensive.

**Animal Health:** We spent in August Rs. 36,294 on necessary medicine and supplementary syrups. This month we were only able to perform ABC surgeries on 4 dogs due to the lack of funds. The surgery costs of a male dog cost including Post-Op care and medicines are Rs. 1,900, females Rs. 2,400. Together with other medical procedures, we spent Rs. 14,150 for surgeries this month. As sterilisation is crucial for the health of animals and also benefits the safety of human residents, we urgently ask for donations to be able to increase the number of sterilisations next month. Please donate to the Auroville Dog Shelter FS account 251391 or through the AV donation gateway channel.

**Staff Costs:** Veterinary Salary, workers, summer staff members and animal handlers amount this month to Rs. 97,345 Other Expenditures: We purchased another monster-sized cooking pot, worker's aprons, a new food transport trolley, made our donation boxes, and had donated fans installed in dog enclosures. Total costs approx. Rs. 17,500

### Ongoing Fundraiser Dog Houses

For now only a few dormitory places exist in the shelter, where dogs have to sleep crowded together in one place, which often leads to fight. Some dogs prefer to have individual places to sleep in peace. We will start soon a Milaap Fundraiser for Rs. 1.2 lakh to build a lot of individual dog houses which withstand rain and also the summer heat and which can be moved to the new dog shelter location.

### Rabies suspect cases

This month we have continued to vaccinate 87 dogs in Auroville and the bioregion with Nobivac Dhppi which guarantees protection not only against CD but also rabies, parvovirus, and other viruses. The total costs were Rs. 24,168.

Even the number of canine distemper cases is finally declining as most infected dogs have died, a worrying trend shows that rabies cases are on the rise again. Earlier this month one rabies suspect case was caught near townhall. On August 27th a rabies suspect puppy had bitten 5 people at Bharat Nivas where the AV literature festival was held. We managed to identify 4 out of the 5 people and sent them to hospital for anti rabies shots immediately. An alert was sent out to inform the Community and also visitors to immediately seek medical treatment if more people were bitten, as the puppy strolled also around Visitors Centre which was full with people. We managed to catch another puppy the following day, 2 more puppies both of sand brown colour of the litter of 4 are still around Auroville and were spotted near Certitude trying to bite people on bikes and got into fight with other dogs, who could have gotten infected. Please remain vigilant and inform yourself about the danger of rabies. Once infected there is no cure and whatever your beliefs are, you will die. It is not possible to perform a test on a dog which is still alive as brain tissue samples have to be taken and sent to a lab in Bangalore or Chennai and it takes weeks to get a result. In the past all rabies suspect samples which we had submitted tested positive for rabies infection. Dogs which already show symptoms of rabies can remain alive for up to 10 days.

We have reinstated our 24-hour rabies rescue service even we don't have yet a secure quarantine facility as mandated by the regulations set forth by the Animal Welfare Board of India. The newly constructed Auroville Dog Shelter will include a state-of-the-art quarantine facility, ensuring the safety of Auroville and the bioregion from infectious diseases.

### New Auroville Dog Shelter

Progress has been made for the preparation in constructing the new Auroville Dog Shelter. A rough cost estimate and a site plan has been worked out. Thanks to the pro bono work of Shailaja of PATH Architects and Planners and Helmut of Grace Community individual building plans are already being drawn and we hope to be able to apply for the necessary funds soon and start construction.

Thank you all for your continued support!

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

### MATRIMANDIR NOTES

*Matrimandir*

We would like to remind everybody that **no meetings** of any kind should be held in the gardens of Matrimandir, the Park of Unity.

We kindly ask everybody to respect the Spirit of Matrimandir and this long existing guideline.

Matrimandir Executives

### MATRIMANDIR AUGUST NEWSLETTER

Please find the Matrimandir Newsletter for August 2023 [here](#).



## SAIIR CALL FOR PROPOSALS

Dear community,

SAIIR is now in the position to consider supporting projects in the fields of education and/or culture which will be conducted this financial year (ending 31st March 2024).

SAIIR is accepting project proposals in three categories:

1. Research
2. Activities
3. Publications

Please write to [saiier@auroville.org.in](mailto:saiier@auroville.org.in) to request these application forms.

Project funds can support human resources and/or materials for the project. Projects must be of limited duration, instead of recurring yearly activities.

Please send us your proposals by **29th September, 2023** for them to be considered this year.

Please feel free to contact [saiier@auroville.org.in](mailto:saiier@auroville.org.in) with any questions.

Thank you,  
The SAIIR team

## THE ARTS

### VICHITRA (EVERYTHING IS BIZARRE) CENTRE D'ART

**An Exhibition by Nupur Jha in Centre d'Art  
Citadines, Auroville  
From 1st to 14th September 2023**

Opening hours: Tuesday to Saturday from 2 to 5pm  
Opening on Friday 1st September at 4.30pm  
Please park at Town Hall parking



"Vichitra" (विचित्र) is a word in Hindi which means Bizarre, Odd, Striking, Unconventional, Outlandish and Obscure in nature.

Nupur focuses on the idiosyncrasies of everyday life, highlighting the fact that everything around is strange and yet so beautiful.

Feeling a deep connection with colours, she believes they are her mute storytellers on a canvas.

Speechless yet sometimes loud, they have an extraordinary way of communicating their presence. One cannot help but notice them on the canvas.

Remaining behind the curtains of time, they appear timeless, undated. They can reveal a lot about what's going into an artist's mind, but they never speak of her. Expressing all through layers, patterns, and textures, yet revealing nothing. They choose when they prefer to speak and choose when to remain quiet.

The Canvas is their playground of words.

The homophone of its 'new' or the Colours 'knew', the audience's 'eye' or the Colours 'I', the joys of a silent cacophony on the chalkboard of creativity.

## AWAKENING SPIRIT

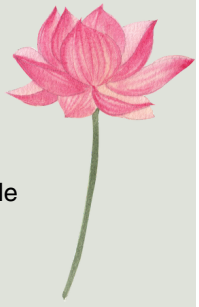
### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

**Tuesday, 5th September, 9 am - 12 noon**  
**Focus: The Inner Being**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



### THURSDAY MEDITATION AT THE AMPHITHEATRE

Every Thursday at sunset, 6 to 6:30pm  
weather permitting

**Meditation with Savitri read by Mother  
to Sunil's music**

Enjoy the beautiful open space, an immense sunset,  
heavenly music in the very center of Auroville!

Reminder to all

- The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.
- We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you. Access only for the Amphitheatre from 5.45 pm and until meditation ends.

Surya & Velmurugan

### ONLY DIFFICULTIES OF CONSCIOUSNESS

The difficulty of the old recalcitrant [human] species. ...

Such is the problem of the transformation, which is perhaps not only nor essentially a physiological or anatomical one, but a total problem, because evolution is everything, from the protoplasm up to us. There is no material impossibility, there is no physiological impossibility, no more than in the Iron Age or the Age of nickel — there is always, eternally, a difficulty of the past that does not want to die and clings to the old forms. To its favourite suffocation.

Mother's and Sri Aurobindo's experience is no doubt the most violent traumatism the earth has suffered since the appearance of Life. It is but a beginning.

And everything can be miraculous. ...

If something gives way in our consciousness.

There are only difficulties of consciousness."

[Mother or The Mutation of Death](#)

Zech, 2023.08.26

## POETRY

True freedom  
Never bound  
Seldom found  
Ever around

-Anandi Z.



WHAT'S IN A PARK? PART 4: EXTENTS

Previous parts and other articles can be found [here](#). So, the parks seem to end at the edge of the city limit. What? Yes. But why? It may be that as the Galaxy Concept ends at the city limit, people have put more effort into planning, detailing and buying this area than the "Green belt".



Figure 1 Galaxy/City and Green Belt Limits

There is a lot of history around why this happened (which I won't go into here). The city area has not been detailed much and the "green belt" has been detailed even less. For example, there are no significant details of parks in either "Master Plans", even though they are in the "City" area. So, even though it is not mentioned, should there be no parks in the "Green belt"?

But why am I writing it "Green belt" and not just Green belt? Because Auroville currently owns less than 30% of the land within the designated "Green belt" area which also contains 6 villages and a large area of temple land (see figure 2). In short, it will likely never be complete (unless we completely, immorally, evict everyone through some sort of land acquisition scheme/scam).

