

*Auroville*

# NEWS & NOTES

No 1001 - A weekly bulletin for residents of Auroville

16 November 2023

**RA EDITION**



## PONDERING

6. Little by little it will be revealed what this new species must be, and meanwhile, the best course is to consecrate ourselves entirely to the Divine.  
~ 13th June 1970

The Mother - To be a true Aurovilian  
**Words of the Mother**

<https://dream.books.prisma.haus/en/to-be-a-true-aurovilian/>



# HOUSE OF MOTHER'S AGENDA



*(continued from last week)*

A supramental or gnostic race of beings would not be a race made according to a single type, moulded in a single fixed pattern; for the law of the supermind is unity fulfilled in diversity, and therefore there would be an infinite diversity in the manifestation of the gnostic consciousness although that consciousness would still be one in its basis, in its constitution, in its all-revealing and all-uniting order. It is evident that the triple status of the supermind would reproduce itself as a principle in this new manifestation: there would be below it and yet belonging to it the degrees of the overmind and intuitive gnosis with the souls that had realised these degrees of the ascending consciousness; there would be also at the summit, as the evolution in Knowledge proceeded, individual beings who would ascend beyond a supermind formulation and reach from the highest height of supermind to the summits of unitarian self-realisation in the body which must be the last and supreme state of the epiphany of the Creation. But in the supramental race itself, in the variation of its degrees, the individuals would not be cast according to a single type of individuality; each would be different from the other, a unique formation of the Being, although one with all the rest in foundation of self and sense of oneness and in the principle of his being. It is only this general principle of the supramental existence of which we can attempt to form an idea however diminished by the limitations of mental thought and mental language. A more living picture of the gnostic being supermind only could make; for the mind some abstract outlines of it are alone possible.

The gnosis is the effective principle of the Spirit, a highest dynamis of the spiritual existence. The gnostic individual would be the consummation of the spiritual man; his whole way of being, thinking, living, acting would be governed by the power of a vast universal spirituality. All the trinities of the Spirit would be real to his self-awareness and realised in his inner life. All his existence would be fused into oneness with the transcendent and universal Self and Spirit; all his action would originate from and obey the supreme Self and Spirit's divine governance of Nature. All life would have to him the sense of the Conscious Being, the Purusha within, finding its self-expression in Nature; his life and all its thoughts, feelings, acts would be filled for him with that significance and built upon that foundation of its reality. He would feel the presence of the Divine in every centre of his consciousness, in every vibration of his life-force, in every cell of his body. In all the workings of his force of Nature he would be aware of the workings of the supreme World-Mother, the Supernature; he would see his natural being as the becoming and manifestation of the power of the World-Mother.

In this consciousness he would live and act in an entire transcendent freedom, a complete joy of the spirit, an entire identity with the cosmic self and a spontaneous sympathy with all in the universe. All beings would be to him his own selves, all ways and powers of consciousness would be felt as the ways and powers of his own universality. But in that inclusive universality there would be no bondage to inferior forces, no deflection from his own highest truth: for this truth would envelop all truth of things and keep each in its own place, in a relation of diversified harmony, — it would not admit any confusion, clash, infringing of boundaries, any distortion of the different harmonies that constitute the total harmony. His own life and the world life would be to him like a perfect work of art; it would be as if the creation of a cosmic and spontaneous genius infallible in its working out of a multitudinous order. The gnostic individual would be in the world and of the world, but would also exceed it in his consciousness and live in his self of transcendence above it; he would be universal but free in the universe, individual but not limited by a separative individuality. The true Person is not an isolated entity, his individuality is universal; for he individualises the universe: it is at the same time divinely emergent in a spiritual air of transcendental infinity, like a high cloud-surpassing summit; for he individualises the divine Transcendence.

*(to be continued next week)*

— Sri Aurobindo . THE LIFE DIVINE

[https://sri-aurobindo.co.in/workings/sa/37\\_21\\_22/the\\_life\\_divine\\_21\\_22.pdf](https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf)

With love and gratitude,  
Gangalakshmi (HOMA)



## HARD 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 posters should be 1 MB, in JPEG format. Bigger posters will be reduced or cropped to fit.
- 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 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**

## 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,

### **Tamil and French N&N:**

You can now download the Tamil and French Editions of the N&N. Go to page 28.

### **Important call for support:**

The RA Edition of the News&Notes (RA N&N) is made by and for the residents, and can only exist with your support. So far, printing and distribution costs have been covered by private donations but we are now facing a shortage of funds. We call for the community's **solidarity** and **financial support** to fund the printing and distribution of our News&Notes.

To contribute to the RA N&N, you can do so by donating to: "NEWSLETTER COLLECTION" **FS #252150**. Gratitude in advance for the support!

### **Reminder:**

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

Read past issues and subscribe [HERE](#).

We look forward to continuing to serve the over 3000 readers who receive the RA N&N 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

## WORKING GROUPS NEWS

### FROM THE ENTRY SERVICE

#### **ES # 206 DATED: 16-11-2023**

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

We thank you in advance.

#### **NEWCOMER ANNOUNCED:**

- **Ayse Seza ASLANBAS (Turkish)** staying and working at Creativity



- **Balaji KARUNAKARAN (Indian)** staying in Prayatna (volunteer house) and working at Solar Kitchen



- **Dhesh M (Indian)** staying in Auromode and working at Hive



**NEWCOMER CONFIRMED:**

- **Aishwarya KUWAR (Indian)**

**AUROVILIAN ANNOUNCED:**

- **Gomathy MAGESH (Indian)** staying in Adventure and working at Solar Kitchen



- **Karan NAGAPPAN (Indian)** staying in Muyarchi and working at Solar Kitchen



**AUROVILIAN CONFIRMED:**

- **Chithra SEERALAN (Indian)**
- **Lukesh Bharath MOORTHY (Indian)**

**NOTE:**

- The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.
- A Newcomer becomes an 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)

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

## FROM THE AV COUNCIL

### CONTACT THE CONFLICT RESOLUTION COUNCIL

Dear community,

Please be aware that if you need support with any conflicts between Aurovilians or Auroville entities, the Conflict Resolution Council is there to assist you.

Please write to [avc.conflicts@gmail.com](mailto:avc.conflicts@gmail.com)

Best regards,  
The CRC team  
Ashwini, Suryan, Svenja, Sophie

## COMMUNITY NEWS

### COMMUNITY SHARING



#### SAFETY AWARENESS

Dear community,

Over the last few weeks the Auroville Safety & Security Team has received an increase in the number of reports of thefts and break-ins in various communities of Auroville.

**Please remember to take the following basic precautions:**

- **Lock doors and windows** at night or whenever away from a room or the house
- **Keep valuable items out of reach and out of view** (wallet, money, bag, laptop, cell phone etc...) and preferably locked away
- Make sure doors and windows cannot be opened via a cut in the mesh
- **Remove keys from locks** and keep them out of reach
- **Make sure you have saved AVSST's emergency phone number (9443090107)** and **immediately report** any suspicious activity / theft / attempted theft
- Inform your neighbours of any incident or suspicious activity

AVSST is regularly patrolling public spaces of Auroville but **basic precautions need to be taken by all** in order to prevent such incidents.

Auroville Safety & Security Team

### SUPPORT NEEDED

#### PUPPIES NEED YOUR HELP!



Now as monsoon has fully set in, we urgently request help from doglovers.

At the moment our shelter is caring for 23 tiny puppies and 19 bigger ones, another 20+ puppies were dumped near solar kitchen where they try to survive in a makeshift shelter set up by kind hearted people and cared for by Auroville children.



All those puppies need urgently dry cloth, warm water bottles, food and most importantly vaccinations as the risk that they die due to viruses is very high. If you can, please support the puppies in our shelter and in the makeshift puppy camp near solar kitchen. Please open your heart and home for them and foster or adopt them. Spread the news through your social media so that they stand a chance to find a forever loving home. Monsoon time is very difficult for everyone but for those tiny innocent beings it's a matter of life or death.

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

## BATTERIES FOR SOLAR SYSTEM NEEDED



Dear fellow Aurovilians,

After 9 years of faithful service, the batteries from our solar system are at their end.

We consider ourselves lucky that they have lasted this long! ❤️  
A new battery set has been ordered via Sunlit Future with a price tag of rs 2.12 lakhs.

We already have 1.35 lakhs, with donations from the Solar Fund, our own funds and the estimated resale value from the old batteries.

We are grateful for any donations that the community could support us with, to cover the remaining amount of rs 77000.

We have opened an account at the Financial Service, **252625 Stefan and Ancolie Solar Batteries** for the donations.

