

Auroville

NEWS & NOTES

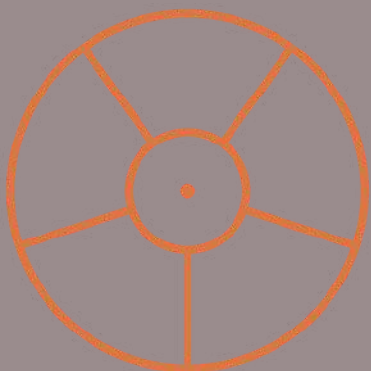
No 1002 - A weekly bulletin for residents of Auroville

23 November 2023

RA EDITION



Bernard, Pebble Garden, November 2023



PONDERING

It is not for comfort and satisfaction of desires that one comes to Auroville; it is for the growth of consciousness and consecration to the Truth that has to be realised. Unselfishness is the first need to participate in the creation of Auroville.

~ 5th November 1968

The Mother - To be a true Aurovilian
Conditions for Living in Auroville

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



(continued from last week)

The three powers which present themselves to our life as the three keys to its mystery are the individual, the cosmic entity and the Reality present in both and beyond them. These three mysteries of existence would find in the life of the supramental being a united fulfilment of their harmony. He will be the perfected and complete individual, fulfilled in the satisfaction of his growth and self-expression; for all his elements would be carried to a highest degree and integrated in some kind of comprehensive largeness. What we are striving towards is completeness and harmony; an imperfection and incapacity or a discord of our nature is that from which inwardly we most suffer. But this is because of our incompleteness of being, our imperfect selfknowledge, our imperfect possession of our self and our nature. A complete self-knowledge in all things and at all moments is the gift of the supramental gnosis and with it a complete self-mastery, not merely in the sense of control of Nature but in the sense of a power of perfect self-expression in Nature. Whatever knowledge of self there would be, would be perfectly embodied in the will of the self, the will perfectly embodied in the action of the self; the result would be the self's complete dynamic self-formulation in its own nature. In the lower grades of gnostic being, there would be a limitation of self-expression according to the variety of the nature, a limited perfection in order to formulate some side, element or combined harmony of elements of some Divine Totality, a restricted selection of powers from the cosmic figure of the infinitely manifold One. But in the supramental being this need of limitation for perfection would disappear; the diversity would not be secured by limitation but by a diversity in the power and hue of the Supernature: the same whole of being and the same whole of nature would express themselves in an infinitely diverse fashion; for each being would be a new totality, harmony, self-equation of the One Being. What would be expressed in front or held behind at any moment would depend not on capacity or incapacity, but on the dynamic self-choice of the Spirit, its delight of self-expression, on the truth of the Divine's will and joy of itself in the individual and, subordinately, on the truth of the thing that had to be done through the individual in the harmony of the totality. For the complete individual is the cosmic individual, since only when we have taken the universe into ourselves — and transcended it — can our individuality be complete.

The supramental being in his cosmic consciousness seeing and feeling all as himself would act in that sense; he would act in a universal awareness and a harmony of his individual self with the total self, of his individual will with the total will, of his individual action with the total action. For what we most suffer from in our outer life and its reactions upon our inner life is the imperfection of our relations with the world, our ignorance of others, our disharmony with the whole of things, our inability to equate our demand on the world with the world's demand on us. There is a conflict — a conflict from which there seems to be no ultimate issue except an escape from both world and self — between our self-affirmation and a world on which we have to impose that affirmation, a world which seems to be too large for us and to pass indifferently over our soul, mind, life, body in the sweep of its course to its goal. The relation of our course and goal to the world's is unapparent to us, and to harmonise ourselves with it we have either to enforce ourselves upon it and make it subservient to us or suppress ourselves and become subservient to it or else to compass a difficult balance between these two necessities of the relation between the individual personal destiny and the cosmic whole and its hidden purpose. But for the supramental being living in a cosmic consciousness the difficulty would not exist, since he has no ego; his cosmic individuality would know the cosmic forces and their movement and their significance as part of himself, and the truth-consciousness in him would see the right relation at each step and find the dynamic right expression of that relation.

(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

With love and gratitude,
Gangalakshmi (HOMA)





DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

How to submit material:

- Max size of posters should be 1 MB, 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

CONTENTS

00 House of Mother's Agenda	06 The Arts	20 Activities & Events
01 N&N Guidelines / Table of Contents	06 Home Needed	23 Available
01 List of Acronyms	06 Links to Tamil & French N&N	23 Looking for
02 Note from N&N editors	07 A Summary of Events Happening in AV Today	24 Foods, Goods & Services
02 RA WORKING GROUPS NEWS	08 Voices and Notes	26 AV Radio
04 COMMUNITY NEWS	10 Education	26 Cinema
04 Community Sharing	12 Health	27 Emergency Numbers
05 Poetry	12 Job Opportunities	27 AV Public Bus
05 Awakening Spirit	12 Classes, Workshops & Healing Arts	28 Cinema Paradiso Program

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.

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

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 # 207 DATED: 23-11-2023

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 Aurovilian in writing to auroville.entryboard@gmail.com OR auroville.entryservice@gmail.com.

We thank you in advance.

NEWCOMER ANNOUNCED:

- **Deepani RADHAKRISHNA (Indian)** staying in Auromodele (Padmanabhan house) and working at Matrimandir & PTPS
- **Olga MERCHANTE (Spanish)** staying in MdJ (Maison des Jeunes) and working at Food Link & Last School
- **Prabhu GAJENDRAN aka Ragu (Indian)** staying in Terra Soul and working at Sudha's Kitchen and Terra Soul



- **Vishnu REDDY (South African)** staying in Sri Ma and working at Tanto (new)



CHILD OF NEWCOMER:

- **Priyadharshan (Indian)** son of Deepani
- **Keerthik (Indian)** son of Deepani

NEWCOMER CONFIRMED:

- **Arun Prakash AMBATHY (Indian)**
- **Amutha Lakshmi VELMURUGAN (Indian)**
- **Anbazhagan KANNAIYAN aka Anbu (Indian)**
- **Niharika SANYAL (Indian)**

AUROVILIAN ANNOUNCED:

- **Ganapathy GANESAN (Indian)** staying in Prayatna and working at Mantra pottery



AUROVILIAN CONFIRMED:

- **Anjana SARAF (Indian)**
- **Kaviyarasu DEVARASU (Indian)**

RETURNING AUROVILIAN ANNOUNCED:

- **Sandra Jane JACOBS aka Naradi (USA)** staying at Arati-I and working Solar kitchen



YOUTH TURNED 18 CONFIRMED:

- **Ilengo PION BORG (French)**
- **Narchelvi SARAVANAN (Indian)**

SPOUSE OF AN AUROVILIAN CONFIRMED:

- **Eswari MATHAN (Indian)**

NOT READY TO JOIN AUROVILLE:

The Entry Board, in consultation with the mentors concerned, has not accepted the following Newcomers joining Auroville. The reasons have been communicated to them.

- **Indira RAMALINGAM (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

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

FROM THE RA WCOM

OUR OBSERVATIONS ON THE 62ND MEETING MINUTES OF THE GOVERNING BOARD

Dear Community,

For your information, we are sharing with you our observations on the minutes of the 62nd meeting of the Governing Board, which took place on December 27th, 2022, in Chennai with some members participating online; the minutes are also [attached](#). These observations have been sent, with the cover letter below, to the Governing Board, with the International Advisory Council in copy.

Sincerely,

Your Working Committee

Aravinda, Bharathy, Chali, Hemant, Mael (TOS), Sauro, Valli

[Court Order - Modified interim Order dt.04.09.23-3-1.pdf](#)

COVER LETTER

To the Chairman of the Governing Board of the Auroville Foundation, Sri RN Ravi, Hon'ble Governor of Tamil Nadu
To the members of the Governing Board of the Auroville Foundation

Dear Respected Sir and Members,

Greetings from Auroville.

We have recently read the minutes of the 62nd meeting of the Governing Board and have a number of detailed observations we would like to share with you. We hope you will take the time to read them in the [attached document](#).