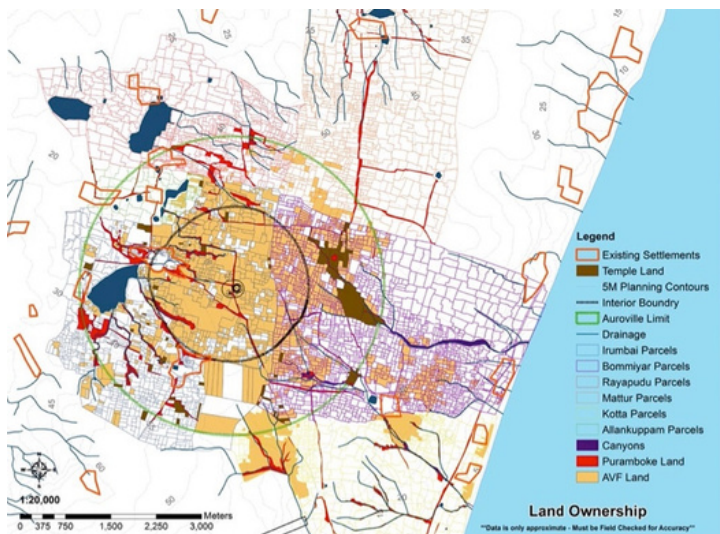


Figure 2 From the Auroville Green Belt Development Plan, 2016.

In the [Auroville Green Belt Land Use Plan, 2015](#), which was followed by the [Auroville Green Belt Development Plan, 2016](#), it was mentioned that it may be an idea to start thinking a bit differently about the "Green belt" idea and to try to adapt it to changing circumstances.

Instead of an unattainable Green Belt, the study mentions considering linking existing corridors and designating areas to be linking areas for natural aspects but also for human connectivity (such as for cycle paths and other access ways). It also mentions putting vegetation where it makes sense, such as by canyons and other water sensitive areas.

Examples of Planting in the Green Belt

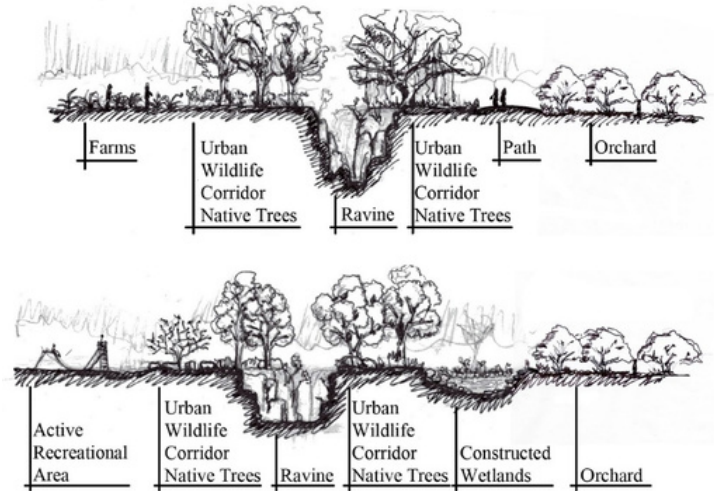


Figure 3 From [The Green Belt Development Plan And The Green Belt Land Use Plan](#) presentation.

Do the examples in figure 3 look different to how vegetation could be used in the "City" area? Could the outer zone in the figure, where farms and orchards are, be replaced (where it makes sense) by residential or commercial areas?

I think my question really is: 'Should there be any difference between the "Green belt" and the "City in general"?' or could it possibly be that things are considered more from a gradient between one necessity and theme point of view to another instead of just using black and white ideas?

If we are to move forward, then we need to evolve our thinking, constantly. This is a given, no? It doesn't necessarily mean reinventing things or starting from scratch, it means using what we agree on and working with that and possibly, bit by bit, adding to it.

Island, arboriculturist

THE MOTHER'S MUSEUM

About two years ago the "Auroville Today" published very informative article "The Mother and Japan" by Helena Capvok (Febr. 2021). Author wrote that the Mother brought from Japan to Ashram Sri Aurobindo some souvenirs. Yes, they are now in the Mothers's Musuem, not far from Samadhi (most close to post office). These objects are in one room which has Japanese things only.

We can see the cloth in this room (kimono etc), wooden chapels (gheta), many dolls... I visited the museum for many times, sometimes with Auroville's guests. After time the exposition became more rich because new guests from Japan brought other objects.

I was studying Japanese language for three years in Irkutsk city (East Siberia). One sentence I keep in my memory: "Nihongo va musicacil ga omosiroy". It means "Japanese language is difficult but interesting". In "News and Notes" appeared information 27.7.23 that Deborah Smith passed away. She in America studied Japanese language, after lived in Japan and learned ceramic work. The Mother invited her in Ashram Sri Aurobindo. She created Golden Bridge Pottery.

Of course the Mother knew Japanese word "chiochio", means "butterfly". There is a famous opera Italian composer Puccini "Madam Butterfly" - in Japanese "Chiochio San". I think the Mother didn't know other Japanese word, "kamikaze" - literary "god wind", means a suicidal pilot during Second World War.

The museum in Ashram Sri Aurobindo is one of swan songs of the Mother.

Boris

## A SELF-CHOSEN OPTION

Watching freely The Play  
Of the Five Elements —  
Akash of Space-Time,  
Agni of Plasma, Solar, Electric of Fire,  
Vayu of Air,  
Jala of Water,  
Prithvi of Earth —  
One sees their Basis,  
Their Essence,  
The Unmistakable Presence,  
Upholding and modulating,  
Without That only nothing,  
The Glue Eternal  
Of the infinite non-other,  
The Supreme Something.

What you do with this realisation  
Is a Self-chosen option.

ॐ

The psychic's effective solution to the human's addiction  
To its ignorance-based mental programmings and formations:  
Surrender it all to the Supreme Divine for transformation.

Zech, 2023.08.26

## NO EXCUSES

What the Mother went through, *passing onto a different realm*, hastening the evolutionary process towards a Life Divine on Earth, is not easy to understand<sup>1</sup>. And most crucial of all for the torchbearers to continue and practice what She and Sri Aurobindo have started, which is why Auroville was envisioned and created.

We were not invited here to simply continue the old mental world that is becoming more brutal and caustic. We are invited to transform it to a Supramental world, a Divine world. Without this Vision-Goal reiterated in our life and psyche day in day out, one cannot have the change of consciousness necessary to counter the powerful pull and resistance of the old unwanted realm of mind.

What the Mother warned us of, *enforced by the power of crashing circumstances*<sup>2</sup>, is that what we really need to push us to change? Maybe, as they are indeed happening.

But there are a few, only a few, who are already practicing the Integral Yoga and deep in concentration. These few must be left in peace to continue on with the difficult work, while all others are requested to cooperate and collaborate with the difficult endeavour that True Aurovilians have been decreed with by the Supreme.

As the progressive development of Auroville, this City of Dawn, is the very process of the hastening and intensification of this Supramental evolution, what is happening at every moment is what is supposed to be. Either one is conscious of it or not is the only difference.

To be more conscious is easy: simply remember, always, that this is the Auroville of the Supramental Avatars Sri Aurobindo and the Mother.

All their written guidance, in print and digital, are freely available. There are no excuses for any of the participants here in Their Auroville who are fully expected to be willing servitors of the Divine Consciousness<sup>3</sup>. Expected to be True Aurovilians<sup>4</sup> preparing for and hastening the advent of the new species the Supramental being.

A conscious consenting choice has to be made.

The Supramental Truth is incompatible with the mental falsehood:

*Truth or the abyss.*<sup>5</sup>

There are no excuses.

Om Namo Bhagavate

1. [https://sri-aurobindo.co.in/workings/satprem/mother\\_or\\_mutation\\_of\\_death\\_e.pdf](https://sri-aurobindo.co.in/workings/satprem/mother_or_mutation_of_death_e.pdf)
2. <https://incarnateword.in/cwm/15/human-unity>
3. <https://auroville.org/page/auroville-charter>
4. <https://auroville.org/page/a-true-aurovilian>
5. <https://incarnateword.in/search?query=Truth+or+the+abyss&page=1&auth=m&phrase=true>

Zech, 2023.08.24

## THE CREED OF THE ARYAN FIGHTER

The Teacher himself enumerating in a later chapter the qualities of the godlike nature in man places among them compassion to creatures, gentleness, freedom from wrath and from the desire to slay and do hurt, no less than fearlessness and high spirit and energy. Harshness and hardness and fierceness and a satisfaction in slaying enemies and amassing wealth and unjust enjoyments are Asuric qualities; they come from the violent Titanic nature which denies the Divine in the world and the Divine in man and worships Desire only as its deity. ...

