

Auroville

# NEWS & NOTES

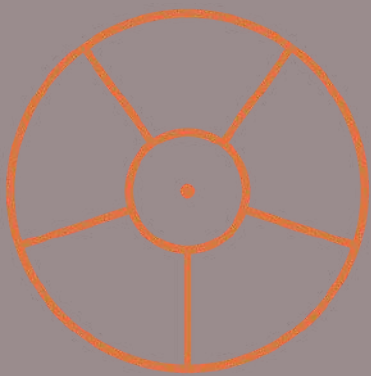
No 1003 - A weekly bulletin for residents of Auroville

30 November 2023

RA EDITION



Jasmin & Aravinda house, Auroorchard, November 2023



## PONDERING

Every good Aurovilian should strive to free himself from all desires, preferences and repulsions. Equality in all circumstances is the chief aim to be attained in order to live in Auroville.

~ 20th September 1969

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)*

For in fact both individual and universe are simultaneous and interrelated expressions of the same transcendent Being; even though in the Ignorance and under its law there is maladjustment and conflict, yet there must be a right relation, an equation to which all arrives but which is missed by our blindness of ego, our attempt to affirm the ego and not the Self one in all. The supramental consciousness has that truth of relation in itself as its natural right and privilege, since it is the supermind that determines the cosmic relations and the relations of the individual with the universe, determines them freely and sovereignly as a power of the Transcendence. In the mental being even the pressure of the cosmic consciousness overpowering the ego and an awareness of the transcendent Reality might not of themselves bring about a dynamic solution; for there might still be an incompatibility between its liberated spiritual mentality and the obscure life of the cosmic Ignorance which the mind would not have the power to solve or overcome. But in the supramental being, not only statically conscious but fully dynamic and acting in the creative light and power of the Transcendence, the supramental light, the truth light, *ŗtam jyotih*, would have that power. For there would be a unity with the cosmic self, but not a bondage to the Ignorance of cosmic Nature in its lower formulation; there would on the contrary be a power to act in the light of the Truth on that Ignorance. A large universality of self-expression, a large harmonic universality of world-being would be the very sign of the supramental Person in his gnostic nature.

The existence of the supramental being would be the play of a manifoldly and multiply manifesting truth-power of one-existence and one-consciousness for the delight of one-existence. Delight of the manifestation of the Spirit in its truth of being would be the sense of the gnostic life. All its movements would be a formulation of the truth of the spirit, but also of the joy of the spirit, — an affirmation of spiritual existence, an affirmation of spiritual consciousness, an affirmation of spiritual delight of being. But this would not be what self-affirmation tends to be in us in spite of the underlying unity, something ego-centric, separative, opposed or indifferent or insufficiently alive to the self-affirmation of others or their demand on existence. One in self with all, the supramental being will seek the delight of self-manifestation of the Spirit in himself but equally the delight of the Divine in all: he will have the cosmic joy and will be a power for bringing the bliss of the spirit, the joy of being to others; for their joy will be part of his own joy of existence. To be occupied with the good of all beings, to make the joy and grief of others one's own has been described as a sign of the liberated and fulfilled spiritual man. The supramental being will have no need, for that, of an altruistic self-effacement, since this occupation will be intimate to his self-fulfilment, the fulfilment of the One in all, and there will be no contradiction or strife between his own good and the good of others: nor will he have any need to acquire a universal sympathy by subjecting himself to the joys and griefs of creatures in the Ignorance; his cosmic sympathy will be part of his inborn truth of being and not dependent on a personal participation in the lesser joy and suffering; it will transcend what it embraces and in that transcendence will be its power. His feeling of universality, his action of universality will be always a spontaneous state and natural movement, an automatic expression of the Truth, an act of the joy of the spirit's self-existence. There could be in it no place for limited self or desire or for the satisfaction or frustration of the limited self or the satisfaction or frustration of desire, no place for the relative and dependent happiness and grief that visit and afflict our limited nature; for these are things that belong to the ego and the Ignorance, not to the freedom and truth of the Spirit.

*(to be continued next week)*



— Sri Aurobindo . THE LIFE DIVINE

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

With love and gratitude,  
Gangalakshmi (HOMA)



**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

|  |   |  |
|--|---|--|
| <b>01</b> House of Mother's Agenda           | <b>09</b> Awakening Spirit                  | <b>26</b> Foods, Goods & Services                |
| <b>02</b> N&N Guidelines / Table of Contents | <b>10</b> The Arts                          | <b>28</b> AV Radio                               |
| <b>02</b> List of Acronyms                   | <b>10</b> Health                            | <b>28</b> Available                              |
| <b>03</b> Note from N&N editors              | <b>11</b> Job Opportunities                 | <b>29</b> Looking For                            |
| <b>03</b> <b>RA WORKING GROUPS NEWS</b>      | <b>11</b> Education                         | <b>29</b> Emergency Numbers                      |
| <b>05</b> <b>COMMUNITY NEWS</b>              | <b>13</b> Classes, Workshops & Healing Arts | <b>29</b> AV Public Bus                          |
| <b>05</b> Community Sharing                  | <b>21</b> Food for Thought                  | <b>30</b> Cinema                                 |
| <b>08</b> Voices and Notes                   | <b>22</b> Activities & Events               | <b>32</b> Cinema Paradiso Program / Alt EFF 2023 |
| <b>09</b> Poetry                             | <b>25</b> Tamil & French N&N                | <b>33</b> Land for Auroville Newsletter          |

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

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

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

In community,  
The RA Community Edition News and Notes Team

## WORKING GROUPS NEWS

### FROM THE ENTRY SERVICE

#### **ES # 208 DATED: 30-11-2023**

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

#### **NEWCOMER ANNOUNCED:**

- **Balaraman VEERAMOORTHY (Indian)** staying in Shambhala (Buddha Garden) and working at Shambhala & Taste of Nature



- **Mireille GEHIN (French)** staying in Aurodam (Sonja's guest house) and working at Tamarai, French Pavilion, SDF & Upcycling



- **Suchithra BALARAMAN (Indian)** staying in Unity Farm and working at Svaram



#### **CHILD OF NEWCOMER:**

- **Krithik (Indian) born on 23/01/2012** (son of **Thenmalar SANKAR** - announced on 05/10/2023)

#### **NEWCOMER CONFIRMED:**

- **Gustavo Adolfo ESPARZA (Mexican)**
- **Prashast GAUTAM (Indian)**
- **Punitha THIRUMAL (Indian)**

#### **AUROVILIAN ANNOUNCED:**

- **Niyati THAKKAR (Indian)** staying in Vibrance and working at Jiva



#### **AUROVILIAN CONFIRMED:**

- **Carla SCHUBERT (Australian)**
- **Pedro GASPER (Portuguese)**
- **Purushothaman ELUMALAI (Indian)**
- **Madhusudan AGRAWAL (Indian)**

#### **NOTE:**

- The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.
- A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).
- A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.
- A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours,

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

#### **Entry Service Timings:**

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

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

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

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

**LETTER TO GOVERNING BOARD RE ALTERATION OF PHRASING IN VISA RECOMMENDATION LETTERS**

Dear Community,

It has come to our attention that there has been a recent alteration in the phrasing of an official document issued by the Office of the Secretary to the Governing Board of the Auroville Foundation, specifically in the text of the Recommendation Letter used for issuing Entry visas.

The original text stated:

*"Dear Sir / Madam, Auroville Foundation is a statutory organization set up by an Act of Parliament, namely, the Auroville Foundation Act, 1988, (No.54 of 1988). Auroville was founded by 'The Mother' of Sri Aurobindo Ashram on the 28th February 1968 as an International Cultural Township project located in Tamil Nadu."*

However, this text was revised and it now reads:

*"Dear Sir / Madam, Auroville Foundation is a statutory organization established by an Act of Parliament namely Auroville Foundation Act, 1988. Auroville Foundation is functioning under the administrative control of the Ministry of Education, Government of India."*

We have written to the Governing Board and the International Advisory Council expressing our concerns that this new version omits significant historical and cultural context, notably the foundational role of The Mother and Sri Aurobindo, and the identification of Auroville as an "international cultural township."

Please read the full letter below.

Faithfully,

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



**LETTER SENT ON 24TH NOVEMBER**

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

Dear Respected Sir and Members,

On behalf of the Residents' Assembly of the Auroville Foundation, we extend our warmest greetings to you. We are writing to express our concern about a recent alteration in the phrasing of an official document issued by the Office of the Secretary of the Governing Board of the Auroville Foundation, specifically in the text of the Recommendation Letter used for issuing Entry visas.

The original text stated:

*"Dear Sir / Madam, Auroville Foundation is a statutory organization set up by an Act of Parliament, namely, the Auroville Foundation Act, 1988, (No.54 of 1988). Auroville was founded by 'The Mother' of Sri Aurobindo Ashram on the 28th February 1968 as an International Cultural Township project located in Tamil Nadu."*

However, this text was revised a few months ago and it now reads:

*"Dear Sir / Madam, Auroville Foundation is a statutory organization established by an Act of Parliament namely Auroville Foundation Act, 1988. Auroville Foundation is functioning under the administrative control of the Ministry of Education, Government of India."*

We are concerned that this new version omits significant historical and cultural context, notably the foundational role of The Mother and Sri Aurobindo, and the identification of Auroville as an "international cultural township." Such elements are not merely historical footnotes but are integral to the identity and ethos of the Auroville community. Furthermore, the absence of any reference to the Foundation's autonomous nature might unintentionally signal a shift towards a more centralized administrative approach, which could be perceived as incongruent with the spirit of Auroville's founding principles.

In light of these concerns, we kindly request your consideration to instruct the Secretary to restore the original wording or revise the current version to reflect the rich heritage, purpose, and autonomous character of the Auroville Foundation. We believe that honoring the vision of Sri Aurobindo and The Mother, as well as acknowledging the international character of Auroville, is essential to maintaining the essence and integrity of the project.

We look forward to a positive response and are willing to provide any assistance or engage in further dialogue to facilitate a resolution that respects and preserves the foundational ethos of Auroville, which has, since 1988, been functioning as the 'Auroville Foundation', an autonomous body under the Ministry of Education.

Thank you for your attention to this matter.

Yours sincerely,

The Working Committee duly selected by the Residents' Assembly of the Auroville Foundation  
Aravinda Maheshwari, Chali Grinnell, Hemant Lamba, Ilayabharathy Somasundaram, Maël Shanti Vidal (TOS), Sauro Mezzetti, Valli Senthilkumar

Cc: Members of the International Advisory Council

**AUROORCHARD LAND EXCHANGE: URGENT ALERT!**

Dear community,

This is an important message. We hope you will read it, even if it is a bit long.

On 11th November we received the sudden news of a registration made in Vanur the day before for an exchange of 10 acres of AuroOrchard with a private land developer's several plots in the Masterplan area, including 25 meters of the crown road next to Mahalakshmi Home.

This was done without informing or consulting Gerard, who was put in charge of this farm by the Mother in 1968 and has been looking after it since then, still living there and taking care of it with a team of Aurovilians.