Thank you all very much in advance for helping us out. ❤️

Much love and gratitude,  
Stefan and Ancolie.  
Evergreen.

## VOICES AND NOTES

### ABANDON ALL RESISTANCE TO PROGRESS

Abandon all resistance to Progress:

Non-Sincerity, Non-Humility, Non-Gratitude to the Divine Consciousness,

Non-Perseverance, Non-Aspiration and Non-Receptivity.

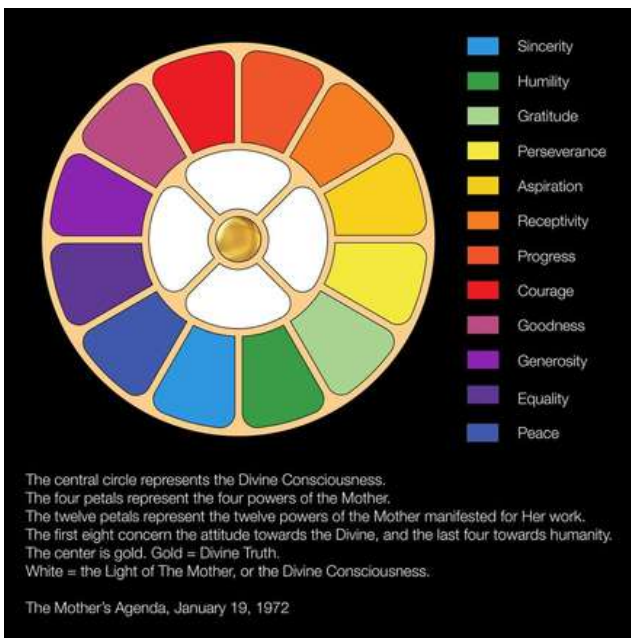
Be the Courage for Goodness, Generosity and Equality.

All under Heaven... Peace.

Or by your own egosword perish.

The Non-Evolver, Judge, Jury and Executioner

Is We ourselves, the One Non-Other.



ॐ, Zech, 2023.11.09

### ONE MUST REALISE ONE'S OWN TRANSFORMATION

For the Receptives, Here's the Mother on the role of the adverse forces:

***"Examine thyself without pity, then thou wilt be more charitable and pitiful to others."***

"Very good!

It is very good, very good for everybody, particularly for people who think themselves very superior.



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Indeed, men have always considered themselves victims harassed by adverse forces; those who are courageous fight, the others complain. But I have an increasingly concrete vision of the role that the adverse forces play in the creation, of the almost absolute necessity for them, **so that there can be progress and for the creation to become its Origin once again**—and such a clear vision that instead of asking for the conversion or abolition of the adverse forces **one must realise one's own transformation, pray for it and carry it out**. This is from the terrestrial point of view, I am not taking the individual standpoint. We know the individual standpoint; this is from the terrestrial point of view. It was the sudden vision of all the error, all the misunderstanding, all the ignorance and obscurity, and even worse, all the bad will in the terrestrial consciousness which felt responsible for the perpetuation of these adverse beings and forces and which offered them in a great aspiration—more than an aspiration, a kind of holocaust—so that the adverse forces might disappear and have no further reason to exist, so that they might no longer be there to point out everything that has to be changed.

Their presence was made unavoidable by all these things that were negations of the divine life. And this movement of offering of the earth consciousness to the Supreme, in an extraordinary intensity, was like a redemption so that the adverse forces might disappear.

It was a very intense experience which expressed itself like this: "Take all the faults I have committed, take them all, accept them, efface them so that these forces may disappear."

**This aphorism is the same thing from the other end, it is the same thing in essence. As long as it is possible for a human consciousness to feel, act, think or be contrary to the great divine Becoming, it is impossible to blame anyone else for it; it is impossible to blame the adverse forces which are maintained in creation as the means of making you see and feel all the progress that has yet to be made."**

Continue on for more good news and the way forward...

<https://incarnateword.in/cwm/10/aphorism-70>

***"The smile of love that sanctions the long game..."***

[https://auromaa.org/sri-aurobindo-ru/workings/sa/2829/0003\\_e.htm](https://auromaa.org/sri-aurobindo-ru/workings/sa/2829/0003_e.htm)

Thank you, Sri Aurobindo and the Mother, for your continuing guidance, in the thick of it all... 🙏

Zech, 2023.11.10

## **FROM NAMES TO THE NAMELESS**

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

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

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

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

Share it when we meet spontaneously, or send something to Anandi Zhang by email: [anandizhang@gmail.com](mailto:anandizhang@gmail.com)

# JOB OPPORTUNITY

## HR HUB

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

### **Office assistant (full time)**

A pottery studio is looking for someone that can handle invoicing/billing, filing, stock checking, taking the orders and maintaining the orders.

Keeping the stock room clean and sometimes packing. The applicants should be optimistic and should be involved in all kinds of work.

### **Waitressing (part time)**

A restaurant is looking for a person to help with waitressing, especially in the evenings 5-8pm and also weekends.

### **Caretaker (full or part time)**

Looking for someone that has experience as a caretaker for seniors. This is a position for night duty. Preferably someone with nursing skills.

### **Fundraiser (part time)**

#### Roles & Responsibilities:

Developing & managing a fundraising strategy; Assisting with writing funding proposals- Conduct research on potential funding opportunities; Creating & maintaining a donor database; Process all donations and ensure timely acknowledgement; Assist with appeals, preparing mailings and donor lists. Cultivate relationships with all new base-level donors. Coordinate with Admin and Human Resources Manager and Accountant for all donations and funding; Assisting with funding related presentations and meetings; Maintaining the newsletter and other communication. Be the lead in writing and sharing the newsletter. Write articles and social media posts.

The essential skills looking for are:

- Excellent communication (written & verbal in English) and listening skills.
- Good research and presentation skills.
- Someone who is organised, pays attention to detail and is able to manage their time effectively.
- Someone who enjoys working independently as well as part of a team.
- Fluency in Word, Excel & PowerPoint.
- Someone who is adaptable and flexible and has independent initiative.
- Someone who is trustworthy and inspires confidence from donors.

It would be great to have someone with experience in the following:

Previous experience in fundraising, interacting and communicating with donors. Strong connection with Auroville and committed to joining the team for 2-3 years. • Minimum education level of Bachelor's Degree.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. You can find us at [hr.hubauroville@gmail.com](mailto:hr.hubauroville@gmail.com).

# AWAKENING SPIRIT

## IN MEMORY OF PASHI

A meditation will be held in the Garden of Youthfulness in fond memory of our dear brother Pashi Kapoor On Friday 17th November from 5 to 5.30 pm.

Aum

**17.11.1973**

## THE DAY MOTHER LEFT HER BODY

*A combatant in silent dreadful lists,  
The world unknowing, for the world she stood:  
No helper had she save the Strength within;*

**6.30 - 7 am: Meditation under the Banyan Tree at the Matrimandir.**

Entrance from the Office Gate, open from 6 am.

Guests are requested to carry their Aurocard.

## DARSHAN TIMINGS



17<sup>th</sup> November 2023  
The Mother's Mahasamadhi



The Sri Aurobindo Ashram has announced that The Mother's Room will open on 17th November for general Darshan from 5:00am to 12noon.

The Mother's Room Darshan is available to all. No tokens are required for a Room Darshan. You may join the general Darshan queue from 5am onward, at your convenience.

With love,  
Andrea

## THE OM CHOIR CONTINUES



We wish to inform everyone that despite the absence of Narad who is unavailable to lead the Choir for a while, we will continue to meet and chant OM during the usual time at **Savitri Bhavan, from 5:30 PM to 6:30 PM on Tuesdays**. All are welcome. Come join us to explore the sound of OM in an aspiration for collective harmony and transformation for ourselves, humanity and the Earth.

Thank you... Noel

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

**Tuesday, 21st November, 9 am - 12 noon**

**Focus: Practice – the Sunlit Path**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele

Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



## AMPHITHEATRE - MATRIMANDIR

Every THURSDAY at sunset  
5.30 to 6 pm  
(weather permitting)

### Meditation with Savitri,

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

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

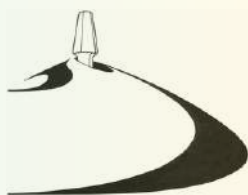
#### Reminder to all:

The Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you.

**Access only for the Amphitheatre from 5.15 pm and for the meditation time.**

Thank you,  
Surya and Amphitheatre Team



## POETRY

He shaved his hair.  
Claims no ownership  
To what's gone  
While he proudly strokes  
What's left curled up  
Above his lips.

*"No, I will not shave it  
Or share it with anyone.  
Definitely not  
With a bowl of soup."*

-Anandi Z.



