

Auroville

NEWS & NOTES

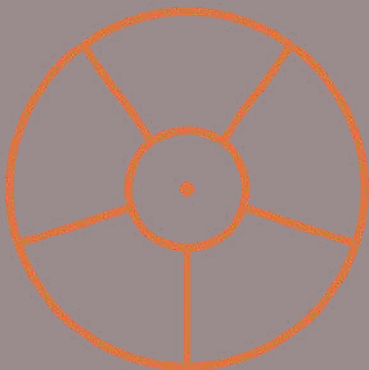
No 1012 - A weekly bulletin for residents of Auroville

1 February 2024

RA EDITION



Auroville Film Festival 2024 , Town Hall



PONDERING

Earth needs a place where men can live away from all national rivalries, social conventions, self-contradictory moralities and contending religions; a place where human beings, freed from all slavery to the past, can devote themselves wholly to the discovery and practice of the Divine Consciousness that is seeking to manifest.

Auroville wants to be this place and offers itself to all who aspire to live the Truth of tomorrow.
~ 20th September 1969

The Mother - To be a true Aurovilian
<https://dream.books.prisma.haus/en/the-aims-of-auroville>



(continued from last week)

CHAPTER XXVII - THE Gnostic BEING

An aspiration, a demand for the supreme and total delight of existence is there secretly in the whole make of our being, but it is disguised by the separation of our parts of nature and their differing urge and obscured by their inability to conceive or seize anything more than a superficial pleasure. In the body consciousness this demand takes shape as a need of bodily happiness, in our life parts as a yearning for life happiness, a keen vibrant response to joy and rapture of many kinds and to all surprise of satisfaction; in the mind it shapes into a ready reception of all forms of mental delight; on a higher level it becomes apparent in the spiritual mind's call for peace and divine ecstasy. This trend is founded in the truth of the being; for Ananda is the very essence of the Brahman, it is the supreme nature of the omnipresent Reality. The supermind itself in the descending degrees of the manifestation emerges from the Ananda and in the evolutionary ascent merges into the Ananda. It is not, indeed, merged in the sense of being extinguished or abolished but is there inherent in it, indistinguishable from the self of awareness and the self-effectuating force of the Bliss of Being. In the involutionary descent as in the evolutionary return supermind is supported by the original Delight of Existence and carries that in it in all its activities as their sustaining essence; for Consciousness, we may say, is its parent power in the Spirit, but Ananda is the spiritual matrix from which it manifests and the maintaining source into which it carries back the soul in its return to the status of the Spirit. A supramental manifestation in its ascent would have as a next sequence and culmination of self-result a manifestation of the Bliss of the Brahman: the evolution of the being of gnosis would be followed by an evolution of the being of bliss; an embodiment of gnostic existence would have as its consequence an embodiment of the beatific existence. Always in the being of gnosis, in the life of the gnosis some power of the Ananda would be there as an inseparable and pervading significance of supramental self-experience. In the liberation of the soul from the Ignorance the first foundation is peace, calm, the silence and quietude of the Eternal and Infinite; but a consummate power and greater formation of the spiritual ascension takes up this peace of liberation into the bliss of a perfect experience and realisation of the eternal beatitude, the bliss of the Eternal and Infinite. This Ananda would be inherent in the gnostic consciousness as a universal delight and would grow with the evolution of the gnostic nature.

It has been held that ecstasy is a lower and transient passage, the peace of the Supreme is the supreme realisation, the consummate abiding experience. This may be true on the spiritual-mind plane: there the first ecstasy felt is indeed a spiritual rapture, but it can be and is very usually mingled with a supreme happiness of the vital parts taken up by the spirit; there is an exaltation, exultation, excitement, a highest intensity of the joy of the heart and the pure inner soul-sensation that can be a splendid passage or an uplifting force but is not the ultimate permanent foundation. But in the highest ascents of the spiritual bliss there is not this vehement exaltation and excitement; there is instead an illimitable intensity of participation in an eternal ecstasy which is founded on the eternal Existence and therefore on a beatific tranquillity of eternal peace. Peace and ecstasy cease to be different and become one. The supermind, reconciling and fusing all differences as well as all contradictions, brings out this unity; a wide calm and a deep delight of all-existence are among its first steps of self-realisation, but this calm and this delight rise together, as one state, into an increasing intensity and culminate in the eternal ecstasy, the bliss that is the Infinite. In the gnostic consciousness at any stage there would be always in some degree this fundamental and spiritual conscious delight of existence in the whole depth of the being; but also all the movements of Nature would be pervaded by it, and all the actions and reactions of the life and the body: none could escape the law of the Ananda. Even before the gnostic change there can be a beginning of this fundamental ecstasy of being translated into a manifold beauty and delight. In the mind, it translates into a calm or intense delight of spiritual perception and vision and knowledge, in the heart into a wide or deep or passionate delight of universal union and love and sympathy and the joy of beings and the joy of things. In the will and vital parts it is felt as the energy of delight of a divine life-power in action or a beatitude of the senses perceiving and meeting the One everywhere, perceiving as their normal aesthesis of things a universal beauty and a secret harmony of creation of which our mind can catch only imperfect glimpses or a rare supernormal sense. In the body it reveals itself as an ecstasy pouring into it from the heights of the spirit and the peace and bliss of a pure and spiritualised physical existence. A universal beauty and glory of being begins to manifest; all objects reveal hidden lines, vibrations, powers, harmonic significances concealed from the normal mind and the physical sense. In the universal phenomenon is revealed the eternal Ananda.

(to be continued next week)



— Sri Aurobindo, THE LIFE DIVINE, Pages 1025-1027
https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

With love and gratitude,
Gangalakshmi (HOMA)

NEWS & NOTES GUIDELINES

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

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)

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NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can done at this account Nr: **FS #252150**.
- You now find the Tamil and French versions of the N&N to download in every weeks issue.
- Content sent through @auroville.org.in mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services.

Thank you for your continued support!

In community,
The RA Community Edition News and Notes Team

FROM THE ENTRY SERVICE

ES # 216 DATED: 01-02-2024

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 or
auroville.entryservice@gmail.com.

We thank you in advance.

NEWCOMER CONFIRMED:

- **Girija Puthampuri Muralidharan (Indian)**

AUROVILIAN CONFIRMED:

- **Palanivel RANGASAMY (Indian)**
- **Tom LANE (Irish)**

SPOUSE OF AN AUROVILIAN CONFIRMED:

- **Sadassivam RAJI (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(TOS), Sara, Sonja and Swadha)

Entry Service Timings:

Monday, Wednesday, Friday, 9:30am—12:30pm
Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

Contact: 0413 262-2707, auroville.entryservice@gmail.com

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

IMPORTANT MESSAGE FROM THE ENTRY BOARD

Dear Community,

The Entry Board would like to thank the community that supported us all these past years. We are grateful to have served Auroville in the best way we could.

We wish to share with you a few updates from our side.

Regarding RoR:

A few weeks ago the AVFO entered 37 names in the RoR. Apparently most of the people entered in the RoR were not called for an interview at the Foundation Office.

The slips confirming their registration were given back to us and it was noticed that the chronological order of the B-forms submitted by our office to them was not followed. There are still many confirmed aurovilians who were not added in the RoR unfortunately. We were not informed of any reason why.

Regarding Housing Service:

We have been informed by an individual that the Housing Service has refused to provide their service and assistance to the said Newcomer at the end of the process by refusing to sign a Housing agreement and saying they do not recognise/acknowledge the Entry Board any longer.

Announcements:

The Entry Board is still committed to communicate and announce the few Aurovilians and Newcomers that we have already met and accepted.

We will follow up on what we can with our limited resources.

But the N&N (@auroville.org.in) has been requested to stop any publication of announcements by the Entry Board; we do not know the implications for Newcomers and Aurovilians already announced. This situation leaves individuals without a valid status.

Dear Newcomers, please inform the Entry Board if you have encountered any difficulty with one or more of the above areas (entryservice@auroville.services).

This week, members of the Board and of the Aspiration team (Yucca) were informed that they would not receive a maintenance next month.

We hope to get support and help from all the residents who still believe in the RA decision making process and RA groups.

Kind Regards
The Entry Board

FROM THE RA WORKING COMMITTEE

MINUTES OF 63RD, 64TH AND 65TH MEETINGS OF THE GOVERNING BOARD

Dear Community,

We are sharing for your information the minutes of the [63rd](#), [64th](#) and [65th](#) Governing Board meetings.

There are a number of topics and decisions made in these meetings that are deeply disturbing.

We are preparing our observations to be sent to the Governing Board and International Advisory Council and these will be shared with the community in due time.

We invite anyone who would like to share their own thoughts and observations to do so by writing to workingcom@auroville.services or writing directly to the Chairman of the Governing Board (govtam@nic.in), Mr. RN Ravi.

In Service,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli

OPEN LETTER TO ANANDI ABOUT HER 24TH JANUARY POST ON AURONET

Dear Anandi,

We would like to clarify some of the misleading statements in [your latest Auronet posting](#) on 24th January 2024.

You are misrepresenting the situation for the following reasons:

1. The cases filed by us or other Aurovilians at the Madras High Court are **not against the Government of India**. The respondents are the Secretary and those Aurovilians who ignored the decision of the Residents' Assembly and falsely claimed to be the Working Committee. The cases are aimed at upholding the Residents' Assembly's functions as per the Auroville Foundation Act, a law unanimously voted by the Parliament of India in 1988. The latest developments as we have seen in Auroville are disregarding an Act of Parliament. **Officers of the Auroville Foundation are not equated to the Government of India**, although some are appointed by the Ministry of Education. They are employees of an autonomous body called the Auroville Foundation which consists of three statutory bodies: Residents' Assembly, Governing Board and International Advisory Council.
2. **Cases about Auroville's governance started only after fabricated criminal cases were registered against three legitimate members of the Working Committee and three other Aurovilians**, while they were simply trying to uphold the results of a Residents' Assembly Decision. It was necessary to take proper legal action so as to ensure that the residents' voices are upheld and protected.
3. Most members of our team and many Aurovilians who have expressed disagreement with the administration's current style are targeted with actions of retaliation and an intention to expel them from their home, from Auroville, and sometimes even from India. **With your post, you seem to be explicitly supporting and even encouraging such actions of retaliation - do you realize this?**
4. The Madras High Court in its order of 12th August 2022 established that the Governing Board, International Advisory Council, and Residents' Assembly should work in mutuality. In other words, in harmony. This judgement has been appealed by the Secretary. **You talk of a "harmonious development of Auroville" but at the same time you support the people who are fighting in Court against the principles of Harmony and Collaboration.** Is it not our duty to resist, in every way possible, when we see the founding principles of Auroville being violated, and in an unlawful manner?
5. You ask "who supports such actions", referring to the cases initiated by us. The answer is clear: we are acting under the authority of the Residents' Assembly as the Working Committee selected by it, and we have been striving to uphold its decisions and its functions as enshrined in the Auroville Foundation Act. Such decisions have seen the participation of hundreds of residents of Auroville, and in one case of almost 1200, the highest participation rates in Auroville's history.
6. A question can be made to you and the handful of people working in the groups constituted by the Governing Board and the Secretary's Office: **who authorised you to silently approve or actively support the takeover of the community's daily life and the harassment of Aurovilians** with threats to visas, cutting of maintenances, threats to places of work, threats to housing, and opaque and callous speculative land exchanges? How is this conducive to a "harmonious development of Auroville"?

We urge you to open your eyes and to withdraw from participating or silently supporting what has revealed itself to be a full takeover of Auroville for hidden agendas and private interests.

Auroville's existence as a living laboratory and creative experiment for the evolution of consciousness is under threat.

May those few individuals who are supporting the ongoing takeover, including yourself, realize what is really happening and withdraw their support before it is too late.

Auroville is unique in the world. It is a beacon of hope. This light is what we are standing for.

The Working Committee selected by the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli

Aravinda, Bharathy, Chali, Hemant, Sauro, Valli



COMMUNITY NEWS

FOR YOUR INFORMATION

STAY INFORMED ON AUROVILLE'S CURRENT SITUATION

Dear Community,

If you wish to know more or stay informed on the current situation in Auroville, here is a list of various platforms for you to stay informed:

There are **two websites** offering overall information:

- The Auroville Media Liaison Website: <https://auroville.media/> and
- Stand for Auroville Unity: <https://standforauroville.org/>

Further there is the **Evolving Galaxy Bulletin** which reports regularly about the ongoing situation. You can write to: evolvinggalaxy@gmail.com if you wish to receive the bulletin by mail.