The Mother sanctioned the purchase of this land in 1965 for Auroville and contributed funds to the Sri Aurobindo Society for the purchase. She has blessed this land, given its name 'AuroOrchard' and the mission to grow food for Auroville. It is one of the biggest, most productive and dynamic farms of Auroville, with a scope for greater productivity with ongoing improvements and additional resources in the future.

With this background, when the question of an exchange of 7 acres of AuroOrchard came up last year, there was a swell of objections from all sides, resulting in the Office of the Secretary and its Land Board deciding not to pursue it. Apparently, as all other negotiations have not been successful, with increasing pressure to secure missing plots to proceed with the crown road, this deal was made in secrecy, now for 10 acres!

Shocked and alarmed, AuroOrchard residents, including one member of the undersigned Working Committee, contacted the Land Board to obtain details about which parts of AuroOrchard have been registered for exchange. They were told that this deal was handled solely by the Land Officers in the Foundation Office. On 15th November, and again on 17th a member of the AuroOrchard team met the senior Land Officer in the Foundation Office, who assured him that "NO part of AuroOrchard is or will be exchanged."

On 15th November, however, this exchange was uploaded on the Vanur Registration Office's website, unmistakably showing the two survey numbers of AuroOrchard. Since then the senior land officer, despite several promises, has not come on site to show which 10 acres have been exchanged.

Two weeks after the registration, on 24th November, a representative of the private owner came, with two Land Board members to take measurements, and on the next day started to clear the lands inside AuroOrchard. Now we know, although still with no direct communication from the Land Board or the Foundation Office, that a vital portion of AuroOrchard's cultivated area has been registered for exchange, with its entrance and access, principal bore-well and central irrigation system as well as the cowsheds, godowns and an inhabited house! This unbelievably opaque way of operation raises concerns about undisclosed reasons behind it.

Besides the essential aspects of the sanctity of this land that is so closely linked to the Mother, its landmark position (it was envisioned as the future gateway to Auroville by Roger Anger) and its importance to Auroville as a productive organic farm, there are some alarming and disturbing details:

- Roadside lands in this area are currently sold for Rs.1500 - 2400 per square foot (plots in Universal Farms right across the road) which translate to Rs. 6.5 - 10.5 crores per acre. Although AuroOrchard is zoned as agricultural land, rezoning and subdividing is done with ease in this area.
- A basic evaluation of the lands received in exchange (plots dispersed in Auroville's City and Green Belt areas, one of which falls on a stretch of less than 25 metres of the Crown road), would be in the range of Rs.10 - 20 crores for 14 acres in total.
- Compared with Rs. 65 - 105 crores for 10 acres of contiguous land in AuroOrchard, with 400 meters on the road front, it would mean a loss of Rs. 50 - 90 crores for Auroville!
- The exchange deed shows only about 1% of the market value for AuroOrchard's land, based on some old records and outdated government guidelines, similarly to what was done recently by the Foundation Office for 1.5 acres of Murthy's stone workshop next to the toll gate on the Highway. This begs the obvious question: "Who is benefitting from these deals?"
- To give a perspective, the financial loss in this single forced exchange, to procure less than 25 metres of the land for the Crown Road, would be more than the entire budget of the road, possibly up to 3 times, while there are still other larger private plots to be procured for this road to be completed!

Rushing to start the Crown Road in 2021 without the most basic and preliminary requirement of first acquiring all the necessary lands, is now causing Auroville grave losses of precious assets. It has more than tripled the land prices in the city area of Auroville, and has proven to be severely disruptive for the community.

We are in favor of land consolidation for the Master Plan area, including its city center and greenbelt, but this needs to be done with care, consciousness and in a way that reflects the ethos of Auroville.

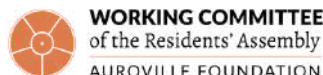
We are currently appealing to higher authorities to reverse this land exchange, which is severely detrimental to Auroville as a whole. We encourage all residents to question this latest land exchange by the Office of the Secretary and its Land Officers, who have crossed unprecedented boundaries and could be causing irreversible loss to Auroville.

We call for the community to unite in a prayer to protect the lands of Auroville.

Sincerely,

Your RA Working Committee

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



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

## MORE NEWS ABOUT LAND EXCHANGE

Dear Community,

After the shocking news of the recent exchange of 10 crucial acres of AuroOrchard (see our massbulletin of yesterday, 27th November), we were deeply dismayed to learn today that there are currently offers and negotiations going on for an additional 6.5 acres of AuroOrchard with other developers who own land in the city area. Both of these actions have taken place in secrecy with no information or consultation with Gerard, the rest of the AuroOrchard team or any selected representatives of the wider community and Residents' Assembly, and with no due process or consideration for the hugely negative impact on the productivity and functionality of one of the biggest organic farms of Auroville.

We are actively trying to see what can be done to address these exchanges that are so damaging to Auroville's physical body and the spirit in which we are called to function here.

Faithfully yours,

The Working Committee of the RA

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



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

## SHORT CLIP ON THE AUROORCHARD SITUATION



<https://youtu.be/VkEOJAR3leE?si=2KBVfSu71NvTRSaB>

## COMMUNITY NEWS

### COMMUNITY SHARING

#### AUROVILLE NEWS PODCAST - EPISODE 8

Dear Community,

The 8th episode of our Auroville News Podcast has been released!

Today's episode reports on the AuroOrchard opaque land exchange, threats to Pebble Garden, the challenges facing our senior residents, and more.

You can find this 8th episode on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and on [auroville.media/podcasts](http://auroville.media/podcasts).

Feel free to send any comment, question or feedback at [media@auroville.services](mailto:media@auroville.services).

In community,

The Auroville Media Liaison service.



## COMMUNITY GATHERING

9 DECEMBER, 5 PM



## DOG SHELTER

### MONTHLY TRANSPARENCY REPORT (NOVEMBER 2023)

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

#### Overview

New admissions: 15 (lots of dumped puppies)

Rabies suspect cases rescued: 0

Parvo Virus cases rescued: 0

Canine Distemper dogs rescued: 0

Rescue dogs, puppies, and shelter dogs deceased: 5

Successful adoptions: 8 (total 69 since April)

Dogs released and re-homed: 4

Vaccinations administered: 4 adults, 23 puppies

ABC shelter dog sterilisation: 6, 2 female, 4 male

Deworming: 31 doses



#### Donations

This month we received Rs. 299.801 in monetary contributions which includes Rs. 50,000 funds from BCC, and was just enough to cover our running costs of Rs. 3 lakh, but does not cover all the extra expenses we have due to having to build makeshift dormitories and rain protection for our dogs. Pour Tous in Kulapalayam supports our shelter by allowing us to place a blue donation barrel at the entrance. Kindly utilize it for donating used clothes, cardboard boxes, paper, rice, lentils, and other non-perishable food items. We pick up donations every Thursday.

This month, we've been fortunate to receive significant help from compassionate dog lovers. Naveen contributed an impressive 1.5 tons of rice, and Mars Corporation generously provided 1 ton of pedigree food. Additionally, we received donated mattresses, and Magalie, who fostered two of our puppies, contributed milk powder and other items for the pups. Shrivatsan Rangaswamy donated 104 kg of rice. A kind-hearted woman covered the costs of essential vaccinations for all our new puppies (Rs. 7,290) as well as those in the puppy camp.

#### Expenditures

Animal Food: This month we fed our dogs 1.200 kg of rice, 1.800 kg of chicken, 500 kg of pedigree, and 700 eggs, supplemented with other donated food with a total cost of Rs. 0.9 lakh. If you can, please sponsor a One-Day-Food-Parcel for our dogs for Rs. 3.500.

Staff Costs for our two vets, animal handlers, and workers amounted this month to Rs. 111.820

Medical Costs: We spent Rs 34.579 on urgently needed medicine, syrups, vaccinations, x-rays, and blood testing, Rs. 13.714 on surgeries

Various Costs: Raincoats, plastic tarps, petrol, wooden crates, firewood, transportation, etc. Rs 18.500

#### New wave of Canine Distemper Outbreak

On November 18th, Bark India informed that Pondicherry is currently grappling with another outbreak of Canine Distemper, resulting in the deaths of numerous dogs. The situation has reached a critical point. We would like to emphasize to all dog lovers that the sole preventive measure is a multi-antigen vaccination, which can potentially save your dog's life. In our shelter, we are offering vaccinations at Rs. 500 per dog, doubling our cost price. This contribution enables us to extend the vaccination coverage to one street dog. If you wish to have your dog vaccinated, please schedule an appointment with us.

#### Fostering and Adoption

As monsoon has hit Auroville very hard this year and might last for a while we are looking for dog lovers who are able to foster some of our now 23 (!) small puppies. As our old shelter lacks a proper quarantine facility, we are in urgent need of a constant supply of old cloth, cardboard boxes, and milk powder to keep the puppies in their small cages dry and safe. If you can, please donate to our FS 251391 so that we can purchase additional cages to keep puppies separated in order to prevent the spread of viruses and diseases.

After the team conducted a headcount we can confirm that per 23.11., 273 dogs reside at the shelter, (23 small puppies, 9 larger ones, and several dogs in foster care). This figure aligns with our documented canine records, which have been verified twice in the last three months by the Animal Welfare Board of India and also by the Department of Animal Husbandry.

#### The access road to the Visitors Centre is being built

Preparations are underway to construct an access road to the Visitors Centre, necessitating the removal of a large and a small dormitory, as well as an enclosure for an aggressive dog. We need urgent assistance to build temporary rain-protected dormitories for approximately 60 to 70 dogs. We did what we could to use plastic sheets to upgrade existing enclosures to offer some protection against heavy rainfall, but as the shelter infrastructure is disintegrating and lacks a drainage system, big parts are flooded or turned into a mudpool. We have raised some funds for constructing individual dog houses, but we are reaching out for your support. If you possess carpentry skills, we would appreciate it very much if you could donate your time and energy to help us construct those urgently needed dog houses.

**We thank all dog lovers for your continued support, especially during this challenging time!**

Auroville Dog Shelter Team

Mar, Coco, Caroline, Arthur, Kiran, Prajeeth

## DOG SHELTER

### CLARIFICATION ON RECENT ACCUSATIONS



In response to recent complaints filed by Shivaya to FAMC from the so-called "IACC support group" concerning the Auroville Dog Shelter, we feel compelled to address the following issues.

#### **Inaccurate Reporting of Dog Numbers:**

Shivaya, citing an alleged "trusted source," accused the Auroville Dog Shelter of falsely reporting the number of dogs in its care stating that we only have 189 dogs at the dog shelter.

After the team conducted a headcount on 23.11., we can confirm that presently, 273 dogs reside at the shelter (22 small puppies, 9 larger ones, and several dogs in foster care). This figure aligns with our documented canine records, which have been verified twice in the last three months by the Animal Welfare Board of India and once by the Department of Animal Husbandry.

#### **Misleading Claims Regarding Injured Dogs:**

False statements were made about the ADS „refusing to take in or treat injured dogs, even those in the Auroville area“. Contrary to this, we report that this month alone, we have rescued and treated 10 dogs, successfully got 8 adopted, rehomed 4, and found foster places for 3 others.