As you are aware, the Hon'ble Madras High Court has recently affirmed the role and functions of the Residents' Assembly (RA) as one of the statutory authorities of the Auroville Foundation, as per Sections 18,19 and 20 of the Auroville Foundation Act. As the Working Committee duly selected by the Residents' Assembly (as per Section 20 of the Act), we look forward to supporting and facilitating real dialogue and consultation between the Governing Board, the International Advisory Council and the wider Residents' Assembly through its selected working groups, open community meetings or any other interactive mechanism.

Decisions being made in Governing Board meetings will deeply impact Auroville's development and the lives of its residents who have committed themselves to this experimental township aspiring and working towards an actual human unity. To be true to the vision and teachings of Sri Aurobindo and the Mother, Auroville must grow through goodwill, patience, compassion and a sincere effort by all towards collective harmony.

With hope,

Aravinda, Bharathy, Chali, Hemant, Mael (TOS), Sauro, Valli
(The Working Committee of the Residents' Assembly of the Auroville Foundation)



**VOICE OF AUROVILLE -
ISSUE 04 (NOVEMBER 2023)**

VOICE OF AUROVILLE

Dear community,

We are happy to share with you the fourth issue of our bimonthly journal, Voice of Auroville, which aims to inform wellwishers and friends of Auroville across India and the globe on the current unfolding events with factual updates and articles.

This fourth issue covers Auroville's unfolding of events in September and October 2023. Amongst other contents, it also features an article on Auroville's evolving approaches to Integral Education, an interview with Dr Debashish Banerji, and a counter to two misleading narratives often repeated in recent times.

You can read and download the full edition in pdf format [here](#). In case you would have missed them, the first three issues of Voice of Auroville are accessible [here](#).

Please feel free to forward and share this email with friends and well wishers of Auroville. This is how the news can spread and Auroville's voices be heard. Everyone's actions count.

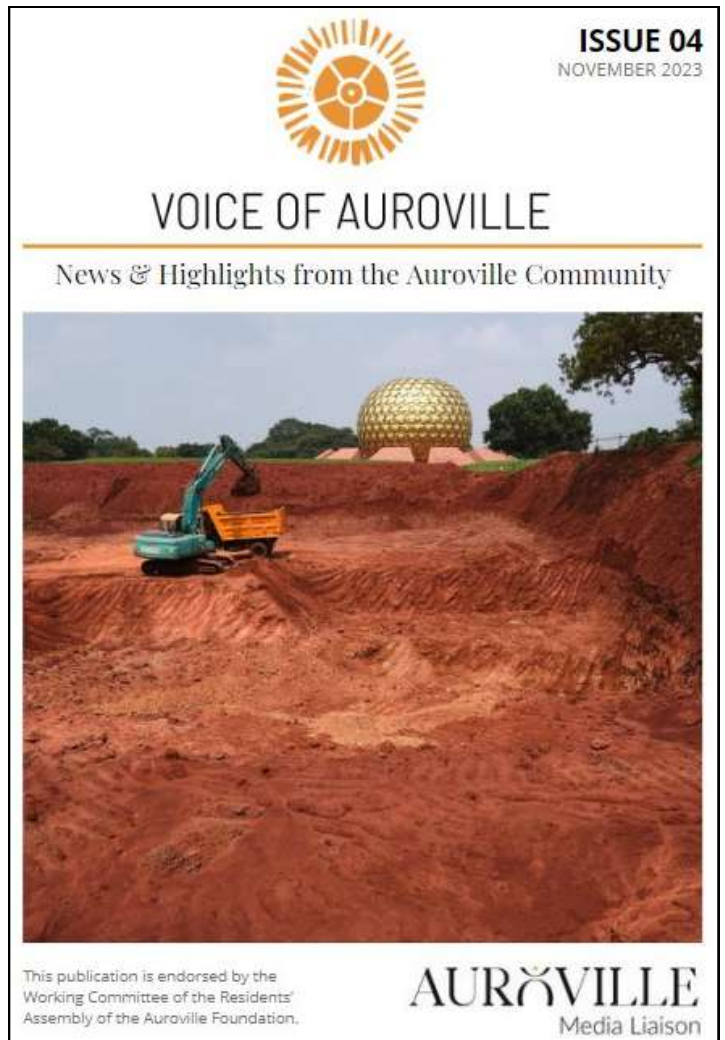
Additional people who wish to be added to the subscribers list or be removed from it can email voiceofauroville@auroville.services. Please also feel free to share any feedback or suggestions to voiceofauroville@auroville.services.

We take this opportunity to express again our gratitude to the Voice of Auroville editorial team, as well as to all those who provided us with contents and pictures to illustrate this issue. Thank you!

In community,

Your RA Working Committee

Aravinda, Bharathy, Chali, Hemant, Maël (TOS), Sauro, Valli



OPEN LETTER - CLEARING VEGETATIONS AND DAMAGING TREES

To Alain Grandcolas,

We are deeply disappointed that you continue to ignore not only the judgment of an Indian tribunal, but also all ratified Residents' Assembly processes by going ahead with clearing vegetation as well as cutting and damaging trees.

You have been made aware of the Tribunal judgment on numerous occasions, verbally by many members of the community, as well as in writing.

The discussion is not if there will be a lake or not, but rather what kind of lake. This has not yet been studied in-depth, discussed with the community in a participative manner, or even shared for feedback as prescribed by the agreed processes.

The Matrimandir executives are not mandated by the RA to build the lake. Furthermore, the authority to decide on what kind of lake should be built lies with the Residents' Assembly. It is only together, in collaboration, that Auroville and the lake can be built, especially if Auroville is to be the City the Earth Needs.

in Service

L'avenir d'Auroville - TDC Town Development Council
Anan, Dorle, Divya L, Island, Lata, Natasha S, Tom G

COMMUNITY NEWS

COMMUNITY SHARING

AUROVILLE NEWS PODCAST - EPISODE 7

Dear Community,

The 7th episode of our Auroville News Podcast has been released!

Today's episode reports on Satprem's exit from India, land exchanges, the visa situation, and more.

You can find this 6th episode on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and on auroville.media/podcasts.

Feel free to send any comment, question or feedback at media@auroville.services.

In community,

The Auroville Media Liaison service.

MATRIMANDIR NEWS - NOVEMBER 2023



Please find the Matrimandir News [HERE](#), or scan QR code.

POURTOUS PTPS ASPIRATION ONE FULL YEAR WITH KUMARAN, JOEL & TEAM

Thank you for your support dear Community,

We are happy and proud to announce that we have now completed ONE full year in 'full control'* as far as that is possible or even desirable...



It means that it was just us two and our team of empowered ladies and a support cast of a few men keeping our boat afloat for you ;-)

We have accomplished a lot of our ambitions, it was not always easy*...

- we have been and are always about transparency, frugality, long term thinking, Community service, learning and enjoying our service to you
- we have lowered margins* way below the required 15% (20% for cooled products) except for unsustainable items (MRP which subsidises local sustainable items)
- that lower margin actually even funded* the extensive renovations we have done
- we have done a full inventory on Dec* 22 (right after we took over alone) that left a loss of 575.000rs*, reduced this to 150.000 by the next inventory at the end of the fiscal year (March 23), then 75.000 in June 23 and now 50.000 of items lost, damaged, expired and stolen, which is finally quite acceptable according to industry standards*
- many units, schools, services and guest houses have received reductions* where possible - basically we try to buy cheaper FOR you where possible
- many of our girls have finally been empowered* and allowed & supported to train on computers, billing, ordering, taking up & assuming responsibility,
- we have added many products from Auroville, Aurovilian gardens* & farms, the bioregion and local producers*
- the Auroville, bioregion, local, organic section has expanded from just the 'right'* side into the 'left' area as planned and this will continue without limiting* your choice
- we have removed* many articles that were unsustainable, bad price-quality, duplicates or versions of the same, undesired (researched with our clients), or simply a waste of shelf space and we are educating you in the shelves towards more sustainable and healthy choices
- we have negotiated with many suppliers and brands on the margins they 'allow' us for our shelf space, even blocking* l'Oreal, Garnier for months until they finally gave in
- the campus has been undergoing an extensive overhaul and overdue* maintenance and renovation as we hope you appreciate
- the electrical and computer network as well as the computers themselves and are in a phase by phase renovation* program
- solar panels have been powering us since October and a stabilizer is protecting our new fridges and freezers since August (buying our own closed energy efficient freezers and receiving extra % margin saves us more than getting free ones that use a lot of power)
- our ladies have exposed a major financial challenge that we managed*

we could have accomplished even more with more support from expected places and just being left alone was a support in itself...

but we were pleasantly surprised by lots of support from unexpected places...