You can read the **Voice of Auroville** Bi-Monthly Magazine here: <https://auroville.media/voa/>

You can find **detailed dossiers** here: <https://auroville.media/crisis/dossiers/>

You can also subscribe and read past issues of the **News and Notes community Edition** here: <https://auroville.media/newsandnotes/>

Finally, there is a **Whatsapp Community Updates** group where the most important updates are shared. You can join here: <https://chat.whatsapp.com/C1Bw4spZCVdKuUIHRCmgzk>

Or on **Telegram** you can join the **Development Information Channel**: <https://t.me/+cZ1Lcglr7BY2NjJl>

STAY INFORMED!
In Community





EMERGENCY RESIDENTS' ASSEMBLY DECISION- MAKING PROCESS

REGARDING SELECTION OF THE WORKING COMMITTEE
27ST JANUARY - 4TH FEBRUARY 2024

This Emergency Residents' Assembly Decision has been initiated through a petition signed by more than 300 members of the Residents' Assembly (RA) (3.3 [RAD_policy_2023](#) - <https://shorturl.at/tAI34>).

INTRO

We reiterate the role of the RA in the selection and appointment of the Working Committee (WCom), as stated under section 20 (1-3) of the Foundation Act:

20 (1) *There shall be a Working Committee of the Residents' Assembly which shall assist the Residents' Assembly or, as the case may be, the Governing Board, in discharging its duties under this Act.*

(2) *The Working Committee shall consist of not more than seven members to be chosen by the Residents' Assembly from among themselves.*

(3) *The manner of choosing the members of the Working Committee and their term of office shall be such as may be decided by the Residents' Assembly.*

Mr. Shiv Shankar, the then Minister of Human Resource Development, in introducing the Auroville Foundation Act 1988, in the Rajya Sabha, underlined that "As far as the day-to-day activities are concerned, they will be looked after by the residents through appropriate autonomous arrangements, which will include Residents' Assembly and its own Working Committee. The idea underlying this arrangement is that the residents of Auroville should have autonomy so that activities of Auroville can grow under an atmosphere conducive to harmonious growth".

There has been no "atmosphere conducive to harmonious growth" since Dec 5, 2021, nor has the RA and its selected working groups, organisations and committees had the freedom to carry out the day to day functions of the RA. Instead, all of these have been curtailed by the Secretary and the Governing Board, who refuse to acknowledge them and/or have usurped their offices and functions forcibly.

RESOLUTION

The Residents' Assembly resolves that the Working Committee shall be selected by the Residents' Assembly in the manner it chooses, as stated in [the Foundation Act, 1988](#) - <https://rb.gy/tflcgd>

Further, we state that [the Notification](#) - <https://shorturl.at/eklmV> - published in the Gazette of India on the 12th of January, 2024, by the Secretary of the Governing Board concerning the selection of the Working Committee members, does not follow the letter of the Foundation Act nor its spirit.

In addition, this Notification violates the whole spirit of [Auroville's Charter](#) - <https://shorturl.at/cgij0> - which the Auroville Foundation Act set out to protect and promote.

Read the above Resolution in [Tamil](#) - <https://shorturl.at/BGQS7>, [French](#) - <https://shorturl.at/pyF78>, [Italian](#) - <https://shorturl.at/hIPUZ>, [Spanish](#) - <https://t.ly/gECQ3>, [Korean](#) - https://t.ly/Dfm2_, [Russian](#) - <https://t.ly/u2dh->.

PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, please check spam or promotions folders. If still not there, kindly visit RAS polling stations.

PARTICIPATE IN PERSON

If you prefer to register your decision in person, please visit the RAS polling stations:

SATURDAY (Feb. 3rd) @ PTPS Aspiration: 11 am - 1 pm

SATURDAY (Feb. 3rd) @ Solar Kitchen: 3 pm - 5 pm

SUNDAY (Feb. 4th) @ Solar Kitchen: 11 am - 1 pm

~ Best regards,

For the Residents' Assembly Service
Manas, Tatiana

COMMUNITY SHARING

EMERGENCY RAD REGARDING SELECTION OF WORKING COMMITTEE

Dear community,

An Emergency RAD process about the new Working Committee Regulations is ongoing.

These regulations aim at giving full power to the Governing Board on choosing the membership and selection methodology for the Working Committee.

<https://youtu.be/rL5X6mYB6xo>



Please check out the attached video and participate in the ongoing emergency RAD.

More info on the RAD proposal and ways to participate can be found here:

<https://mailchi.mp/auroville/emergency-rad-wcom-selection-nol-1001514>

Thank you.

Together, for Auroville.

Concerned residents



ANNOUNCEMENT TO THE COMMUNITY

Dear Auroville residents,

We would like to inform you that on 19 January 2024, 5 out of 6 Aurovilian members of the Auroville Safety & Security Team (AVSST) received an email from the BCC informing them that "...BCC & FAMC are unable to support maintenance on your current positions. Your maintenance will be rearranged according to the attached policy document..." (Realignment of Work for Aurovilians). No grounds on which this decision was made by the BCC and GB FAMC were provided. One other Aurovilian AVSST member did not even receive any email from BCC, although from another communication thread from the BCC it was clear they would be affected in the same manner.

Due to this decision, AVSST has to unfortunately announce that it will no longer be able to serve the community on an emergency basis from 1st February 2024 onward and its 24/7 emergency number (9443090107) will not be available until further notice.

Please find other relevant emergency numbers below:

Auroville Ambulance Service: 9442224680

PIMS: 0413-2656 271

Farewell: 8903836246

Vandrevala foundation - Mental health 24/7 support: +91 9999666555

Auroville Dog Shelter: +91 8122225266

Auroville Police Station: 0413 - 2677 318

Kottakuppam Police Station: 0413 - 2236 148

Fire Stations:

Vanur: 0413 - 2677 368

Kalapet: 0413 - 2655 873

D. Nagar (near JIPMER): 0413 - 2272 913

Sedarapet: 0413 - 2678 101

It has been an honor to have been of service to the Auroville community for all these years.

Sincerely,
Auroville Safety & Security Team

CALL FOR ORGANISATION GROUP

DO WE STILL HAVE A FUTURE TO DREAM ABOUT?

We need a radical shift for this unprecedented situation

Let us call for it together

Saturday 17 Feb, 5pm at Tibetan Pavilion.

Open to all

"Call for Organisation" Group — Ann, Dan, Eric, Fabienne, Henrik, Laurence, Olivier, Pablo, Rakhil and Sandhya.

MONTHLY TRANSPARENCY REPORT JANUARY 2024

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

Overview

New admissions: 4 (176 since April 2023)

Rabies suspect cases: 1

Adoptions: 12

Rehoming and Releases: 10

Vaccinations administered: 34

ABC shelter dog sterilisation: 0

Deworming: 84 doses for adults and 20 puppies



Donations

This month we received Rs. 340,223 in monetary contributions which includes Rs. 50,000 funds from BCC to our FS account and also a transfer from AVI International USA of USD 1,794 from their December donation matching campaign.

Expenditures

Animal Food: This month we fed our dogs 1.5 tons of rice, 1.8 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1 lakh

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, veterinarians, and volunteers including Pongal bonus money was Rs. 1.3 lakh this month.

Medical Costs: The medical costs in January for purchases of much-needed medicines, syrups, vaccinations, and deworming summed up to Rs. 36,219

Construction of Dog Houses

Finally, we were able to start building dog houses for our furry residents using almost entirely recycled materials. Thanks to valuable advice from AV Community members we found a way to make them termite-safe and coated the floor with leftover plastic sheets from the Matrimandir Lake. We also purchased used big blue barrels to construct doggy apartments out of them. If you are skilled in building things, please contact us, we are always grateful for a helping hand!

Volunteers!

Our poster campaign to call volunteers was very successful and we were able to expand our animal caretaker team. Soon we will be able to offer lots of activities like wheelchair training, physiotherapy, dog training walks, spa sessions, and many other programs. If you are interested in working with animals, even for a few hours per week, contact us, we would be happy to welcome you as a volunteer to our team.

Surgeries and Vet Consultations

Starting on the first weekend in February, our new vet Dr. Anandi, who specializes in sterilizations will offer her services also to dogs of Aurovilians and animal lovers. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For other dogs, we charge Rs. 2,800 per male and Rs. 3,000 per female dog (recent blood test required). Every morning from Monday to Saturday 10.00 to 12.00 am our shelter vet Dr. Deepan is available for free consultations per prior appointment.

Puppy Fair

Together with the incredible kids of Puppy Camp, we will host on Sunday, February 4th the big Auroville Puppy Fair with lots of puppies hoping to meet their adopters and to raise funds for the new Auroville Dog Shelter. The kids will offer homemade food and drinks and have fun games and activities. The dog shelter invites children and artists to paint and decorate our finished dog houses. There will be doggy wheelchair demonstrations and hourly guided tours of our shelter besides lots of other fun activities. Everyone is welcome!

We thank everyone for your continued support of the Auroville Dog Shelter!

Auroville Dog Shelter Team

Mar, Tine, Joseba, Coco, Arthur, Kiran, Ranjit

POETRY

**Winds of change
A daring little butterfly
Steering them
To the morrow...**

-Mauna

BELONG TO HER

The imprimatur of Mother is my sign
To accelerate the progress of the soul.
I know in me there is much to refine,
And in my heart I hear the time-bell toll.

The coarseness and the wildness Mother knows
As She, aware of everything in life,
Guides me as the inner being grows
Through vales of sorrow and the depths of strife.

What can I offer Her except my heart,
My gratitude and my humility
That never from Her arms I might depart,
Belong to Her though timeless infinity.

-Narad

"Once bitten, twice shy."

"I know."

"Once bitten, beaten and broken?"

"Well, ..."

"Again and again?"

"Well, ...I don't know.

Oh, I need some water
To knead it into a play dough
Once again."

-Anandi Z.

SOCIETAL WARS IN THE SUBJECTIVE AGE



On the never-ending social media wars
Culminating in lengthy court cases
Symbolising humanity's war of words
And a turn within in the Subjective Age:

These evolving events allow us to observe
How hollow and impotent mere words are.

That is why Auroville this City of Dawn
Is now managed by the Ministry of Education
Of the Guru of the World, Bharat Mata,
To keep it under administrative control
From the anarchic impulses of the brutal.

This is the Shakti-role of the Judicial
To pass a recourse peaceful
An eventual judgement final
To pacify the tantrums of the rebel.

Preventing also nuclear bombs to fall.

This still for transitional man the old normal
Until the manifestation of the Supramental.

No doubt the Supreme is modulating
The Play, the players and every little thing,
Which is actually quite fascinating
Considering Prakriti is a hologram,
Although an intensely experienced one.

No Pain No Gain is one rule of the Game.

Something harsh must push you in
To eventually discover the Psychic being.

Then you are not anymore a victim
But a conscious player extraordinaire
In the Eternal Game of Living Mirrors.

How playful our founder the Mother
Dangling a carrot for us to follow Her:
"I invite you to the Great Adventure."
With the accompanying "Voila! Super!"

And so we continue on every day,
Grumpily, stoically or joyfully,
Consciously or unconsciously,
Or any unique else in between
Either ends of the spectrum
As One Unfolding Movement
Towards the Divine Manifestation.

For the Integral Bhakta in Proactive Devotion
Working for the ever-coming sun-eyed children
To have a Divine Sanctuary this City of Dawn
In Surrender to the Supreme Divine Mother:

"Come what may."

Zech, 2024.01.26

VOICES AND NOTES

EXPECT THE UNEXPECTED

To be very specific here in the Auroville of Sri Aurobindo and the Mother, anyone who comes must understand "Who is this Mother?" we are working for.

Our Charter is very clear, "But, to live in Auroville, one must be a willing servitor of the Divine Consciousness."

In a mental world of dualities and all sorts of opposing cosmic forces working through humans climbing out of the Ignorance, this implies very clearly its opposite: "unconscious or willing servitors of the undivine consciousness". That is why the ongoing dances, wrestlings and battles within and without, as symbolised by the characters of the Gita, similar with any hero-villain quest-purposed epic or sacred stories from different cultures.

This is very obvious on this Planet Earth as it is still now in its ever-transitional stage of evolution. That is also why our founders the Supramental Avatars Sri Aurobindo and the Mother envisioned and created this City of Dawn as a Deva Sangha, a Divine Sanctuary for the ever-coming sun-eyed children preparing and hastening the psychophysical evolution towards the next apex species the Supramental being.