There is a divine compassion which descends to us from on high and for the man whose nature does not possess it, is not cast in its mould, to pretend to be the superior man, the master-man or the superman is a folly and an insolence, for he alone is the superman who most manifests the highest nature of the Godhead in humanity. This compassion observes with an eye of love and wisdom and calm strength the battle and the struggle, the strength and weakness of man, his virtues and sins, his joy and suffering, his knowledge and his ignorance, his wisdom and his folly, his aspiration and his failure and it enters into it all to help and to heal. In the saint and philanthropist it may cast itself into the mould of a plenitude of love or charity; in the thinker and hero it assumes the largeness and the force of a helpful wisdom and strength. It is this compassion in the Aryan fighter, the soul of his chivalry, which will not break the bruised reed, but helps and protects the weak and the oppressed and the wounded and the fallen. But it is also the divine compassion that smites down the strong tyrant and the confident oppressor, not in wrath and with hatred, – for these are not the high divine qualities, the wrath of God against the sinner, God's hatred of the wicked are the fables of half-enlightened creeds, as much a fable as the eternal torture of the Hells they have invented, – but, as the old Indian spirituality clearly saw, with as much love and compassion for the strong Titan erring by his strength and slain for his sins as for the sufferer and the oppressed who have to be saved from his violence and injustice. ...

SRI AUROBINDO,  
Essays on the Gita, Ch. 7,  
The Creed of the Aryan Fighter, 53-4



[Submitted by Paulette]



## EDUCATION

### TUTOR GRADE 1-10

I offer Tuition from grade 1 to grade 10.  
Contact Ashwini 8270512606



### SPOKEN ENGLISH AND HINDI

I offer Spoken English and Hindi sessions for all levels.  
Contact Ashwini 8270512606

### NEWS FROM AUROVILLE LANGUAGE LAB



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

**Looking for:** If you are a true-blue Malayali and speak Malayalam with an authentic Malayalam accent, please contact us by Whatsapp at +919443631861 or email at [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org). We need to record some words & sentences as well as some simple daily life conversations in Malayalam for a research project.

### Tomatis

#### **There are spaces available for both language & therapeutic programmes!**

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

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

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

For those who slipped through the cracks, whose requests we were not able to respond to, we sincerely apologize. Please send us an email if still interested, and we'll get back to you soon!

### Current Language Courses at ALL

#### **New: German with Ben**

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

##### **Beginner German:**

This 3-month course will be structured around the Goethe Institute material & will employ a variety of audiovisual tools and interactive elements.

- This course will start **September 11**. Classes will take place **Mondays & Wednesdays, 9:30 to 11am**.

##### **German Conversation:**

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

- This course will start **September 12**. Classes will take place **Tuesdays & Thursdays, 4 to 5pm**.

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

The current course will conclude soon. We will start a new batch in September!

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

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

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

We have a new Hindi teacher!

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other fun activities. This three-month beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will be paced to align with each student's comfort!

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

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

Great news for Spanish learners!

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

- We hope to start on **September 5** with an introductory class on **August 31** if we have 6-7 confirmed registrations. Classes will take place twice weekly, on **Tuesdays and Thursdays, 2:30 to 3:30 pm**.

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

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

##### **Beginner French:**

This course is now closed for new registrations.

##### **Beginner French for Teens:**

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

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

##### **French Conversation:**

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

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



## New: Italian with Fabio

Fabio is offering two courses:

### **Beginner Italian:**

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 2-month (16-hour) course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

- This course will start **September 4**. Classes will take place **Mondays & Wednesdays, 2:30 to 3:30pm**.

### **Italian Conversation:**

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

- This course will start **September 12**. Classes will take place **Tuesdays & Thursdays, 2:30 to 3:30pm**.

### **Intermediate Spanish with Susana**

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

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

### **Beginner and Pre-Intermediate English with Rupam**

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

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

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

### **To join or enquire:**

Please fill out our form at

<http://register.aurovillelanguagelab.org/>

You may also drop us an email at

[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org),

call us at **2623661** or **come visit us!**

### **Please Note:**

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

The Language Lab is open:

Monday – Saturday, 9am - 12pm & 2pm - 5pm

Location:

International Zone, after Unity Pavilion & Pump House.

Contact:

Phone: (0413) 2623 661, 2622467, +919843030355 Email:

[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)

## **Current Schedule of Classes**

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

## **WORK OPPORTUNITIES**

### **HR HUB INITIATIVE**

HR Hub Initiative is a service which helps individual Aurovilians and Newcomers in search for suitable work by connecting them to Auroville units and services who are looking to fill positions and in turn 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.

At the moment we do have a number of candidates in search for suitable working opportunities. If your Unit/Service is in need of people, feel free to contact us; we might be able to connect you with Aurovilians/Newcomers who are searching for work.

Please contact us for more information:

[hr.hubauroville@gmail.com](mailto:hr.hubauroville@gmail.com)

### **ARE YOU A SOCIAL MEDIA EXPERT WITH A PASSION FOR DOGS?**



AUROVILLE  
DOG SHELTER

Are you a social media wizard proficient in various platforms? Can you craft eye-catching posters, spearhead fundraising campaigns, produce short videos, and above all, do you adore dogs?

If your answer is a resounding YES, then the Auroville Dog Shelter wants YOU!

We're in search of a creative and seasoned individual to lend their support for 20 hours per week. While much of the work can be accomplished remotely, this role will require you to visit the shelter to capture photos and videos of our wonderful dogs.

Reach out to Arthur via WhatsApp chat (8122225266) or send us an email at [aurovilledogshelter@gmail.com](mailto:aurovilledogshelter@gmail.com) if this opportunity resonates with you.

## HEALTH

### SANTÉ SERVICES IN SEPTEMBER 2023

#### Working Hours:

Monday - Saturday 9:00 - 12:30pm & 2:00 – 4:30pm

#### Tests and Sample collection:

Mon-Fri before 12:00 pm. No sample collection on Saturday.

#### For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 9442224680  
Government Ambulance (24/7) : Phone: 108

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

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

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

**In case of cancellation or to reschedule, it is necessary to inform us in advance.**

## CLASSES, WORKSHOPS & HEALING ARTS

### The Sound of Bamboo

Various Styles of the Indian Flute



#### Bansuri (Flute) Group Classes With Michael

Kalabhumi Music Studio

Every Friday (Beginner: 11am-12pm, Advanced: 12pm-1pm)

Drop in is possible at any time, flutes available to borrow or buy.

#### Contribution:

- Aurovilians, NCs, Volunteers & Local Villagers: Free donation  
- Guests: 500 INR

More Info: [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)

To Donate: <https://pay.auroville.org/divine-arts>

Learn More About Divine Arts:

<https://auroville.org/page/divine-arts>

Warm Regards, Dave

M: +44 (0) 7564 119 728 / E: [djsevans87@gmail.com](mailto:djsevans87@gmail.com)

## MOVING FORWARD

We will reflect our longings, wishes and moment of ignition through visualization, writing and embodied practices. And we will explore, discover, or reset our vision, life purpose and our next steps.

Contact Vega: 8531012459



## BIRTH PRESENTATION

PAVILION OF TIBETAN CULTURE

**Birth - Entry into the Physical World. Miracle and Significance of Birth.**

Easier, happy, healthy and safe births

For everyone, who ever was born, has birthed, will birth or knows someone who does - for everyone!

"Education starts at Birth" says The Mother - how can we integrate this and many other words of wisdom from "the two who are one" in the very start of life of our children?

For the way our children are born, how they arrive on this planet greatly matters. Especially here in the City of the Future we shall understand the significant imprint the very first moments have on the life of the individual baby and its family as well as the potential these very first moments hold for humanity as a whole.

#### • 7th September 2023, 5.30 pm.

Birth - always sacred! Every baby is Krishna! Happy Janmashtami! Study and Get Together Circle with focus on Significance and Miracle of Birth! Mothers and all other Lovers welcome!

#### • 23rd September 2023, 5.30pm.

Birth - Entry into the Physical World. Significance and Miracle of Birth. 60-90 mins Slide Presentation with Q&A by Ulrike Urvasi at Pavilion of Tibetan Culture.