#### **Misinformation on Dog Fatalities:**

The IACC support group falsely asserted that about 50 dogs died in April, May, and June and that deaths continued afterward. In reality, we had 3 fatalities this month and 6 in October, which were all vetted for and recorded by our two veterinarians according to AWBI guidelines.

#### **Financial Transparency:**

Concerns were voiced about the donations we have raised. Just last month BCC conducted an audit of our entire bookkeeping along with our accountant from the Auroville Service Trust. Together with our executive Mar, it was verified that every rupee of donations received by the shelter is accurately accounted for, ensuring transparency and accountability.

We urge members of the "IACC support" group to redirect their time and energy toward supporting our efforts to care for dogs rather than spreading again baseless accusations against the Auroville Dog Shelter and also stop their defamation campaign against individual team members.

## REPLY TO ARTHURS POST

Arthur's post is a response to a letter that was sent to FAMC on 20.11.2023 with concerns and questions in regard to the management of the Dog Shelter.

An email reply was sent within half an hour, so clearly written by a single member of the GB FAMC, and all was copied to the Dog Shelter.

This is contrary to normal collective working practice which would be to take up a topic raised and formulate a reply only after discussion in a meeting or consultation with all members.

The result is a post on Auronet from the Dog Shelter which purports to be a response to the points raised, but in fact omits to address some of them at all.

Readers of the post cannot make this out since the original email is not shown, only the incomplete response.

#### **The concerns/ questions voiced in the communication to GB FAMC are:**

1. Arthur (passport name Heinz Bauer), a Newcomer whose process had been interrupted and restarted in May 2023, is now effectively in charge of the Dog Shelter. Both the executives appointed in April 2023 by Service Trust/FAMC (Daniela Keller and Lore Dossche) have resigned, Daniela already in July and Lore in September 2023. A operates presently the FS account to run the activities, receives disbursements from Unity Fund and signs receipts for donations.

This should not be so. Only an Aurovilian can exercise executive functions and authority, not a newcomer. How can Auroville entrust this kind of responsibility to a largely unknown person? If something would go wrong it would fall back on Auroville and damage would be done to the community as well as to Auroville's reputation – not to mention that it would be the wellbeing of the animals that would be affected.

After extensive fundraising efforts by AVI USA for the shelter there are large amounts of funds coming in via Auroville Unity fund. Additionally, the Dog Shelter receives donations from other sources, foreign and from India, and some smaller amounts from Auroville itself.

The shelter also receives a budget from the BCC/City Services that has been increased to Rs. 50,000 per month.

Recently a new executive was appointed by Service Trust. Mar is an animal lover. When asked about her role and work, she said that she sees herself as a support person to the shelter and bridge to the community. She also mentioned that she has other work commitments in Auroville.

It should be her as the executive, who collects and manages the funds – and there needs to be a minimum of two AVn executives for any unit, which is not the case.

2. In the reports and announcements of the Dog Shelter (authored by A.) for the last 2 months, the talk is constantly about 300 dogs and fundraising is done to maintain 300 dogs. From a trusted source (a long-term well-wisher and donor of the Dog Shelter, who when visiting, found the shelter rather empty and counted the dogs) it is known that there are only 189 dogs left at the shelter (early November). I know that about 50 dogs died in April, May and June, and dying continued after. That so many dogs died may have various reasons. What disturbs me is the misinformation and false statements.

It feels scary to have a Newcomer effectively in charge of a unit, in a position of handling large amounts of funds, without direct supervision of an experienced Aurovilian executive.

3. The shelter is refusing to take in or treat injured dogs, even those in the Auroville area. Individuals and units that contact the Dog Shelter for help are asked to contact Bark India, which is complicated as it is in Pondicherry and is often overcrowded. If there is an issue with dogs in Auroville and the shelter/ A. is asked for help it gets refused by saying that the shelter has too much work or no driver for the car or other excuses are brought forth.

4. They also refuse to take puppies when dropped in Auroville facilities. It appears that any responsibility other than keeping the shelter at Status Quo and selling some vaccinations are not happening. BCC disburses a budget of Rs 50,000 to the Dog Shelter but the services that are meant to be provided to the community are not being fulfilled. This used to be very different!

5. The reports and fundraising narratives are very elaborate and attractive to donors; all is being dramatized and made to look big and impressive. But is it corresponding to reality? This is difficult to know as the shelter is no longer a place where one is welcome to drop in and have a chat.

For example, recently a long-term Aurovilian who had brought materials to give to the shelter (waste cloth etc.) was denied entry to the shelter by K., when A. was away on a trip to Thailand. Why? What is there to hide?

6. A. writes about the monthly budget being around Rs 300000 for 300 dogs. But actually, there are +-190 dogs.

7. How come that both original executives that started the work with enthusiasm and vision, resigned in a very short time, Daniela after 3 months and Lore after 5 months. Why did they resign? Did the FAMC and Service Trust ascertain the reasons for their resignation before appointing Mar?

Submitted by Shivaya



## HERO WARRIORS AS PEACEMAKERS

**For the Receptives**, here are some current events in video for your scrutiny and wider integral understanding:

<https://www.youtube.com/live/wiTQjOFCnII?si=s3u4HGUQd-TqpWVm>

We can see from the global power play that Peacemakers must themselves be Hero Warriors (the complex battleplay of the Gita as reference). Other very interesting supporting videos on the same channel.

And then carefully go through these Divine Guidance from Sri Aurobindo and the Mother for integration:

<https://incarnateword.in/cwm/04/3-may-1951>

*"I have told you, this is what Sri Aurobindo expects us to do—you may tell me it is difficult, but I repeat that we are not here to do easy things, we are here to do difficult ones."*

It is clear that with our Avatar founders, Hero Warriors we must be:

<https://incarnateword.in/search?query=hero+warrriors&page=1&phrase=true>

From this last link these vision of the Mother stands out to be fully noticed:

*"I am perfectly sure, I am quite confident, there is not the slightest doubt in my mind, that this University, which is being established here, will be the greatest seat of knowledge upon earth."*

This is crystal clear indication of Auroville also being a modern [Gurukul](#) for the Integral Yoga of our Avatar founders Sri Aurobindo and the Mother (developing events and circumstances are clearly pointing towards this manifestation). Auroville as intended by the Supreme is to be a living City of Dawn, a Cradle for the hero warriors and willing servitors of the Divine Consciousness (this implies of course that there is an opposite choice: willing servitors of the undivine consciousness). The consenting, conscious choice depends on each individual, as Auroville is a concentrated battlefield of cosmic forces, with humans conscious or otherwise as the instruments of expression. As the Mother reminds: *"Men, countries, continents! The choice is imperative: Truth or the abyss."*

*"FEAR is the greatest of all enemies and we must overcome it here, once and for all."*

21 February 1952

*"To follow Sri Aurobindo in the great adventure of his Integral Yoga, one needed always to be a warrior; now that he has left us physically, one needs to be a hero."*

21 February 1954

*"When you fear death it has already defeated you."*

24 April 1956

*"The manifestation of the Supramental upon earth is no more a promise but a living fact, a reality."*

For the True Aurovilians, proactively remember what Auroville represents in the ongoing intense global change:

- *The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.*
- *Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.*

Very interesting times ahead...

Zech, 2023.11.26

## MUKHANDE SHARING

Dear friends of Auroville,

This quote from The Mother below is from before the creation of Auroville, but there is an evident continuum in Her perceptions/visions/insights, that may help us today to grasp certain dynamics of the City experimentation.

The model She describes has very limited contacts with the outside world: isn't it an interesting argument to put forth and strategically stand for, making our minds for, in our current days of crisis? Isn't it the time to reflect and brainstorm, why not with peer communities in the world, upon autonomy, at geopolitical, economic, financial, technological, digital levels... based on the ground of our innermost spiritual autonomy... to ignite the fire of this planetary work...?

She also mentions occult powers as "the only solution", and on this topic, I feel there is also a lot to investigate and clarify among us...

Open to your feed backs.

With Love. Mukhande. [mukhande@protonmail.com](mailto:mukhande@protonmail.com)

Image from the SEEDS regenerative movement, sold as a NFT here: <https://opensea.io/collection/joinseeds>

*It is the concept of an ideal town which would be the nucleus of an ideal country, a town which would have contacts, purely superficial and extremely limited in their effect, with the outside world. One would therefore already have to conceive—but this is possible—of a power sufficiently strong to be at the same time a protection against aggression or ill-will (this would not be the most difficult protection to obtain) and against infiltration and admixtures. But if necessary, one can conceive of that. From the social point of view, from the point of view of organisation, from the point of view of the inner life, these are not problems. The problem is the relation with what is not supramentalised, to prevent the infiltration, the admixture: that is to say, to prevent the nucleus from falling back into an inferior creation—it is a problem about the period of transition.*

*All those who have given thought to the problem have always imagined something unknown to the rest of humanity, like a gorge in the Himalayas, for example, a place unknown to the rest of the world. But this is not a solution; it is not a solution at all.*

*No, the only solution is an occult power, but this already implies that before anything can be done, a certain number of individuals must have reached a great perfection of realisation. But one can conceive that if this can be done, one can have a spot which is in the midst of the outside world and yet isolated (without any contacts, you see), a spot where everything would be exactly in its place—as an example.*

The Mother

18th July 1961



## INTERVIEWS ON "SEEKING OUR INNER BEING"

Dear Community,

Two months ago we made a call to the Community inviting testimonials from those amongst us willing to share their personal experience of seeking their Inner/ Psychic Being. Our invitation to participants was to be as honest and led from the heart as possible and to avoid quotes and lectures; rather to share from their own unique experiential journey.

We are happy to announce that many of you responded to this call; expressing your joys and challenges, certainties and doubts, some told of hesitations, and others of a deep gratitude generated by this spiritual quest.

We hope through these interviews to offer listeners and viewers the opportunity to connect with the spiritual adventures of others and to perhaps be inspired in their own quest. The fundamental aspiration of this collective endeavour is to encourage, nourish or rekindle our inner spiritual commitment (as stated by Mother in To Be a True Aurovilian) and to honour its essential place at the core of our life in Auroville. Our sincere hope is that this project will also act as a unifying force for our Community, as a whole.

From **Monday 27 November** we will release **2 Audio recordings per week**. Please click [here](#) to find the Audio. Video interviews will commence in about one month, and in the near future we will propose more means to share our individual and collective experiences on the topic. Stay connected to hear more exciting updates!

We express our gratitude to Matthew and Auroville Radio and for their steady support and technical help.