Do we need to painfully keep reminding everyone of our [three Core Vision-Goals?](#)

So we ask ourselves very SINCERELY, after the first 50 years, has Auroville lived up to these divine tasks?

As Auroville is decreed and modulated by the Supreme, it is now very clear that what is happening needs to happen to get us back on track, or to be more specific to proceed with the next evolutionary stage, which is simply an upgrade. Intense and painful for anyone too attached to old modalities and therefore resisting the ever-constant and inevitable Supramental change.

So how to free oneself from this enslaving, limiting, separative ego-mind consciousness?

Simply surrender it to the Supreme Divine Mother.

"Who?" The ignorant, the faithless and misplaced may ask.

Anyone who wishes to be a true Aurovilian must first ask themselves this question:

"Who is this Mother?"

Here is Sri Aurobindo Himself to answer it:

<https://incarnateword.in/cwsa/32>

Here also some definitive info:

<https://incarnateword.in/cwm/13/the-mother>

https://sri-aurobindo.co.in/workings/other/van_vrekhem-mother.htm

So we must live up to our Avatar founders' guidance, aspiring and working to be divinely conscious, not just keep uttering ignorant, hollow and purposeless words.

Remember, this Divine Spiritual Evolution happening on Earth is a Self-correcting, one unfolding living process ever-moving towards the Divine Manifestation beyond the limitations of the transitional human.

And this City of Dawn within Bharat Mata the Guru of the World is a hastened and intensified point of concentrated action by the Supreme Divine Mother.

So expect the unexpected.

Zech, 2024.01.26

CULTURAL ANNOUNCEMENT

THE PAVILLON DE FRANCE PRESENTS

A series of **three conferences** to think about **the relationship between spirituality, religion and society**. This will be explored through the lens of academics who work in French research or teaching establishments, and who are regularly staying in Auroville or Pondicherry. They will be offered in French and/or in English.

Conference 2

Religion and Spirituality in Ancient Shaivism

Conference by Dominic Goodall

Director at École Française d'Extrême Orient, Puducherry

Saturday February 3rd 2024 at 5 p.m.

Cinema Paradiso

In English, approximately 1 hour



This illustrated talk will focus on aspects of the history of the worship of Śiva in the first twelve centuries of the common era. It will attempt to explore, through iconographic, epigraphic and textual sources, the tension discernible in the Śaiva traditions between the spiritual aspirations of individuals on the one hand, and the constraining (but also sustaining) forces of institutionalisation on the other.

Dominic Goodall has spent thirty years studying Sanskrit literature relating to the history of the religious traditions of Shaivism. After studying Sanskrit at Oxford, he began studying medieval Tamil in Hamburg. In 2000, he became a member of the Ecole Française d'Extrême Orient and was appointed director of the Pondicherry Center (2002-2011). He is now working again in Pondicherry, where he continues to pursue his scientific interests, particularly in Sanskrit poetry and the history of the Śaiva Siddhānta.

"MÉMOIRE D'UN AUTRE MONDE"

BOOK RELEASE (IN FRENCH)

"Mémoire d'un autre monde", est un conte de fiction spirituelle destiné à tous les publics et à tous les âges. Ce livre, à dessein, a un côté éducatif destiné à familiariser le lecteur avec des notions qui sortent des idées habituelles autour desquelles l'Occident forme sa pensée. L'action se passe sur une planète quelque part dans l'immensité de l'Univers dans lequel nous, les Sapiens, évoluons, souvent à reculons comme cela est le cas en ce moment du Temps.

L'ouvrage ne comporte ni violence, ni sexualité, ni cupidité, ingrédients qui en général aident à bien vendre. Par contre, l'humour n'en étant pas absent, on ne s'y ennue pas une seconde. Le Scribe s'est attelé à écrire une suite, à la demande de ses plus jeunes lecteurs. Il espère que vous aimerez comme eux le premier volume Nous vous souhaitons une agréable lecture.

Le Scribe :

C. Mabilat (Cristo) né en France, vit à Auroville en Inde depuis 1974. Ingénieur B.T.P., il consacre sa vie à travailler à la réalisation du Rêve de Sri Aurobindo et Mère, l'établissement sur la Terre d'une société basée sur l'Unité Humaine.



Available at Visitor's Center book store Freeland Book Store

ILION-AUROVILLE INVITES YOU TO SHARING CIRCLE



on the beginning of the spiritual journey based on Jason's Quest "Break the moulds of the past, but keep safe its gains and its spirit, or else thou hast no future." Sri Aurobindo.

These sharing circles will be about the Quest of Jason and the Argonauts for the Golden Fleece, which represents the beginnings of the spiritual journey. How does the stages of this Quest resonate in us? What can we learn from it and implement in our life? We will support each other on our inner transformation through sharing of personal challenges.

In order to attend these circles we ask every participant to respect two requirements:

- Be prepared by watching some episodes (about 15 min each) of the online course on Iliion YouTube channel ([29](#)) [Iliion-Auroville - YouTube](#)

playlist Jason and the Argonauts – Quest for the Golden Fleece or by reading the script. Be committed to meet every three weeks from end of February to end of April or beginning of May.

These circles will be facilitated in small groups (12 persons maximum) on Saturdays from 2:30pm to 4:30 pm in English and in French. Contribution based.

If you wish to participate, please send an email: ilion@auroville.org.in.

Do you know Iliion-Auroville?





Ilion team : Alexander, Cibir, Siva, Caroline, Claude, Gaspard, Rajesh, Hartmut (not on the picture)

Claude de Warren, has dedicated three decades to the study of Greek mythology. The Ilion-Auroville team has gathered around him to facilitate the sharing and dissemination of his discoveries. Through documentaries, publications, courses and conferences, Ilion-Auroville aims to:

- Promote a new approach to Greek mythology as the deep spiritual basis of Western culture
- Provide an access to the writings of Sri Aurobindo and the Mother through this mythology and the poem Ilion,
- Foster a shift in consciousness within individuals and societies.

We make the results of our research available free of charge through writings, films, podcasts, conferences and courses.

Ilion-Auroville offers a new understanding of Greek mythology following an innovative and perfectly coherent approach,

we have become convinced that Greek myths have a hidden meaning. They describe human evolution from its beginnings to the distant future: we are the heroes and heroines. Their attributes and actions are our own. We carry within us the monsters and divinities that are both external and internal forces. In this mythology, heroes represent practices, qualities and skills, while heroines represent the goals and achievements towards which heroes strive through their adventures.

[INTERPRETATION OF GREEK MYTHOLOGY - Mythologie Grecque \(greekmyths-interpretation.com\)](http://greekmyths-interpretation.com)

[Ilion Auroville – Complementing Claudes \(ilion-auroville.com\)](http://ilion-auroville.com)
The Ilion-Auroville team.

ART AND CULTURE

EXHIBITION IN CENTRE D'ART

INKY ONKY

By Ongkie Tan
Centre d'Art, Citadines

From 26 Jan at 4.30pm
From 26 Jan to 10 Feb 2024
Monday to Saturday,
10–12pm and 2–4.30pm

Inky Onky is an exhibition by Ongkie Tan, showcasing a series of drawings that one can see as a time travel over different facets and stages of his life. His ink drawings reflect his wild imagination around the themes of his muses and passions: family, nature, animals, spirituality and hair cuts... Ongkie likes to travel light: a paper and a pen are enough to embody his creativity.



Ongkie Tan is a self-taught artist hailing from Borneo where he grew up alongside nine siblings. He dropped out of college and moved to the U.S. to focus on street art in Los Angeles during the 80's and became also passionate about hair styling. Having found his place in the art scene of the time he painted for the art department of the film industry and was later represented by numerous galleries including Beverly Hills Gallery and the Museum of LA County. During this period, he also worked as a hair dresser in a famous celebrity salon, in Beverly Hills.

He has traveled the world for a decade, carrying his canvas tubes in his backpack. When his trip landed him in Auroville in 2010, he continued to combine both his passions not to make a living but to follow his innate curiosity. He found that in Auroville he could be himself, and he fills his days with a calm sense of belonging. When he paints, surrounded by wildlife, light, trees, and like-minded people, he draws his inspiration from animals, birds, and nature. More recently, Ongkie's paintings are portraying family.

In Auroville, the last destination of his ten-year travel, he found himself equipped with only a torch light during a tropical cyclone that resulted in extended power outages. He found solace once again in his drawings and discovered his love for black and white. His simple house surrounded by nature, birds, and light, is his refuge and muse. While hair styling is now on pause, his art is his channel to "let go of expectations and be in the moment".

Recently, his paintings jumped from animals and psychedelics to family, a theme that he is beginning to explore more.

In his own words he describes himself as "meticulous to the point of obsession over details that others don't see"; certainly a trait that has contributed to his art, as his fine drawings embody the detailed strokes of nature. Inspired by his early days in Indonesia, where tattoo art and life in the forest were his first source of inspiration, Ongkie's art represents the presence of light and shadow, good and bad, in each of us and in the world at large.

By Inge, for It Matters

ART EXHIBITION AT PITANGA



Art
Exhibition
by Crystal

What's in a
speck of dust...

3 February to
4 March 2024
at Pitanga

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

8.00 - 12.30pm & 2.00 - 5.30pm

AWAKENING SPIRIT

DARSHAN TOKENS



21st February 2024
The Mother's Birthday
and
29th February 2024
The 'Golden Day'
The Sri Aurobindo Ashram
Room Darshan Token Service
for residents of Auroville

Dear friends,

This is to inform you in advance that the Sri Aurobindo Ashram is preparing for two Room Darshans in February.

The Mother's Room will open on the 21st of February for a Darshan to celebrate Her birthday. On 29th February the Sri Aurobindo Ashram will open for another Darshan on the occasion of "The Golden Day". These Room Darshans will be open to all.

To visit the rooms on this day, one needs to have a token.

The Ashram has made arrangements to kindly allow residents of Auroville to pre-register for a token.

Non-residents (visitors) will have to collect their tokens directly from the Ashram on the day of the Darshan. Timings for the general Darshan and registration will be published next week in the News & Notes.

Dear residents, please save the date for the registration already: **Tuesday, 13th and Wednesday, 14th February at Pitanga.**

As usual you will need to come in person to Pitanga to register your name for a token.

Please do not send us your requirements by email or WhatsApp. Thank you!

With love,
Your Pitanga team

A SATSANG ON THE INTEGRAL YOGA

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville." — The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

Facilitated by Zech Joya

Schedule: **Tuesdays and Thursdays, 5:30-7:00pm**

Venue: Conference Room, G/F SAIIER Building, Town Hall Complex, Auroville



Please click [this link for details](#) or scan the above QR Code

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!

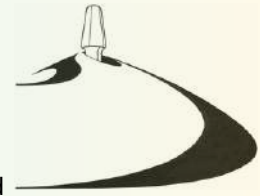
Reminder to all:

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



INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 6th February, 9 am - 12 noon

Focus: The Vision and the Way

Led by Ashesh Joshi

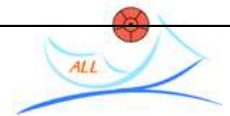
Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



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!

Something New: Evening Programs!

Starting from **1st February 2024**, we are launching a new experiment. The Language Lab will extend our opening hours from 5pm -7:00pm, Monday to Friday. We will offer special evening programs which will include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediatheque. Our regular day-time students could take advantage of these sessions as well. This is to revive an old idea of "language exchange" and "sharing languages". This program will be free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well.

Conversation Practice sessions would be Mondays for Tamil, Tuesdays for Italian, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for German. Please come forward for other languages, especially Sanskrit and Hindi! All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguagelab.org or a whatsapp message to +91 98430 30355.

Our first full-length publication: We are delighted to share that our first full-length publication, "From Resonance to Bonding" by Dirk Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies. It is available at: <https://book.aurovillelanguagelab.org/>

Looking for: Volunteer (s) capable of reading & writing Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment. We are also looking for volunteer language teachers, someone to help with fundraising, a Computer support person for the mediatheque, an administrative/executive assistant as well as assistants in the Tomatis research centre.



Volunteering opportunities!



Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 0413-3509932 or 04132622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

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

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

Current Language Courses at ALL

We are very happy to welcome Aurotaranti who will join our English teaching team!