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

# VÉRITÉ REGULAR EVENTS - SEPTEMBER 2023

## CLASSES

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



### Sivananda Yoga - with Mani

- Monday, Wednesday 9:30 – 10:30am &
- Saturday 5:00 – 6:00pm

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

### Pranayama and Meditation - with Radhika

- Monday 11:00 – 12:00am: Re-balance your nervous system

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

### Yin Yoga – Healthy Hips – with Emma

- Wednesday 3:30 - 4:30pm

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

### Deep Sound Bath with Satyayuga

- Monday 5:00 - 6:00pm

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

### Hatha Vinyasa Yoga - with Andres

- Monday, Wednesday & Friday 5:00 - 6:00pm

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

### Gentle Vinyasa Flow – with Emma

- Tuesday 11:00 - 12:00am

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

### Face & Eye Yoga - with Mamta

- Tuesday 2:30 - 3:30pm

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

### Holistic Hatha Yoga – with Sabrina

- Tuesday & Thursday 5:00 - 6:00pm

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

### Vinyasa Flow - with Rebeca

- Tuesday & Thursday 5:00 - 6:00pm

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

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

- Wednesday, 11:00 – 12:00am

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

### Yin Yoga – Healthy Spine – with Emma

- Wednesday 3:30 - 4:30pm

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

### Kirtan – Songs for the Soul (*contributions are voluntary*) – with Mamta & Savitri

- Wednesday 5:00 - 6:00pm

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

### Peace with Pranayama – with Mamta

- Thursday 3:30 - 4:30pm

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

### Free Flow Dance and Movement (*no class 29 Sep*) - with Vega

- Friday 5:00 - 6.30pm

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

### Mindful Flow – Awaken in Movement & Stillness (*no class 2 Sep*) – with Savitri

- Saturday 5:00 - 6:00pm

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





**By Appointment:**  
**Call 0413 2622 606, +91 9363624083**  
 or e-mail [treatments@verite.in](mailto:treatments@verite.in)

### Private Yoga Sessions - with Andres

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

### Thai Yoga Therapy - with Andres

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

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

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

### Biodynamic Craniosacral Therapy - with Mila

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

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

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

### Integrated Craniosacral & Foot Reflexology - with Radhika

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

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

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

### Private Yoga Sessions / Yoga Therapy - with Sabrina

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

## VÉRITÉ WORKSHOPS AND CLASSES

### Pre-registration required

Please contact Verite @  
 0413 2622045, 2622606, 9363624083  
 or  
[programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



### The Healing Power of Gayatri Mantra – Sabrina Saturday, 2 September - 9:30am – 12:00pm

Gayatri mantra is one of the most important mantras in the Yogic tradition, connecting us with the sun, giving us energy, and helping purify body and mind. In this workshop you will learn both the mantra and the mudras (healing hand postures) associated with it. Open to all; no prior experience with mantra is necessary.

### Restorative Yin & Yoga Nidra: Deep Relaxation for Body & Mind - with Emma Friday, September 8 - 9:30am – 12:00pm

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

### Speaking from the Heart - Based on Non-violent Communication – with Vega Friday, 8 September - 9:30am – 4:30pm & Saturday, 9 September - 9:30am – 1:00pm

Learn the basics and principles of non-violent communication, a practice that helps to restore connection to and communication from the heart, which is within our nature.

### Awareness Through the Body with Amir Saturday, 9 September - 9:30am – 12:00pm

Exploring the theme of FORM: one of the activities that was developed into the ATB program. Relaxing into the attention to approach the physical plane spontaneously forming Shapes while easing into a receptivity to the inner movement. A space for tuning and cultivating the positioning of the observer within by being guided into taking different physical shapes that embody expressions of different qualities.

### Emotional Wellness with Ananda Monday, 11 September - 9:00am – 4:30pm

An experimental journey to become aware, understand and explore conditioning, emotions, triggers, underlining needs, patterns and transform by practicing sharing, listening, awareness exercises, mediation, and conscious tools for expression.

### Boundaries and Boundless with Ananda Wednesday, 13 September - 9:00am – 4:30pm

An experiential journey to explore boundaries- energy of protection and survival, boundless energy of expansion and creativity to develop clarity with boundaries, communicating & honouring and by practicing sharing, listening, awareness exercises, mediation, and conscious tools for expression.



## VÉRITÉ PROGRAMS – SEPTEMBER 2023

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

### YOGA & RE-CREATION PROGRAMS

Days	Drop-in Sessions	Timings	Presenters
Mondays	Sivananda Yoga	9:30am - 10:30am	Mani
Mondays	Pranayama & Meditation	11:00am - 12:00pm	Radhika
Mondays	Yin Yoga - Healthy Hips	3:30pm - 4:30pm	Emma
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Face & Eye Yoga	2:30pm - 3:30pm	Mamta
Tuesdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Tuesdays	Holistic Hatha Yoga	5:00pm - 6:00pm	Sabrina
Wednesdays	Sivananda Yoga	9:30am - 10:30am	Mani
Wednesdays	Yoga for Inner Alignment - Pranayama & Asanas	11:00am - 12:00pm	Radhika
Wednesdays	Yin Yoga - Healthy Spine	3:30pm - 4:30pm	Emma
Wednesdays	Kirtan Songs for your Soul	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Peace with Pranayama	3:30pm - 4:30pm	Mamta
Thursdays	Holistic Hatha Yoga	5:00pm - 6:00pm	Sabrina
Thursdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement (No Class 29 Sep)	5:00pm – 6:30pm	Vega
Saturdays	Sivananda Yoga	5:00pm - 6:00pm	Mani
Saturdays	Mindful Flow - Awaken in Movement & Stillness (No Class 2 Sep)	5:00pm - 6:00pm	Savitri
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 2 September	The Healing Power of Gayatri Mantra	9.30am - 12:00pm	Sabrina
Friday, September 8	Restorative Yin & Nidra Yoga	9.30am - 12:00pm	Emma
Friday & Saturday, September 8 & 9	Speaking From The Heart - Based on Non-Violent Communication	Friday: 9.30am -4.30pm Saturday: 9.30am-1.00pm	Vega
Saturday, 9 September	Awareness Through the Body	9.30am - 12:00pm	Amir
Monday,11 September	Emotional Wellness	9:00am - 4:30pm	Ananda
Wednesday, 13 September	Boundaries and Boundless	9:00am - 4:30pm	Ananda
Friday to Sunday,15 - 17, September	Prana Yoga - Tuning Life Energy	9.00am - 4.30pm	Ananda
Friday,15 September	Master Class - Mantra, Breathing & Asanas for Internal Organs	9.30am - 12:00pm	Andres
Friday & Saturday, September 15 & 16	Re-connect: An Expressive Arts Exploration	1:30pm - 4.30pm	Anjali
Saturday, 16 September	Anatomy for Yoga Practitioners: The Knee	9.30am - 12:00pm	Rebeca
Friday, 22 September	Sivananda Yoga - Masterclass	9.30am - 12.00pm	Mani
Saturday, 23 September	Introduction to Traditional Thai Yoga Massage (Nuad Boran)	9.30am - 12.00pm	Andres
Friday, 29 September	Understanding Pranayama and its Practice in Asanas and Meditation	9.30am - 12.00pm	Radhika
Saturday, 30 September	Energy Cleanse through Yoga Kriyas	9.30am - 12.00pm	Mamta
Saturday, 30 September	Balance your Koshas (Bodies) through the Practice of Yoga	9.30am - 12.00pm	Sabrina



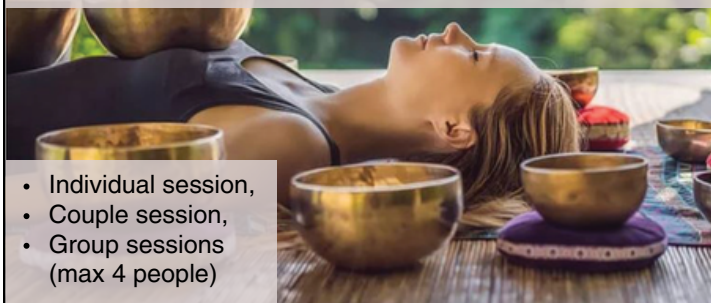
## YOGA & RE-CREATION PROGRAMS (CONTINUED)

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

### ACTIVITIES BY LAKSHMI

#### Sound Chakras Healing

Guided vibrational sound journey using **Chakra mantras, Tibetan Bowls and Tuning forks** to help reduce stress, anxiety, depression, insomnia, stimulating the natural cellular healing process, rebalancing the emotions & reconnecting with your true essence.