If you would like to take part in this project, if you want to support us, or indeed interact with the project on any level, please send us an email at [being@auroville.org.in](mailto:being@auroville.org.in)

Love & thanks,

The "Seeking our Inner Being" Team: Carla, Dan, Iris

## FROM NAMES TO THE NAMELESS

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

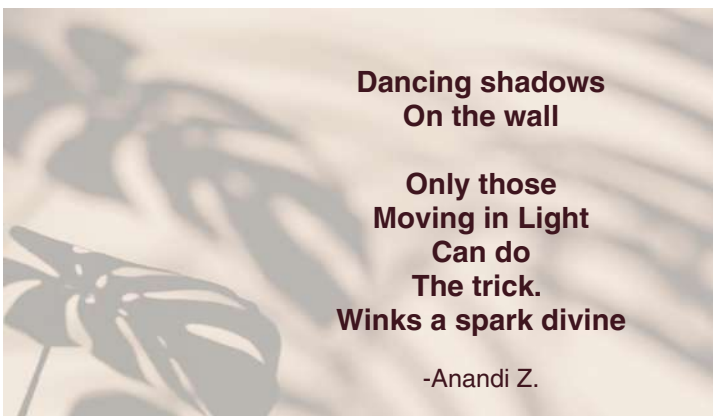
You can explain what your name means and share your experience of it; you can express it in creative art forms—a poem, a song, a painting, calligraphy, sculpture, handicrafts...

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

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

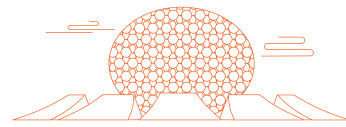
Share it when we meet spontaneously, or send something to Anandi Zhang by email: [anandizhang@gmail.com](mailto:anandizhang@gmail.com)

## POETRY



## MATRIMANDIR NEWS

### Lake News



Lake section 2 is nearly ready for the excavation below ground level to begin.

The site has been cleared, the trees and undergrowth removed. Every tree that could be transplanted has been transplanted and we are happy to reassure you that more than 80% of the transplanted trees and shrubs are thriving.

Now earth moving is accelerating and this means the impact of the work will be felt beyond the boundaries of the Matrimandir compound.

From now on, big lorries, carrying excavated earth, are going to be moving on the section of road between 2nd Banyan Gate, the Town Hall and on towards the Crown Road to the north.

There will be a new gate onto this road between the 2nd Banyan Gate and the West Gate with trucks entering and leaving, very frequently, between 8am and 4.30pm and sometimes even later.

We are aware this is already one of the busiest roads in Auroville and we are planning as soon as possible to replace the trucks with a conveyor belt.

In the meantime we ask you to drive slowly and carefully and pay attention to the workers who will be directing the traffic in order to ensure the safety of all.

Matrimandir executive team

### TRAFFIC ALERT

PLEASE NOTE THAT FROM NEXT WEEK HEAVY LORRIES WILL BE CROSSING THE ROAD TO THE TOWN HALL BETWEEN MATRIMANDIR 2ND BANYAN GATE AND MATRIMANDIR WEST GATE.

BETWEEN 8 AM AND 4.30 PM DAILY  
MONDAY THROUGH SATURDAY

PLEASE DRIVE SLOWLY AND CAREFULLY AND FOLLOW THE DIRECTIONS OF THE WORKERS DIRECTING TRAFFIC FOR YOUR SAFETY

## AWAKENING SPIRIT

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

**Tuesday, 6th December, 9 am - 12 noon**  
**Focus: The Psychic 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



**No tokens required.**

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

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

With love, Andrea

## 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:

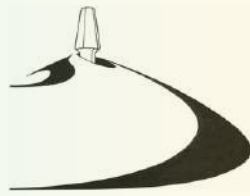
The Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.

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



## EXHIBITION AT PITANGA

24 NOVEMBER - 23 DECEMBER 2023



## THE ARTS

### CENTRE D'ART CITADINES EXHIBITION

#### Roger Anger, l'artiste

From 8 to 28 December 2023

Tuesday to Saturday 10 am - 12 pm, 2.30 - 5.30 pm

Opening on Friday 8 December 2023 at 4 pm

## ROGER ANGER l'artiste



Centre d'Art Citadines Auroville  
8-28 December 2023

(Sunday, Monday closed)

Tue-Sat 10.00 am - 12 pm, 2.30 pm - 5.30 pm

Opening

8 December 2023, 4 - 7 pm

Please, park at Town Hall



## HEALTH

### SANTÉ SERVICES IN DECEMBER 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.

*sante*

#### For emergencies, contact:

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

Government Ambulance (24/7) : Phone: 108

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

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

### 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.

#### **Looking for chef/cook/sous chef/waiter/ cashier (part and full times)**

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

### DIGITAL MARKETING SPECIALIST

**Eco Femme** is looking for a creative, dynamic individual to join our team as a part-time in-person (17.5 hrs / week) **Digital Marketing Specialist** to **start immediately**. If you're into making a positive social impact, love online ads and analytics, and can whip up social media magic, this might be the job for you!

Contact [laure@ecofemme.org](mailto:laure@ecofemme.org) to get the full job description. **Applications are open till Dec 8.**

### YOUTH CENTER VOLUNTEERING OPPORTUNITIES

THE YOUTH CENTRE PEACEFUL CITY

## Volunteer Now

Join our team at the Youth Centre, Auroville!

Requirements

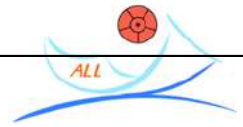
Register and volunteer for 3 months min  
Work 4 hours every morning with the team

Wood work and metal work  
Art and education activities,  
Animal care,  
Social media and marketing,  
Treecare and planting,  
Cooking, pizza nights and maintenance

+91 8428061801 @youthcenterauroville

## EDUCATION

### NEWS FROM AUROVILLE LANGUAGE LAB



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

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

#### Tomatis

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

Please contact 0413-3509932 or 04132622467 or email us at [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlywZNdZcAng/videos>
- <https://www.listenwell.com/>

### Current Language Courses at ALL

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

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

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

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

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

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

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

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

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

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

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

## English Conversation with Ramesh

This course is now closed to new registrations.

## German with Ben

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

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

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

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

## Spoken Tamil with Saravanan

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

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

## Beginner Hindi with Alka

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

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

## Intermediate Spanish with Susana

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

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

## Beginner and Pre-Intermediate English with Rupam

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

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

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

## **To join or enquire:**

Please fill out our form at

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

You may also drop us an email at

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

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

## **Please Note:**

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

## **Current Schedule of Classes**

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



## CLASSES, WORKSHOPS & HEALING ARTS

### 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 - 3rd of December, 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.

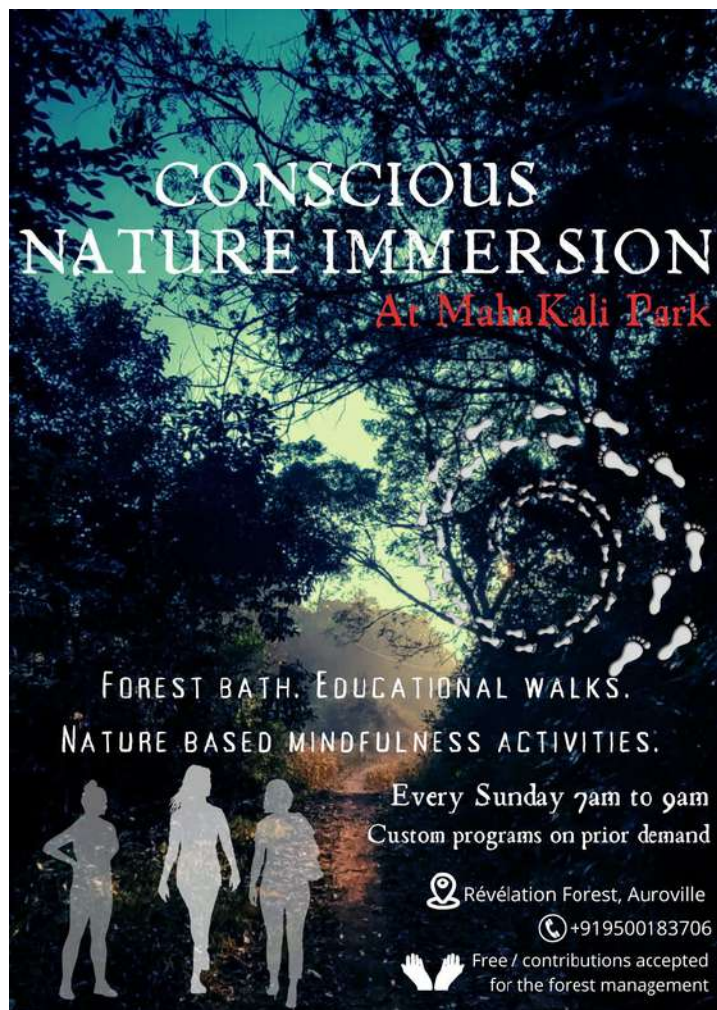
#### Meditative experience with Mukhande:

**Sunday – 3rd of December, 7.45 am to 8.30 am – if no rain.** Guided meditation in Nature to deepen our experience of what Nature is. "O adorable Nature. How charming and wonderful is your creation ... Yet none has been able to understand, none has been able to unravel the heart of your mystery ..." The Mother

**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)



### VIPASSANA MEDITATION

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

**Date:** Every Sunday

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

**No registration is required.**

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

Vipassana  
As taught by S.N. Goenka



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



### TAI CHI HALL @ SHARNGA

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

#### **Mondays & Saturdays:**

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

#### **Tuesdays - Fridays:**

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

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

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

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

### I JUST WANNA WRITE

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 Aurovillians, 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](mailto:avgateofdreams@gmail.com)

Let's keep up with the writing!

Francesca



### Monday to Friday Dec 2023

**Morning 7 30 to 9 30 am**

**Vinyasa flow Asanas,  
Pranayama, Meditation**

**11 30 am to 12 30 pm**

**Mobility with Karlakattai**

**Tuesday-Bollywood Dance kids - 5 to 6 pm**

**Tuesday-Bollywood Dance Adults - 6 to 7 pm**

**Friday -Vinyasa flow Yoga- 5 30 to 7 pm**

**Saturday-Karma Yoga- 7 to 9 am**

**Satsang -10 30 to 11 30 am**

**Yogic Tamil food -12 30 to 2 pm**

**Vinyasa Yoga- 5 30 to 7 pm**

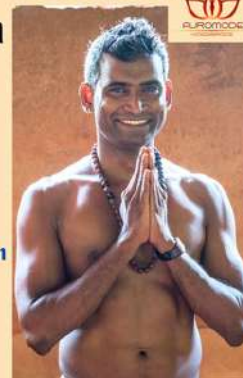
**Sunday-Tamil culture & temple visit -10 to 1 pm-Yogic tamil food - 12 30 to 2 pm**

**Vinyasa flow Yoga-5 30 to 7 pm**

**Registration must -WhatsApp for fees & other details**

**Auromode Yoga Space**

**Email - balaganesh.siva@gmail.com WA + 9198926 99804**





Registrations is a must for all the program.  
Email or WA us, to know about the fees structure and other details.  
Contact – email – [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) & WA(only) +91 98926 99804

| Day              | Time                 | Description                                       |
|------------------|----------------------|---|
| Monday to Friday | 7 30 am to 9 30 am   | Vinyasa flow Asanas, Pranayama & Meditation       |
| Monday to Friday | 11 30 am to 12 30 pm | Mobility with Karlakattai                         |
| Tuesday          | 5 00 pm to 6 00 pm   | Bollywood Dance for KIDS                          |
| Tuesday          | 6 00 pm to 7 00 pm   | Bollywood Dance for Adults                        |
| Friday           | 5 30 pm to 7 00 pm   | Vinyasa flow Asanas, Pranayama & Meditation       |
| Saturday         | 7 00 am to 9 am      | Karma Yoga  |
| Saturday         | 10 30 am to 11 30 am | Satsang- Indian & Tamil philosophy sharing circle |
| Saturday         | 12 30 pm to 2 00 pm  | Yogic Tamil food experience                       |
| Saturday         | 5 30 pm to 7 00 pm   | Vinyasa flow Asanas, Pranayama & Meditation       |
| Sunday           | 10 00 am to 12 00 pm | Tamil culture tour & temple visit                 |
| Sunday           | 12 30 pm to 2 00 pm  | Yogic Tamil food experience                       |
| Sunday           | 5 30 pm to 7 00 pm   | Vinyasa flow Asanas, Pranayama & Meditation       |

**Vinyasa flow with Bala :**

Vinyasa Flow yoga is a style of yoga that emphasizes the coordination of breath and movement. It is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

Like to try them ? Join us.