Aurotaranti has nine years classroom teaching experience. Besides receiving Teacher Training and incorporating Integral Education at Transition School (SAIER) and the Shanghai Livingston American School in China, she holds a BA in Anthropology and a certificate from TESOL Canada to Teach English to Speakers of Other Languages, Beginners to Advanced. Aurotaranti is also available for one-on-one classes in Conversational French.

• **Aurotaranti will anchor a new program called "HIP" : Help Integrate People!**

This is a vocational English program where special attention will be given to beginner and pre-intermediate English language learners in different fields of work in Auroville, so that they may develop the vocabulary, concepts and conversational skills to help them excel in their work places. We would like to invite Aurovilians, Newcomers, SAVI Volunteers and employees of Auroville Units to participate. Auroville units can share their specific requirements and sponsor their staff for these classes, which will take place at the Language Lab premises.

Those interested in participating or enrolling their staff in these vocational English acquisition courses are requested to contact info@aurovillelanguagelab.org with the subject line "HIP programme," so that we may assess and schedule private or group sessions as required.

• **New Courses Offered:**

English Conversation pre-intermediate and intermediate level - (Tue Thurs 4-5 pm). From 6th February 2024. Aurotaranti will address student needs and interests to guide the conversations accordingly.

English as a Second Language Group Classes for different levels - to be scheduled as per demand.

Private English Classes and French Conversational Classes may be scheduled (Mon-Fri 9-12 and 2-4)

English Through Movement & Theatre with Rupam!

Bored trying to memorise the grammar? Learning English can be extremely fun with movements and theatre. Let's explore learning a new language using theatre as a tool! It's a new concept so let's find out together!!

Days & time: Saturdays, 10.30 am to 12 noon

Starting day: 3 February 2024 (if we have a least 4-5 participants)

Duration: 18 hours (over three months)

By donation

Beginner Spanish with Mila

This course is now closed to registrations!

Started date January 24 Classes are on **Mondays and Wednesdays, 2:30 to 3:30pm.**

New Beginner Italian with Karuna starting on 6 February 2024

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 24-hour (3 months) compact course, [with Karuna](#).

The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., and speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

Starting date: Tuesday **6 February 2024**

Days and Timings: Tuesdays and Fridays, **from 4 pm to 5 pm**

New: Beginner Hindi with Rupam

A native Hindi speaker, Rupam has a passion for teaching which she has keenly pursued over the last several years here at the Lab. Her approach is to make learning easy through games, songs, poems, & other interactive activities. This 24-hour (over 3 months) beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will be paced to align with each student's comfort!

The course will start as soon as we have 4-5 confirmations. Classes will take place **Mondays & Wednesdays, 10:30 to 11:30am.**

New: French with Jean-François

Jean-François offers three 2-month courses:

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 **February 10**. 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 **February 10**. 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 **February 5**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

New: German with Ben

Ben will resume his courses from early February. A native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. His first in-person course at the Language Lab was a resounding success! classroom. Ben is a language enthusiast and takes interest in poetry, integral yoga and philosophy. Ben is offering two courses:

Beginner German: This 3-month (36-hour) course is structured around the Goethe Institute material and will employ a variety of audiovisual tools and interactive elements.

Classes will take place **Mondays & Wednesdays, 9:30 to 11am, from 5th February 2024**

German Elementary Spoken & Written: This 2-month (16-hour) course is for those who already know a bit of German and would like to further polish their speaking & written skills.

Classes will take place **Tuesdays & Thursdays, 4 to 5pm, from 6th February 2024**

Both courses are open for registrations and will begin as soon as we have 4-5 registrations.

English Conversation Pre-Intermediate & Intermediate with Aurotaranti

From 6th February 2024. Aurotaranti will address student needs and interests to guide the conversations accordingly.

Classes will take place **Tuesdays & Thursdays, 4 to 5pm, from 6th February 2024**

Beginner 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**.

Start date: **23 January 2024** comprising 24 hours of teaching over three months

Intermediate Spoken Tamil with Saravanan starting on 6th February 2024!

We are pleased to announce a new Intermediate Spoken Tamil course, that will run Tuesday and Fridays from 5:30 pm to 6:30 pm, starting February 6th, 2024.

Our experienced Tamil teacher of many years - Saravanan - will lead students to the next level of Tamil proficiency in conversational skills.

This course will be of most use to students who already have a basic knowledge of Tamil.

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, 2:30 to 4:00pm**.

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, 11:00 to 12:00pm**. 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@auvillelanguagelab.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	11:00am - 12:00pm	Tuesday & Thursday
	Conversation Intermediate To start 6 February 2024	4 - 5pm	Tuesday & Thursday
	Movements & Theater To start 3 February 2024	10:30am - 12noon	Saturday
French	Beginner To start 10 February 2024	2:30 - 4:30pm	Saturday
	Conversation Post-Beginner To start 10 February 2024	10:30am - 12noon	
	Conversation Intermediate To start 5 February 2024	2:30 - 3:30pm	Monday & Thursday
Tamil	Spoken Beginner Start date 23 January 2024	9:30 - 10:30am	Tuesday & Friday
	Spoken Intermediate To Start 6th February 2024	5:30 - 6:30pm	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner February 2024	10:30am - 11:30am	Monday & Wednesday
German	A1.1 Beginner Start date 5th February 2024	9:30 - 11am	Monday & Wednesday
	German Elementary S&W Start date 6th February 2024	4 - 5pm	Tuesday & Thursday
Spanish	Beginner Start date 24 January 2024	2:30 - 3:30pm	Monday & Wednesday
	Intermediate	2:30 - 4pm	Tuesday
Japanese	Beginner To start March 2024	TBA	TBA
Italian	Beginner To start 7th February 2024	4 - 5pm	Wednesday & Friday
	Intermediate Started 14 December 2023	3 - 4pm 2:30 - 3:30pm	Monday Thursday

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@auvillelanguagelab.org

HEALTH

SANTÉ SERVICES IN FEBRUARY 2024

Working Hours:

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

Tests and Sample collection:

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

For emergencies, contact:

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

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

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

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

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

AUROKIYA INTEGRAL EYE CENTRE @ ARKA



Aurokiya Integral Eye Centre
(An Auroville Activity)

Working Hours:

Monday - Saturday
(9.00 am -5.30 pm)

Services Provided:

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com
WA/ Mobile: 8012305151; www.aurokiya.com

EYE WELLNESS CENTRE



CLASSES, WORKSHOPS & HEALING ARTS

THE EMBODIED VOICE AT TIBETAN PAVILION

Weekend voice immersion
10th and 11th February at the Tibetan Pavilion

Timings:

10am - 12.30pm
2pm - 4.30pm

Expect deep listening, intuitive sound-making, movement, and



nuanced bodywork to soften physical constrictions. Free your breath from your own control. Let curiosity take you through solo play and partner/group explorations, until you feel safe and alive enough to express yourself through song.

This is open to everyone, and is designed to be equally meaningful for the seasoned and for the uninitiated. You will be invited to relax into a deeply honest place of allowing and enoughness, to witness the magic that then unfolds

To register and for more information, email shalini.voicework@gmail.com

DEEP SOUND BATH IN CREATIVITY

TIBETAN BOWLS

Hall of Light
CREATIVITY community

Every Friday
from 5 to 6:30 PM

Starting from 17th November



There will be a LIGHT massage by the Tibetan Bowls.

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

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

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

Drop in the Hall, no reservation needed.
Please arrive 10 minutes before.

Guest 600 rs
Volunteer 300 rs
Aurovilians and Newcomers, conscious contribution

Sathyayuga
WA +917639761930

MARTIAL ARTS - AUROVILLE AIKIDO NEWS



Auroville Aikido at AV Budokan (Dehashakti) is happy to share again their **Adults regular schedule for Beginners and others** (with N. Murugan and Surya) for interested people to join this beautiful and complete practice in the form of a Japanese martial art: every **Tuesday, Thursday, Saturday early morning from 6 to 7.30 am + Wednesday 5.15 to 6,30 pm.**

For **children classes** (with Surya, Philippe G. and Cristo) and **other info**, please contact us: budokan@auroville.org.in and 83001 89062 (Surya) - 99528 12843 (Murugan/WA) - 83006 43963 (Philippe/WA). Reasonable contributions required.

N&N 1012 - 01 February 2024

PITANGA



PITANGA
CULTURAL CENTRE

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

Program February 2024

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. | *All are welcome to join.*

Tuesdays

9 am – 10:30 am | **Iyengar Yoga for the Spine** | with Chloe | All levels
3:30pm – 4:30pm | **Body-Music** with Anandi Z. | *All are welcome to join.*

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 – 6:00pm | **Vocal Sound Healing** with Lola | All levels

Fridays

6:45am – 8am | **Pranayama** with François & Namrita | *For former "The Art of Living" course participants*
7:30am – 9am | **Asanas** with Rachel | All levels |
8:30am – 10am | **Yoga Therapy** with Gala | All levels
3:00pm – 4pm | **Reading of Savitri** with Patricia | *All are welcome to join*
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
starting on 12th January

5:15pm - 6.45pm | **FOR GIVING LOVE** with Marie-Claire | A weekly inner dialog to foster your own healing.

Saturdays

11:00am -12:15pm | ATB explorations |
with Isora, Rosario & 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.

Teen Yoga | with Lisbeth |

Mondays, Wednesdays | 4pm – 5:15pm |

New Auroville school students, 5th grade onwards can join

NEW ACTIVITIES



Chinese tea ceremony (Gongfu cha) offered by Chun

"Experience tea the way Chinese do"
Weekly on Saturdays, 3 - 4pm
First session is held on 3rd February.

Tea has been grown, drunk and cherished in China for thousands of years.

In the Chinese tradition, drinking tea is more than just a beverage. Chun offers you an experience into the world of Chinese tea culture. This session is about experiencing a tea ceremony and learning about tea and the deeper meaning of its tradition and culture.

Places are limited for each session and can only be booked in advance.

Drop-ins are not possible.

To experience the fragrance of tea it is essential that you do not wear body perfume on the day.

Please register at Pitanga.

Every Saturday, starting on 3rd February from 3:00-4:00pm



Monday, 12th – Friday 16th February 2024
Daily from 12:45 – 1:45pm

Ange Sabine Blanchflower invites you to this workshop.

"If you have great dreams, Ideas and goals for how you want like to live your life – but don't know how to make them happen, then this workshop is for you."

Limited places available and prior registration required. Please contact Pitanga registration office

If you wish to receive our program of activities by email, please write to us: info@pitanga.in
See you at Pitanga, with a smile !

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

QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India
www.quiethealingcenter.info / quiet@auroville.org.in
Mobile & WhatsApp: +91 9488084966

Watsu® Yoga Round with Fred & Roberto Wednesday 7 February 2024 (3:00 - 6:30pm)

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being: body and mind become free to dance!

No previous experience required (also no need to know how to swim)!

Baby Watsu Class with Appie & Friederike Thursday 15 February 2024 (9:30 - 11:00am)

A special opportunity to connect with your baby!
You'll be guided on how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free play time.
Please bring towels and a closing swimming pant for your baby.
For babies between 2 and 12 months.

Watsu® & OBA® Basic with Dariya & Daniel Friday 16 - Wednesday 21 February 2024 (8:30am - 1:30pm: 31 hours)

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the **OBA** part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required. **Certificate upon completion of the course.**

Shiatsu for Watsu® with Petra Friday 16 - Wednesday 21 February 2024 (8:45am - 6:30pm: 50 hours)

Watsu, the abbreviation of WATer ShiatSU, originates from Masunaga's Zen Shiatsu, which was transferred and adapted to warm water by the Californian Shiatsu practitioner Harold Dull. Therefore a deeper knowledge of Shiatsu is highly recommended. Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.

Prerequisites: Watsu 1. Certificate upon completion of the course.

Pregnant Couples Class with Appie & Friederike Thursday 22 February 2024 (9:30 - 11:00am)

Experience the relaxing and connecting benefits of floating in warm water. You are invited to come with or without your partner or birth-attendant.

Birenda Massage Course with Jean-Louis & Kumar Friday 23 - Sunday 25 February & 11-13 March 2024 (9:00am - 5:00pm: 36 hours)

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

This massage training consists of six days, divided into two times 3 days.

Prerequisites: no previous experience required. **Manual and certificate upon completion of the course.**

HEALTH FOR EVERYONE

Shiatsu Practising Hours -

Time to deepen your learning of meridians, give and receive SHIATSU. An Art of Touch for Health and Happiness! During these regular Shiatsu training hours in the month of February and more to come, we will mainly focus on the practical aspects of the Shiatsu Art of Touch. According to the need of the participants, we will include a brief look into the extensive theory of Shiatsu as well.