- Individual session,
- Couple session,
- Group sessions (max 4 people)

#### Private Transformational Yoga Classes

- Transformational Yoga
- Pranayama to release Fear, Anger and Anxiety
- Pranayama to achieve Peace, Calm, Quietude and Clarity
- Breathwork

Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga.

It is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit. Powerful, yet gentle, everyone can reap the benefits of this purifying yoga practice.



#### Please contact for an Appointment:

Lakshmi 8489764602 or  
[lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

Activity offered under Abhaya, an activity of ASSA, under Artisana Trust

### SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)  
 Center Field, Auroville - 605101, TN, India

On appointment only +91 95600 26678



#### Expressive Arts Sessions

Engage with the arts for a greater understanding of your challenges. Access your inner resources through authentic creative expression.  
 No prior art experience required.  
 All materials will be provided.



#### Pranic Healing

Pranic Healing is a natural healing system that uses prana (life energy) to improve physical, mental and emotional wellbeing.  
 Pranic Healing is not intended to replace medical or psychological treatment but to complement them.

#### Tarot Reading

Explore with tarot, oracle and angel cards to gain insight and understand yourself on a deeper level.  
 The messages in these cards are used not to predict the future, rather to connect ourselves with our inner wisdom to channel our resources in the right direction.



#### About the Facilitator - Anjali Alloria

Anjali is a certified Intermodal Expressive Arts Practitioner, currently pursuing MA in Expressive Arts Therapy from the European Graduate School, Switzerland. She is a certified Pranic Healer and Tarot Reader. She uses various modalities to foster well-being, self-exploration and growth.



by Appointment only  
 WA +919560026678

At Serendipity Guest House  
 (Next to Center Guest House)



### CAPOEIRA- MARTIAL ART AND MUSIC WITH GINGA SAROBA

Afro-Brazilian martial art that combines elements of dance, acrobatics, music and movements. More than 500 years old, Capoeira is a constantly evolving art form, come connect and express yourself. Join us for

**Adult Classes :**  
**Monday & Thursday - 6:00 PM**  
**Deepanam School**

Contact: 7598446327  
 Kiran for Ginga Saroba







**PITANGA**  
CULTURAL CENTRE

For info & registrations:  
info@pitanga.in, 0413 2622403 / 9443902403 WA



## Program for September 2023

### CLASSES - REGISTRATION REQUIRED

#### Iyengar Yoga with Tatiana and Chloé

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

#### **Mondays 5pm – 6.30pm with Tatiana | Level 1**

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

#### **Tuesdays 9am – 10.30am with Chloé | Yoga for the Spine | All levels**

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

#### **Wednesdays 5pm – 6.30pm with Tatiana | Level 2-3**

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

#### **Saturdays 9am – 10.30am with Tatiana | Restorative Yoga | Level 2-3**

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

#### **Saturdays 11am – 12.30pm with Tatiana | Mixed Level**

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners.

#### **Art Therapy with Gala**

**Thursdays, 3 – 5pm for adults**

**Fridays, 3 – 5pm for families**

### YOUTH ACTIVITIES

*These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class. Please see with the teacher if the class happens during school term break 22/09 – 07/10.*

**Asanas for Teenagers** with Lisbeth  
Mondays, Wednesdays | 4pm – 5pm

**Yoga for children, 5 – 8 yrs.,** with Gala  
Saturdays | 9am – 10am

**Yoga for children, 7 – 9 yrs.,** with Gala  
Saturdays | 10am – 11am

**Energy games for children, 9 yrs. +,** with Gala  
Saturdays | 11am – 12pm

### DROP-IN CLASSES

*Join without prior registration!*

#### **Mondays**

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

#### **Tuesdays**

4.45pm – 5.30pm | **Odissi Dance** with Rekha | Beginners  
(Not on 26/09)

#### **Wednesdays**

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

#### **Thursdays**

4.30 – 5.30pm | **Aviva Exercise** with Suriya | For women

#### **Fridays**

6.45am – 8am | **Pranayama** with François & Namrita |  
For former “The Art of Living” course participants

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

3.45pm – 4.30pm | **Odissi Dance** with Rekha | Beginners  
(Not on 29/09)

4.30pm – 5.30pm | **Reading of the Life Divine** with Balvinder |  
All are welcome to join.

#### **Saturdays**

11.00am – 12.30pm | **Iyengar Yoga** with Tatiana | Mixed Level,  
open to beginners

### HEALING SPACE - BY APPOINTMENT

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

### NEW ACTIVITIES

#### **Weekly Readings of the The Life Divine**

with Balvinder

**Fridays 4.30pm – 5.30pm,** resumes 1 September

“The ascent to the divine life is the human journey... This alone is man’s real business in the world and the justification of his existence...” Sri Aurobindo

The weekly reading sessions of *The Life Divine* are led by Balvinder, an Aurovilian and lifelong student of Sri Aurobindo’s writings.

Each session will proceed with Balvinder reading and giving explanations of the English prose.

No prior knowledge of *The Life Divine* is necessary, just an openness to experiencing the beauty and wisdom of Sri Aurobindo’s masterpiece.

All are welcome to join. Feel free to come and listen even once to see if this is for you.

No registration is necessary.

## Shiatsu sessions

by Ulrike

Quantum Shiatsu, which Ulrike has been practising for over 20 years, follows a multi-dimensional and holistic understanding that reminds us of and activates the self-healing powers within each of us. Please contact us for an appointment.

## WORKSHOPS

### Professional Training - Advanced Massage and Bodywork – Module 3

with Shari



Weekly twice, for 8 weeks (48 hrs)

4 September to 25 October 2023,  
Mondays & Wednesdays, 10am - 1pm

We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/mind/spirit as the vehicle for doing bodywork, intimacy and moving deeply into the essence of healing. This will include deep listening, integration, and loving/compassionate touch.

We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions, and contraindications.

This is the third in a series of 4 eight-week courses with the intention of going deeply into what it means to be a successful professional in this field.

Contribution requested.

Certificate of Completion will be offered.

There are **some seats available** in this course and it is possible to join the 3rd module without having participated in the previous ones.

New interested persons will be interviewed by Shari and could receive a special "catch up" class, if needed.

**For registration, please contact Shari: +91 73059 41614**

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

See you at Pitanga, with a smile !

Pitanga Cultural Centre  
2622403 / WA 9443902403  
[info@pitanga.in](mailto:info@pitanga.in)

## TAI CHI HALL @ SHARNGA

Offers regular Tai Chi Chuan classes from Mon-Sat.

### Monday & Saturday:

- 7:30-8:30 Chi
- 8:30-9:30 Form

### Tuesdays - Fridays:

- 7:30-8:00 Chi
- 8:00-9:00: Form



All are welcome

Contact: [taichi@auroville.org.in](mailto:taichi@auroville.org.in) / 0413 2623187

## SHIATSU - AN ART OF TOUCH

### Seminars to begin or deepen Your Journey

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

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

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

### September:

#### Introduction to Shiatsu and Meridians.

- 2 day: Fri 8 / Sat. 9 September 2023, 8.30am - 3.30pm  
Preparation for the 6 days courses. Open for all Interested.

**Mu Points.** Points of diagnostic findings and for improvement of acute imbalances.

- 3 weekends: 16./17.09.; 23./24.09.; 30.09./01.10. 2023
- 6 days course, Sat 8am - 3.30pm, Sun 11am - 6.30pm

### More courses coming up in October:

#### Introduction to Shiatsu and Meridians.

- 2 days: Fri 6. / Sat 7. October 2023, 8.30am - 3.30pm  
Preparation for the 6 days courses. Open for All Interested.

#### Shen (Spiritual) Aspects of Elements

Probable dates:

- Mon/Tues/Wed 9., 10., 11.Oct. afternoon and
- Fri/Sat/Sun 13., 14., 15. Oct. full day.

### Location:

Budokan Auroville on Dehashakti Sports Ground

Shiatsu - because Health matters!