## TAMIL & FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

Click [here](#) to read the French News&Notes  
or  
Scan the QR code:



ஆரோவில் தமிழ்ச் செய்திகள்

Click [here](#) to read the Tamil News&Notes  
or  
scan the code:



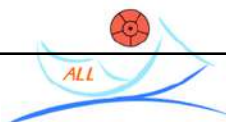
## TAXI SHARE



### FROM CHENNAI TO AUROVILLE 28TH DECEMBER

If you would like to share a Taxi on **28th December at 1:00PM**,  
from **Chennai airport to Auroville**, please contact:  
[butterflyambre@gmail.com](mailto:butterflyambre@gmail.com)

# EDUCATION



## 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:** Volunteer (s) capable of reading & writing **Kannada & Telugu**, for proofreading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment.

### Tomatis

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

Please contact 0413-3509932 or 04132622467 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-sBMlywZNdZcAng/videos>
- <https://www.listenwell.com/>

### Current Language Courses at ALL

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

Jean-François offers three 2-month courses. New batches start late October. These fill up quick, so please register soon.

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

This 16-hour course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course will start **November 4**. Classes take place **Saturdays, 2:30 to 4:30pm**

##### **French Conversation (Post-Beginner to Pre-Intermediate level):**

This 12-hour course is for post-beginners with a basic knowledge of French who are not yet comfortable conversing in French. The course will focus on day-to-day topics and will be a good mix of grammar, and interactive verbal as well as written exercises. By the end of the course, the students will acquire a more solid foundation in French conversational skills. All students who have taken Jean-François's Beginner Course are welcome to join!

- This course will start on **November 4**. Classes take place **Saturdays, 10:30am to 12noon**.

##### **French Conversation (Intermediate level):**

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 16-hour course will start on **November 6**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

## English Conversation with Ramesh

This course is now closed to new registrations.

## German with Ben

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

**Beginner German:** This course is now closed to new registrations.

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

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

## Spoken Tamil with Saravanan

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.

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

## Beginner Hindi with Alka

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

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

## 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.aurovillelanguage.org/>

You may also drop us an email at

[info@aurovillelanguage.org](mailto:info@aurovillelanguage.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!

**Current Schedule of Classes**

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate	10:30 - 11:30am	Tuesday & Thursday
	Conversation Started 17 October 2023	4-5pm	Tuesday & Thursday
French	Beginner Started 4 November 2023	2:30- 4:30pm	Saturday
	Conversation 1 Started 4 November 2023	10:30am – 12noon	
	Conversation 2 Started 6 November 2023	2:30 -3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September 2023	9:30 – 10:30am	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner Started 9 September 2023	10am – 12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30 – 11am	Monday & Wednesday
	German Conversation To start soon	4 – 5pm	Tuesday & Thursday
Spanish	Beginner To start January 2024	2:30 – 3:30pm	Tuesday & Thursday
	Intermediate	2:30 – 4pm	Tuesday
Japanese	Beginner To start December 2023	TBA	TBA
Italian	Beginner TBA	2:30 – 3:30pm	Monday & Wednesday
	Conversation TBA	2:30 – 3:30pm	Tuesday & Thursday
Persian	Beginner To start January 2023	TBA	TBA

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@aurovillelanguage.org](mailto:info@aurovillelanguage.org)

**SPOKEN ENGLISH AND HINDI**

Hi! My name is Ashwini and I have an experience of 20 years as a Spoken **English, Hindi, Kannada and Marathi** language trainer for all levels. If you are interested in learning one of the above languages either in oral or written form please contact me on my WhatsApp 8270512606.

**TUTION GRADE 1-12**

Tution classes open for students from grade 1 to grade 12. Please contact on my WhatsApp 8270512606. Ashwini



# HEALTH

## A TALK BY THE TIBETAN DOCTOR

THURSDAY 16TH NOVEMBER

Pavilion Of Tibetan Culture International zone invites you for a talk by the Tibetan Doctor Samphel la, On a topic

### "CRUCIAL ROLE OF DIET AND LIFESTYLE IN TIBETAN MEDICINE "

On **THURSDAY 16th November**

At **6:45 to 7:00pm**

Followed by Question and Answer.

## SANTÉ SERVICES IN NOVEMBER 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/Tue/Wed/Thurs/Fri	<b>Pregnancy Care &amp; Women's Wellness with Paula:</b> Tuesday & Wednesday
<b>Acupuncture with Andres:</b> Mon/Tue/Wed/Fri/Sat	<b>Homeopathy with Michael:</b> Mon / Wed / Sat
<b>Integrative Psychotherapy with Juan Andres:</b> TOS	<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> Inquiry through email ( <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a> )	<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.**



## THE ARTS

### SEARCH FOR THE HEART OF FLOWERS

A lovely 5-minutes clip by **Alessandra Silver** on the **Ikebana creation by Valeria Raso Matsumoto** with participation of **Kenji Matsumoto** can be found at <https://www.youtube.com/watch?v=Yr2HjAsV3Ws>



The exhibition was held at Auroville's Centre d'Art in the third week of October this year.

### EXHIBITION IN CENTRE D'ART

#### Soft Self

#### Inner Multiplicity and Gentleness

*An art research project with writings and mixed media paintings by Lisa Suchanek*

This exhibition presents a personal and sensory play of materials and storytelling inspired by various spiritual perspectives and modern mental health research. Expressed in figures, textures, colours and words, its core theme is the paradoxical nature of life energy and the practice of holding it with gentleness:

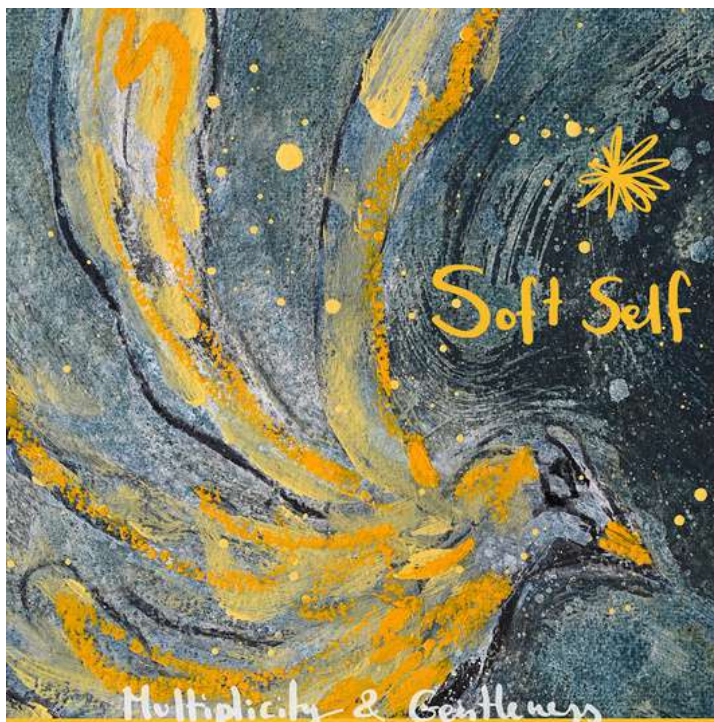
*Even though life shakes and inner defences emerge, it is safe for me to feel and to curiously rummage the forgotten pockets within. To abdicate that which is beyond, while taking soft responsibility for that which is here. Drifting with deliberate care — expanding, not breaking — learning to become a good place for others and for the many parts within.*

Lisa Suchanek

From 17 November to 2 December 2023

Monday to Saturday 10.30 am - 12.30 pm, 3.30 pm - 5.00 pm

Opening on Friday 17 November 2023 at 4.30 pm



*Paintings and Writings  
by Lisa Suchanek*

OPENING 17 NOVEMBER, 4.30 PM

17 November to  
2 December 2023

10.30 AM - 12.30 PM  
03.30 PM - 5.00 PM



Centre d'Art  
Citadines, Auroville

Sunday Closed  
Please park at Town Hall

# CLASSES, WORKSHOPS & HEALING ARTS

## TAI CHI HALL @ SHARNGA

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

### **Mondays & Saturdays:**

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

### **Tuesdays - Fridays:**

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

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

**Our next beginner's intensive is from February 12 to March 2, 2024.**

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

## QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India

[www.quiethalingcenter.info](http://www.quiethalingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

Mobile & WhatsApp: +91 9488084966

### **Hawaiian Massage Course: Lomi Lomi Basic with Sang**

- **Thursday 23 - Sunday 26 November (8:00am - 6:00pm: 34 hours)**

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

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

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

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

### **Hawaiian Hot Stones Massage Course with Sang**

- **Friday 1 - Sunday 3 December (8:00am - 6:00pm: 30 hours)**

Hot stones massage is used to help relax and ease tense muscles and damaged soft tissues throughout the body. During a hot stone massage, smooth, flat, heated stones are massaged directly on the body and placed on specific parts of the body. The stones are usually basalt, a type of volcanic rock that retains heat.