You know who you are :-)

Our next plans are:

1. to champion the replacement of our old INVENT billing software by ERPnext based software that should automate purchasing and allow for a program that rewards you, our community, for helping us focus on sustainable products*
2. to further renovate and modernise our IT system, electrical network, campus
3. replace/reduce all electricity guzzling appliances
4. offer even more food production from surplus produce and by AV Community members in our Canteen
5. offer online shopping (and even delivery) through the AV Dropzy app
6. build a (self funded) water catchment* for our campus but also for our AV & village neighbors that doubles as aquaponics and free swimming pool
7. build a new Canteen and a Community Plaza
8. connect even more to our bioregion 'cousin-brothers & sisters' especially those working in and contributing to Auroville

We invite you to join us for a small celebration in our Canteen on **Saturday December 2nd** with a **free lunch** for all who register at ptps@auroville.org.in or in person up to the day before.

*would you like to know more about these topics? Don't hesitate to tackle Kumaran or Joel on a quiet moment or on that **CELEBRATION SATURDAY** ;-)

Joel Executive
for Pour Tous Purchasing Service.

POETRY

DIAMOND

A stone unearthed, polished
Reveals the diamond within
Worth a thousand, a million
Wins the lover's hand

Layers of curtains and masks lifted up
Unveils the Diamond within
Worth unnumbered life times
Winks a spark divine

-Anandi Z.



AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 28th November, 9 am - 12 noon
Focus: The Inner being

Led by Ashesh Joshi

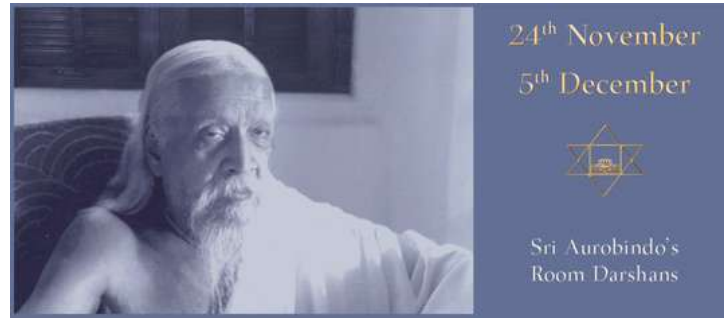
Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



ROOM DARSHAN

AT THE SRI AUROBINDO ASHRAM



**Room Darshan
At the Sri Aurobindo Ashram
No tokens required.**

To have a Darshan in Sri Aurobindo's Room, please join the queue at the following times:

Friday, 24th November: Siddhi Day or Day of Victory
Darshan timings: 5:00am to 11:00am

Tuesday, 5th December: Sri Aurobindo's Mahasamadhi
Darshan timings: 5:00am to 10:00am

With love,
Andrea

24.11.1926

SIDDHI DAY OR THE DAY OF VICTORY

"The descent of Krishna would mean the descent of the Overmind Godhead preparing, though not itself actually bringing, the descent of Supermind and Ananda."

Friday 24/11/2023 - 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.

AUM

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!

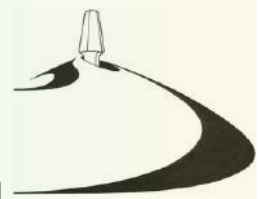
Reminder to all:

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



THE ARTS

EXHIBITION IN CENTRE D'ART

SOFT SELF

Inner Multiplicity and Gentleness

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

At Centre d'Art Citadines

From 17 November to 2 December 2023

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



PHOTOCIRCLE

Dear photographers,

Photo Circle meets again on

FRIDAY 1st DECEMBER at 5pm

in the Centre d'Art multimedia room, at Citadines



The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

Everybody's welcome

EXHIBITION AT PITANGA

24 NOVEMBER - 23 DECEMBER 2023

Come and enjoy
a new exhibition
of water colour
paintings
at Pitanga

24 November to
23 December 2023

Exhibition timings: Daily, except Sundays 8.00 - 12.30pm & 2.00 - 5.30pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 262403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATA0037BY3N

HOME NEEDED



HOME URGENTLY NEEDED!

This female puppy was rescued on 9.11.23. She is about 8 weeks old, mixed breed, healthy and friendly. She has been dewormed and vaccination started.

Please contact Kathrin, 8903941382, or pass by the library to meet the puppy during our working hours.

Thank you!

Kathrin



TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்

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



NOUVELLES D'AUROVILLE



Auro - Traductions

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



A SUMMARY OF EVENTS HAPPENING IN AUROVILLE TODAY

AUROORCHARD 10 ACRES EXCHANGED

Around a quarter of AuroOrchard has been exchanged for plots within the City Area. AuroOrchard was the first farmland of Auroville, it was purchased by the Mother who appointed its current steward, Gérard. AuroOrchard is one of the most productive and diverse organic farms of Auroville. Reportedly, about 10 acres of valuable agricultural land including cashew tope and coconut grove has gone to a well-known local landowner. The AuroOrchard team were not forewarned and when asked, the AVFO 'Land Board' said it was "not AuroOrchard land", despite official records clearly showing that it is part of AuroOrchard. It seems that neither the AVFO 'WCom' nor all members of the AVFO 'Land Board' were informed of the exchange beforehand.

Allegedly, the 10 acres of AuroOrchard have been exchanged for a total of 14 acres, a portion of which is in the City area and the rest near the outer ring road. However, the AuroOrchard land is estimated at much higher value, because of its location near the highway. This exchange alone is estimated to have caused dozens of crores (millions of US dollars) loss to Auroville. Additionally, the private party involved in the AuroOrchard exchange still owns other portions of land in the Auroville city center area.

Similar exchanges are planned for a piece of Djaima roadside land, with reports that the other areas up for exchange are AuroBrindavan, Pebble Garden, Forecomers/Ravena, and Hermitage. While land exchange can be an effective way to consolidate the missing plots in the City Area, proper evaluations and information are missing. Many residents feel that land bought by Mother should be treated with care as she poured her energy into these lands. Additionally, the AVFO is giving landowners a lot of leverage to choose highly valuable plots and exchange them at sometimes great financial loss to Auroville, such as the AuroOrchard land in question, the previously exchanged Murthi' plot on the Tindivanam road, and the Djaima area. In contrast, the AVFO has done very little to retrieve the many acres of encroached lands, and has not acted on the purchase of new land plots which were negotiated at much cheaper rate by the Land Board in 2022.

PEBBLE GARDEN LAND ALLOCATED BY AVFO 'ATDC'

[Pebble Garden](#), the eco-restoration project of Bernard and Deepika, is under threat by the AVFO 'ATDC'. A plot has been given to Auroyali Construction for 'temporary' use as a stockyard for building material. Pebble Garden is nationally known as a highly successful project, which has transformed a stony, 'pebbled' land into a lush ecosystem over the last 29 years. The plot in question has been fenced, planted, and cared for since 2001 and includes a water harvesting pond and rare local species of trees. The AVFO 'ATDC' proposes that Auroyali shares the access with Pebble Garden, meaning that truckloads of building material will regularly come through Pebble Garden, impacting the entire project. According to Bernard and Deepika, this new development if left unchecked "will destroy the entire place, ruin the very existence and purpose of Pebble Garden and our commitment here". You can find a letter on this topic from Bernard and Deepika [here](#).

Bernard and Deepika appeal to all Aurovilians to please send their feedback to the AVFO 'ATDC' (at application-avenir@auroville.org.in) and to forward a copy to pebblegardenforest@gmail.com.

BUDDHA GARDEN/SHAMBHALA TO MAKE WAY FOR VIP ROAD WITHOUT ALTERNATIVE OFFERED

In July 2023, the Dog Shelter team was sent an [email](#) from the "AVF Special Officer" asking them to "remove and shift the [dog shelter] structures immediately" so that a VIP road could be constructed in time for the visit of the President of India. After several national animal charities contacted the AVFO to register their alarm at the plans, the Secretary [agreed](#) that the Dog Shelter could be given time to make plans to shift their buildings.