Contribution required for ensuring future seminars. Kindly give from your heart. 🙏

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

## STUDIO BASED ART THERAPY AND COUNCELING

[tialovesart@gmail.com](mailto:tialovesart@gmail.com) / [www.createandtransform.org](http://www.createandtransform.org)  
WA 7094007610

### CREATE AND TRANSFORM

#### STUDIO BASED ART THERAPY AND COUNSELING

individual \* group \* family



Therapy can be creative and non-threatening for help with:

- Anxiety
- Depression
- Trauma
- Life Issues

#### Trauma Informed Art Therapy & Counseling:

- Client Centered,
- Strength Based,
- Solution Focused,
- Incorporating CBT and a creative, eclectic tool box.



**Tia Pleiman, MA, ATR, NCC, LPC**

[tialovesart@gmail.com](mailto:tialovesart@gmail.com)  
[www.createandtransform.org](http://www.createandtransform.org)  
WA 7094007610

Aurelec, Kulpalalayam, Auroville



## ACTIVITIES

### BIODANZA WORKSHOP

SEPTEMBER 1ST, 5 - 7 PM @ YOUTH CENTER

YouthLink is hosting a Biodanza Workshop with Leonor at the **Youth Center** on **Friday the 1st of September, from 5pm to 7pm!**

Biodanza, Greek *bio* [life] and the Spanish *danza* [Dance], literally "the dance of life", is a system of self-development utilizing music, movement and positive feelings to deepen self-awareness. It seeks to promote the ability to make a holistic link to oneself and one's emotions and to express them.

It is free of charge, and is open to people from all ages. See you there!

YouthLink Team



### AUROMODE HIVE - OPEN HOUSE

SEPTEMBER 8TH 10-5PM



Dear Community,

Join us at **Hive's Open House** on **Friday, 8th September 2023**, from **10 am to 5 pm!**

Discover Hive, the coworking space and find your inspiration in an environment built for productivity and connection. Try out our coworking space for free and see the difference.

Visit our website at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.

For inquiries, feel free to reach out to us on WhatsApp at 70921 97375 / 9042759540.

We can't wait to welcome you to our thriving community!

With Best Regards

Auromode HIVE Team

### WHEELCHAIR TRAINING AND PHYSIOTHERAPY WORKSHOP

**WHEELCHAIR TRAINING & PHYSIOTHERAPY WORKSHOP**  
Join us on  
**SUNDAY, SEPTEMBER 3RD**  
10 AM - 12 PM

AUROVILLE DOG SHELTER  
Location

Join us on Sunday, September 3rd, at 10:00 a.m. for a special event: a Physiotherapy Workshop and Wheelchair Training session for our cherished paraplegic dogs. This invitation is open to the Auroville Community, dog enthusiasts, and friends alike.

Caroline and Arthur will delve into the significance of Physiotherapy, which plays a crucial role in helping some of our dogs regain the ability to walk. For those unable to use their legs, we've initiated wheelchair training to enhance their mobility. We invite you to be a part of this event as we work together to support our dogs in reclaiming their freedom of movement.

And that's not all – our adorable puppies are eagerly waiting to be pampered and showered with your affection! Come, and be a part of another exhilarating Sunday morning at the Auroville Dog Shelter.

We look forward to welcoming you!

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

### JOIN AUROVILLE BOTANICAL GARDEN'S GUIDED TOURS

Come and discover the beautiful gardens on **Wednesdays** and **Fridays**. We start at **9:30**.

Please book your walk at [avbgtours@gmail.com](mailto:avbgtours@gmail.com)

From the 11<sup>th</sup> of August to the 11<sup>th</sup> of October 2023



*Come walk with us!*  
Guided Garden Tour

**Auroville Botanical Gardens**

**Wednesdays and Fridays - 9.30 am** (about 1<sup>1/2</sup> hour walk)

Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen  
Please send us an email to: [avbgtours@gmail.com](mailto:avbgtours@gmail.com) to book your walk



**Hive**  
Co-Working Space

**FREE OPEN HOUSE**  
**September 8<sup>th</sup>**

Fully Air Conditioned  
24/7 Electricity Backup

Auromode HIVE, Auroville. +91 90427 59540 [auromode.in](http://auromode.in)

Facebook: <https://www.facebook.com/auromode.hive.9>

Instagram: [https://www.instagram.com/auromode\\_hive/](https://www.instagram.com/auromode_hive/)

Google Map: <https://goo.gl/maps/Kj1qebb6PowiQX2m9>

### ECOLOGICAL HORTICULTURE COURSE

AUROVILLE BOTANICAL GARDENS

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

**Applications open!**

ECOLOGICAL HORTICULTURE COURSE  
DEC 2023 - MAR 2024

To fill the form:

For queries :  
[ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com)

**LAST DATE TO APPLY!**  
**15TH OCT'23**

AUROVILLE BOTANICAL GARDENS



**MATHEMATICS WORKSHOPS AND WEEKLY SESSIONS BY ENLIGHT ACTIVITY.**

Dear Reader,

Please take a note of the regular offerings by enlight as mentioned below.

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

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

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

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

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

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

**Every Friday 4pm-6pm**

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

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

\*This event is contribution based

**EXPLORATIVE EDUCATIONAL EXPERIENCE**

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



Spiritual Journey



Arts and Crafts



Visitor Center



Canyon Exploration



Units and Activities



Nature Trail



Ecological Farming



Bonfire and Drumming



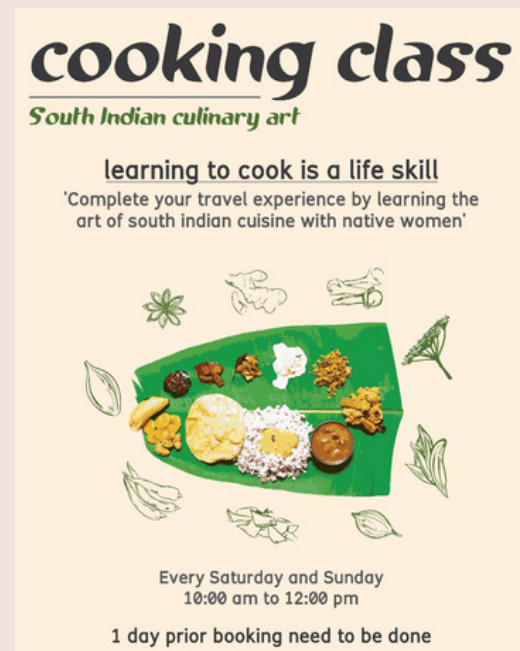
Resident Family Visit



Thread art workshop

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

Crochet    Macrame    Embroidery



cooking class

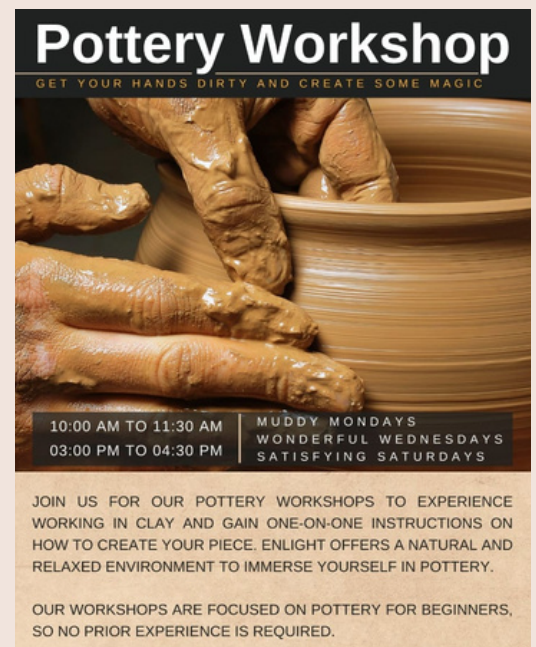
South Indian culinary art

learning to cook is a life skill

'Complete your travel experience by learning the art of south indian cuisine with native women'

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

1 day prior booking need to be done



Pottery Workshop

GET YOUR HANDS DIRTY AND CREATE SOME MAGIC

10:00 AM TO 11:30 AM    MUDDY MONDAYS  
03:00 PM TO 04:30 PM    WONDERFUL WEDNESDAYS  
SATISFYING SATURDAYS

JOIN US FOR OUR POTTERY WORKSHOPS TO EXPERIENCE WORKING IN CLAY AND GAIN ONE-ON-ONE INSTRUCTIONS ON HOW TO CREATE YOUR PIECE. ENLIGHT OFFERS A NATURAL AND RELAXED ENVIRONMENT TO IMMERSE YOURSELF IN POTTERY.

OUR WORKSHOPS ARE FOCUSED ON POTTERY FOR BEGINNERS, SO NO PRIOR EXPERIENCE IS REQUIRED.