In this 3-day course, you'll learn how to use the stones and hands as an extension of the heart. The course also includes body brushing, balancing, sacred rituals, and Hawaiian chanting.

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

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

## BODY IN LIGHT: ENERGY HEALING WORKSHOP

NOV 18-19, 9AM-5PM



Awaken to the  
Light of Your Soul

### BODY IN LIGHT

2-Day Energy Healing  
Workshop

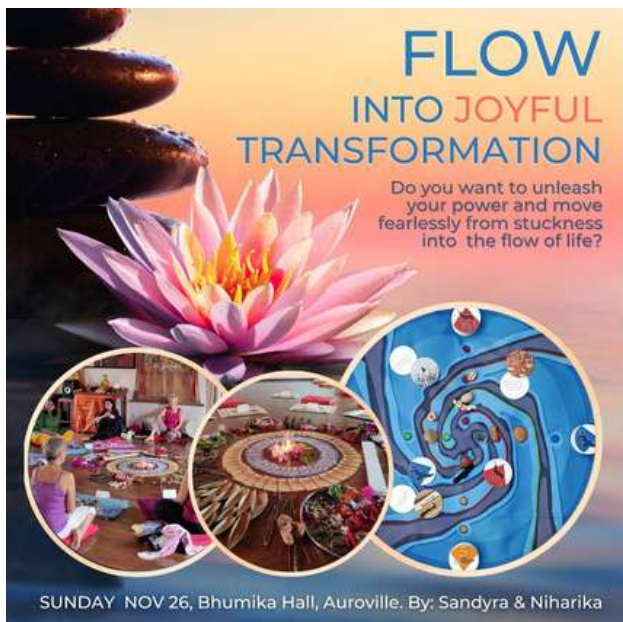
Nov 18-19, 9am-5pm  
Tibetan Pavilion

In this 2-day workshop, learn:

- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence —through Divine Spine Alignment.
- Step into the frequency of the four Mother Powers and anchor your connection with her archetypal essences.
- Facilitator: Sandhya, Energy Healer & Teacher since 25 years. Limited seats. Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 98333 84580
- The workshop will be offered also again on Dec 16-17, and Jan 5-7.

## FLOW INTO JOYFUL TRANSFORMATION

SUNDAY NOV 26, 9AM-5PM



### FLOW INTO JOYFUL TRANSFORMATION

Do you want to unleash  
your power and move  
fearlessly from stuckness  
into the flow of life?

SUNDAY NOV 26, Bhumika Hall, Auroville. By: Sandhya & Niharika

Do you want to unleash your power and move fearlessly from stuckness into the flow of life? This workshop has been designed to activate a radical transformation in your reality. Tap into significant breakthroughs through a creative, intuitive journey. Access your inner toolbox and open the door to a new awareness. We will draw on different tools for soulful inquiry, such as the Flow Game, art-based explorations, embodied earth-based practices, and self-healing. Facilitators: Sandhya & Niharika.

Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 98333 84580.

## VÉRITÉ WORKSHOPS AND THERAPY

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)



### **Understanding Pranayama and its Practice in Asanas and Meditation – with Radhika Friday, November 17, 9:30am – 12:00pm**

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

### **Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana – with Andres Saturday, November 18, 9:30am – 12:00pm (theory booklet included)**

The body energy lines wisdom – SEN lines (Thai) or Nadis (Sanskrit) – is one of the most important and fundamental pillars of both Yoga and Thai Yoga Massage. Sen Lines or Prana Nadis are energetic pathways of life, giving breath in the body. When the energy doesn't flow appropriately through these energy lines disease appears. In this workshop, you will learn the origin of this millenary knowledge and practical application for Yoga postures (Asanas).

### **Awareness Through the Body – with Amir Saturday, November 18, 9:30am – 12:00pm**

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

### **Sivananda Yoga: Masterclass – with Mani Friday, November 24, 9:30am – 12:00pm**

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

### **Safe Yoga Asana Practice: Do's & Don'ts – with Rebeca (Theory & Practice) Saturday, November 25, 9:30am – 12:00pm**

Although yoga offers many health benefits, if practiced incorrectly, it may cause muscle strain, torn ligaments, or other serious injuries. Rebeca will present a detailed breakdown of some challenging asanas, to both understand the risks and develop the necessary skills for safe practice. The session is open to all; especially designed for yoga teachers or yoga practitioners.

**CANCELLED Class for the whole month  
Tuesday - Restorative Yoga with Rachel - 9.30am -  
10.30am**

## AUROMODE YOGA SPACE

**Monday to Friday** November 2023 schedule

6 30 am to 9 30 am

**Vinyasa flow Asanas  
Pranayama,  
Meditation.**

**Saturday Karma Yoga**

6 30 to 9 00 am

**Satsang -5 to 6 30 pm**

Sunday Morning - Special  
program every week

Daily drop in possible. On contribution.

Bring your own yoga mat



**Auromode Yoga Space -Near CSR / Upassana**

balaganesh.siva@gmail.com - WA + 91 98926 99804



## DEEP SOUND BATH IN CREATIVITY

### TIBETAN BOWLS

Hall of Light  
CREATIVITY community

**Every Friday  
from 5 to 6'30 pm**

Starting from 17th November



**There will be a LIGHT massage by the Tibetan Bowls.**

Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practise produce a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

*"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes."*

Drop in the Hall, no reservation needed.

Please arrive 10 minutes before.

Guest 600 rs

Volunteer 300 rs

Aurovilians and Newcomers, conscious contribution

Sathyayuga

WA +917639761930

## CHANTING CLASS - SERENDIPITY

**Traditional  
Mantras & Stotras  
Chanting Classes**

at Serendipity Community

Thursday 9:00 AM (drop-in class)

Friday 5:00 PM (regular class)

with Sonia Novaes



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



## SOMATIC EXPLORATIONS

CREATIVITY HALL OF LIGHT



## Somatic Explorations

through sensations

We all share a common need for connection.

Let's begin a journey of curiosity together within our bodies

through movement, dance, observation, and moments of stillness.

every tuesday  
17:30 - 18:40  
Hall of Light

Could this be the pathway to deeper connections with others and the world around us?

## FORGIVENESS & RECONCILIATION

### FORGIVENESS & RECONCILIATION

Exploring Roots of Hurt, Anger & Alienation

With

**Dr. Sehdev Kumar**

Author of *7000 Million Degrees of Freedom: One Earth, Seven Billion Worlds*



**Hurt is inevitable; Suffering is a Choice**

An Introductory Session for Weekly Workshops  
Pavilion of Tibetan Culture  
Friday, November 17  
5:00 – 6:45 pm

## 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)

## PITANGA



## Program November 2023

### CLASSES - REGISTRATION REQUIRED

#### Iyengar Yoga with Tatiana and Chloé

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

#### **Mondays 5pm – 6.30pm** 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. Exceptionally, this class can be attended without registration as well.

#### Art Therapy with Gala

Thursdays, 3 – 5pm for adults

Fridays, 3 – 5pm for families

### YOUTH ACTIVITIES

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

#### **Asanas for Teenagers** with Lisbeth

Mondays, Wednesdays | 4pm – 5:15pm

#### **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 | (*not on 20 and 27 Nov.*)

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

4:00pm – 5:00pm | **Deep Presence** with Mike S.

### Tuesdays

4.45pm – 5.30pm | **Odissi Dance** with Rekha | Beginners

3:30pm – 4:30pm | **Body Musik** with Anandi Z. | All levels

### Wednesdays

7.30am – 9am | **Asanas** with Rachel | All levels | (*not on 22 and 29 Nov.*)

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

### Thursdays

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

4:30 – 6pm | **Vocal Sound Healing** with Lola | All levels

### Fridays

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

7.30am – 9am | **Asanas** with Rachel | All levels | (*Not on 17 and 24 Nov.*)

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

3.45pm – 4.30pm | **Odissi Dance** with Rekha | Beginners

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

5:15 – 6:15pm | **Feldenkrais class** with Shari | All levels

### Saturdays

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

11:00am -12:15pm | **ATB explorations** with Isora, Rosario and Teresa | All are welcome to join.

4:30pm – 5:30pm | **Body Musik** with Anandi Z. | All levels

## HEALING SPACE - BY APPOINTMENT

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

## NEW ACTIVITIES



### Vocal Sound Healing

Practice and embody the power of the voice, your most potent healing instrument.