Recently, the Dog Shelter team announced in a [report](#) that architect plans for a new shelter have been submitted to the AVFO and that they "hope that after a successful budget negotiation, we will be able to start the construction of the new Auroville Dog Shelter soon".

However at the beginning of November 2023, Buddha Garden, Shambala Farm and the Dog Shelter received a [email](#) from the AVFO 'ATDC' informing them that the AVFO 'Land Board' has begun marking out the "Visitors Access Road" for VIPs and that "the road has been handed over to the State Authorities and the building of the road ... is scheduled to begin in the next days/weeks". The intention of the marking, they stated, is to see which structures and fences will need to be shifted or removed for which the stewards were warned to "be prepared".

The email went on to say that the stewards should now "move forward with the relocation of the farms/dog shelter and make the necessary financial and administrative preparations needed for this". Neither of the farms have been offered alternatives to relocate to and they have been informed that there are no funds available to assist them, therefore it is unclear how the people living in the buildings which are earmarked for destruction can comply with these imminent demands, or how constructing a new shelter will be funded.

PKS ENCROACHMENT CONTINUES

PKS, a local businessman and landowner, who has encroached two pieces of Auroville land (one of the plots initially purchased by Michael Bonke) on the Ami/Abri corner and inside Evergreen, has recently continued his illegal work in the Evergreen Forest to mark the land and erect more fencing. On 21st September he installed two cameras in the area and on 18th October, he marked what he considers to be his land with pillars. Over several nights in the 2nd week of November he had men install another 22 pillars inside Evergreen. After each incident, residents sent letters to the AVFO and its 'Land Board' asking for help, the latest of which you can [find here](#). No answer or support has been forthcoming.

CLEARING IN FRONT OF TOWN HALL

Beginning on 8th November 2023 and continuing for several days, there was a large-scale clearing of many of the trees in front of the Town Hall building.



This clearing is seemingly to allow for further building of the Matrimandir lake. An Aurovilian, using his private JCB, was apparently directing the work which is in direct contravention of the NGT verdict. The Aurovilian was later addressed in [a letter by the RA TDC](#), reminding him of the legalities surrounding the NGT verdict as well as his responsibility towards the Residents' Assembly.

FARM GROUP REPORT

The Farm Group [shared their October report](#) with the community. Important issues raised in the report include:

- After the budgets of the farms were cut without warning over the summer, farmers have been looking into ways of raising funds to bridge the gap until they can become self-sustaining. AVI centres have been assisting with this and films are being made about the ongoing process.
- Since Foodlink was taken over by the AVFO, the relationship between farmers and Foodlink has deteriorated considerably and "will need a lot of effort if it is to work".
- Members of the AVFO 'Working Groups' visited Annapurna farm, stating that they were looking into exchanging 22 acres of roadside farmland for Poramboke land. As the loss of this land would have a detrimental effect on the farm, an alternative roadside plot of around 5 acres was suggested.
- The Farm Group's report regarding Gratitude Farm, which is an initiative that was [announced](#) by the AVFO 'FAMC' in August 2022, "clearly showed the project fell short of its projected goals". In the first year, the farm produced 20% of their projected yield and earned 7.5% of their projected income.

VISIT OF THE FRENCH AMBASSADOR

The new French Ambassador to India, H.E. Mr Thierry Mathou, visited Auroville on Saturday 11th of November. The Ambassador [met with the Secretary](#) and accompanied her on a visit to the Matrimandir. He then [met with French residents](#). The meeting with French residents was described by some attendees as informative and fruitful, as the new Ambassador was found to be well-informed of the current situation in Auroville.

NO NEW FINANCIAL SUPPORT FOR SENIOR RESIDENTS

Senior residents of Auroville are facing issues in getting financial support through the "Silver Fund". The "Silver Fund" is a financial support system for older Aurovilians who have been a part of the community for a long time and are in financial need. The AVFO 'BCC' stated that new applications are currently on hold because the policy of the Silver Fund is under review.

This review has been ongoing for 6 months since June 2023. As a result, many older residents have been left without any income and are now depending on their friends and family.

The AVFO 'BCC' explained that they are reviewing the Silver Fund policy because it was never officially approved. Indeed, a proposal to allow all seniors to qualify for support, regardless of their work history or financial status, was not approved by the FAMC or RA. However, the practice of providing financial support to senior Aurovilians who have contributed to the community and are in need is well established. Over the years, it has received the approval of successive BCCs and FAMCs.

For the purpose of clarity, instances of senior support (which were previously provided under the scheme of 'Personal and Social Support') were recently renamed 'Silver Fund', to distinguish them from other types of support. The confusion occurring now might stem from the assumption by the AVFO 'BCC' and AVFO 'FAMC' that an unapproved Silver Fund policy was being used, which is not the case. However, the precedent of giving support to seniors was previously settled.

There is also a 'Permanent Disability Maintenance' category which seniors are eligible for. Seniors have been encouraged to apply for this maintenance through the AVFO 'BCC', as it is listed in an approved document, but so far such requests have been dismissed.

SOME INTERESTING MEDIA LINKS

- Press Release, 9th November: [Auroville Representatives Highlight Violations of National Green Tribunal Judgement on Tree Felling](#)
- Deccan Chronicles, 11th November: [Violating NGT orders, tree felling on rise in Auroville](#)
- AV News Podcast #7: The 7th episode of the AV News Podcast is available on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and on [this page](#) of the Auroville Media website.
- Voice of Auroville: Issue 4 of the Voice of Auroville newsletter can be downloaded [here](#)
- Forecomers Forest #1: A short [1-minute video of Jaap](#) (Ravena) explaining how the land of Ravena and Forecomers, which is reportedly up for exchange, has been formed to work as a rainwater catchment to restore the aquifers for the entire area.
- Forecomers Forest #2: In the same series [a 30-second video of Regina](#) (Newlands) explaining the many functions of the forest in the face of climate change.
- Launch of a new Auroville Today website: Auroville Today released a new website, which offers free access to approximately ten years' worth of its articles. While the latest issues will continue to be available exclusively to subscribers, the website will progressively include older content, making Auroville Today's documentation of Auroville's history accessible to everyone. The new website is accessible here: <https://auroville.today/>

VOICES AND NOTES

BUT...

The Mother true to her divinely designated title all-embracingly starts off the Charter of Auroville with a bang:

"Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole."

It's been a riot, so to lovingly speak...

Thanks to Samata:

"Yogic Samata is equality of soul, equanimity founded on the sense of the one Self, the one Divine everywhere—seeing the One in spite of all differences, degrees, disparities in the manifestation. The mental principle of equality tries to ignore or else to destroy the differences, degrees and disparities, to act as if all were equal there or to try and make all equal. ..."— Sri Aurobindo

<https://incarnateword.in/cwsa/29/equality-the-chief-support>

"But, to live in Auroville, one must be a willing servitor of the Divine Consciousness."

This "**But...**" makes all the difference, as It Is The One Supreme Divine Consciousness-Force that ultimately bestows Divine Guidance, Blessings, Protection, Grace and Power to the divinely chosen individual(s), in the thick of it all. Each unique has a transitional role to play at any particular point in progressive evolving time.

That is why Sincerity and Humility are the first attitudes directly to the Divine in [The Mother's Symbol](#). And from Her infinite lovegifts, a potent reminder:

1955

No human will can finally prevail against the Divine's Will. Let us put ourselves deliberately and exclusively on the side of the Divine, and the Victory is ultimately certain

Om Namo Bhagavate, Zech, 2023.11.20

NO CRYSTAL: A "SUSPENDED BALL" IN A MAGNETIC FIELD

What follows is taken from the booklet with the history of Matrimandir, "Vision for an ever-evolving consciousness", which in 2002 Kireet Joshi, the Chairman, asked me to write to submit it to the Governing Board and return Matrimandir to Roger, the Mother's architect, disbanding the Matrimandir Coordination Group led by Divakar.

"In a famous interview with Roger in 1971, these were the discs and the 'skin':

"Outside, this basic structure is not covered in a final manner: we choose to leave provision for future changes so that the outer aspect of the Matrimandir may be modified according to the evolution of consciousness of Aurovilians.