**Date and Time :**

Monday to Friday - 7 30 am to 9 30 am  
Every Friday - 5 30 pm to 7 pm  
Every Saturday - 5 30 pm to 7pm  
Every Sunday - 5 30 pm to 7 pm



**Mobility with Karlakattai:**

Ready to enhance your flexibility and mobility? Karlakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karlakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

**Date and Time :**

Monday to Friday - 11 30 am to 12 30 pm

**Bollywood dance with Pranati :**

Join us every Tuesday for an energetic dance session featuring choreography to Kollywood and Bollywood songs by Pranati, a versatile Bharatanatyam and contemporary dancer. Pranati believes that dance is for everyone, and with the added element of fun, it's incredibly easy for you to pick up the steps and start moving to the rhythm. Dance provides a fantastic outlet for you to sweat, let go of stress, and enjoy a good workout. No prior experience is necessary.

**Date and Time :**

Tuesday- Kids - 5 pm to 6 pm Adults- 6 pm to 7 pm

**Karma Yoga :**

Karma Yoga emphasizes performing duties and actions without attachment to the results or fruits of those actions. We are providing an opportunity for visitors to engage in Karma Yoga at one of our organic farms. Auroville is a living proof of the effortless service of its people, and participants will have the chance to learn more about it through hands-on experience. They will also immerse themselves in the art of growing their own food. The experience includes a comprehensive farm tour, followed by a wholesome and healthy breakfast.

**Date and Time :**

Every Saturday- 7 00 am to 9 00 am

**Satsang Saturdays :**

Satsang is a Sanskrit term that translates to association with the truth, refers to a spiritual gathering where individuals come together to discuss and contemplate spiritual topics, share insights, and deepen their understanding of philosophical principles. Immerse yourself in the wisdom of Indian and Tamil philosophical traditions as we gather for a series of enlightening talks and discussions. This Satsang is open to everyone seeking a deeper understanding of life's mysteries.

**Date and time :**

Every Saturday- 10 30 am to 12 noon

**Yogic Tamil food:**

Explore the world of Yogic Tamil food with us! Did you know that chillies were introduced to India by the Portuguese, and traditional Tamil cuisine did not include them? Did you know that we don't eat raw salad as it was not offered to the Divine first through fire(heat) offering ? Join us for a limited-seat Tamil culinary experience to discover authentic Tamil food that is not served in restaurants.

We prepare the food fresh, local, seasonal and in yogic way. It will be a taster menu of different food served on a banana leaf.

**Date and timings :**

Saturday -12 30 to 2 pm  
Sunday -12 30 to 2 pm

**Tamil culture and temple visit:**

Embark on a captivating journey through the rich history of Tamils and Tamil Nadu! The Auroville region boasts temples dating back 1300 years, each with its own story of history and culture. Uncover the legends that foretold the arrival of Auroville some 600 years ago, and immerse yourself in the vibrant tapestry of Tamil Nadu's heritage. Join us and discover the timeless tales that have shaped the essence of Tamil culture & delve into the diverse facets of Tamil religion, culture, and local traditions.

**Date and Time :**

Every Sunday- 10 am to 12 30 pm

## 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](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



### REGULAR CLASSES

#### Hatha Yoga with Ramesh

- **Wednesday from 5.30 to 6.30pm and**
- **Saturdays 7:30 to 8:30am, drop in class.**

Ramesh offers hatha yoga classes, incorporating elements of vinyasa, pranayama, and meditation. His style is gentle, adaptive and progressive, blending passive, gravity-assisted poses with dynamic, energizing poses. He places emphasis on mindful breathing and body awareness throughout the practice. Classes are well-suited for beginner to intermediate-level practitioners. They are on a "drop-in" basis and by donation, although a minimum contribution is expected, depending on your means.

#### Mindfulness evening Circle with Jass

- **Thursdays at 7pm (starting on the 14th December)**

Mindfulness is the art of opening up to the present moment, embracing all that is alive within us and around us. It enables us to enjoy life deeply and cope with life's challenges in a skillful way. We will practice different mindfulness exercises together (mindful sitting, walking, eating, sharing...). This is a drop-in group session.

#### Traditional Sanskrit Mantras with Sonia

- **Thursday from 9 am (Drop in class);**
- **Friday from 5 to 6pm (Regular Students).**

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

### THERAPIES

#### Shiatsu Massage with Sara On appointment only (+91 9443617308)

Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. Although shiatsu means 'finger pressure' in Japanese, a practitioner also uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. Like acupuncture, shiatsu stimulates the body's vital energy (Chi) using the points and meridians of acupuncture as well as massaging the muscles, joints and circulation with strokes like kneading or effleurage. It is characterised by extensive use of pressure techniques over acupuncture points often done using thumb or palms. Shiatsu does not use instruments or oils. During a session, individuals are fully clothed and traditionally lie on a futon mat placed on a floor.

#### Expressive Arts with Anjali On appointment only (+91 95600 26678)

The key purpose of Expressive Arts sessions is to build our relationship with an art process in an experiential and embodied way through multiple art forms such as visual, writing, photography, dance, movement, music, or drama. By moving away from the result, into paying attention to the creative process, we allow ourselves to connect deeper to the resources we hold within us. The sessions will emphasize creative imagination, mindfulness through art, and connecting with our deeper selves. This space will also allow you to connect with your authentic forms of expression, as you explore with the arts. This helps access inner resources otherwise untapped. The sessions typically last for 60-90 minutes.

#### Tarot Reading with Anjali On appointment only (+91 95600 26678)

Tarot, oracle and angel cards are tools of divination and exploration which can be used to gain insight, work through life's challenges and understand ourselves on a deeper level. The messages in these cards are used not to predict the future, rather to connect ourselves with our own inner knowing and wisdom to channel our resources in the right direction. The overall aim is to promote growth and well-being. Anjali uses the tool of tarot as an opening to connect with imagery, archetypes and intuition. The insight gained from the cards are delivered as a storyline or guidance which promotes deeper reflection. Anjali is certified by the Psychic Healing Academy led by Sal Jade, Tarot Instructor and Intuitive Healing Coach, and also by Academy of Tarot by Mehakleen, Tarot and Manifestation Coach. Her approach is also based in intuitive and spiritual practice. She combines her tarot practice with techniques from Pranic Healing and Expressive Arts.

#### Pranic Healing with Anjali On appointment only (+91 95600 26678)

Pranic Healing is a revolutionary and comprehensive system of natural healing techniques that uses prana (life energy) to treat illness and improve well-being. It is a synthesis of ancient, esoteric healing methods that have been rediscovered, researched and tested over decades with proven success by the founder of Modern Pranic Healing, Grand Master Choa Kok Sui. Anjali has been practicing Pranic Healing since 2018 and she has been certified in Basic Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy, Achieving Oneness with the Higher Soul, Pranic Crystal Healing, Psychic Self Defense and Arhatic Yoga Prep, accredited by World Pranic Healing Foundation, Manila.

Pranic Healing has been described as a simple and yet very powerful technology that can be employed with immediate benefits to the patient. It is a no-touch healing modality. Pranic Healing corrects imbalances in the body's energy field and energy centers (chakras) and transfers life force to the patient. Pranic Healing can facilitate healing for specific diseases and conditions including physical, mental, emotional and psychological ailments.



## VÉRITÉ WORKSHOPS AND THERAPY

### Pre-registration required

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



### 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.

### Understanding Pranayama and its Practice in Asanas and Meditation – with Radhika

**Friday, December 8, 9:30am - 12:00pm**

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

### Introduction to Awareness Through the Body – with Suryamayi & Vega

**Saturday, December 9, 9:30am - 12:00pm**

Awareness through the Body is an integral yoga practice developed in Auroville, that offers practitioners the possibility to consciously explore the embodiment of the being through which we experience our inner and outer worlds. ATB uses a wide variety of introspective, interactive, dynamic, meditative, and playful exercises and activities, relating to attention & concentration, relaxation, breath, sensory and kinesiological awareness (and more!) to discover the existing connections between the mind, emotions (vital), the physical and subtle physical (energy) planes of the being. The aim is to integrate these different parts into a more harmonious whole, organized around our inmost center. Join us for an introductory experience of this unique practice!

## VÉRITÉ REGULAR EVENTS - DECEMBER 2023

### CLASSES

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

### 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.

**Hatha Yoga & Flow – 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 9 & 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](mailto:treatments@verite.in)**



**Private Yoga Sessions - with Andres**

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

**Thai Yoga 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](http://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  | Face & Eye Yoga   | 3:30pm - 4:30pm                    | Mamta            |
| Tuesdays  | Vinyasa Flow (no class on 26th Dec)                                     | 5:00pm - 6:00pm                    | Rebeca           |
| Tuesdays  | Hatha Yoga & Flow   | 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 9 & 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<br>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 & Eye Yoga : Face Yourself   | 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           |
| Sat, Dec. 16<br>Sun, Mon, Tue,<br>Dec. 17, 18, 19                     | 5 Rhythms: Conscious Dance (4 day workshop)                             | 2:30pm - 4:30pm<br>9:30am - 4:30pm | Sudevi           |
| 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. 30   | Safe Yoga Asana Practice: Do's & Don'ts                                 | 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 December 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.

**Iyengar Yoga classes with Tatiana are paused until further notice.**

##### 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.

##### Art Therapy with Gala

Thursdays, 3 – 5pm for adults

Fridays, 3 – 5pm for families

#### DROP-IN CLASSES *Join without prior registration!*

##### Mondays

7.30am – 9am | **Asanas** with Rachel | All levels |  
8.30am – 10am | **Yoga Therapy** with Gala | All levels  
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 |  
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 (*Not on 22 and 29 Dec. beginning again in Jan. 24*)

##### Fridays

6.45am – 8am | **Pranayama** with François & Namrita | For former "The Art of Living" course participants  
9am – 10am | **Lola's ATB special** for seniors, all levels (*Not in December*)  
7.30am – 9am | **Asanas** with Rachel | All levels |  
8.30am – 10am | **Yoga Therapy** with Gala | All levels

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 in December*)

#### Saturdays

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

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 are welcome to join

#### 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

#### HEALING SPACE - BY APPOINTMENT

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

#### NEW ACTIVITIES



##### "Born Free"

A Five Hour Transformative Workshop

Monday 11 to Friday 15 December 2023

1 hour daily:  
12.45 - 1.45pm

by Ange Blanchflower

"Do you feel dissatisfied in any area of your life? Do you have dreams, great goals and ideas on how would you like to live your life, but you don't know how to do it?"