The voice is the only tool more powerful than the gong, especially your own voice, because you are self-generating the healing vibrations to shift energetic blocks.

The practice is about opening yourself up to a new way of exploring your voice.

Immerse yourself in this session, discover your own voice, take a step to experiment through sound, music and movement. No experience is needed.

**Every Thursday from 4:30 - 6pm with Lola**





## Deep Presence - Inner Exploration

A guided exploration by  
Mikhail S.

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

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

The exploration lasts 45 minutes and ends with a small sharing of approximately 10-15 minutes. Preparation for class: If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

**Every Monday from 4pm – 5pm with Mikhail S.**



## ATB explorations

The class has started on  
11th November.

A joyful space for discovering oneself and developing attention and relaxation.

**Every Saturday from 11am to 12:15pm.**

All are welcome - Drop-in session.

With love and gratitude, Isora, Rosario and Teresa



## Body music

The class has started on  
14th November.

Tapping with hands on acupressure points of the body and in a certain sequence stimulates the body to improve the flow of energy. It is an easy to learn self-help technique to relieve stress. In this class body tapping will be done on oneself, for each other and as a group and integrated with guided Qi movement, conscious touch, and simple massage to discover and align with the universal music.

**Every Tuesday, from 3:30-4:30pm and Saturdays 4:30-5:30pm from With Anandi Z.**

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)*

## VIPASSANA MEDITATION

All **old students** of Vipassana meditation **having completed at least one 10-day course as taught by S.N. Goenka** ([www.dhamma.org](http://www.dhamma.org)) and who is not meditating within any other tradition are welcome to attend a half-day Vipassana course at Udavi School in Auroville.

**Date:** Every Sunday

**Timings:** 8:30 AM – 12:30 PM but you can also drop in and join as long as you wish.

**No registration is required.**

**Venue:** Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).

**Contact:** Sanjay Tumati, +91 8790982210  
(available on WhatsApp)  
[sanjay@auraauro.com](mailto:sanjay@auraauro.com)

Vipassana  
As taught by S.N. Goenka



## AUROVILLE HEALTH CARE KINESIOLOGY NOVEMBER PROGRAM

**New: Kinesiology courses beginning in New Creation, Auroville.**

### Touch For Health

Inspired by Chinese medicine, Touch for Health (T.F.H.) or health through touch allows for the assessment and correction of the energetic system, organs, and acupuncture meridians through the muscular system. John THIE, one of the leaders in kinesiology, developed this technique by reflexively influencing the lymphatic system and blood circulation, enabling the body to self-regulate. With its balancing capabilities, Touch for Health serves beneficial functions.

**Level 1 : 2 days, 20-21 November**

**Level 2 : 2 days, 22-23 November**

### Brain Gym

Kinaesthetic education or Brain Gym is an approach that enhances skills and stimulates capabilities. It offers an experiential learning based on movement and observation through playful and creative activities. Brain Gym courses aim to teach how to assist others and oneself in managing stress, releasing muscle tension, and rediscovering the joy of moving, learning, evolving, and succeeding.

**Level 1: 2 days, 27-28 November**

**Level 2: 2 days, 29-30 November**

For more information on kinesiology courses and classes go to [www.kinesiology-auroville.in](http://www.kinesiology-auroville.in)

### The teacher

Yehovind (Ricardo Martinez) was director and teacher of the ASTM kinesiology school in Paris for 13 years. He has more than 20 years of experience in this field. Courses are in French and translated in English.

### Place:

New Creation, Auroville (Near Kuyilappalayam)

### Contact:

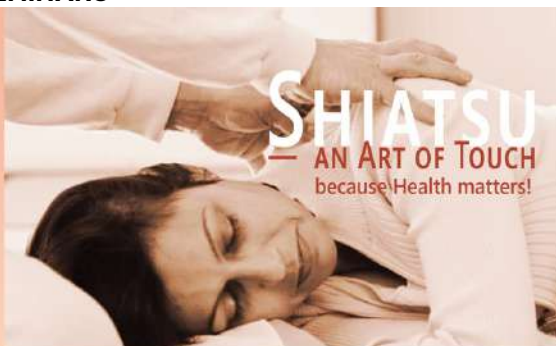
Whatsapp message only: +33686928426

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

[contact@kinesiology-auroville.in](mailto:contact@kinesiology-auroville.in)

## SHIATSU SEMINARS

# SHIATSU



**SHIATSU**  
— AN ART OF TOUCH  
because Health matters!

For info and registration:

shiatsuindia@gmail.com  
WA, Signal, Telegram:  
+91-9751 513906

Ulrike  
Urvasi

**Seminars to begin or deepen Your Journey**

Courses are part of a 2 - 3 years/ 500 hours Shiatsu Practitioner Training to be established.

Seminar location:  
Budokan Auroville,  
Dehashakti Sports Ground,  
Dana, Auroville.

**December 2023**  
**Fri 8<sup>th</sup> & Sat 9<sup>th</sup>**



Introduction to Shiatsu & Meridians - 2 days

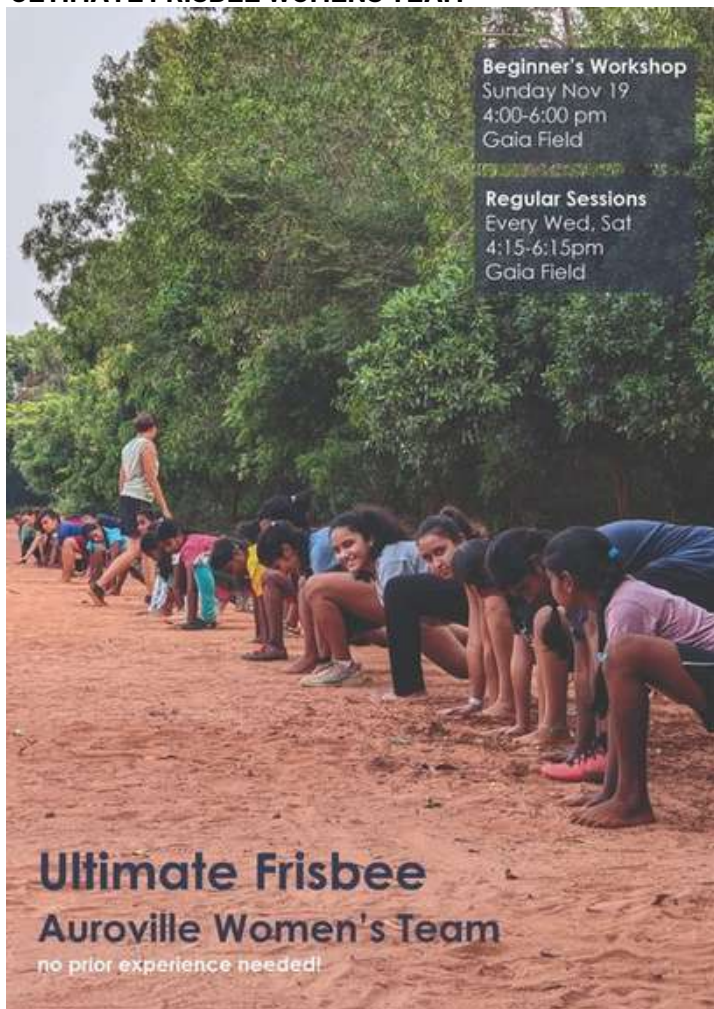
Preparation for the 6-day courses.  
Open to anyone interested.

**Mon 11<sup>th</sup>– Wed 13<sup>th</sup>** Shen (Spiritual) Aspects of Elements - 6 days  
**Fri 15<sup>th</sup>– Sun 17<sup>th</sup>**

Come and experience and explore conscious and calm perception, inner sensing and Awareness of Touch, combined with the study of the 12 Classical Meridians and 5 elements, health wisdom, strengthening and harmonising exercises and ways of moving for your daily practice.

## ACTIVITIES & EVENTS

### ULTIMATE FRISBEE WOMENS TEAM



**Beginner's Workshop**  
Sunday Nov 19  
4:00-6:00 pm  
Gaia Field

**Regular Sessions**  
Every Wed, Sat  
4:15-6:15pm  
Gaia Field

## Ultimate Frisbee

### Auroville Women's Team

no prior experience needed!

## AUROVILLE: ONE DAY & HALF DAY TOURS

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints.



We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

Pre - Registration is required.