For the above activities, please contact:

ENLIGHT [enlight@auroville.org.in](mailto:enlight@auroville.org.in)  
Light of Auroville +91 91594 68946 / +91 82700 71581



## VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

Join Us!

Monday to Saturday

7:00am to 9:00am and/or

9:30am to 12:00pm

[auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in) / WA +91 9566631079



**AuroOrchard**

### Volunteer and learn farming hands-on!

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

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

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

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

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

## RUPHAVATI JOY ACTIVITIES

### BIO-REGION TEMPLE TOUR

Interested in learning more about the religious heritage in and around the bio-region?



Come take a guided tour of temples around the bio-region.

Starting point from Solar Kitchen.

Can be scheduled anytime throughout the week.

Please contact in advance for more information and booking.

### SOUTH-INDIAN CUISINE - COOKING CLASS

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

**Monday to Saturday**  
**between 10AM and 5PM**  
at creativity.

Please book sessions in advance.



### THAI MASSAGE

**Monday - Saturday between 9AM and 5PM**

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

### TAILORING

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

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

## POETRY IN MOTION - WORKSHOP SAT 2ND & SUN 3RD SEPTEMBER



Join us for 'Poetry In Motion' a weekend exploration journey, to find the various ways we can embody our own inner poems whilst also dancing them with the wider collective. Bringing what is inside us in our own authentic expressions of movement, poetry and sound, whilst allowing that to be supported, inspired and transformed by the collective energy force.

We (Louise, Valentina & Mukul) will guide you lovingly through exercises, games and reflections; which will be journeyed through both inner and outer as a mix of individual, peer and collective group explorations.

At the end of the weekend we will co-create the collective danced poem as a piece that is filmed with the potential of becoming a dance film.

Poetry in Motion will be taking place in Cripa Big Studio **9am-12pm and 2pm-5pm** (with additional breaks) on both **Saturday 2nd and Sunday 3rd September**.

Pre-registration and contribution on a sliding scale basis is requested.

To pre-register and for the workshop breakdown (including what to bring along) please click on this [link](#).

[ineffablefilms@auroville.org.in](mailto:ineffablefilms@auroville.org.in) / WA +91 9361542758

## ECO FEMME OPEN HOUSE

### ECO FEMME OPEN HOUSE

Every Thursday morning  
from 10:30 AM



Dear friends,

Join our open house at our office in Auroshilpam every **Thursday morning at 10:30 AM till 12 AM**.

Come and learn about:

- Sustainable menstrual products (cloth pads, cups and period panties),
- Menstrual cycle awareness and,
- Our not-for-profit work.

You can also pick up discounted cloth pads, cups, period panties and cloth nappies.

See you soon!

The Eco Femme Team



**AUROORCHARD OPEN HOUSE**  
SEPTEMBER 2ND, 10AM



 AuroOrchard  
 — YOU ARE INVITED —  
**open house**

Dear community and friends,

A lot of you have been supporting our work in different ways – prioritizing our produce, volunteering with us and helping us reach out. We are grateful to you for this.

We feel we should share with you more about the work we are doing these days and get your feedback and perspectives. We hope this will help us towards our vision for producing the food needed for Auroville.

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**DATE:** 2 September, Saturday • **TIME:** 10am

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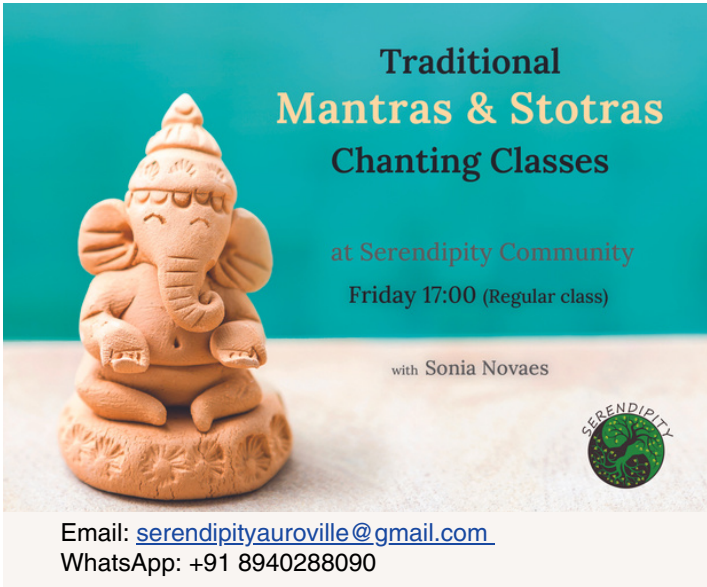
SCAN TO FIND OUR LOCATION YOU MAY CONTACT US AT  

**EMAIL:** [auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in)  
**VOICECALL:** 9882685365 (Anshul)  
**WHATSAPP:** 9566631079 (Nidhin)

Please come through the main gate, take the first right until you arrive at the parking area.

we'll be waiting for you!

**CHANTING CLASS - SERENDIPITY**



**Traditional  
Mantras & Stotras  
Chanting Classes**


at Serendipity Community  
 Friday 17:00 (Regular class)

with Sonia Novaes

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)  
 WhatsApp: +91 8940288090

**FOODS, GOODS & SERVICES**

**AIRCON CLEAN OFFERS COMPREHENSIVE AIR CONDITIONER CLEANING SERVICE KNOWN AS "JET SERVICE".**



The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact **AIRCON CLEAN** now at 9786809518 or email us at [airconclean.av@gmail.com](mailto:airconclean.av@gmail.com)

Regards, Julien.

**SOLITUDE FARM - 2023 Farm**



Solitude has a small farm shop which is stocked daily with fresh seasonal produce. There are also some ayurvedic powders such as giloy or guava leaf and also chilli powder, turmeric, pickles and dried flowers. Solitude also runs a C.S.A. fruits and vegetables basket service where people sign up in advance for a basket of seasonal produce.

- Papayas
- wild salad greens
- Assamese giant lemons
- sundakkai
- Pineapple
- banana stem
- Plantain
- banana flower
- Bananas
- Wild spinach

**Cafe**

The cafe runs from Monday to Saturday serving a local food vegan thali. We also serve farm salads, smoothies, deserts, vegan coffee etc...

The cafe runs a lunch scheme.

**Education**

Solitude farm runs mini permaculture workshops during the week (Wednesdays and Fridays) and longer weekend workshops on a monthly basis. Pricing is flexible for Aurovillians.

**Tour**

Every Saturday we offer a free tour of the farm sharing the narrative and philosophy in practice of how a food forest can emerge through natural farming and permaculture.

**Volunteers**

Solitude Farm is happy to welcome volunteers. Timings 8:00 am -12:30 pm We offer breakfast, tea and lunch.

**Opportunities**

Solitude Farm Cafe is looking for a serious person to manage the POS and accounts, stock, excels etc for the cafe and farm. Replying to emails and calls.

Solitude Farm is looking for people to help with the educational workshops.

To find out more:  
email: [solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)  
whatsapp: 9843319260



Solitude farm & café  
Auroville

**HAIRCUTS**

Hairdresser. For your and / or your child's next haircut: inspired, striving for perfection, 11 yrs young artist Ahana looks after your and / or your child's hair and well being.



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

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



## RAPID CARE SERVICES RCS

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

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

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality. We make sure the work is completed on an economical budget without compromising quality. Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.



### List of services provided by Rapid Care Services:

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

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

Balaji - 8270071581 ; Arun - 7639810621

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

[rapidcare@auroville.org.in](http://rapidcare@auroville.org.in)

## JOIN DROPZY

### Products and services from in and around Auroville.

Dropzy is a mobile app marketplace for Products and Services from in and around Auroville helping to deliver it at your door-step.

Developed by 



Dropzy is a mobile app marketplace for ordering from a wide range of in and around Auroville eateries, grocers, bakers, farms, etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps.

Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your order volume, drive more revenue and improve profitability with help from Dropzy.

### Register your Unit/Activity

Click on this link: [www.dropzy.in/join-dropzy](http://www.dropzy.in/join-dropzy)

Know more about Dropzy on [www.dropzy.in](http://www.dropzy.in)

Regards, Sathish Arumugam for Dropzy

## GOYO - KOREAN SILENT RESTAURANT

TUESDAY & FRIDAY - 12:30PM

[goyo@auroville.org.in](mailto:goyo@auroville.org.in) / +91 94896993809



## REPAIR OF AIR CONDITIONERS, FRIGDES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovillian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.