This is a good time for those who enjoyed the Study of Shiatsu and wish to practise and deepen with additional inspirations in a supportive environment as well as for those without prior experience who would like to simply get a free feel of this specific Shiatsu-Touch, characterised by „intentionless intention“.

We are looking forward to hearing about your coming as well as hearing your questions, wishes, aspirations. Contributions required for ensuring future seminars. Kindly give whatever your heart tells you to.

Wednesdays, 7 - 9 am during the month of February at Budokan, Aikido Hall, Dehashakti

Do contact Ulrike Urvasi at shiatsuindia@gmail.com or **9751513906** (WA, Signal, Telegram) for necessary registration or questions.

VIPASSANA MEDITATION

Date: Every Sunday

Timings: 8:00 AM – 12:00 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



THE FUTURE CLASSROOM: INTEGRATING GENERATIVE AI IN LEARNING

GenAI User Group meeting on Saturday, January 20 from 10 am to 11 am, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.



Join Lucas from Last School in the third talk in this series, as he explores how Obsidian and AI can work together to create a powerful 'second brain' for organizing thoughts and enhancing productivity. Learn practical ways to integrate these tools into your daily life for smarter and more efficient information management.

To learn about Future events

Gen AI User Group

<https://chat.whatsapp.com/EMEIWHRjquBATdKPEkG4PI>

I JUST WANNA WRITE



Writing from Within - An exploration of our Inner Worlds through inspiring writing techniques.

For a session (individual or collective) contact Francesca at ijustwannawrite.email@gmail.com.

The sessions will take place at the European Pavilion.

Follow me on my new YouTube Channel  I Just Wanna Write

A Gate Of Dreams Initiative 

CREATIVE WRITING SESSIONS ARE BACK

Hello everyone, this is to inform you I resumed the creative writing sessions. I spent a lot of time increasing my knowledge on the subject in the last few years and now I'm ready to come back to those of you who want to develop their creative writing skills.

If you want to know what I do, please check my new brand YouTube channel I Just Wanna Write at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos>

I'm using it to promote my cultural activity, following the path of never ending education.

Also I am publishing the results of some of the writing practices I do on YT in my blog <https://ijustwannawrite.com>

If you want to explore the infinite potential of writing with me, please contact me at ijustwannawrite.email@gmail.com to get info and book a session. Individual or collective.

Free contribution from Aurovilians, Newcomers and Volunteers. The sessions will take place at the European Pavilion every Wednesday from 9am to 10.30am. If the timing is not suited to you, we can find another solution.

Please notice these are not meant to be classes but sessions, meaning that you are not compelled to follow a regular class.

I'm also available to give sessions in the schools.

Francesca

TAI CHI HALL @ SHARNGA

INNER WAY TAI CHI SCHOOL

TAI CHI HALL in Sharnga

Presents

THE ART OF CHI - Stevanovitch's method



TAI CHI CHUAN INTENSIVE

FEB 12 to March 2

Monday to Saturday, 7.30 -10.30 am

Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

Lead by Krishna, the work is essentially directed towards:

Concentration techniques to stay focused

Mastery of the body through breathing and muscular relaxation;

Improvement of movement through balance and coordination;

Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity

For information and booking contact Krishna at 0413 - 2623187 taichi@auroville.org.in / taichi.auroville.org / www.artduchi.com

RECONNECTING WITH YOUR INNER CYCLE

Understanding the world of menstruation as a gateway to connect more deeply with your body, your inner power, and to healing the Earth:



Eco Femme invites you to explore...

- Women as cyclical beings
- The empowering world of menstruation
- Learn menstrual cycle tracking to nurture the power of the womb
- Embodied practices to connect with and learn from your body's wisdom (including belly dance steps)
- Eco-Sisterhood through sharing authentically.

Date: Feb 8th (Thursday)

Venue: Our office in Auroshilpam (Google map us!)

Time: 4 to 7 PM

Cost: On contribution basis, contact us to know more

Prior registration required: (Please Whatsapp message us at **9487179556** or email us at learn@ecofemme.org or to register/ask questions)

P.S. Everyone has a woman in their life - men, please don't shy away from joining!

LETTING GO. LETTING BE. LETTING COME

Letting Go. Letting Be. Letting Come.

A journey with and through our emotions



Intensive Workshop with Vega and Stefan

4th - 8th Feb 2024, 9am to 1pm

at Cripa, Auroville



Embark with us on a journey of self-exploration, where we'll uncover and move energies that may have been dormant within. This dynamic workshop encourages participants to fully engage with what comes up inside, using the body as a guide to explore layers of emotion. We'll delve into possibly hidden experiences of anger, joy, sadness, fear and disgust - distinguishing what serves us now and what's left over from the past. And we will explore a special friend as well: Shame.

We'll use a variety of powerful and concerted exercises including movement, breathing and inner parts work, along with principles of Nonviolent Communication. Expect a mix of intensities – sweaty, edgy, fast, slow, dense, light and sparks of radical exploration. It's a journey into increased self-awareness which supports us to fully own our experiences, making conscious choices rooted in our authentic needs, rather than succumbing to or impulsively acting upon fleeting emotions.

inquiry and registration: dancingtree.smile@gmail.com

MINDFULNESS FOR STRESS REDUCTION (MBSR)



One week course - 5th-11th February

This secular course synthesises the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life - giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

'It's actually something akin to a radical act of love just to stop in your life, just to drop in on the moment and be aware of what is going on' Jon Kabat-Zinn

We will meet daily from Mon 5th Feb to Sun 11th. Course timings are **7.30-9.45am Mon 5th Feb - Sat 10th Feb** (daily) and **8.30am - 12pm Sunday 11th Feb**. The course will be held at Maloka, Anitya community and is hosted by JOI Anitya (a LEAD activity).

Registration is required. Whatsapp Helen on **7094753054** for booking and details.

SACRED DRUM JOURNEY AT REVELATION FOREST/MAHAKALI PARK

About the Drum Journey: Experience altered states of consciousness, Deep aura cleansing, Spiritual healing, Connect with your spirit guides and spirit animals.

Facilitator: Kundhavi Devi

About the Facilitator: Kundhavi is a clairvoyant energy healer, crystal healer and Access consciousness healing

practitioner who lives in Auroville, Tamilnadu. She has received intense training in the Shamanic field with a Shaman from Northern Canada.

Venue: Mahakali Park / Revelation Forest

Date: 03 Feb 2024

Time: 3.30 pm to 4.30 pm

Duration: 1 hr

Clothing: Loose fitting, fully covered to prevent mosquito bites

Contribution: Contributions are welcome and encouraged.

Registration: Registration preferred. Please register through Whatsapp on Kundhavi Devi - **+91 93600 43538**

Gmap link: [Revelation forest Auroville](#)



VÉRITÉ WORKSHOPS AND THERAPY

Pre-registration required

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



Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques – with Andres
Saturday, February 3, 9:15am – 12:00pm (theory booklet included)

Modern life often seems designed to bring strain to our nervous systems, contraction to our bodies, and imbalance to our minds. But there are ancient tools from Yoga that are designed to free us from the restraints that keep us from experiencing well-being, inner peace, and contentment. Learn the practical techniques of breathing, mantra, asana, and relaxation that calm the mind, relax the nervous system, and awaken the balance that already dwells within the memory of our bodies.

Lomi Hapai (Pregnancy Massage) Training Course – with Claudia

Monday to Wednesday, February 5-7, 9:15am – 4:45pm (3 day Training Course)

Lomi Hapai training course is open to all. This is a gentle massage for pregnant women. Its slow and flowing movements guide the receiver into a peaceful inner space where everything is possible and all is blessed. Lomi Hapai is a beautiful way to experience relaxation, well-being, offering a space for deep connection and a loving ground for mother-child bond. Learn a 60 min. Lomi Hapai routine, a full body Hawaiian massage technique, using hands, oil and the fundamental intention of Aloha (Love).

Yoga Therapy for Back Pain – with Bijou

Friday, February 9, 9:15am – 12:00pm

Stretches, holds and strengthening asanas for the back with crucial attention to right posture, breath, and individual attention to body type to rejuvenate the muscles and alignment of the back muscles and spine. Helps relieve back pains and condition the back against future injuries.

Safe Yoga Asana Practice: Do's & Don't's – with Rebeca

Saturday, February 10, 9:15am – 12:00pm

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

VÉRITÉ REGULAR EVENTS - FEBRUARY 2024

CLASSES

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



Gentle Hatha Yoga – with Claire at Vérité – Monday 7.30am 8.30am & 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Pranayama & Meditation: Re-balance your Nervous System - with Radhika at Vérité – Monday 9:15am – 10:15am: 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yin Yoga Nidra – with Bijou at Vérité– Monday & Wednesday 3:30pm - 4:30pm:

Very simple, gravity-assisted Yin Yoga asanas, followed by a Nidra (guided semi-sleep meditation) session which allows the Yin Yoga to have maximum benefit on the body and mind. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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! Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Sivananda Yoga - with Mani at Vérité – Tuesday & Thursday 7:30am – 8:30am & Saturday 5:00pm – 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yoga Asana: Deep Stretch & Relaxation – with Radha at Vérité – Tuesday 9.15am - 10.15am & Friday 7.30am - 8.30am: 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Vinyasa Flow - with Rebeca at Vérité – 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Kirtan - Songs for Your Soul (contributions are voluntary) – with Mamta & Savitri 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Yoga for Inner Alignment, Pranayama & Asanas – with Radhika at Vérité - Thursday, 9:15am – 10:15am: 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Regeneration Circle: Voices of Wholeness – with Nadim at Vérité – Thursday 5:00pm – 6:30pm: A talking stick-guided exploration of the global regenerative movement. Dive into topics like Regenerative Tourism, Economics, Agriculture, and Governance, fostering a deeper understanding and commitment to sustainable practices and collaborative growth in a world striving for ecological and cultural harmony. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Free Flow Dance & Movement – with Vega 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Peace with Pranayama – with Mamta (no class on 24 Feb) at Vérité – 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 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Peace with Pranayama – with Mamta (no class on 24 Feb) at Vérité – 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 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

Mindful Flow: Awaken in Movement & Stillness – with Savitri at Vérité – 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. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).

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Regeneration Circle: Voices of Wholeness – with Nadim at Vérité – Thursday 5:00pm – 6:30pm: A talking stick-guided exploration of the global regenerative movement. Dive into topics like Regenerative Tourism, Economics, Agriculture, and Governance, fostering a deeper understanding and commitment to sustainable practices and collaborative growth in a world striving for ecological and cultural harmony. Contact **0413-2622045**, +91 **9363624083** (WhatsApp), (or email programming@verite.in).



TREATMENTS AND THERAPIES



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

Private Yoga Sessions - with Andres at Vérité

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Thai Yoga Massage - with Andres at Vérité

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. By appointment: **0413 2622045, 2622606, 9363624083** (WhatsApp), treatments@verite.in

Individual Self-work with Clay - with Megha at Vérité.

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 ourselves in an inner journey using certain hand building techniques and the wheel. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Biodynamic Craniosacral Therapy - with Mila at Vérité.

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. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Integrated Craniosacral & Foot Reflexology – with Radhika at Vérité.