In order to achieve this idea, we designed a 'plastic skin' that covers the inner structure. This 'skin' itself will be covered by golden discs also in plastic [in fact, Teflon], fixed at the end of iron rods that will move slightly in the wind. The sunlight will be reflected on this entire moving surface and will produce a sort of vibration which seems to come from the building itself. It will give the feeling of a mass of light that is alive." [1]

Was Roger playing alone with new forms and materials? Mother's unconventional approach emerges from her idea of having, at first, "a globe made of plastic material or... I don't know" as the most sacred object at the very centre of "the town of the future" (Mother's Agenda, 3.1.70). It was indeed Satprem (those days, still under the influence of Paolo Tomasi) who suggested a crystal, instead of a globe in some plastic material, as Satprem specified in the Agenda. Later on, in June 1971, the Mother told Roger:

"Build Matrimandir, put in place my symbol and Sri Aurobindo's and the suspended ball. I take it upon myself to make it into a very strong centre." [2]

What the "suspended ball", in plexiglass, is emerges from the already quoted interview with Roger:

"In the centre, our eyes are focused on a luminous ball - 2 feet in diameter. It receives the light coming from the top, diffuses it into the room beneath. We would like to keep this ball suspended and immobile in the air by means of a magnetic field." [3]

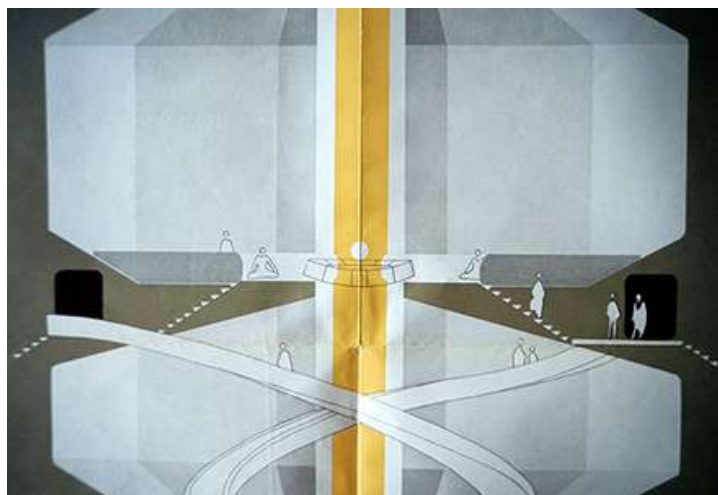
In my booklet, I continue:

"In 1971 a large, most beautiful brochure on Matrimandir was published for the purpose of fundraising, the goal being to complete Matrimandir at the earliest with the help of a large contractor. After carefully going through it, the Mother signed with a full page sized "Blessings" the back cover of one specimen. Reprinted over and over again, for the next seventeen years this remained the one Matrimandir brochure. The following is part of a note written by the Aurovillian (then a member of the Sri Aurobindo Society) who had submitted to the Mother that first specimen.

"Having come to the Mother in 1968 I have been working for Auroville since its inception and have been associated with Matrimandir from the time it started. I was asked by the Mother to raise funds for it so in its initial stages I was closely involved in discussions about its design, shape, etc. along with Roger Anger who prepared three designs out of which the Mother chose the present one. I was in fact outside her room when she made the final choice. So the first point is clear that the present design of Matrimandir is the one that She Chose.

In 1970 or 71 the Mother called me one day and said she wanted me to devote all my time and energy to raise funds for the construction of the Matrimandir. For this purpose we decided to produce a brochure which would introduce Matrimandir to the people. This brochure gave a lot of details and I had the opportunity along with Roger to see the Mother a couple of times to explain these to her. She looked at all the drawings carefully and asked detailed questions about the various dimensions etc. ..."[1]

Besides the photograph of the final layout of the town, the 'Galaxy', the brochure featured two impressive drawings (four-pages wide, folded in two), depicting a section of the structure along with that of the Chamber, with the suspended ball consistently at the centre." Reproduced here.



Submitted by Paulette

1 Auroville Archives.

[1] Journal of the Indian Institute of Architects, springtime 1971.

[2] Roger's archives, reproduced in Auroville in Mother's words, p. 390.

[3] Journal of the Indian Institute of Architects, springtime 1971.

MOTHER EARTH THE MYSTERIOUS

"While aboriginal cultures reveal a dizzying myriad of languages, worldviews and organizational systems, one thing is common to them all: their reverent connection to the Earth, often referred to as "Mother". These cultures may have been seen as archaic and animistic; yet, if you listen to native leaders, you hear them evoke the "Creator Spirit", their God, as both a presence overhanging Creation, and also immanent to all its kingdoms. Thus, spiritual and divine sparks, souls, inhabit plants, animals... and the Earth itself. The Earth is a divine being to whom we owe infinite respect and consideration. The Peoples' intimate bond with the planet is also the site of an ecstatic and liberating feeling, manifested in their inspiring and vibrant speeches, prayers and songs.

The Earth is therefore a meta-organism whose parts cannot be isolated or compared hierarchically. Imagine your heart, your skin, your faith: all these organs are unique and indispensable to the functioning of your body. The Maya Council teaches: "Mother Earth's blood is the sacred river. Her blood flows giving life to animals, plants, mountains and humanity." Mountains, deserts, oceans, winds... are in turn identified as singular elements of the great planetary matrix, each carrying a gift, a specific "medicine" for the rest of the inhabitants of the web of life. Our societies certainly lack this innocent, wonder-filled view of the innate splendor of our environment. When the first Kogis visited France with Eric Julien a few years ago, they asked, "But why are you digging a tunnel in this mountain?!" Our condescension and brutality towards the planetary meta-organism is certainly the primary reason for our ecological problem."

Personal submission from Mukhande, calling upon a Pavillon of the First Nations in Auroville! Get in touch if you feel concerned: mukhande@protonmail.com

Image: Tata, spiritual elder of the Yawanawa People, Amazonia, Brasil



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 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=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyyWZNdZcAng/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.aurovillelanguagelab.org/>

You may also drop us an email at

info@aurovillelanguagelab.org,

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

Please Note:

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

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@aurovillelanguagelab.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

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



HEALTH

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

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be & Dr.Sonia: Mon/Tue/Wed/Thurs/Fri	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Mon/Tue/Wed/Fri/Sat	Homeopathy with Michael: Mon / Wed / Sat
Integrative Psychotherapy with Juan Andres: TOS	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Monday to Saturday	Physiotherapy with Rebeca: Mon /Wed /Fri
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email (adminsante@auroville.org.in)	Physiotherapy & Massage with Galina: Monday to Friday

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

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

JOB OPPORTUNITY

HR HUB INITIATIVE

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.

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.

Looking for chef/cook/sous-chef/waiter/cashier (part and full time)

A new restaurant is looking to fill the above position on a part time or full time basis or also only on weekends and Sundays. Looking for people with previous experience in these fields.

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.

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.

CLASSES, WORKSHOPS & HEALING ARTS

BLOG ON CREATIVE WRITING

If you want to write on any level, from personal to narrative or theater and short movies scripts, just check the blog at <https://gatedreams.com/> and click on I Just Wanna Write. Or go to the Auroville Radio website and enjoy the many episodes uploaded there. I'm uploading a series on the Hero's Journey that you might find useful. To enter the Blog on the website, you'll have to sign up. It's free for Aurovilians, Newcomers and Volunteers. And if you feel like stuck in your writing exploration, or if you need some encouragement or fresh ideas to unblock your journaling practice (or if you want to start one) or if you feel that writing is part of your creative self educational path, I will happily share my real presence and time for an enjoyable writing session with you.

Contact me here: avgateofdreams@gmail.com

Let's keep up with the writing!

Francesca



GENERATIVE AI USER GROUP

The next meeting of the Generative AI User Group will be on Saturday, 25 November, from 10 am to 11 am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.

For more details and future announcements, join the meeting announcement WhatsApp group by clicking on this link : <https://chat.whatsapp.com/EMEIWHRjquBATdKPEkG4PI>

AI Majumdar

DOULA TRAINING

Dear Community Members,

Do you have a deep interest in pregnancy, childbirth and the early time of the mother and newborn? Would you like work in this field?

If yes, please contact Morning Star to learn about this educational offering:



Birth Care Practitioner - DOULA Certificate Course

For more information contact morningstar@auroville.org.in or Bala at WA 98926 99804

Morning Star is a unit of the Health and Healing Trust, made up of midwives and doulas who support pregnancy, childbirth, breastfeeding and provide women's wellness GYN care in Auroville.

CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature.

Introduction to MahaKali Park with Arun:

Sunday - 26th of November, 7 am to 7.45 am - Major Arun invites you for a peaceful discovery and understanding of MahaKali Park and an introduction to the history and context of green spaces within Auroville. The background of the cradle land and the current state of the vegetation's evolution through a holistic understanding of ecology is shared during the outdoor walk.

Native Thanksgiving Meditation

Sunday – 26th of November, 7.45 am to 8.30 am - We will remember the true origin of Thanksgiving as a day of mourning for the First Nations. We will join the global call of the Peoples and associated organizations to also claim this day as one of a new beginning for all citizens of Earth. We will honor the native ways, opening our hearts in gratitude for the gifts of all directions. We will enter the witness attitude of the yogis, to approach the ancient aboriginal science of « coming-to-knowing », for the sake of all life and all relations. By Mukhande, holistically trained by First Nations and Kriya Yoga lineage for 20 years.

Free. No registration required. Contributions accepted for the management of the site. Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.

Venue: Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for "Revelation Forest" on Google Maps)

Contact: +919500183706 (Arun) / +33613047794 (Mukhande)

CONSCIOUS
NATURE IMMERSION
At MahaKali Park
Happy
THANKSGIVING
SUNDAY 26TH NOVEMBER, 2023
7AM: INTRODUCTION TO MAHAKALI PARK
7.45AM: NATIVE THANKSGIVING MEDITATION
+919500183706
+33613047794
Révélation Forest, Auroville
@revelation_forest

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). All are welcome to drop in.

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

taichi.auroville.org / taichi@auroville.org.in

FERMENTED DRINKS WORKSHOP

MARC'S C.L.C

Please book your spot one day in advance:
admin@marcscoffees.com



MARC'S
COFFEE
LEARNING
COMMUNITY
FERMENTED DRINKS
WORKSHOP
With Matilde
Learn how to make delicious and safe fermented drinks at home following Matildes recipes while learning the basics of fermentation techniques. The session will end with a tasting from the brewery, a scoby and some tea to take home and kickstart your kombucha making journey.
Dates: Every Saturday
9:00 am to 10:30 am

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



Serendipity (Ex. Joy) is located opposite Center Guest House
<https://serendipity.auroville.org> - serendipityauroville@gmail.com
+91 9385623342 - [facebook.com/serendipityauroville](https://www.facebook.com/serendipityauroville)

THERAPIES

 **SHIATSU MASSAGE**  Sara
+91 9443617308

 • EXPRESSIVE ARTS SESSION
• TAROT READING  Anjali
• PRANIC HEALING +91 95600 26678

ACTIVITIES

 **HATHA YOGA**
Wednesdays - 5:30 - 6:30pm  Ramesh
Saturdays - 7:30 to 8:30am +91 98451 68490

 **SANSKRIT TRADITIONAL CHANTING**
Thursdays - 9- 10am (drop in class)  Sonia
Fridays - 5 to 6pm (Regular Students) +91 8940288090

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) 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](#).

Vipassana

As taught by S.N. Goenka



Contact: Sanjay Tumati,
+91 8790982210 (available on WA)
sanjay@auraauro.com



AUROVILLE HEALTH CARE KINESIOLOGY NOVEMBER PROGRAM

New: Kinesiology courses beginning in New Creation, Auroville.

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

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

contact@kinesiology-auroville.in

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



FLOW INTO JOYFUL TRANSFORMATION

SUNDAY NOV 26, 9AM-5PM



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, or WhatsApp: +91 98333 84580.

VÉRITÉ WORKSHOPS AND THERAPY

Pre-registration required

Please contact Verite @
0413 2622045, 2622606, 9363624083 or
programming@verite.in, www.verite.in



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.

Compassionate Communication: Based on Non-violent Communication – with Vega Friday, 1 December, 9:30am - 4:30pm & Saturday, 2 December, 9:30am – 1:00pm

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

Feminine Movement: "Awakening the Shakti" – with Priscilla Saturday, 2 December, 9:30am – 12:00pm

Connect, experiment, explore and discover the possibilities of our female bodies, with guided movement and music. Combining gentle work of awareness and attention with some "wild" aspects, invoking creativity, playfulness, joy, letting go, and understanding of oneself. No experience required, suitable for women of all conditions and shapes.

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

VÉRITÉ REGULAR EVENTS - DECEMBER 2023

CLASSES

Contact Vérité @
0413 2622045, WA +91 9363624083
or e-mail programming@verite.in



Pranayama and Meditation: Re-balance your Nervous System - with Radhika at Vérité – Monday 9:15am – 10:15pm

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

Deep Sound Bath with Satyayuga at Vérité – Monday 5:00pm - 6:00pm

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

Hatha Vinyasa Yoga - with Andres at Vérité – Monday, Wednesday & Friday 5:00pm - 6:00pm

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

Sivananda Yoga - with Mani at Vérité – Tuesday, Thursday 7:30am – 8:30am & Saturday 5:00 – 6:00pm

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

Yoga Asana: Deep Stretch & Relaxation – with Radha Tuesday 9.15am - 10.15am

Mindful movement to help release tension from the body and mind and provide a full-body stretch. We begin with Pranayama (breath) and OM chanting, then progress to Asana (postures) and conclude with Dharana/Dhyana (meditation/concentration). Both energized and relaxed.
Suitable for all.

Sufi Meditation – with Vega at Vérité – Tuesday 10:45am – 11:45am

Sufi practice is from the mystic spiritual tradition of Islam, which seeks a direct and personal connection with God. In this session, we will experience well known practices of Sufi-Zikr and whirling and taste our oneness with the Divine.

Face & Eye Yoga – with Mamta at Vérité – Tuesday 3:30pm - 4:30pm

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

Vinyasa Flow - with Rebeca (no class 26 & 28 Dec)– Tuesday & Thursday 5:00pm - 6:00pm

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

Holistic Hatha Yoga – with Sabrina (no class 21 Dec) – Tuesday & Thursday 5:00pm - 6:00pm

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

Gentle Hatha Yoga – with Claire at Vérité – Wednesday 9.15am - 10.15am

The session includes guidance in simple yogic breathing techniques and “warmups” for gentle joint rotation and stretching. We will then learn/ practice the Sun Salutation (and variations) and relaxation postures, including Savasana.

Yoga for Inner Alignment, Pranayama & Asanas – with Radhika at Vérité - Wednesday, 10:45am – 11:45am

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

Kirtan Songs for the Soul (contributions are voluntary) – with Mamta & Savitri (no class 27 Dec) at Vérité – Wednesday 5:00pm - 6:00pm

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

Open Heart Space Meditation – with Samrat at Verite – Thursday 3:30pm - 4:30pm

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

Free Flow Dance and Movement – with Vega (no class 29 Dec) at Vérité – Friday 5:00pm - 6.30pm

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

Peace with Pranayama – with Mamta (no class 30 Dec) – Saturday 7:30am – 8:30am

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

Mindful Flow: Awaken in Movement & Stillness – with Savitri (no class 30 Dec) – Saturday 5:00pm - 6:00pm

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

TREATMENTS AND THERAPIES

By Appointment:
Call 0413 2622045, 2622606, WA 9363624083
or e-mail treatments@verite.in



Private Yoga Sessions - with Andres

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

Thai Yoga Massage - with Andres

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

Individual Self-work with Clay - with Megha

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

Biodynamic Craniosacral Therapy - with Mila

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

Integrated Craniosacral & Foot Reflexology - with Radhika

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

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

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

Heart-Centered Resilience – with Susan

Learn simple, heart-focused skills to help regulate your body’s response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60–90-minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended



VÉRITÉ PROGRAMS – DECEMBER 2023

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

YOGA & RE-CREATION PROGRAMS

Days	Drop-in Sessions	Timings	Presenters
Mondays	Pranayama & Meditation	9:15am - 10:15am	Radhika
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Sivananda Yoga	7:30am - 8:30am	Mani
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	9:15am - 10:15am	Radha
Tuesdays	Sufi Meditation	10:45am - 11:45am	Vega
Tuesdays	Face & Eye Yoga	3:30pm - 4:30pm	Mamta
Tuesdays	Vinyasa Flow (no class on 26th Dec)	5:00pm - 6:00pm	Rebeca
Tuesdays	Holistic Hatha Yoga	5:00pm - 6:00pm	Sabrina
Wednesdays	Gentle Hatha Yoga	9:15am - 10:15am	Claire
Wednesdays	Yoga for Inner Alignment - Pranayama & Asanas	10:45am - 11:45am	Radhika
Wednesdays	Kirtan Songs for your Soul (no class on 27 Dec)	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Sivananda Yoga	7:30am - 8.30am	Mani
Thursdays	Open Heart Space Meditation	3:30pm - 4:30pm	Samrat
Thursdays	Vinyasa Flow (no class on 28 Dec)	5:00pm - 6:00pm	Rebeca
Thursdays	Holistic Hatha Yoga (no class on 21 Dec)	5:00pm - 6:00pm	Sabrina
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement (no class on 29 Dec)	5:00pm – 6:30pm	Vega
Saturdays	Peace with Pranayama (no class on 30 Dec)	7:30am - 8.30am	Mamta
Saturdays	Sivananda Yoga	5:00pm - 6:00pm	Mani
Saturdays	Mindful Flow - Awaken in Movement & Stillness (no class on 30 Dec)	5:00pm - 6:00pm	Savitri
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, Dec1 & Saturday, Dec2	Compassionate Communication - Based on Non-violent Communication	9.30am - 4.30pm 9.30am - 1.00pm	Vega
Saturday, Dec. 2	Feminine Movement: "Awakening the Shakti"	9.30am - 12.00pm	Priscilla
Friday, Dec. 8	Understanding Pranayama and its Practice in Asanas and Meditation	9.30am - 12.00pm	Radhika
Saturday, Dec. 9	Introduction to Awareness Through the Body	9.30am - 12.00pm	Suryamayi & Vega
Friday, Dec. 15	Face Your Self: Face & Eye Yoga	9.30am - 12.00pm	Mamta
Saturday Dec. 16	Awareness Through the Body	9.30am - 12.00pm	Amir
Saturday, Dec. 16	Master Class - Mantra, Breathing & Asanas for Internal Organs	9.30am - 12.00pm	Andres
Saturday, Dec. 23	Sivananda Yoga: Masterclass	9.30am - 12.00pm	Mani
Saturday, Dec. 23	Master Class - Breath, Mantra, Asanas & Prana Nidra for Energy Pathways	9.30am - 12.00pm	Andres
Saturday, Dec. 23	Anatomy for Yoga Practitioners: The Knee	9.30am - 12.00pm	Rebeca
	Therapies (by appointment only)	Therapist	
	Thai Yoga Massage	Andres	
	Private Yoga Session / Yoga Therapy	Andres	
	Individual Self-Work with Clay	Megha	
	Biodynamic Cranio-sacral Therapy	Mila	
	Integrated Craniosacral & Foot Reflexology	Radhika	
	Craniosacral Therapy	Radhika	
	Foot Reflexology	Radhika	
	Heart-Centered	Susan	
	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja	

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 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 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 (*Not on 24 November and in Dec. until Jan. 2024*)

Saturdays

11.00am – 12.30pm | **Iyengar Yoga** with Tatiana | Mixed Level, open to beginners (*Not on 24 November*)

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



New class

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.

Drop in class

Every Thursday from 4:30 - 6pm with Lola



New class

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).

Drop in class

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



New class

ATB explorations

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

"Whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating attention." The Mother

All are welcome - Drop-in session.

Every Saturday from 11am to 12:15pm.

With love and gratitude, Isora, Rosario and Teresa



New class

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.

Drop-in class

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
See you at Pitanga, with a smile !

Pitanga Cultural Centre
2622403 / WA 9443902403
info@pitanga.in

QUIET HEALING CENTER



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

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

Mobile & WhatsApp: +91 9488084966

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.

SHIATSU SEMINARS



S
H
I
A
T
S
U

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 8th & Sat 9th

Introduction to
Shiatsu &
Meridians
- 2 days

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

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

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



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



YOUTH CENTER CHRISTMAS FAIR IS COMING UP!

Vannakam community :)

Once again we are approaching that time! The **YC X-mas Fair** is right around the corner! Only one month away, on the ***16th of December, Saturday***.

This year we hope to create a fair that is both socially-safe and socially-super fun! In doing so, **we need YOUR help**. If you can donate, share, inspire or support in ANYway (cash or kind ;) please contact the YC and let's co-create!

With love and thanks!

Youth Center @ +91 84280 61801 on WhatsApp.
Hanna~ +918940335976
Mirco~ +91 99440 25718
Sasha~ +91 90472 32400
Deep~ +91 9488494930.



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?

Artist: Alyson De Abis

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 or WA: +91 85248 25120

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

https://drive.google.com/drive/folders/1tGQN BGItSxZKGulpnpwhQTPNaUIAJomDU?usp=drive_link or

please scan this code to know more:



ECO FEMME OPEN HOUSE

**ECO FEMME
OPEN HOUSE**
Every Thursday morning
from 10:30 AM

Dear friends,

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

Come and learn about:

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

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

See you soon!

The Eco Femme Team

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



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

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

Learn More About Divine Arts:
<https://auroville.org/page/divine-arts>

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

THEATRE CLASS

STARTING FRIDAY 24TH NOVEMBER

Theatre Class



Weekly theatre practice for mixed age actors (from age 9 and above).

Improve your acting skills through collective and individual theatre games and a regular and comprehensive acting practice, including work on body, voice and text.

CHOOSE YOUR FAVORITE TIMING

FRIDAYS

2:00PM to 3:30PM

or

4:00PM to 5:30PM

@CRIPA

Info & Registration:

Celine

(Celine Barbara)

+918098846079

(WhatsApp/Telegram)

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 / WA: +91 8940288090

VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

EMAIL: 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
WHATSAPP: 9566631079 (Nidhin)

AUROMODE YOGA SPACE

ENCHANTING EVENING OF TAMIL MUSIC

SATURDAY, NOVEMBER 25. TIME - 6 PM TO 7 PM

We extend a warm invitation to the community of Auroville for a captivating evening filled with **Tamil music and soul-stirring songs** from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvashagam, set to the melodious strains of "Tamil Pann," equivalent to a raga in Carnatic or Hindustani Music.

Featuring Artist Deva: An exceptional young artist who had mastered classical Tamil music through attentive listening. Deva, accompanied by talented musicians on mirudangam and violin, promises to deliver an evening of melodies dating back to 1000s of years celebrating rich Tamil culture and traditions. We will translate the poems in English and explain its meaning. But Art does not need a language. Join us.

Limited Seats: Reserve your spot now

Simple Prasad offered at the end
Free Entry - Donations Welcome

Come and immerse yourself in the melodious tunes that celebrate the spirit of Tamil music. Don't miss this unique opportunity to support and encourage young artists!

தமிழ்ப்பண் இசை கச்சேரி

நாள்-சனிக்கிழமை, நவம்பர் 25

நேரம் - மாலை 6 முதல் 7 வரை
பண் என்பது இசையின் அடிப்படை வடிவங்களில் ஒன்று. 2500 ஆண்டுகளுக்கும் மேலாக பண் இசை தமிழகத்தில் இருந்துவந்துள்ளது. திறமையான இளம் கலைஞர் தேவா, தேவாரம், திருவாசம் மற்றும் பிற தமிழ்ப் பாடல்களைப் பாடுவார். அவருடன் வயலின் மற்றும் மிருதங்கம் இசைக் கலைஞர்கள் கச்சேரியில் கலந்து கொள்வார்கள்



கலைஞர் தேவா

திறமையான தமிழ் இளைஞர்களை ஊக்குவிக்க எங்களுக்கு உதவுங்கள்

இலவச நுழைவு - நன்கொடை ஏற்றுக்கொள்ளப்படும்
Auromode Yoga Space - balaganesh.siva@gmail.com - WA + 91 98926 99804



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 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 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

Love, LUYE Team



FOOD FOREST TOUR

www.myfoodforest.info / myfoodforestgarden@gmail.com



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

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

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

AVAILABLE

NIGHT WATCHMAN AVAILABLE

PRASAD a Nepali Gurka

is looking for a **NIGHT WATCHMAN JOB**

He is an appreciated worker since years in Auroville .