Please register with Pitanga: [info@pitanga.in](mailto:info@pitanga.in) with your name and contact phone number. The workshop is offered free of charge to residents. Limited places available.



New class  
**Vocal Sound Healing**

*not on 22nd and 29th Dec.*

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**

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.**

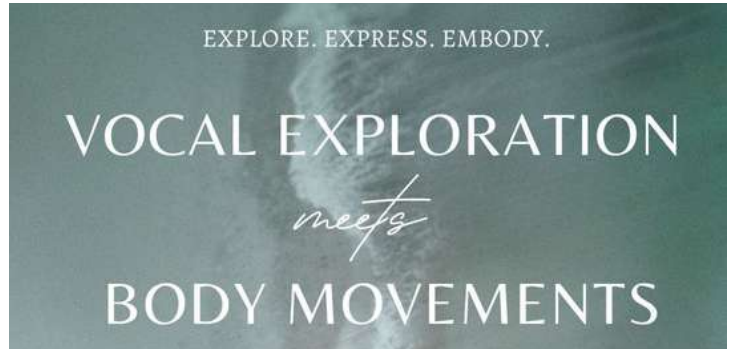
If you wish to receive our program of activities by email, please write to us:

[info@pitanga.in](mailto:info@pitanga.in)

See you at Pitanga, with a smile !

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

**VOCAL EXPLORATION MEET BODY MOVEMENTS**



Your voice is a way that you carry your unique energy into a space. Sages said "when you are aligned in body, mind, and spirit, your voice resonates a spiritual vibration"

There is a universal language, beyond words, culture, sex or nationality. A language of the heart that cuts across all difference and connects us to something greater than ourselves.

That language is music. Sound is our connection to our deepest being. It connects us to a higher consciousness, but also to our primal selves. Each one of us has access to this innate power of sound through our voice.

We will explore, express and embody our voices through different sounds exercises allowing ourselves to flow into body's movements liberating constriction and blockages.

Vocal Exploration meet Body movements is a journey to harmony between physical movements and vocal vibration where you can explore and discover yourself in New different ways

Come and join us!

Limited space

**Saturday, 2nd December  
10am - 12.30pm**

@ Joy of impermanence  
Anitya community  
an activity under Lead

Reserve Now at +91 8489764602

[lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

AN INVITATION TO INCREASE JOY AND  
SELF-CONFIDENCE BY ALIGNING YOUR  
BODY AND VOICE.

## BODY IN LIGHT: ENERGY HEALING WORKSHOP

DEC 16-17, 9AM-5PM

In this 2-day workshop, learn:

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

Awaken to the Light of Your Soul

# BODY IN LIGHT

2-Day Energy Healing Workshop

Dec 16-17, 9am-5pm  
Harmony Hall

## FLOW INTO TRANSFORMATION

SUNDAY DEC 10, 2PM-5PM

Is there a question that is burning inside you? The Flow Game is a powerful tool to transform stuckness. Within every challenge, there often lies a transformative potential. Bring a challenge that's alive in your heart. Discover your way to greater flow. Facilitator: Sandhya.

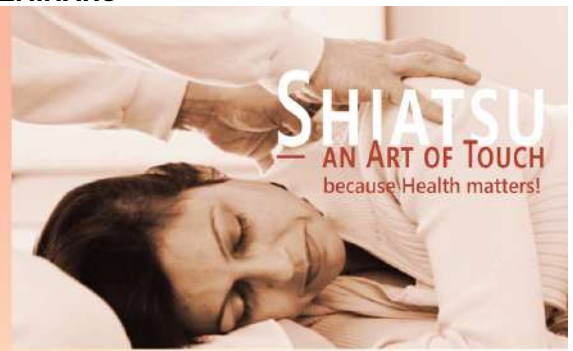
Register now: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or WhatsApp: +91 94436 19403.

# Flow Into Transformation

Sunday  
Dec 10  
2-5pm,  
Auroville

## SHIATSU SEMINARS

SHIATSU



For info and registration:

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

Ulrike  
Urvasi

Seminars  
to begin or deepen  
Your Journey

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

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

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



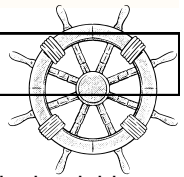
Introduction to  
Shiatsu &  
Meridians  
- 2 days

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

Mon 11<sup>th</sup>– Wed 13<sup>th</sup> Shen (Spiritual) Aspects of  
Fri 15<sup>th</sup>– Sun 17<sup>th</sup> 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.

## FOOD FOR THOUGHT



### CAPTAINS, STAY THE COURSE!

Over the past 2 years, Auroville is all at sea or in the doldrums, depending on how you look at it.

Over the past 2 years, across various social groups, non-Indian Aurovilians have had trouble receiving their recommendation letters or their visas. Perhaps worse than tearing trees down, we have all witnessed the shredding of Auroville's social fabric through threats to visas, housing, work, maintenance. How people keep turning a blind eye to these below-board blunders is still a baffling travesty, especially in a place that is meant to work towards human unity. Shiver me timbers!

Over the past 2 years, across various social groups, a well-known expression keeps cropping up: the ship is sinking, people are fleeing, cut and run. Friend, familiar face or foe, the news of these departures is received with mixed emotions, yet certainly not without comprehension: any port in a storm when pressed into service.

Faith, perseverance, patience, compassion: the copper-bottomed captains are now more than ever putting into practice these concepts. We were never promised smooth sailing, only an interesting journey. Through thick and thin, do not let this take the wind out of our sails!

The mission is now to shake a leg, trim our sails, call on loggerheads to fix the hack-holes in the hull, throw overboard all the murky waters that have seeped in... Flotsam, jetsam, filibusters and loose cannons shall go by the board; we are in it for the long haul! Are you on board? Show your true colours, mates!

## ACTIVITIES & EVENTS



### TAI CHI WORKSHOP

9TH DECEMBER, 10AM-12PM

We are happy to inform you that YouthLink is offering you a Taichi workshop happening at Dehashakti Gym !

Taking place on **Saturday the 9th December 2023** taught by **Park Jiseong**.

Tai Chi is the art of change and the learning of how to drive your energy.

Also called "Moving Zen" the traditional martial art Tai Chi is a mental and physical training method.

Due to its gentle nature, Tai Chi is accessible for various physical levels and aptitudes.

Tai Chi has value in treating or preventing many health problems.

**This workshop starts at 10am until 12pm.**

To register email us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or come to our office in Town hall between 9.30am to 12pm and 2pm to 4pm to sign up.



### 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!

Love you and thank you!

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

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

<https://drive.google.com/drive/folders/1tGQN>

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

[usp=drive link](https://drive.google.com/drive/folders/1tGQNBGltSxZKGulnpwhQTPNaUIAJomDU?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



## BANSURI FLUTE CLASSES

# The Sound of Bamboo

Various Styles of the Indian Flute



**Bansuri (Flute) Group Classes With Michael Kalabhumi Music Studio**

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

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

### Contribution:

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

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

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

Learn More About Divine Arts:

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

**About Divine Arts:**

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

## THEATRE CLASS

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

## VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

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

**Volunteer and learn farming hands-on!**

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

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

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

## JOY OF IMPERMANENCE

### CONCIOUS COMMUNICATION

Dear parents,

We will have 2 new sessions about conscious communication with Vega in December at Anitya's Maloka space. We will explore the theme of shame and guilt.

It's open to anyone who has a minimum of understanding about non violent communication.

You can come to one or both sessions.

Let us know if you are interested!

Thanks, Mathilde & Monique

## CONSCIOUS COMMUNICATION For Parents & Families



Vega is offering 2 sessions to take positive actions to feeling better and letting go of

**SHAME & GUILT**  
**DECEMBER 7**      **DEC 14**

**9:45 TO 12:15 - THURSDAYS**

Vega has been practicing and training in non-violent communication for the past 10 years

Confirm your presence: +91-7094058699



Hosted by Monique & Mathilde  
Location : @Maloka in Anitya Community



## SOLITUDE FARM

LUYE ECO MUSIC FESTIVAL- 10TH FEB 2024




**'LIVELY UP YOUR EARTH'**  
**ECO-MUSIC FESTIVAL**  
**SOLITUDE FARM AUROVILLE**  
**THE THEME OF THE FESTIVAL IS**  
**• LOCAL FOODS •**

WE ARE LOOKING FOR VOLUNTEERS TO HELP RUN MINI-WORKSHOPS ON LOCAL FOODS SUCH AS BANANA STEM, PLANTAIN, MILLETS ETC.

PRIOR KNOWLEDGE IS HELPFUL BUT NOT ESSENTIAL, ENTHUSIASM AND COMMUNICATION SKILLS ARE A MUST!

REACH OUT TO US WITH YOUR INTEREST IN JOINING @ SOLITUDEPERMACULTURE@GMAIL.COM , SUBJECT: 'LUYE LOCAL FOOD STALLS'

## 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

## RUPHAVATI JOY ACTIVITIES

### BIO-REGION TEMPLE TOUR

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

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

Starting point from Solar Kitchen.

Can be scheduled anytime throughout the week.

Please contact in advance for more information and booking: 8098845200



### SOUTH-INDIAN CUISINE - COOKING CLASS

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

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

Please book sessions in advance.



### THAI MASSAGE

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

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

### TAILORING

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

For any of the above services, contact information below:

Phone/WhatsApp - 8098845200

Email - [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

### FOOD FOREST TOUR

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



**FOOD FOREST TOUR**

I welcome you to a tour through my permaculture garden!  
We will take a look at local foods and you will get an idea on how to start growing your own food.  
Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

**VEGAN ICE CREAMS** and more...

**EVERY SUNDAY from 9:30 to 11:30**  
at La Ferme Community (5min from AV Bakery)

Sign up and infos whats app Sarah 9047421044

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

### KUILAI CREATIVE CENTRE

Dear friends,

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

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

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

For more info and details:

WhatsApp: + 91-8608473385 / 9843195290



## AI + HEART INTELLIGENCE

What is the role of Artificial Intelligence in the Supramental Transformation? This was one of the questions that was explored in a recent Dreamcatching session, along with the reference to The Divine Mother as the Absolute Intelligence, the Supreme AI :)

In December 2023, Nipun Mehta will be visiting Auroville and amongst other things will be sharing his insights on AI + Heart Intelligence. He was recently invited to share about ServiceSpace's work and vision in this area to several thousand changemakers at a global Inner Development Goals Summit in Sweden. To know more and see the recording of the presentations, you can visit the following links:

- <https://pod.servicespace.org/story/78734/view>
- <https://ai.servicespace.org>

Here is a recording of one of the talks Nipun gave during his previous visit to Auroville:

### The Laws of Unconditional Love

[aurovillerradio.org/laws-of-unconditional-love-a-talk-by-nipun-metha/](http://aurovillerradio.org/laws-of-unconditional-love-a-talk-by-nipun-metha/)

Here are the details of a couple of events we will be hosting with Nipun in Auroville in December 2023:

### Thursday, December 7th - Awakin Circle

@ Unity Pavilion, 5 pm to 8:30 pm

More on: [pod.servicespace.org/circle/15427/join](http://pod.servicespace.org/circle/15427/join)

### Friday, December 8th - Startup Service Retreat

@ Auroville Botanical Gardens, 10 am to 5 pm

More on: [movedbylove.org/join/startup](http://movedbylove.org/join/startup)

Inviting entrepreneurs to a 1-day **startup service retreat** that supports in turning service intentions into actions. The invitation is also to lead the social change work with Love and Inner Transformation.