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 its 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. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

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

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. By appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in

Heart-Centered Resilience – with Susan at Verite. 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 by appointment: +91 **413 2622 606**, +91 **9363624083** (WhatsApp), treatments@verite.in



VÉRITÉ PROGRAMS - FEBRUARY 2024

Phone: +91 413 2622045, 2622606 / Whatsapp: +91 9363624083 / 8489391876

Email: programming@verite.in / Website: www.verite.in

YOGA & RE-CREATION PROGRAMS

Days	Drop-in Sessions	Timings	Presenters
Mondays	Gentle Hatha Yoga	7:30am - 8.30am	Claire
Mondays	Pranayama & Meditation	9:15am - 10:15am	Radhika
Mondays	Yin Yoga Nidra	3:30pm - 4:30pm	Bijou
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	5:00pm - 6:00pm	Rebeca
Wednesdays	Gentle Hatha Yoga	9:15am - 10:15am	Claire
Wednesdays	Yin Yoga Nidra	3:30pm - 4:30pm	Bijou
Wednesdays	Kirtan- Songs for Your Soul (contributions are voluntary)	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Sivananda Yoga	7:30am - 8.30am	Mani
Thursdays	Yoga for Inner Alignment - Pranayama & Asanas	9:15am - 10:15am	Radhi
Thursdays	Open Heart Space Meditation	3:30pm - 4:30pm	Samrat
Thursdays	Vinyasa Flow	5:00pm - 6:00pm	Rebeca
Thursdays	Regeneration Circle:Voices of Wholeness (contributions are voluntary)	5:00pm - 6:30pm	Nadim
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30am - 8.30am	Radha
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement	5:00pm – 6:30pm	Vega
Saturdays	Peace with Pranayama (no class 24 Feb)	7:30am - 8.30am	Mamta
Saturdays	Sivananda Yoga	5:00pm - 6:00pm	Mani
Saturdays	Mindful Flow - Awaken in Movement & Stillness	5:00pm - 6:00pm	Savitri
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, Feb 3	Master Class: Calm Your Nervous System & Mind through Yogic Techniques	9.15am - 12.00pm	Andres
Mon, Tue & Wed, Feb 5,6 & 7	Lomi Hapai (Hawaiian Massage for Pregnancy) Training	9.15am - 16.45pm	Claudia
Friday, Feb 9	Yoga Therapy for Back Pain	9.15am - 12.00pm	Bijou
Saturday, Feb 10	Safe Yoga Asana Practise - Do's & Don'ts	9.15am - 12.00pm	Rebeca
Fri, Sat & Sun, Feb 16, 17, & 18	Conscious Relating	9.15am - 4.45pm	Ananda
Saturday, Feb 17	Master Class: Calm Your Nervous System & Mind through Yogic Techniques	9.15am - 12.00pm	Andres
Saturday, Feb 17	Face & Eye Yoga : Face Your Self	9.15am - 12.00pm	Mamta
Friday, Feb 23	Yoga Therapy for Back Pain	9.15am - 12.00pm	Bijou
Fri, Sat & Sun, Feb 23, 24 & 25	Prana Yoga	9.15am - 4.45pm	Mani
Saturday, Feb 24	Master Class- Sivananda Yoga	9.15am - 12.00pm	Mani
Thursday, Feb 29	Understanding Pranayama & its Practice in Asanas & Meditation	9.15am - 12.00pm	Radhika
	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	

AUROMODE YOGA SPACE

FEBRUARY 2024 SCHEDULE

Registrations are 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 & WA(only) +91 98926 99804



Day	Time	Description
Monday to Friday	10 00 am to 11 00 am	Mobility with Karlakattai
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Sunday February 11 & 24	10 00 am to 01 00 pm	Tamil culture tour & temple visit
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas

Advanced 300 hr Yoga TTC, Auroville

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

Advanced Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting
Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow
Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification.



300 hours-29 days- March 1 to 29, 2024

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

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.

Date and Time :

Every Friday - 5 30 pm to 7 00 pm
Every Saturday - 5 30 pm to 7 00 pm
Every Sunday - 5 30 pm to 7 00 pm



Mobility with Karlakattai:

Monday to Friday - 10 00 am to 11 00 am

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.

Classical Tamil Music Concert

February 6, Tuesday
Time- 5 30 to 6 30 pm .

Welcome to a captivating evening of Tamil music and soul-stirring songs from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvagasam, set to the melodious strains of "Tamil Pann".

Featuring Artist Deva: An exceptional young artist who has mastered classical Tamil music through attentive listening. Deva, will be accompanied by Mirudangam Mr.Mathiselvadass & Violin-Mr.Sathish

Classical Tamil Music Concert

February 6, Tuesday
Time- 5 30 to 6 30 pm .

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of "Tamil Pann"



Featuring Artist Deva: An exceptional young artist who has mastered classical Tamil music through attentive listening. Deva, will be accompanied by Mirudangam Mr.Mathiselvadass Violin- Mr.Sathish

Free Entrance - Donation suggested

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

Tamil culture and temple visit:

Sunday February 11 & February 24 - 10 am to 1 00 pm

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.

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India
Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



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

THERAPIES



SHIATSU MASSAGE

Sara

+91 9443617308



EXPRESSIVE ARTS SESSION

Anjali

+91 95600 26678

TAROT READING

PRANIC HEALING

ACTIVITIES



HATHA YOGA

Wednesdays - 5:30 - 6:30pm

Ramesh

Saturdays - 7:30 to 8:30am

+91 98451 68490



MINDFULNESS MEDITATION

Thursdays - 7 - 8pm

Gijs

+91 73394 59425



SANSKRIT TRADITIONAL CHANTING

Thursdays - 9-10am (drop in class)

Fridays - 5 to 6pm (Regular Students)

Sonia

+91 8940288090

CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

About the 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. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic "web of life" brings, in turn, insights for our self-study and yoga of work.



When: Every Wednesday and Sunday

Contributions: Accepted for the management of the site.

Clothing: 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: Vignesh +91 9620493716

Please note: The park is not yet accessible without our supervision, Thank you for your understanding!

Gmap link: [Revelation forest Auroville](#)

AUTHENTIC RELATING WORKSHOPS



Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, heart-centered environment?

JOIN US IN THE HALL OF LIGHT, CREATIVITY EVERY THURSDAY FROM JAN 11TH TO MARCH 14TH 9:15AM-12:15PM

Open to all



Guests ₹500

+918098503386

+919489244823



AV, NC & SAVI discounts available

ACTIVITIES & EVENTS

AUROVILLE: ONE DAY & HALF DAY TOURS

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

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

Pre - Registration is required.



Contact us to know more details:

youthlink@auroville.org.in or WA: +91 85248 25120

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

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

[usp=drive_link](#) or

please scan this code to know more:



COME ENJOY PIZZA AT THE YOUTH CENTER! FRIDAYS, SATURDAYS AND SUNDAYS!

8428061801



Youth Center International



@youthcenterauroville



Book your group slot with us and come with your friends and family for an unforgettable evening of fun, food, music. Enjoy a guided tour around YC, learn to make your own pizza & enjoy it!



Let's Sunday together!!

Call: 9152275335

@youthcenterauroville

YOUTH CENTER: CALL FOR COMMUNITY




"The Youth Center wishes to organize Auroville's birthday on February 28th at the Youth Center. In order to celebrate it together we would like to offer pizzas with other dishes, but to make that possible and in view of the current situation, **we need financial support and food products** such as veggies, Maida, cheese, syrup, sweets, etc.
Please pass by Youth Center in any weekdays morning and give us a call **7598581908** Aurore (Fertile)

youthcenterauroville

CHILDREN'S STORY PERFORMANCE AND NEW BOOK RELEASE

SATURDAY, FEB. 10TH 3:00 PM TO 4:00 PM
SOLITUDE FARM FESTIVAL - SECRET GARDEN STAGE

Noel will be releasing his new children's book *The Legend of the Flute Player* with a reading and musical performance of the story, featuring Yunsung Cho playing the flute and Simran Shah doing performance acting for the story. This is an inspiring story about a boy's dream to discover and play the most beautiful music, exploring sound through a long journey into nature where he ultimately discovers the deeper music within himself in the silence of the Soul. Following the story we will have an activity for children to explore sound and expressing music using instruments and voice. For children and adults!

The book contains the artistic and beautiful illustrations by Marina Minina and is published by HarperCollins India. Books will be available, including Noel's previous book *Yaroslava's Flowers*.

Noel Parent

[My new children's book is out now! *The Legend of the Flute Player* by HarperCollinsIndia](#)

[Visit the StoryYoga for Children Website](#)

[Visit Noel's Blog](#)

[Say Hello on Facebook!](#)

[Be inspired by my children's book *Yaroslava's Flowers*](#)

[Be inspired by my poetry book *Transcendent Sky*](#)

"All Life is Yoga" Sri Aurobindo

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



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

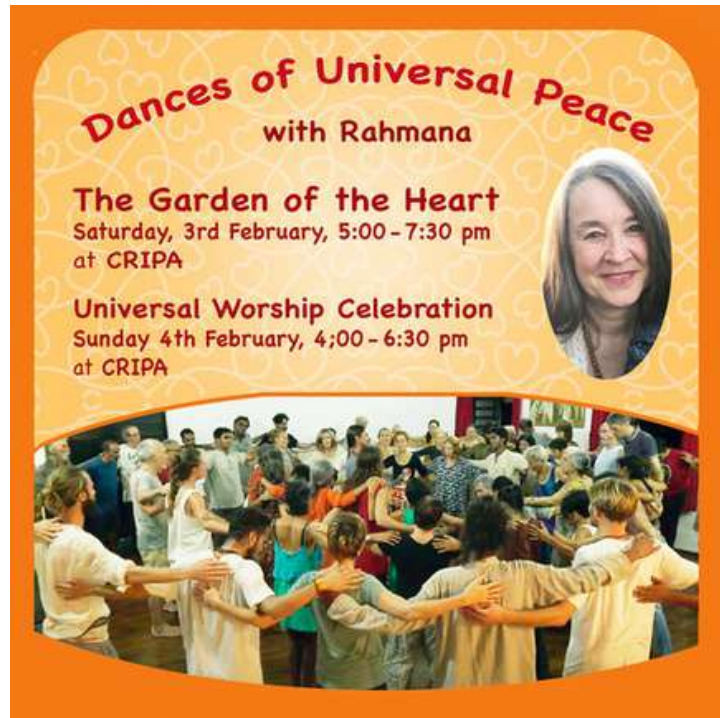
13:30-15:00 Open
Spaces for kids
(6-14 yrs)

For more info contact 9442180610

DANCES OF UNIVERSAL PEACE

Rahmana Dziubany is a Sufi guide, and an internationally travelling senior mentor in the Dances of Universal Peace, with her own retreat center, Ananda, near Berlin in Germany.

Dances of Universal Peace are circle dances with simple movements while singing sacred songs from around the world, creating a deeply peaceful moving meditation. All welcome, no previous experience needed.



Dances of Universal Peace
with Rahmana

The Garden of the Heart
Saturday, 3rd February, 5:00 - 7:30 pm
at CRIPA

Universal Worship Celebration
Sunday 4th February, 4:00 - 6:30 pm
at CRIPA

(Image of Rahmana Dziubany)

(Image of a group of people dancing in a circle)

THE AUROVILLE CHOIR SINGS AT CRIPA



Celebrating 30 years of singing together - Part 2

The Auroville Choir sings POPULAR FAVOURITES

Saturday 10th & Sunday 11th February
8:00 pm at CRIPA

Everyone is most welcome!

AUROVILLE BOTANICAL GARDEN



From the 20th of December to the 20th of March 2024

Come walk with us!
Guided Garden Tour

Auroville Botanical Gardens

Wednesdays and Fridays - 9.30 am (about 1 1/2 hour walk)

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



KUILAI CREATIVE CENTRE

Contact: kulaicreativecentre@auroville.org.in;
kulaicreativecentre.auroville@gmail.com
WhatsApp: + 91-8608473385 / 9843195290



KUILAI CREATIVE CENTRE
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES)

NEXT TO AUROVILLE BAKERY, PROTECTION COMMUNITY, AUROVILLE
Email: kulaicreativecentre@auroville.org.in OR
kulaicreativecentre.auroville@gmail.com

WhatsApp: + 91-86084 73385 / 9843195290

செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY, TUESDAY AND THURSDAY	10 AM TO 12 PM	FREE	ABOVE 18 years
தைபல் செயல்பாடு TAILORING ACTIVITY	WEDNESDAY, FRIDAY AND MONDAY, TUESDAY AND THURSDAY	11 AM TO 1 PM AND 2 PM TO 4 PM	FREE	ABOVE 18 years
மாலை இரவு வகுப்பு EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 10 th Grade
உடற்பயிற்சி PHYSICAL FITNESS	SATURDAY	9AM TO 10 AM	FREE	ABOVE 8 years
ஓவியம் PAINTING	SATURDAY	11:30 AM TO 12:30 PM	FREE	ABOVE 8 years
லிப்சைக்கிள் LIFECYCLING	SATURDAY	2 PM TO 3 PM	FREE	ABOVE 8 years
ஹிப்-ஹாப் HIP-HOP	SATURDAY	3:00 PM TO 4:0 PM	FREE	ABOVE 8 years
புத்தக நாடகம் BHARAT NAATYAM	SATURDAY	4:00 PM TO 5:00 PM	FREE	ABOVE 8 years
அம்மாவின் 12 குணங்கள் EXHIBITION ON MOTHERS 12 QUALITIES	கிண்பி - SOON	கிண்பி - SOON	கிண்பி - SOON	



Please click [HERE](#) to see the program in full or scan QR code:

Keep supporting us! For your kind donations...