You may contact him via phone / SMS or whatsapp  
+91 94434 93025



## AUROVILLE LIBRARY TIMINGS

Auroville Library opening timings:

Mon - Sat: 9am - 12.30pm

Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm

Tues: 4pm - 6.30pm



Every Saturday between 10am -11am: **Children's storytime!**

## AVAILABLE

### SELLING NEW FROM THE BOX EARPHONES.

KZ-EDX PRO Bought for ₹1,011. Selling for ₹800.

The earphones are working perfectly, but the model wasn't the one I intended.

contact Yam 8489776526, [yamyardenisivan@gmail.com](mailto:yamyardenisivan@gmail.com)

### LAKSHMI LOOKING FOR WORK

Lakshmi is a nice tamil woman, hard working and honest with a basic english.

She has 3 days free per week and would like to find a place for regular housekeeping work.

If you are interested, please, contact Monica, 8300132409.

### TABLE AVAILABLE

Beautiful **coffee, dinner, office table**

Available against contribution.

Patauk wood / Dimensions: 1m40, 79cm, H 62.5cm

Contact: WA 9488084952



## LOOKING FOR



### LOOKING FOR HOUSESITTING

My husband and I (returning Aurovilian) return to Auroville, looking for a house to sit from **beginning January 2024** (flexible with dates). We prefer to housesit for a minimum of **4 months**, possibly longer.

We keep a clean house, will care for garden and pets. A mosquito-proof house with an internet connection or the potential to acquire a subscription is needed.

**Contact** our friend Marlenka (+91 94863 63525) or me: email: [nitzan.merguei@gmail.com](mailto:nitzan.merguei@gmail.com).

## AV RADIO



**AurovilleRadio**

The voices of Auroville

Dear Aurovilians,

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

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

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

### Last published podcasts:

- [Soul Tracks Se.5, Ep.7 The Greatest Show on Earth](#) (Music)
- [La Vita Divina – Ep.31](#) (Sri Aurobindo)
- [Savitri, B. II, C. IV, Part 1](#) (Integral Yoga)
- [I just wanna write – Ep.12 “Connecting with inner Wisdom”](#) (Creative Writing)
- [Marlenka’s weekly Offering – Ep.103](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi – 448](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making – Ep.16 “What Is Perspective In Drawing?”](#) (Cinema)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovilian wish, **make a donation to F.A. number 0867**.

Thanks for your help!

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

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

Peace and love

Regards, AvRadio team



## CINEMA



Presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

**Reminder: FRIDAY 1st SEPTEMBER “SPOTLIGHT”** by Tom McCarthy, US, 2015

and

**FRIDAY 8th SEPTEMBER, 8:00 pm**  
**“ADIEU PHILIPPINE”**

*Directed by Jacques Rozier, France, 1961*

*With: Jean-Claude Aimini, Stefania Sabatini, Yveline Céry*

*Overview:* The film has been praised as one of the key films of the French New Wave. It was Rozier's first feature and it portrays French youths at the time of the Algerian War.

*Synopsis:* Paris, summer 1960. Michel is a young technician in the fledgling TV industry and is due for military service in two months at the time of the Algerian War. Juliette and Liliane are inseparable best friends (like the “Philippine almonds”), and aspiring actresses, who hang around outside the TV studio. Michel considers his last days of freedom before being drafted, suddenly decides to leave his job and goes on a holiday to Corsica. The girls follow him...

*Original French version with English Subtitles. Duration 1h.46’*



## ACCESSIBLE AUROVILLE PUBLIC BUS

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

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

- Rs. 800 Monthly: Aurovilians & Newcomers, 10 one-way trips
- Rs. 1200 Monthly: Student bus Pass
- Rs. 800 Monthly: Workers of Auroville & Volunteers / One way.
- Rs. 150 Round trip per day for Aurovilians & Newcomers
- Rs. 200 Round trip per day for guests

**Bus passes** are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302



## EMERGENCY NUMBERS



### Ambulance (24/7):

Auroville 9442224680	PIMS 0413 2656271		
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### Security (24/7):

AV Safety & Security Team 9443090107	Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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### Health:

Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
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### Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7): 108**





# Cinema Paradiso

Multimedia Center (MMC) Auditorium  
Film program 04 September 2023 to 10 September 2023

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. A mask is not mandatory any more, however, if you want to wear it is your choice.

To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. To contribute towards a projector our work please contact the financial service.

## Indian and diaspora – Monday 4 September, 8:00 pm:

- **AAVASAVYUHAM: THE ARBIT DOCUMENTATION OF AN AMPHIBIAN HUNT (Habitat)**

India, 2022, Writer-Dir. Krishand w/ Ajayaghosh, Sreejith Babu, Sreenath Babu, and others, Thriller, Malayalam w/ English subtitles, Rated: R

The film shares a name with a species of frog that plays a crucial part in the story. This is no fairytale about a princess kissing a frog and turning him into a prince though. In an expanding industrial area of Puthuvype, while commerce is callously bulldozing the delicate ecological balance the central figure Joy appears from nowhere without any necessary paperwork or ID without which now, we doubt if the person actually exists.

Running alongside is another thread where scientists are in search of a species of frog in the Western Ghats, told in a surreal but mockumentary style where fantasy and realism find a perfect balance. Don't miss!

## Potpourri – Tuesday 5 September, 8:00 pm:

- **FAREWEL AMOR**

USA, 2020, Dir. Ekwa Msangi, w/ Ntare Guma Mbaho Mwine, Zainab Jah, Jayme Lawson and others, Music-Romance-Drama, 95 mins, English-Portuguese w/ English subtitles, Rated: NR (G)

Reunited after 17 years, an Angolan immigrant is joined in the U.S. by his wife and daughter. Now strangers sharing a one-bedroom apartment, they discover a shared love of dance that may help them overcome the distance between them.

## Interesting – Wednesday 6 September, 8:00 pm:

- **SURVIVING PARADISE: A FAMILY TALE**

UK, 2022, Dir. Renée Godfrey & Matt Meech w/Regé-Jean Page, Documentary, 78mins, English w/ English subtitles, Rated: G

As the Kalahari Desert faces a worsening dry season, prides, packs and herds of all kinds must rely on the power of family to survive. A beautiful nature film - in case you missed out during the Eco-Film Fest 2023.

## Selection – Thursday 7 September, 8:00 pm:

- **BROTHER SUN, SISTER MOON**

UK-Italy, 1972, Dir. Franco Zeffirelli w/ Graham Faulkner, Judi Bowker, Leigh Lawson and others, Biography-History, 121 mins, English w/ English subtitles, Rated: PG

Dramatization of events in the life of St. Francis of Assisi from before his conversion experience through his audience with the pope, including his friendship with St. Clare.love, friendships and brotherhood.

## International – Saturday 9 September, 8:00 pm:

- **EO**

Poland-Italy-UK, 2022, Writer-Dir. Jerzy Skolimowski w/ Hola, Tako, Marietta, and others, Drama, 88mins, Polish-Italian- English-French-Spanish w/English subtitles, Rated: NR (PG)

The world is a mysterious place when seen through the eyes of an animal. The primary protagonist of this film is a grey donkey with melancholic eyes. He meets good and bad people on his life's path, experiences joy and pain, endures the wheel of fortune randomly turn his luck into disaster and his despair into unexpected bliss. But not even for a moment does he lose his innocence. Much acclaimed at Cannes, it's a film to watch.

## Children's Matinee – Sunday 10 September, 4:30 pm:

- **MARY AND MAX**

Australia, 2009, Dir. Adam Elliot w/ voices Tony Collette, Philip Seymour Hoffman, Eric Bana and others, Animations-Comedy, 92mins, English-Yiddish, Rated: NR (G)

A tale of friendship between two unlikely pen pals: Mary, a lonely, eight-year-old girl living in the suburbs of Melbourne, and Max, a 44yrs old, severely obese man living in New York.

## CLASSIC FILM FESTIVAL@ Ciné-Club:

### Ciné-Club Sunday 10 September, 8:00 pm:

- **THE MISFITS**

USA, 1961, Dir. John Huston w/ Marilyn Monroe, Clarke Gable and others, Romance – Western, 124 mins, English w/ English subtitles, Rated: NR(R).

While filing for a divorce, Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strike up a business capturing wild horses.

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

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

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