More on: [movedbylove.org/join/startup](http://movedbylove.org/join/startup)  
Contact: [flourish@auroville.org.in](mailto:flourish@auroville.org.in)  
Friday - 8th Dec | 10 am to 5 pm  
@ Auroville Botanical Gardens

servicespace FLOURISH

We may organize a couple more formal/informal gatherings too. Feel free to connect on [deven@auroville.org.in](mailto:deven@auroville.org.in) / [connectdeven@gmail.com](mailto:connectdeven@gmail.com) for Awakin Circle and [flourish@auroville.org.in](mailto:flourish@auroville.org.in) / [helen@flourish-av.org](mailto:helen@flourish-av.org) for Startup Service retreat.

"For the mind—knowledge.  
For the heart—love and joy.  
For the life—power.  
For the matter—beauty."

- The Mother  
(CWM-14, p. 336)

May we all connect with each other at the Psychic level, embody love and joy and spread the light 🌈💖🌟

Warmly,  
Deven  
On behalf of many, aspiring for harmony

## TLC FRIDAY OPEN SPACES

**TLC welcomes all kids every Friday**

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

12:30-13:30  
potluck lunch  
At TLC  
Base Camp

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

For more info contact 9442180610

## NEW CREATION DANCE STUDIO

ZUMBA WITH PREETI

New Creation Dance Studio  
Sweatout & Smile  
Every Mondays!

ZUMBA  
With Preeti

For regular classes  
DM: 8281746763

## TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்

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



NOUVELLES D'AUROVILLE



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



## FOODS, GOODS & SERVICES

**PIZZAWALE IS BACK WITH OUR 4TH POP-UP!**  
SATURDAY, DECEMBER 9TH FROM 6 TO 8:30PM

# #Pizzawale

Gluten-free, vegan, locally sourced, artisanal pizzas

At Dosa Corner, above Right path Cafe  
Visitor's Center



**DECEMBER 9 FROM 6-8:30pm**

Join us for an evening of healthy, guilt-free, goodness. Meet and mingle in the warm vibe of our pop-up. FS, Aurocard and Mobile pay accepted.

Chetana, Darren & team

## FURNITURE DECEMBER SALE

# Furniture Sale

*(including some previous exhibition pieces)*

@Woodscapes\_Auroville  
5th Dec – 15th Dec' 2023  
Mon - Sat; 9am - 4pm

Sunlit Future Campus  
Auroshilpam, Auroville  
Ph / Whatsapp No : +91-9442255007

## 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!**

## YOUTH CENTER PIZZARIA

FRIDAY & SATURDAY: OPEN TO ALL  
SUNDAY: AUROVILIANS, NEWCOMERS, VOLUNTEERS

Logo: Youth Center Auroville

Come join our **Pizzeria**

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

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

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

**STAY TUNED**

8428061801

Youth Center International

@youthcenterauroville

## STUDIO BASED ART THERAPY AND COUNSELING

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

CREATE AND TRANSFORM

### STUDIO BASED ART THERAPY AND COUNSELING

individual \* group \* family



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

- Anxiety
- Depression
- Trauma
- Life Issues

Trauma Informed Art Therapy & Counseling:

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



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

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

Aurelec, Kulilapalayam, Auroville

## HEMPLANET



### Discover the Magic of Hemp at Hemplanet!

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

#### Hemp Food Selection:

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

#### Hemp Body Care Treasures:

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

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

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

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



## RAPID CARE SERVICES RCS

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

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

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

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

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

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

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

Balaji - 8270071581 ; Arun - 7639810621

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

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



## SOLITUDE FARM - 2023

### Farm



Solitude has a small farm shop which is stocked daily with fresh seasonal produce.

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

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

### Cafe

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

We also serve farm salads, smoothies, desserts, vegan coffee etc...

The cafe runs a lunch scheme.

### Education

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

### Tour

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

### Volunteers

Solitude Farm is happy to welcome volunteers.

Timings 8:00 am -12:30 pm

We offer breakfast, tea and lunch.

### Opportunities

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

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

To find out more:

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

whatsapp: 9843319260

Solitude farm & café  
Auroville



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



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

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

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

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

Regards, Julien.

## 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](http://www.dropzy.in)

## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

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

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

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295,  
Mobile 9443090082 / 8098193820 or via e-mail to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)



## SURABHI SUPPLIES

Dear Auroville Community,

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

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

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

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

Email: [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)  
Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,  
Surabhi Supplies

## 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



## 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:

- [Seeking Our Inner Being, Se. 1, Ep. 1](#) (Spirituality)
- [Marlenka's weekly Offering – Ep.109](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi – 455](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making – Ep. 24 “The Silent Years – Post-World War I American cinema”](#) (Cinema)

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

...and more! on [www.aurovillerradio.org](http://www.aurovillerradio.org)  
For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love  
Regards, AvRadio team



## AVAILABLE

### 2 BURNER STOVE

A 2 burner steel stove – used but working well available.  
Contact Nandita – [nandita@sharan-india.org](mailto:nandita@sharan-india.org) / WhatsApp +91 9488483286



## LOOKING FOR



### ELECTRIC OVEN

The community of **MDJ (Maison Des Jeunes)** is currently flourishing with new and young energy, we are really trying to experiment community living to its fullest.

Almost every evening the community meets and cooks together to afterwards share dinner as a whole, however, being the youth that we are, cakes are missing in our lives ;)

We are currently looking for an **electric oven**, hoping to learn new ways of cooking and enjoy delicious food together!

If you have an unused oven that you would like to donate to us, or knows someone who does, please contact me at [madhu.auroville@gmail.com](mailto:madhu.auroville@gmail.com) or +919626480752!

Thank you!

Madhu

### CAT LOOKING FOR A HOME

There's a beautiful young male cat in transition at my place looking for a home with a friendly caretaker. His name at the moment is Rousset because he is fully red haired and so cute!!!!

Anyone interested, please SMS me @ 9791278577  
Thank you, Claudine



### 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 NEEDED FOR 2 WEEKS

Silvia (Aurovilian) and her son Benjamin (age 16) need a place to stay for 2 weeks, from **December 23rd to January 8th**. Any leads will be very appreciated.

WA +39 3208370141

Tel. +91 6379027467

email : [sigozze@yahoo.it](mailto:sigozze@yahoo.it)

Love



### HOUSE SITTING

I'm Celia, I'm an Aurovilian 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](mailto:celia@ecofemme.org) or by whatsapp on +916374921730. Thank you!

### HOUSE SITTING FROM JANUARY ONWARDS

Hi dear Community,

a long-term SAVI VOLUNTEER, a mature woman who is Responsible, Resourceful, and Reliable, I am ready to accept a House Sitting opportunity, from January onwards. Preferable is a long-term situation.

Thank You for all Assistance in this Search ☀️

Chandra, the elder

WApp : +91 85310 33318

[chandrag108@gmail.com](mailto:chandrag108@gmail.com)



## EMERGENCY NUMBERS



### Ambulance (24/7):

|                         |                      |  |  |
|-------------------------|----------------------|--|--|
| Auroville<br>9442224680 | PIMS<br>0413 2656271 |  |  |
|-------------------------|----------------------|--|--|

### Security (24/7):

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

### Health:

|                               |                       |                        |  |
|-------------------------------|-----------------------|------------------------|--|
| Health Center<br>0413 2622123 | Santé<br>0413 2622803 | Farewell<br>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](mailto:avbus@auroville.org.in) / +91 94430 74825

#### Auroville TO PONDICHERRY

|                                | Trip 1 | Trip 2 | Trip 3 |
|--------------------------------|--------|--------|--------|
| Svaram Musical Center          | 7:00   | 8:50   | 14:50  |
| 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—Kuilalalayam          | 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—Kuilalalayam          | 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



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

Reminder: **FRIDAY 1st DECEMBER, "THE CONVERSATION" by Francis Ford Coppola, US, 1974**

And **FRIDAY 8th DECEMBER, 8:00 pm "MEEK'S CUTOFF"**

Directed by Kelly Reichardt, US, 2011

With: Michelle Williams, Paul Dano, Bruce Greenwood

Overview: An American Western film based on a historical incident on the Oregon Trail in 1845, in which a frontier guide led a wagon train on an ill-fated journey through the Oregon desert along the route later known as the Meek Cutoff in the western United States.

Synopsis: In 1845, three Christian families, steeped in biblical culture, allowed themselves to be guided across the plains of Oregon towards an idyllic West by Stephen Meek. He claims to take them there by taking the ideal shortcut, but in reality the convoy is going in circles in a desert area. Thirsty and exhausted, the families have a growing mistrust of Meek. The meeting with a Paiute Indian in fact becomes the only tangible hope of finding a water point... Kelly Richards once again surprises us with a slow paced, artistic, 'revisionist' take on the American Western! (Ref. Aurofilm showed "First Cow" a few months ago)

Original English version with English Subtitles. Duration 1h44'



### STUDY CIRCLE



Film Institute @ Auroville is delighted to introduce **an open study circle, 5:30 to 7:00 pm** at the **Auroville Film Institute, India Space, Bharat Nivas.**

The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Week's Schedule:

#### WEEK 20 - SUBALTERN NARRATIVES

Venue: Auroville Film Institute, India Space, Bharat Nivas  
Time: 5:30 to 7:00 pm

| Day | Date     | Event                | Description  |
|-----|----------|----------------------|--|
| Fri | 01-12-23 | Film Screening       | Donkey in a Brahmin Village (அக்கரகாரத்தில் கழுதை) by John Abraham |
| Sat | 02-12-23 | Film Screening       | Who is Dhamu - Documentary by Rrivu Laha                           |
| Sun | 03-12-23 | Reading & Discussion | Can the Subaltern Speak - Gayatri Spivak                           |
| Mon | 04-12-23 | Film Screening       | Fandry by Nagraj Manjule   |
| Tue | 05-12-23 | Reading & Discussion | Annihilation of Caste by Dr. Ambedkar (part 1)                     |
| Wed | 06-12-23 | Reading & Discussion | Annihilation of Caste by Dr. Ambedkar (part 2)                     |

\*For more information write to: [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)

### CONTEMPORISING - KATHA SARIT SAGARA

A Creative Reading and Writing Workshop

With Kamal Swaroop  
12 Weekends, Online.