<https://aviusa.org/?form=Kuilai>

<https://auroville.org/page/donate-from-india>

From Auroville: 240051- Kuilai Creative Centre Collection

Protection, Auroville, India - 605101,

Contact: +91-9843195290 / 8608473385

kulaicreativecentre.auroville@gmail.com

FOOD FOREST TOUR

www.myfoodforest.info / 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
myfoodforestgarden@gmail.com

SOLITUDE FARM

LIVELY UP YOUR EARTH 2024



Dear friends,

At the festival we have a very fun kids space with clay, bead work, face painting and henna.

We are also looking for someone to do macreme and hair macreme, t-shirt painting and anything else fun and creative. please get in touch with Emma on **9843319260**.

Love LUYE 24 team

SOLITUDE FARM

LIVELY UP YOUR EARTH 2024



Dear Friends,

The **LIVELY UP YOUR EARTH ECO MUSIC FESTIVAL** is just around the corner. **10th February @ Solitude Farm**. There is so much happening: loads of bands on the main stage and a bunch of amazing performances on the acoustic stage including hang drum, bansuri flute, belly dancing, capoeira, a beautiful book release/reading, there are stalls with vedic astrology, handicrafts, ayurveda, eco femme, seed bank, live art, there is also a kids space with face painting, henna, bead work, clay and at sunset we will congregate just outside Solitude and have a huge circle with collective qigong, shamanic drumming, singing and a beautiful collective prayer and meditation.

The event starts at 10.30am and ends at 10:30pm

There is a ticket for guests, a reduced ticket for savi volunteers and a voluntary contribution for Aurovillians.

We look forward to seeing you on the **10th of February** to celebrate the creativity in our community and Lively up our Earth!

Solitude farm & café
Auroville

AUROORCHARD

Volunteer and learn farming hands-on!

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

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

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

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

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:

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

More Info: www.the-sound-of-bamboo.com

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

Learn More About Divine Arts:

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

About Divine Arts:

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

THEATRE CLASS

Theatre Class



Weekly theatre practice for aspiring actors

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

WEEKLY THEATRE PRACTICE FOR ADULTS

FRIDAYS @CRIPA



2:00PM to 3:30PM
for Adults



4:00PM to 5:30PM
for Kids above 9yrs & Adults

Info & Registration:

Celine

(Celine Barbara)

+918098846079

(WhatsApp/Telegram)

EDIBLE WEED WALKS

It's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. Only a few are left now, just one in January, and one for February, and for all Saturdays in March before we will close for the year. You can join one or more. For that please plan and register early. The walk will be guided along with the Edible Weed Walk book. If you don't have a copy, you will be able to borrow one during the walk.

Dates for the upcoming walks are 17 February, and 2, 9, 16, 23, and 30 March 2024. You can register for any Saturdays listed.

Pre-registration and a contribution are required. WhatsApp (preferred) or Email.

RSVP: WhatsApp (only): +91 98409 36907
or edibleweedwalk@gmail.com to register

Let's walk on Saturdays

Edible Weed Walks @ Ninas

EDIBLE WEED WALKS ON FEW SATURDAYS

From 7:30am to 8:30am (max 8:45am) at a location in Auroville

REGISTRATION OPEN FOR THE EDIBLE WEED WALK ON 27 JAN, 17 FEB, & ON ALL SATURDAYS IN MARCH

To purchase the book

Contribution: Rs. 500/person (for all). Rs. 350/person for Aurovilian and SAVI-registered volunteer

Contact, Contribute, and Register (max 10 people) anytime, latest by 4pm on Fridays by WhatsApp +91 98409 36907 or Email: edibleweedwalk@gmail.com

YOUTH CENTER ARTIST MARKET



Youth Centre ORIGINAL

Love For All

MARKET-MUSIC-GAMES-FOOD AND MORE

FRIDAY

09 FEB 24

SUPPORT LOCAL ARTISTS

CHANTING CLASS - SERENDIPITY



Traditional Mantras & Stotras Chanting Classes

at Serendipity Community

Thursday 9:00 AM (drop-in class)
Friday 5:00 PM (regular class)

with Sonia Novaes



Email: serendipityauroville@gmail.com / WA: +91 8940288090

ANITYA COMMUNITY PRESENTS

WELL-BEING - HATHA YOGA

MONDAY FEB 5 - 4:30 to 6 pm
TUESDAY FEB 6 - 4:30 to 6 pm
SATURDAY FEB 10 - 9:00 to 10:30 am
SUNDAY FEB 11 - 4:30 to 6 pm


LAST CLASSES

STRAIGHTEN YOUR SPINE,
BALANCE YOUR MIND & EMOTIONS



Wali, yoga teacher, is offering a few last classes in Anitya (Maloka hall). With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!
For all levels. Donation based.
Contact Wali for info: 7042565206

Anitya is a community project registered under LEAD, Auroville.
Location: Center Field, follow the ANITYA signs after Center gh



FRIDAY FEB 9
6:00 PM

Brenda McMorrow



Adam Bauer

KIRTAN SACRED SONGS

Join us for an evening of meditative music and chanting featuring 3 great artists and musicians from Auroville

MORE INFO:
+91-7094058699 (Mathilde)

Free donation event

ANITYA COMMUNITY - MALOKA HALL
500 M AFTER CENTRE GH, AUROVILLE



Matthew Andrews

CONCERT BREEZE OF INDIA

SATURDAY FEB 10
5:30 - 7PM

Maloka Hall, Anitya Community

A mix of classical Indian songs, Bhajans, devotional songs and Dhrupad. Just listen and enjoy or come to sing along.

Free donation event

Contact Wali for info: +91-7042565206
Wali is an Austrian singer, songwriter and yogini, loving devotional music to enliven the divine in all of us

ANITYA COMMUNITY
500 M AFTER CENTRE GH, AUROVILLE

FALL IN LOVE WITH YOUR VOICE

FALL IN LOVE WITH YOUR VOICE
WORKSHOP
FRIDAY, 16 FEBRUARY 2024 - 10 AM/1PM

With **SABINA ELSA ASTOLFI**
Singer, Voice Coach &
Voice Healing practitioner
www.powerful-voices.com

JOIN ME TO CONNECT YOUR VOICE TO YOUR SOUL,
BREAK THROUGH FEAR AND SHAME, AND
LIBERATE YOUR UNIQUE SONG.

BY HEALING YOUR SACRED INSTRUMENT, YOUR
VOICE, YOU GAIN ACCESS TO A POWERFUL TOOL FOR
FEARLESS SELF-EXPRESSION.

*"With Sabina, every lesson is an exciting journey to yourself and
your voice. With her, you can accomplish with ease what you
previously thought impossible"* Christina

This Event will be filmed; we kindly request your consent

LOCATION: MALOKA HALL, ANITYA COMMUNITY, AUROVILLE

DONATIONS START AT 500 RPS.
THE AMOUNT GATHERED WILL BE
DONATED TO THE DOG SHELTER

FOR INFO & REGISTRATION:
CONTACT MATHILDE:
WA: +917094058699

Anitya is a community project registered under LEAD, Auroville
Location: Center Field, follow the ANITYA signs after Center GH

FALL IN LOVE WITH YOUR VOICE
FRIDAY 16 FEBRUARY 2024 - 10 AM - 1 PM
ANITYA COMMUNITY, AUROVILLE

READY TO BE YOUR VOICE?
JOIN US NOW!

Through liberating **VOICE COACHING**, you tap into the inherent
wisdom and alchemical power of your **VOICE**, and keep
breaking the barrier of fear and shame.

We will sing and chant ancient **MANTRAS** to access the divine
gifts and essence of your **SOUL**.

This allows you to heal step by step and experience the **POWER**
and **GRACE** of your **VOICE**.

In this **WORKSHOP** you will learn:

- To develop your voice and reawaken to the divine instrument
that you are through technical and energetic exercises.
- To free the expression of your emotions and experience how
they enrich your voice.
- To open and deepen your breath so that your singing is
supported by the flow of **PRANA**.

I'm looking forward to meeting **YOU** and your Voice!
With Love, Sabina

This Event will be filmed; we kindly request your consent

**Workshop fee: free donation starting at 500 INR - Choose
your donation! So happy to donate the whole amount to the
dog shelter!**

Please register in advance by WA: +917094058699

DOG SHELTER INVITES

SUNDAY
February 4th
from 10 am to 6 pm

The incredible kids of the "Puppy
Camp" and the Auroville Dog Shelter
invite everyone to the first

Auroville Puppy Fair

- Puppy Adoption & Fundraising Drive
- Great Music and Dance
- Wheelchair and Physiotherapy workshop
- Cool Stalls for Shopping Auroville Products
- Homemade Food and Drinks
- Kids Games
- Rare Crystals and Stunning Stones for Sale
- Guided Tours of the Shelter

Ask us Anything:
We are happy to share
details about our
volunteer initiatives, and
animal care programs,
our 1000-dog sterilization
goal and offer insights
into the upcoming new
Auroville Dog Shelter
project.

**AUROVILLE
DOG SHELTER
Location**



Paint a Dog House Event!
Children and artists!
Express your imagination
and artistic skills to
decorate and paint our new
dog homes.

Everyone is Welcome!

FOODS, GOODS & SERVICES

HAIRCUTS BY AHANA



Hairdresser. For your and / or your child's next haircut:
inspired, striving for perfection, 11 yrs young artist Ahana
looks after your and / or your child's hair and well being.
After everyone who came was happy and content, we are now
requesting short and long HAIR MODELS to step forward and
try something new and beautiful!
For an appointment kindly contact **9751513906** (all messenger
providers, no calls) or essence.touch@yahoo.de

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



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



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

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

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

Contact **AIRCON CLEAN** now at 9786809518 or email us at airconclean.av@gmail.com

Regards, Julien.

SOLITUDE FARM - 2024 Farm



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

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

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

Cafe

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

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

The cafe runs a lunch scheme.

Education

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

Tour

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

Volunteers

Solitude Farm is happy to welcome volunteers.

Timings 8:00 am -12:30 pm

We offer breakfast, tea and lunch.

Opportunities

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

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

To find out more:

email: solitudepermaculture@gmail.com

whatsapp: 9843319260

Solitude farm & café
Auroville



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!**

ECO FEMME OPEN HOUSE



Dear friends,

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

Come and learn about:

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

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

See you soon!

The Eco Femme Team

LIGHT FISH: PHOTOGRAPHY STUDIO

sales@light-fish.com

LiGHT FiSH
Studio
Aurelec

PHOTOGRAPHY
Services

Fashion Photography
Product Photography
Food Photography
Architectural Photography

phone: 8279300821
sales@light-fish.com

RAPID CARE SERVICES RCS

Dear Residents,

We are happy to announce that **Rapid Care Services** have successfully completed one year. We began operations in December 2022.

It has now been one year since we began serving the community. We take this opportunity to thank all the people who believed in us.

The support offered and shown by our customers played a big role in our growth.

For celebrating our anniversary, we would like to work on a discount basis in our service charges than we usually do for the entire month of December.

To avail this offer kindly take a look at all the work that we offer. Please reach out to us for any enquiries that need our assistance to fix your home or any infrastructure.

Look forward to your continued use of our services in the future.