Please contact him on WA +91 94984 59594

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).



HOUSE SITTING

I'm Celia, I'm an Aurovillian working at Eco Femme for the last 8 years and I'm looking for a house sitting opportunity from **December or January onwards**. The best would be a long-term house-sitting but as I didn't find anything yet, I'm willing to accept a short term one, with a minimum of 1 month. I can take care of plants and animals as well :)

Contact me at celia@ecofemme.org or by whatsapp on +916374921730. Thank you!

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



STUDIO BASED ART THERAPY AND COUNSELING

tialovesart@gmail.com / 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

www.createandtransform.org

WA 7094007610

Aurelec, Kuilapalayam, Auroville

NEW CREATION DANCE STUDIO

ZUMBA WITH PREETI

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

YOUTH CENTER PIZZERIA

FRIDAY & SATURDAY: OPEN TO ALL

SUNDAY: AUROVILIANS, NEWCOMERS, VOLUNTEERS

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
8428061801
Youth Center International
@youthcenterauroville
STAY TUNED

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

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies

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!**



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

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

whatsapp: 9843319260

Solitude farm & café
Auroville



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

Regards, Julien.

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



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



DROPSY

Dropzy

Food, Groceries, Fruits & Veggies, Body Care, Wellness, etc.

Stay home, order and access. We'll drop it to you.



Dropzy is made locally by 150dpi, an Auroville activity.

www.dropzy.in
8098144686

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

Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

Download link as shown below:

Android

<https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone

Coming soon.

We will be adding new categories to service our user base in the upcoming weeks. Dropzy is a multi-purpose mobile app platform and it isn't merely only a delivery service solution. Stay tuned in to our announcements and the app regularly, for more updates.

Best regards,
Sathish Arumugam
For Dropzy

Mobile: +91 8098144686
www.dropzy.in

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:

- [Songs of Peace from the Tibetan Pavilion 16th Nov., 2023](#)(City Life)
- [Une série hebdomadaire de lectures par Gangalakshmi – 454](#)(Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making – Ep. 23 “Animation – Birth of an Art Form – Contd...”](#)(Cinema)
- [I Just Wanna Write Ep. 19](#)(Creative Writing)

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

....and more! on www.aurovillerradio.org
For more information write to radio@auroville.org.in

Peace and love
Regards, AvRadio team



CINEMA



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

Reminder: FRIDAY 24th NOVEMBER “ANOTHER WORLD”
by Stéphane Brizé, France, 2021

And **FRIDAY 1st DECEMBER, 8:00 pm**
“**THE CONVERSATION**”

Directed and written by Francis Ford Coppola, US, 1974

With: Gene Hackman, John Cazale, Allen Garfield, Cindy Williams, Frederic Forrest Harrison Ford, Teri Garr, Robert Duvall.

Synopsis: Harry Caul, a principled and taciturn man, a bit of a misanthrope, is a great surveillance specialist. He is engaged in a mission to follow a couple and record their conversations. Once his mission is accomplished, he discovers by constantly listening to his recordings that the couple is in mortal danger. Remembering a previous mission during which a family was killed, he is caught in a kind of moral dilemma, which start to haunt him.... The film won the Grand Prix du Festival International du Film, the highest honor at the 1974 Cannes Film Festival and was also nominated for three Academy Awards for 1975; Best Picture, Best Original Screenplay and Best Sound.

Original English version with English Subtitles. Duration 1h53'

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

PLANTBASED TREATY
presents

MAA KA DOODH

A multiple award-winning film
uncovering the nation's Dairy Disaster

WINNER
BEST DOCUMENTARY
BEST DIRECTOR
BEST SCREENPLAY
BEST FILM WHICH GIVES GLOBAL MESSAGE
Jaipur International Film Festival 2023

ANIMAL SAVE INDIA
CLIMATE SAVE INDIA
HEALTH SAVE INDIA

MAAKADOODH.IN

25th November | Saturday | 3 pm
MMC Auditorium

EMERGENCY NUMBERS

Ambulance (24/7):

Auroville 9442224680	PIMS 0413 2656271		
-------------------------	----------------------	--	--

Security (24/7):

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

Health:

Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
-------------------------------	-----------------------	------------------------	--

Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

ACCESSIBLE AUROVILLE PUBLIC BUS
avbus@auroville.org.in / +91 94430 74825

Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
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

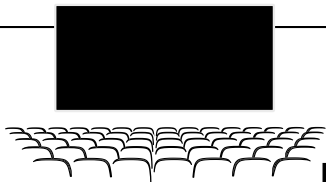
Pondicherry TO AUROVILLE

	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 27 November 2023 to 03 December 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 27 November, 8:00 pm:

• YAATHISAI

India, 2023, Writer-Dir. Dharani Rajendran w/Guru Somasundaram, Aravinth, Semmalar Annam, and others, Action-History, 121mins, Tamil w/English subtitles, Rated: U/A (R)

Set against the backdrop of the 7th century, the film introduces us to a small group called Einar who leads a nomadic life during the reign of Pandiyan dynasty, headed by the most powerful Ranadheera Pandiyan. Kothi, a young man from Einar clan, believes that he is destined to free his people from the nomadic life and leads the clan to revolt against the Pandiyas. Though partially successful, he loses his way in his own lust for power and wealth. *A much acclaimed, well crafted, period film.*

Potpourri – Tuesday 28 November, 8:00 pm:

• LE GRAND VOYAGE (The great journey)

France-Marocco, 2004, Dir. Ismaël Ferroukhi w/ Nicolas Cazale, Mohamed Majid, Jaky Necessian and others, Drama-Romance, Arabic-French w/English subtitles, 108 mins, Rated: NR (G)

Reda, a young French-Moroccan guy and his old father drive from the south of France to Mecca in order for the father to do his pilgrimage. Along the way they get to know each other.

Interesting – Wednesday 29 November, 8:00 pm:

• SHANIA TWAIN: Not just a girl

UK, 2022, Dir. Joss Crowley w/ Shania Twain, Kelsea Ballerini, Marc Bouwer, and thers, Documentary-Music, 88mins, English, Rated: NR (R)

From Nashville newcomer to international icon, this biography follows singer Shania Twain as she transcends genres across borders amid triumphs and setbacks.

Selection – Thursday 30 November, 8:00 pm:

• CINEMA SABAYA

Israel, 2021, Dir. Orit Fouks Rotem w/ Liora Levi, Aseel Farhat, Orit Samuel and others, Drama, Hebrew-Arabic-English w/English subtitles, 91 mins, NR: (G)

A young filmmaker teaching a workshop in a community center puts cameras into the hands of eight women, Arab and Jewish, and asks them to film their lives. As they share their footage, barriers are broken down, beliefs are challenged, and the women learn more about each other... and themselves.

International – Saturday 2 December, 8:00 pm:

• INCROYABLE MAIS VRAI (Incredible but true)

France-Belgium, 2022, Dir. Quentin Dupieux, w/ Alain Chabat, Lea Druker, Benoit Magimel and others, Comedy-Drama-Fantasy, French-Japanese w/ English subtitles, 74 mins, Rated: NR(G)

Alain and Marie moved to the suburb house of their dreams. But the real estate agent warned them: what is in the basement may well change their lives forever.

Children's Matinee – Sunday 3 December, 4:00 pm:

• HARRY POTTER AND THE GOBLET OF FIRE

UK, 2005, Dir. Mike Newell w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Adventure-Family-Fantasy, 157mins, English-French-Latin, Rated: PG

Harry Potter finds himself competing in a hazardous tournament between rival schools of magic, but he is distracted by recurring nightmares. **NOTICE: The matinee films now start at 4pm.**

KUROSAWA'S SAMURAI MOVIES @ Ciné-Club:

Ciné-Club Sunday 3 December, 8:00 pm:

• SUGATA SANSHIRO

Japan, 1943, Dir. Akira Kurosawa, w/ Denjiro Ôkôki, Susumu Fujita and others, action-Drama, 79 mins, Japanese w/ English subtitles, Rated: NR(PG)

Sanshiro Sugata wants to learn jujitsu. But after he witnesses the power of judo firsthand, he abandons his training to study with judo master Shogoro Yano. Under Yano, Sanshiro learns the combative elements of the art, and he also masters satori -- the quiet, meditative aspects

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

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

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