Starting 17th February  
14:30 to 18:30 IST.

To know more, please visit:

<https://filminstitute.auroville.org/2023/11/18/contemporising-katha-sarit-sagara/>

Or call +919969879319 (whatsapp & telegram)



स्वतंत्र इवनि इववुव  
...an Ocean of Stories



with  
**Kamal Swaroop**

12 Weekends (Starting 17th Feb, 2024) Online



### THE ART OF PITCHING, IMPACT & DISTRIBUTION

- How to find the core of your story;
- Development of your project & art of pitching;
- How to make your local story become global success;
- What is the producer's role and creative producing;
- Audience development, festivals & distribution strategies;

Join the **5 days Creative Retreat** and learn more about the self and the practical know-how from award winning producer and distributor Irena Taskovski.

From 3rd to 7th January  
in Auroville

To know more about the art of pitching, please visit:

<https://filminstitute.auroville.org/2023/11/25/the-art-of-pitching>

Or message +91 9969879319

To know more, please visit:

<https://filminstitute.auroville.org/2023/05/14/real-sites-to-cinematic-spaces/>

Or call +919969879319 (whatsapp & telegram)

### THE ART OF PITCHING IMPACT & DISTRIBUTION

A CREATIVE RETREAT

3<sup>rd</sup> to 7<sup>th</sup> January, 2024, Auroville

with

**IRENA TASKOVSKI**

Award winning producer & distributor (UK)



TASKOVSKI  
TRAINING

TASKOVSKI  
TRAINS



### Cinema Paradiso

Multimedia Center (MMC) Auditorium

Dear All:

Cinema Paradiso brings you films for six evenings and a children's matinee on Sundays. These films are not for casual entertainment but rather a window of the world, people, their character, culture, and Nature. It is to develop a deeper appreciation for the world, for each other and the art of filmmaking.

The films are meant for members of the community and interested people in the bioregion. Anyone else is welcome but only if it does not disrupt the atmosphere. To ensure that, for now we are requiring people to arrive at least 15mins ahead of posted time (i.e., 7:45pm for evening screenings) and be seated by 8:00pm. Also, a reminder that no food and beverage should be at the venue at any time, and during the show, no chit-chats and cell phones please.

We will try this for now. If this does not work, we will have to think of more stringent measures.

Thank you for understanding and for your cooperation!

With warm regards

Multimedia Center-Cinema Paradiso (MMC-CP) team



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 4 December 2023 to 10 December 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity.

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.

## ALT EFF 2023

All Living Things Environmental Film Festival (ALT EFF) 2023, in its fourth year, set to take place between 1 and 10 December 2023 across 25+ cities and towns via local partners. Cinema Paradiso is happy to collaborate with the ALT EFF 2023 to bring you six selected films between 4th (Monday) and 9th (Saturday) December and Children's Matinee on 10th (Sunday) December 2023 at 4:30pm. All films at ALT EFF are meant to catalyze widespread transformative climate action by increasing climate awareness through cinema. Please see the details for each ALT EFF films in a separate announcement.

## KUROSAWA'S SAMURAI MOVIES @ Ciné-Club:

Ciné-Club Sunday 10 December, 8:00 pm:

- KUMONOSU-JÔ (THRONE OF BLOOD)

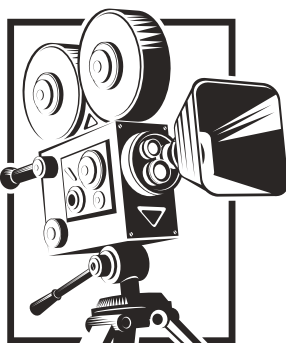
Japan, 1957, Dir. Akira Kurosawa, w/ Toshirô Mifune, Minoru Chiacki, and others, Drama, 110 mins, Japanese w/ English subtitles, Rated: NR.

Washizu is a brave samurai who helps his lord to fight off a violent rebellion. Washizu and his friend Miki are riding through Cobweb Forest when a spirit appears to them and makes predictions which fire their ambitions. When Washizu explains this vision to his wife Asaji, she urges him to murder his lord and rule in his stead. Thus, the tragedy begins.

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

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

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



**ALT EFF 2023** ALT EFF & CINEMA PARADISO PRESENTS  
On Tuesday, 5 December 2023 @ 8pm @ Cinema Paradiso, Auroville

**Ankit Pogula's**



**Bhed Chal (Herd Walk)**  
India, 2023, Dir. Ankit Pogula w/ Neelkanth Mama, Vajir Demmanaver, and others, Documentary, 63mins, Kannada-Marathi-Hindi w/ English subtitles, Rated: NR (G)

For Mama and Vajir, the world revolves around their walking sheep. Along with fellow kurba-s (nomadic shepherds, Karnataka), they walk hundreds of kilometers from forests to farms to keep alive what they believe is the last connection between civil and wild. Lately, this timeless walk has been thrown into turmoil by barricaded commons and high-speed highways. The next generation aspires for stationed lives and have become reluctant walkers. Amongst this, Mama a veteran shepherd of 7 decades and Vajir, a master shepherd, walk through India's oldest landscapes bridging worlds, which know less of each other. The film is an exploration of this passionate quest - why should the sheep keep walking?

**The film's director Ankit Pogula and cinematographer Anshul Uniyal will be present for this premiere event! The audience will have the opportunity to have a brief Q&A session with them, following the screening. Don't Miss!**

Seating/entry BEFORE 8pm on first come basis

at  
**CINEMA PARADISO, AUROVILLE, INDIA**

**ALL LIVING THINGS**  
· Environmental Film Festival ·  
Films, conversation, art to empower change

4th Dec - 8:00pm - Changing Landscape  
5th Dec - 8:00pm - Bhed Chal (Herd Walk)  
QnA with Ankit Pogula  
6th Dec - 8:00pm - Planet Soil  
7th Dec - 8:00pm - Against the Tide  
9th Dec - 8:00pm - We Are Guardians  
10th Dec - 4:30pm - Patrick and the Whale  
(children's matinee)

**Cinema Paradiso**  
Multimedia Center (MMC) Auditorium  
Seating before 8pm on first come basis

**FREE ENTRY\***



SUPPORTERS BY: Rainmatter, NOCT, etc.  
PARTNERS: Tulsee, etc.  
TEST PARTNER: altEFF.in, altEFF





## ALT EFF 2023

All Living Things Environmental Film Festival (ALT EFF) 2023, in its fourth year, set to take place between 1 and 10 December 2023 across 25+ cities and towns via local partners. **Cinema Paradiso** is happy to collaborate as a screening partner with the ALT EFF 2023 to bring you six selected films. All films at ALT EFF, including our selection, are meant to catalyze widespread transformative climate action by increasing climate awareness through cinema.

### ALT EFF – Monday 4 December, 8:00 pm:

- **NANSEI NILAM (Changing landscape)**

India, 2022, Dir. Pravin Selvam, Documentary, 58mins, Tamil w/ English subtitles, Rated: NR (G)

The film focuses on the plight of the wetlands which are getting ruined by stone quarrying, close to Vedanthangal Bird Sanctuary, in Tamil Nadu. Last 18 years people have been protesting the quarrying due to its adverse effects on the wetlands and the overall ecology. But regardless of that, their farmlands are getting seized gradually by power and violence raising ecological fears of further deterioration.

### ALT EFF – Tuesday 5 December, 8:00 pm:

- **BHED CHAL (Herd walk)**

India, 2023, Dir. Ankit Pogula w/ Neelkanth Mama, Vajir Demmanaver, and others, Documentary, 84mins, Kannada-Marathi-Hindi w/ English subtitles, Rated: NR (G)

For Mama and Vajir, the world revolves around their walking sheep. Along with fellow kurba-s (nomadic shepherds, Karnataka), they walk hundreds of kilometers from forests to farms to keep alive what they believe is the last connection between civil and wild. Lately, this timeless walk has been thrown into turmoil by barricaded commons and high-speed highways. The next generation aspires for stationed lives and have become reluctant walkers. Amongst this, Mama a veteran shepherd of 7 decades and Vajir, a master shepherd, walk through India's oldest landscapes bridging worlds, which know less of each other. The film is an exploration of this passionate quest - why should the sheep keep walking? **The film's director Ankit Pogula and cinematographer Anshul Uniyal will be present for this PREMIERE event! The audience will have the opportunity to have a brief Q&A session with them, following the screening.** Don't Miss!

### ALT EFF – Wednesday 6 December, 8:00 pm:

- **PLANET SOIL**

Netherlands, 2023, Dir. Mark Verkerk w/ Marc van Will, and others, Documentary, 83mins, Dutch-English w/ English subtitles, Rated: NR

With this film we want the audience to marvel at the extraordinary life we encounter just under our feet. The group embarks on an experiment: they want to 'transform' a piece of farmland with a monoculture of English ryegrass into a productive vegetable garden - and the big question is: Will it work?! Not just at the garden but all around, animals, birds and insects suddenly return. The micro-world also gets a boost. From there, through the soil, the viewer learns how wondrous and ingenious underground life is. It shows how resilient and resourceful nature is. Nature does the work itself. We only have to help and above all, listen to what that soil has to say to us. We humans are not separate from nature, we Are nature. It is about rewilding the soil.

### ALT EFF – Thursday 7 December, 8:00 pm:

- **AGAINST THE TIDE**

India-France, 2023, Dir. Sarvnik Kaur w/Rakesh Koli, Ganesh Nakhawa, and others, Documentary, 97mins, Koli-Marathi- Hindi w/ English subtitles, Rated: NR (G)

Bombay fishermen Rakesh and Ganesh are inheritors of the great Koli knowledge system – a way to harvest the sea by following the moon and the tides. Rakesh has kept faith in the traditional fishing methods while Ganesh has strayed away from them, embracing technology. This film is a tale of friendship and rising resentment between the two men, as close as brothers, against the backdrop of an adoring sea, which is increasingly turning hostile because of climate change.

### ALT EFF – Saturday 9 December, 8:00 pm:

- **WE ARE GUARDIANS**

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.

### ALT EFF Children's Matinee Sunday 10 December, 4:30pm

- **PATRICK AND THE WHALE**

Austria, 2022, Dir. Mark Fletcher, Documentary, 72mins, English, Rated: NR (G)

For years, Patrick Dykstra has dedicated his life to travelling the globe, following, and diving with whales. Over the years, Patrick has learned how whales see and hear, how they perceive other creatures in the water and how they behave at close quarters. He has a finely tuned sense and knows how to act when within touching distance of a whale – what to do, what not to do and when. This allows him to consistently get closer than anyone else alive – a truly unique skill. We follow Patrick as he travels to Dominica again to find this special whale he named "Dolores" so she can help him show us the hidden world of her species.

**[Please note: This screening exceptionally will start at 4:30pm and not at 4pm].**

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

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

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