Contact us to know more details:

[youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or WA: +91 85248 25120

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

[https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUIAJomDU?](https://drive.google.com/drive/folders/1tGQN BGltSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link)

[usp=drive\\_link](#) or

please scan this code to know more:



## ECO FEMME OPEN HOUSE



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

## ART AND NATURE ACTIVITY

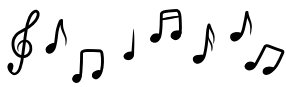
### Co-creating with the Spirit of Nature

Are you interested in deepening your communication with Nature and co-create in its Spirit? Drawing, painting, dancing, video, poetry... whatever field you are called for. Bring your own materials or use what nature is offering. Let's meet on Wednesdays afternoon from 3p.m to 4.30 p.m. We will work out doors.

Register:

Bel: +91 7598892065 WA





## SOLITUDE FARM

### 'LIVELY UP YOUR EARTH' ECO MUSIC FESTIVAL

Dear friends,

It's with great excitement that we announce the **eighth edition of 'lively up your earth' eco music festival** at solitude farm auroville! This festival is an honoring of mother nature and a celebration of the creativity within our community. The festival will take place on **Saturday the 10th of February, 2024 from 10am -10pm.**

The core theme will be focused around our most collective need, local food. There will be cooking workshops throughout the day and we hope to offer Annadanam, 2000 free meals.

Along with this, there will be two stages, loads of bands, musicians, dancers, artists, performers, mini workshops and stalls ranging from beekeeping, handmade jewellery, kids space, seedbank, mushroom workshop, permaculture workshop, and whatever else you'd like to offer!

If you'd like to help in making this dream a reality, there are myriad ways to get involved. We are still looking to finalize bands, workshops and stalls that will be present. **If you are interested in volunteering, we need hands-on people to help with festival preparation, set-up and management, cooking, serving food...**

So let's lively up our earth together.

Get in touch with us.

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

9843319260

Love

Krishna and the luye team



Solitude Farm



## SOLITUDE FARM

### FESTIVAL LOCAL FOOD STALLS

*"The ultimate goal of farming is not the growing of crops, but the cultivation & perfection of human beings." Masanobu Fukuoka*

Dear Friends,

On the 10th of February 2024 we are excited to announce the 8th incarnation of the Solitude 'Lively up your Earth' eco-music festival. As well as celebrating the creativity within our community, with music and performance arts, the central theme of the festival will be local foods. We would like to invite you to help run one of the local food stalls where throughout the day, we want to demonstrate how to use local foods such as, drumstick, banana flower, banana stem, chaya spinach, plantain, ragi etc. Each stall will have a gas stove and kitchen implements to make examples of ways to use each ingredient, allowing people to sample the dishes. We imagine each stall will need three people to manage these mini cooking workshops throughout the day.

As well as helping run this amazing festival this is a wonderful opportunity to learn about local foods. If you have knowledge on how to use local foods that is wonderful but not essential, what is essential is enthusiasm, and good communication skills.

If you'd like to join us, send us an email [@Solitude Farm Cafe](mailto:@Solitude Farm Cafe) specify the subject as LUYE.

Love, LUYE Team



Solitude Farm



## SOLITUDE FARM

LIVELY UP YOUR EARTH - STALLS

*"The ultimate goal of farming is not the growing of crops, but the cultivation & perfection of human beings." Masanobu Fukuoka*

Dear Friends,

LUYE 2024 is a celebration of Mother Earth, local foods and the creativity within our community.

We'd like to invite you to share your creativity, art, craft education, and passion for what Auroville stands for with a stall at the festival. Our goal is to maintain an emphasis on education, ecology, community and art. We would like to keep commercial stalls to a minimum.

If you'd like to participate, we look forward to hearing from you. Send us an email [@Solitude Farm Cafe](mailto:@Solitude Farm Cafe)

Love, LUYE Team

## THE EUROPEAN HOUSE, PAVILLON DE FRANCE, & ILION AUROVILLE PRESENT:

### The Myth of Europa

A Conference

By Claude de Warren

**Saturday 18th November 2023 at 5pm**

**Town Hall - Cinema Paradiso**

**in French with English instantaneous translation,**

**duration: 1h + Q&A**



**How can this foundational myth of European culture, in light of Sri Aurobindo's writings, help us understand Europe and some of its present-day challenges ?**

This lecture will look at the evolution of Europe from a completely new angle, namely that of Greek mythology, deciphered by the lecturer over a period of almost 30 years. This mythology describes the spiritual quest, its challenges, its obstacles and the forces that intervene to support the seeker or force him or her to undergo greater purification on the path to freedom.

But it also describes the evolution of humankind, because both move forward in concert.

While the myth of Europa describes a particular stage in the seeker's progress, it also presents the evolution of the dominant spirituality in the West from Egypt to Greece, via Crete. Developed over more than 3,000 years, this myth has provided a general orientation and indicated certain errors that should be avoided.

We will look at whether and how the countries of Europe have fulfilled the general task assigned to them, avoiding the pitfalls so that new paths can now emerge.

The conference will be given in French with instantaneous translation (earphones) in English.

## VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

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



# Volunteer and learn farming hands-on!

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

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

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



## KARAOKE PIZZA NIGHT FRIDAY 17TH NOVEMBER

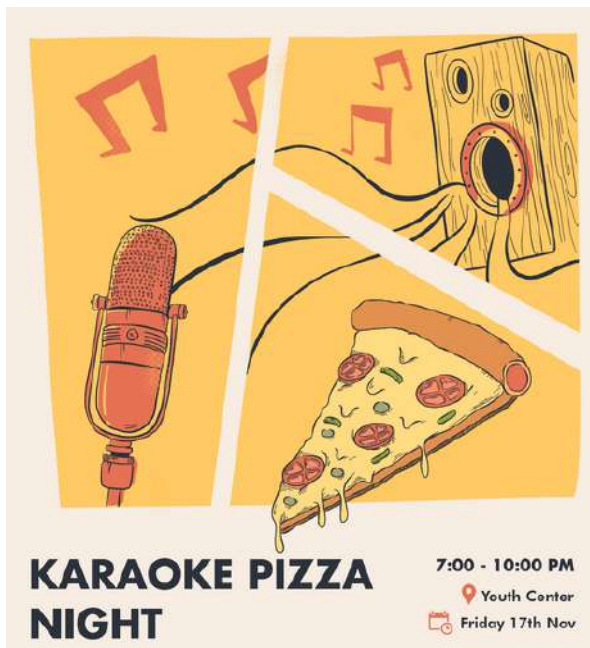
Dear Community,

YouthLink & Youth Centre are thrilled to extend its warm invitation to you for an exciting **KARAOKE PIZZA NIGHT**.

Join us for an unforgettable evening where you can sing your heart out while relishing on delicious pizza.

Whether you believe you have the voice of a professional or you're just a shower singer, this event is tailor-made for everyone to come together, have a blast, and foster a sense of togetherness within our community. Don't forget to bring your favorite song to share with us!

Looking forward to seeing you there!



The graphic features a stylized illustration on a yellow background. On the left, a red vintage microphone is shown. On the right, a wooden speaker with a large circular opening is depicted. A slice of pizza with toppings is positioned at the bottom. Red musical notes are scattered in the upper left and right areas. A white diagonal line divides the scene.

## KARAOKE PIZZA NIGHT

7:00 - 10:00 PM  
Youth Center  
Friday 17th Nov

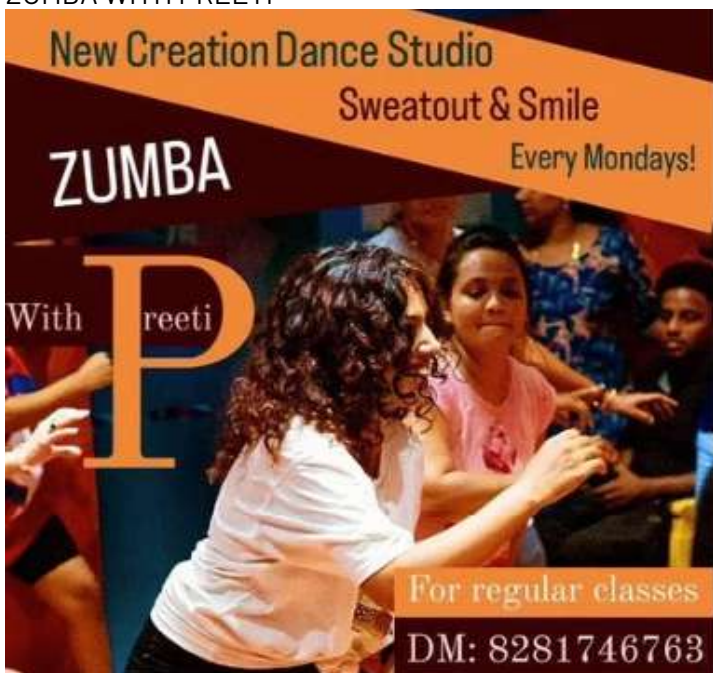
Timings : 7 - 10pm

Where : Youth Center

When : Friday, 17th of November

\*Youth center now has pizza nights also on Saturdays and Sundays

## NEW CREATION DANCE STUDIO ZUMBA WITH PREETI

A promotional poster for a Zumba class. The top half features a dark orange banner with the text 'New Creation Dance Studio' and 'Sweatout & Smile' in white. Below this, 'ZUMBA' is written in large white letters, followed by 'With Preeti' where 'P' is a large orange letter and 'reeti' is in white. The background shows a group of people in a dance studio. At the bottom right, there is a dark orange box with the text 'For regular classes' and 'DM: 8281746763' in white.

New Creation Dance Studio  
Sweatout & Smile  
Every Mondays!  
ZUMBA  
With Preeti  
For regular classes  
DM: 8281746763

## INTRODUCTION TO MANAGEMENT ACCOUNTING FOR UNIT EXECUTIVES NOVEMBER 18TH, 9:15AM - 12:30PM



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

This series of training sessions will begin with a taster session to explain the importance of understanding this critical information, with exploration of an Auroville based case study. We welcome unit executives and any others who make critical business decisions for the unit to attend this session.

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

The training will be held on **Saturday 18th November** from **9.15am -12.30pm** including breaks.

If you are interested to attend, please email:  
[flourish@auroville.org.in](mailto:flourish@auroville.org.in)

## CHILDREN'S DAY CELEBRATION SATURDAY 25TH NOVEMBER

Dear children of Auroville,

We from YouthLink and Youth Center would like to invite you all to a **children's day celebration** at the **Youth Center** on **Saturday 25th November from 3pm to 6pm!** This is a community event for children, hence will be for ages 6 to 14. The day will be centred around a **treasure hunt** like last year, and will have **games, activities, and snacks** for you to enjoy.

So what are you waiting for, let's get together and have some fun!

Looking forward to seeing you all.  
With Love,  
YouthLink X Youth Center teams





## HIVE OPEN HOUSE FRIDAY, 17TH NOVEMBER 2023



Dear All,

Join us at Hive's **Open House on Friday, 17th November 2023**, from **10 am to 5 pm!**

Embark on a journey of boundless productivity and endless opportunities with Super-fast Internet and Unlimited data - All for free.

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

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

See you on Friday!

**FREE  
OPEN HOUSE  
November 17<sup>th</sup>**

**Hive**  
A CO-WORKING SPACE

### 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:  
8098845200



#### 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)

## TLC FRIDAY OPEN SPACES



**TLC welcomes  
all Auroville kids every  
Friday**

**11:00-12:30  
Nursery  
Open Spaces  
(2-5 yrs)**

**12:30-13:30  
potluck lunch**

**13:30-15:00 Open  
Spaces for kids  
(6-14 yrs)**

**At TLC  
Base Camp**

**For more info contact 9442180610**

## KUILAI CREATIVE CENTRE

Dear friends,

We are looking for volunteers who could help in Teaching English/Hindi/French lessons to Beginners and Inter-mediate (Children and Adults) 1 or 2 hours per day.



You are also welcome to visit and explore our Creative Tailoring Sessions from Monday to Friday.

Kindly contact: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) Or [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

For more info and details:

WhatsApp: + 91-8608473385 / 9843195290

## FOOD FOREST TOUR

[www.myfoodforest.info](http://www.myfoodforest.info) / [myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)



**FOOD FOREST TOUR**

I welcome you to a tour through my permaculture garden!  
We will take a look at local foods and you will get an idea on how to start growing your own food.  
Come and connect with nature and learn about healthy and sustainable food options  
This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious **VEGAN ICE CREAMS** and more...  
**EVERY SUNDAY from 9:30 to 11:30**  
at La Ferme Community (5min from AV Bakery)  
Sign up and info's whatsapp Sarah 9047421044  
[www.myfoodforest.info](http://www.myfoodforest.info)  
[myfoodforestgarden@gmail.com](mailto:myfoodforestgarden@gmail.com)

## FOODS, GOODS & SERVICES

### MANDALA POTTERY DIWALI SALE

Mandala Pottery is having its **annual Diwali sale** with lots of tableware, decorative and architectural ceramics.

We also have a secret 250-500 rupees corner full of eclectics this time....

come scavenge around!!!! ;)

**Sale on till 30th November 2023, 9am - noon/ 1pm - 4pm.**

Sundays and bank holidays closed.

Do pass by.

Dana Community, Opp. Baraka gate.

0413-2622685 / [mandalapottery@gmail.com](mailto:mandalapottery@gmail.com)



### SURABHI SUPPLIES

Dear Auroville Community,

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

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

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

If you have any inquiries, please don't hesitate to reach out to us at:

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

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,  
Surabhi Supplies

### THE SPROUT IS OPEN!



We're thrilled to announce that our doors are officially open! Join us from **7 am to 4 pm Monday though Saturday** to enjoy our food at **The Sprout Cafe in UTSAV** (on the Verite radial).

Dive into our delicious breakfast menu from 7 am to 11 am, and enjoy a casual and yummy lunch from 12 pm to 3 pm. We aim to offer at least three different dishes daily.

Or just come and try our coffee, hot chocolate, creamy ice cream, cakes and scrumptious cookies available all day long.

## YOUTH CENTER PIZZARIA

FRIDAY & SATURDAY: OPEN TO ALL

SUNDAY: AUROVILIANS, NEWCOMERS, VOLUNTEERS

Youth Center Auroville

Come join our

# Pizzeria

Savor the best pizza at Youth Center! We craft delectable Italian inspired flavours right here in Auroville.

**FRI - SAT - SUN** **START AT** 07:00 am - 09:00pm **YOUTH CENTER** Auroville

Friday-Saturday Open to all Sunday Aurovillians, Newcomers and volunteers

**STAY TUNED**

8428061801

Youth Center International

@youthcenterauroville

## STUDIO BASED ART THERAPY AND COUNSELING

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

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, Kulapalayam, Auroville

## HEMPLANET

### Discover the Magic of Hemp at Hemplanet!

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

#### Hemp Food Selection:

- Hemp Hearts
- Hemp Seed Oil
- Hemp Protein Powder
- Hemp Granola Bars
- Hemp Pasta & more!
- Hemp Seasonings

#### Hemp Body Care Treasures:

- Hemp Soaps
- Hemp Shampoos
- Hemp Balms
- Hemp Body Butter
- Hemp Seed Oil

**Visit Us:** Mon-Sat, 10am - 4:20pm

**Location:** Reve Area, 1st Floor, Building 1, Auroville

Step into the Hemp Haven and embrace nature's gift!



## 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](mailto:rapidcare@auroville.org.in)

## 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
- Assamese giant lemons
- Pineapple
- Plantain
- Bananas
- Wild spinach
- Wild salad greens
- Sundakkai
- Banana stem
- Banana flower

### Cafe

The cafe runs from Monday to Saturday serving a local food vegan thali.

We also serve farm salads, smoothies, desserts, 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



*Solitude Farm*

## 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.

## 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!**

## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

**New Waves**, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of **PCB Assembly, SMD soldering, de-soldering and minor repair of appliances.**

The unit can also undertake sub-contract of your production work on job work basis.

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295,

Mobile 9443090082 / 8098193820 or via e-mail to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)



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

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian 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



## 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**

## AVAILABLE

### A/C AVAILABLE

Keep cool. Need a **strong and durable A/C?** - look no further: 2 tons split AC - Intec brand available from Ulrike and Drupad, Sanjana: [Ulrikrishna@gmail.com](mailto:Ulrikrishna@gmail.com), Drupad 9626561256, Ulrike 9751513906 (what s app, signal and telegram only)

## LOOKING FOR

### SOMEONE TRAVELLING TO UK



I am looking for someone **travelling back to the UK** (preferably London or Bristol) who could carry back a small/medium sized parcel to my dad. It could be any time in the next 3 months.

Please get in touch with Honor: 9159856148  
(WhatsApp/Telegram/Signal).

## 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:

- [Teens Connect Ep. 9](#) (Integral Education)
- [Soul Tracks Se. 5. Ep. 14](#) (Music)
- [I Just Wanna Write Ep. 18](#) (Creative Writing)
- [Marlenka's weekly Offering – Ep.108](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi – 453](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making – Ep. 22](#) "Why is anatomy important in art?" (Arts & Culture)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovillian 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

### DOCUMENTARY FILM SCREENING

MAA KA DOODH - SATURDAY 25TH NOVEMBER

Venue: **MMC Auditorium**

Date & Time: **Saturday 25th November 2023, 3 pm**

**Maa ka Doodh** (*transl. Mother's Milk*). 2023, Dir. Harsha Atmakuri, w/ Maneka Gandhi, Acharya Prashant, English-Hindi w/ English subtitles, 126 mins

On behalf of the **Animal Climate Health Save Foundation**, I'm pleased to announce the screening of the film "**Maa Ka Doodh**" at the Multimedia Center. 'Maa Ka Doodh' is a compelling documentary that sheds light on the realities of the dairy industry and encourages viewers to reflect on their dietary habits. The film has garnered attention and accolades at various festivals, including the Jaipur Film Festival. It has moved audiences to reconsider their food choices and embrace a more compassionate lifestyle. The screening is going to be followed by a **food tasting event** that will be organized at the **Town Hall Canteen** premises **after 5 pm**.

Regards,  
Shubh





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

**Note:** We are rescheduling the film previously announced for 17th **“ANATOMY OF A FALL”** to a later date.

**FRIDAY 17th “STUART LITTLE”** Directed by **Rob Minkoff**, US, 1999

Live action CG animated film, loosely based on the 1945 novel of the same name by E. B. White.

Synopsis: The Little family is looking to adopt a boy to give their son George a brother. When they go to the orphanage they meet an adorable mouse called Stuart and decide to adopt him. Despite early resistance from George, Stuart makes himself part of the family, much to the chagrin of the house cat Snowball. To get rid of Stuart, Snowball reaches out to some local alley cats to set up a whack on Stuart...

And **FRIDAY 24th NOVEMBER**, 8:00 pm

**“ANOTHER WORLD”** (original title: **Un autre monde**)

Directed by **Stéphane Brizé**, France, 2021

With: Vincent Lindon, Sandrine Kiberlain, Anthony Bajon

Synopsis: An executive manager, Philippe Lemesle and his wife are separating, their love irretrievably damaged by pressures of work. Philippe no longer knows how to respond to the contradictory demands of his bosses. Yesterday they wanted a manager, today an enforcer. Now he must decide what his life really means...

*Original French version with English Subtitles. Duration 1h36'*



presents **“CINE-MASTER CLASS”**

on **SUNDAY 19 Nov. 5.00 - 7.30 pm** at **Aurofilm** (Kalabhoomi, next to CRIPA)

If you like to discuss, share, and learn more about cinema, we invite you to our Cine-Master classes! Welcome to this chapter led by **Dr. Alexander Pereverzev** on **“RUSSIAN ARK”** by **Alexander Sokurov** (2002) *Original title: Русский ковчег.*

**Overview:** Alexander will present the film before its screening, which will be followed by more insights and a discussion. Russian Ark is a historical drama focusing on three centuries of Russian history – from Peter the Great and Tsar Nicholas II to our times – it is an amazing cinematic tour de force. Shot in a single 96-minute-long tracking shot with a cast of 2,000 actors and extras, it takes the viewer through one of the world's largest and greatest museums, the Hermitage in St. Petersburg, showing some of the works of art displayed in 33 halls and exploring their meaning in a larger context. Without much regard for chronological order, each step of this journey is a fantastical peep into a wild, rich, often terrifying but always fascinating world. The film was entered into the 2002 Cannes Film Festival. It is widely regarded as one of the greatest Russian films ever. *(Original Russian version with Eng. subtitles. Duration: 1h.39')*

**Synopsis:** An unnamed narrator is wandering through the endless galleries of the Winter Palace in St. Petersburg: he is dead, a mere ghost drifting towards the afterlife. He is accompanied by "the European" who represents Marquis de Custine, a 19th-century French traveler to the Russian Empire...

**Alexander Pereverzev** was born in St.Petersburg, Russia -- the city of music and numerous art galleries. He was associated with various painter N. Roerich organizations and museums in Russia in the 1990s. Having studied Indian languages at the St. Petersburg State University, he went on to study Sanskrit in India, at the University of Delhi, obtaining a PhD degree in 2010. His professional interests include Indian philosophy. He likes travelling and visiting the places of historical and religious importance particularly in the Indian subcontinent. He works at Savitri Bhavan, Auroville and also is a discernant film enthusiast!


**ACCESSIBLE AUROVILLE PUBLIC BUS**  
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### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

- Monthly Rs. 800: Aurovilians & Newcomers, No validity
- Student Pass Rs. 1200 per month/ 24 days round trip
- Rs. 150 Round trip for Aurovilians & Newcomers
- Rs. 200 Round trip for guests

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



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film Program 20 November 2023 to 26 November 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice.

*To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.*

## Indian and diaspora – Monday 20 November, 8:00 pm:

### • ADIEU GODARD

Bikash, Sudhasri Madhusmita, Dipanwit Dashmohapatra, and others, Drama, 83mins, Oriya w/ English subtitles, Rated: NR (R)

A small Indian village: an old man is addicted to watching pornography with his friends – despite the objection from his wife and daughter. One day, by mistake he rents a DVD of a film by the famous French filmmaker Jean-Luc Godard. While his friends got disappointed, the old man was intrigued and started renting all of Godard's oeuvre. At one point he and his friends try to organize a Godard film festival in their village. There is more to this funny, much acclaimed and awarded film, that questions several stereotypes. *A must watch! While the film was running in the theatres in 2022, Godard ended his life with assistance.*

## Potpourri – Tuesday 21 November, 8:00 pm:

### • SADECE SEN (Only you)

Turkey, 2014, Dir. Hakan Yonat w/ Belçim Bilgin, Ibraim Celikkol, Karem Can and others, Action-Drama-Romance, Turkish-English w/English subtitles, 105 mins, Rated: NR (R)

A former boxer falls in love with a blind woman and starts to build a new life, but his dark past returns to endanger them both.

## Interesting – Wednesday 22 November, 8:00 pm:

### • THE DIVIDED BRAIN

Canada, 2019, Dir. Manfred Becker, w/ Iain McGilchrist, Seana McKenna and others, Documentary, 78 mins, English w/ English subtitles, Rated: PG.

Iain McGilchrist uses the latest findings of neuroscience combined with an impressive knowledge of human cultural history to analyze what has gone wrong with our world. More than just a brilliant analysis, The Divided Brain provides answers to what society must do to regain balance and return to sustainability. Iain McGilchrist also offers us a new way to understand the human experience and be present in the world. This is an important film, indicating a new way forward for humanity.

## Selection – Thursday 23 November, 8:00 pm:

### • TOKYO

France-Japan-South Korea, 2008, Dir. Leos Carax, Michel Gondry, Bong Joon Ho w/ Ayako Fujitani, Ryo Kase, Ayumi Ito and others, Comedy-Drama-Fantasy, Japanese-French-English w/English subtitles, 112 mins, Rated: NR (R)

Tokyo is a city of transitions in three short films. A young woman who finds her life useless experiences a metamorphosis. A disheveled Caucasian emerges from a manhole to face arrest, trial, and execution; he calls himself "Merde". Is he human? A recluse experiences human contact when a pizza-delivery girl faints at his door during an earthquake. A chair, a corpse, a hermit: sources of urban connection?

**International – Saturday 25 November, 8:00 pm:**

• **EMPIRE OF LIGHT**

UK, 2022, Dir. Sam Mendes w/ Olivia Colman, Micheal Ward, Colin Firth and others, Drama-Romance, English w/English subtitles, 115 mins, Rated: R

Hilary is a cinema manager struggling with her mental health, and Stephen is a new employee longing to escape the provincial town where he faces daily adversity. Together they find a sense of belonging and experience the healing power of music, cinema, and community.

**Children’s Matinee – Sunday 26 November, 4:00 pm:**

• **HARRY POTTER AND THE CHAMBER OF SECRETS**

UK, 2002, Dir. Chris Columbus w/ Daniel Radcliffe, Rupert Grint Emma Watson and others, Adventure-Family-Fantasy, 161mins, English-Latin, Rated: PG

An ancient prophecy seems to be coming true when a mysterious presence begins stalking the corridors of a school of magic and leaving its victims paralyzed. *NOTICE: The new starting time for the matinee films.*

**ROBERT ALTMAN FILM FESTIVAL@ Ciné-Club:**

**Ciné-Club Sunday 26 November, 8:00 pm:**

• **GOSFORD PARK**

USA, 2001, Dir. Robert Altman w/ Maggie Smith. Ryan Phillippe, and others, Drama – Mystery, 137 mins, English w/ English subtitles, Rated: R.

Set in the 1930s, the story takes place in an old-fashioned English country house where a weekend shooting party is underway. The story centers on the McCordle family, particularly the man of the house, Sir William McCordle. As the weekend goes on, secrets are revealed, and it seems that everyone, above stairs and below, wants a piece of William and his money.

**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,  
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