Our Services:

- Carpentry
- Masonry - renovations and remodulation
- Plumbing
- Aluminum channel work
- Electrical
- Steel Fabrication work
- Painting - Interior, Exterior, Floor Waxing, Powder coating,
- Insect Treatment
- Fencing
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Our Works - https://drive.google.com/drive/folders/1Y-nz_nyWpX9_3NU--wgwcZcgS0bRqEBa

Best regards,
Balaji & Arun for Rapid Care

Contact: + 91 8270071581 / +91 7639810621

Email : rapidcare@auroville.org.in ,
rcsrapidcareservice@gmail.com

Instagram - <https://instagram.com/rapidcare1?igshid=MmVIMjlkMTBhMg==>

SURABHI SUPPLIES

Dear Auroville Community,

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

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

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

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

Email: surabhisupplies@auroville.org.in

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies



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



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://rb.gy/32zcix>

iPhone

<https://rb.gy/visp4c>

Desktop

<https://rb.gy/bpnud5>



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

CREATE AND TRANSFORM

STUDIO BASED ART THERAPY AND COUNSELING

individual * group * family



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

- Anxiety
- Depression
- Trauma
- Life Issues

Trauma Informed Art Therapy & Counseling:

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



Tia Pleiman, MA, ATR, NCC, LPC
tialovesart@gmail.com
www.createandtransform.org
 WA 7094007610
 Aurelec, Kulilapalayam, Auroville

TAXI SHARE



TAXI SHARE 5TH FEBRUARY FROM CHENNAI AIRPORT

To stay ECO ;) friendly am very willing to share a taxi from Chennai Airport to Auroville on **Monday 5th of February 2024**. Departure from Chennai Airport will be at about 11:00am. Please contact via Whatsapp on **+34685673777** Thanks sunny

LOOKING FOR



LOOKING FOR LANDLINE PHONE

Now that most people have moved to mobile phones, does anyone have a landline instrument that they don't need but is in good condition? Please contact Nandita – nandita@sharan-india.org / WA +91 **9488483286**

AVAILABLE

ITEMS TO SELL

- **3-sections dividing panel** (each section: cm. 185x48) made by Shradanjali (wood+parchment paper decorated with leaves), like new. Photo available on whatsapp.
- **"The Mahabharata"** translated by K.M. Ganguli, 12 volumes

Contact: Paola +39 3388349491; +91 9486422138; 2622138

FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1011

- From the Donation channeling group

Please click [HERE](#) to read the FO Groups News

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

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



EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்



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

NOUVELLES D'AUROVILLE
Auro - Traductions



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

CINEMA



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

FRIDAY 9th FEBRUARY, "GRAVES OF THE FIREFLIES" - (Japanese: 火垂るの墓, or Hotaru no Haka)

Director: Isao Takahata, Japan, 1988

With: Anthony Perkins, Orson Welles, Jeanne Moreau, Romy Schneider, Akim Tamiroff, Elsa Martinelli

Overview: Directed by Isao Takahata and produced by le studio Ghibli - which he has co-foundde with Hayao Miyazaki, Graves of Fireflies is an animated film based on the semi-autobiographical novel written in 1967 by Akiyuki Nosaka. Set in the city of Kobe, Japan in June 1945, it tells the tragic story of two siblings and war orphans, Seita and Setsuko, and their desperate struggle to survive during the final months of the Second World War. Universally acclaimed, Grave of the Fireflies has been ranked as one of the greatest war films of all time and is recognized as a major work of Japanese animation.

English version with English Subtitles, Duration: 1h30'

Not particularly for young children.



present a **"CINE-MASTER CLASS"**

SUNDAY 4 FEBRUARY 2024, 5.00-7.00 PM at Aurofilm, Kalabhoomi (next to CRIPA)

If you like to discuss, share and learn more about films and Cinema, we invite you to our this chapter led by **Philippe May** on **"THE GENIUS OF ORSON WELLES"**

Overview: Orson Welles was a talented actor, a very creative director and scriptwriter who left an immense mark in the history of cinema. **"Citizen Kane"**, his first movie, is often quoted as the best film ever made - arguably for good reasons. Welles' constant struggles for creative and artistic control made him also an early outsider of the Hollywood studios. He then headed to Europe where he signed there other masterpieces like his adaptation of **"The Trial"** by Franz Kafka, presented by Aurofilm **Friday evening in MMC**. With the support of movie clips and archives, we will explore the eclectic filmography, career and life of this exceptional artist.

-- Philippe's presentation and the open discussion will therefore start directly as there is no specific screening apart from the prepared clips.

Philippe, an active Aurofilm collaborator, is an IT engineer, an Auroville forester and discernant film-lover.

AUROVILLE SPANISH PAVILION

CONMEMORATES CARLOS'S SAURA
ON HIS FIRST YEAR'S DEATH ANNIVERSARY



Carlos Saura Atarés (4 January 1932 – 10 February 2023) was a Spanish film director, photographer and writer. With Luis Buñuel and Pedro Almodóvar, he is considered to be among Spain's great filmmakers. He had a long and prolific career that spanned over half a century, and his films won 63 international awards and 46 nominations.

Saura began his career in 1955 making documentary short films. He gained international prominence when his first feature-length film premiered at Cannes Film Festival in 1960. Although he started filming as a neorealist, Saura switched to films encoded with metaphors and symbolism in order to get around the Spanish censors of the Franco time. As his filmography progresses, he becomes more abstract and allegorical to deal with themes such as sexual repression, oppression, or the aftermath of the Civil War. In 1966, he was thrust into the international spotlight when his film *The Hunt* won the Silver Bear at the Berlin International Film Festival. In the following years, he forged an international reputation for his cinematic treatment of emotional and spiritual responses to repressive political conditions.

According to Saura he represented in some of his movies "the three monsters of Spain: perversion of religiosity, repressed sexuality and the authoritarian spirit."

His films are sophisticated expression of time and space fusing reality with fantasy, past with present, and memory with hallucination.

Carlos Saura's cinema is that of a unique author, influenced by two Aragonese: the paintings of Francisco de Goya, and the surrealist cinema of Luis Buñuel.

Mr. Saura focused also on cultural subjects, especially dance, whose beauty and excitement he had a knack for capturing on film. "Blood Wedding" (1981), "Carmen" (1983), "El Amor Brujo" (1986) (all featured the flamenco dancer Antonio Gades), "Flamenco" (1995), "Tango" (1999) and "Flamenco Flamenco" (2010).

In collaboration with MMC the Spanish Pavilion will present the films:



CONGRATULATIONS TO THE AWARD WINNERS OF THE AUROVILLE FILM FESTIVAL 2024!

International category of “films that develop the theme of human unity”

Wisdom Awards:

Aware: Glimpses of Consciousness by Frauke Sandig and Eric Black
All That Breathes by Shaunak Sen

Both the movies stand out for their brilliant expressions of the meaning of the connections between all forms of life which penetrate deeper into the layers of human unity. Though both the movies are documentaries, a very specific style of filmmaking adopted by the filmmakers helps bring the authenticity of the stories, people, context and so on. While the cinematography and background score of *Aware: Glimpses of Consciousness* takes us into the vastness of life, the film *All that Breathes* connects us with the nuances of life.

Cinema Paradiso Award:

The Miniaturist of Junagadh by Kaushal Oza

This fiction movie, through its brilliant acting, sharp and poetic script full of layers and metaphors, unraveled one’s perception and imagination. It took us on a journey back in time in a seamless and gentle way bringing us into the context of households during the 1947 partition. It left us with a message of faith and hope. Hope, that despite our differences, whether cultural, religious, and whichever other label or belief it may be, that we can connect through something deeper: through poetry, through art, through creation, through emotion, through our humanity. The word that sprang to mind was *Nambikai* (Hope/Trust in Tamil)

Jury Awards:

Bangla Surf Girls by Elizabeth D Costa
This Stained Dawn by Anam Abbas

These two documentaries, each lasting an hour and a half, complement each other in their expression of human unity. These two films speak to us of emancipation, emancipation of oneself but also emancipation of others. We have the right to see our aspirations implemented. When we saw these two films, one phrase came to mind: “*Femmes d’avenir*”. The women of the future. In both films, we see women standing up to win their freedom, their right to dream, to be inspired, to be creative.

Category of “films made by Aurovilians, bioregion residents and guests of Auroville”:

Cinema Paradiso Award:

Thirai Virutham by Sugumar Shanmugam

For narrating his personal journey with the art that has a long history and his deep rooted passion for this art “*Therukoothu*”.

Wisdom Award:

The Path of the 12 Petals: Shanta, an Initiatic Journey by Michèle Decoust

For taking the audience on Shanta’s self exploratory journey that is never ending and filled with growth, learning, challenges and creativity.

Jury Award:

When Goupi Met the Mother Mira Alfassa (Founder of Auroville) and Found Home by Serena Aurora

For its simplicity and for capturing the quote of Lao Tzu, “*Journey of a thousand miles begins with one step*”.

Mongbra Award:

Fallin’ by Valentina Beatriz

For an aesthetically alluring dance short depicting the dynamic use of body, energy, space and time.

Jury Mentions:

Kolam by Saumya Srivastava
Meat the Vegan by Mélusine Schellenberger

MMC/CP AND AVFF WOULD LIKE TO THANK

The following people and groups who each contributed importantly to the Auroville Film Festival 2024.

The people behind the event were:

Aadi, Aashay, Abhi, Abhirupa, Abilash, Aditya, Alex, Anand, Armando, Amarthyeswar, Anandhbasker, Aneeta, Anita, Antoine, Aravind, Avantika, Bhakti, Chetana, Chloe, Christel, Christoph K, Christoph P, Daljeet, Daniel, Dhani, Dimpi, Dominique, Edo, Elmo, Eric, Friederike, Gaia, Gali, Georgia, Gerhard, Guy, Hendrik, Jean Luc, Julien, Julietta, Jurriaan, Karthi, Kashvi, Kirtan, Kirtana, Krishna, Krithik, Laure, Laxmanan, Lella, Leslie, Lorenzo, Malcolm, Mani, Manish, Manish Kumar, Marco Saroldi, Marco, Marie, Martina, Masha, Matthew, Mehul, Michael, Mila, Moghan, Monica, Nataraj, Nikhil, Nila, Nurul, Olga, Paarvathi, Palani, Paul, Pierre, Poorani, Prakash, Pratik, Radhika, Rahul, Ramesh, Rashmi, Raul, Rolf, Ronny, Saga, Samagr, Sandra, Santosh, Sarah, Sasha, Sasi, Savitri, Shaily, Shanks, Shari, Sini, Sri, Srinath, Sumit, Suryan, Swar, Swati, Sylvie, Thiru, Tlaloc, Tom, Vadivel, Veeramani, Venkatesh, Veronique, Vimala, Yunsung

Partners of AVFF’24 were:

Aneeta’s Kitchen, Anveshan, AV Bakery & Restaurant, AV Bg, AV Radio, AVI Germany, AVI USA, Blue Light, brainfever media productions, It Matters, Kinisi, Mantra Pottery, Marc’s Café, Miniature, Moveable Sound, Naturellement, Right Path Cafe, SAIER, Solitude Farm

Cinemambiente, Dharmashala International Film Festival, FilmFreeway, Goethe Institut-Max Muller Bhavan, Human Rights Film Festival – Berlin, International Film Festival of Kerala, Kriti Film Club, One World Romania

The performance groups were:

Abhi Mahua, Aurocats, Auroville Harmonies, AV Trio, Beginnings, Deep Dawn, Dog Days, Jazztified, Kshetra Kalari, Monica Fire Dance, Noizegate, Ronny’s Band, Saragam Drummers, Sound Mirage

The artists were:

Bettina, Himal, Luca, Marie Claire, Youth Link

Documentation was done by:

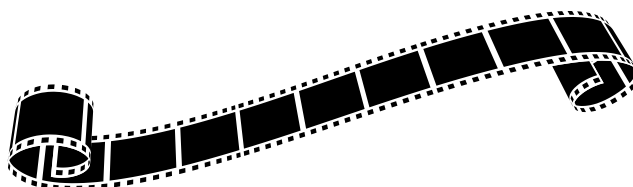
Alessandra, Ashik, Ashutosh, Daniel, Gautam, Gustavo, Jean, Marco Saroldi, Marko Bosko, Matthew, Rathees, Rajeev, Shubham, Titli

The judges were:

Ezhilmathy, Induja, Jean Francois, Jean, Premendra, Sivakumar

THANK YOU TO ALL OF YOU!

From:
 MMC/CP team
 AVFF team





Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 05 February 2023 11 February 2023

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity.

Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.



A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

Indian – Monday 5 February, 8:00 pm:

• NITHAM ORU VAANAM (A sky of eternity)

India, 2022, Writer-Dir. R. Karthik w/ Abhirami, Arjun, Aparna Balamurali, and others, Drama-Thriller, 146mins, Tamil w/ English subtitles, Rated: U (G)

In this acclaimed debut film by the director, Arjun the 20+ yrs old protagonist has OCD. He loves to read and imagine the characters without engaging to the real people around him.

When his fiancé leaves him, Arjun's shrink advises him to read the short stories about two couples. As usual, Arjun delves into the stories and is disappointed for not knowing the end. He is propelled to travel, both literally and figuratively, to find out -- more about the stories and himself. A must watch!

Potpourri – Tuesday 6 February, 8:00 pm:

• EL ABRAZO DE LA SERPIENTE (Embrace of the serpent)

Colombia-Venezuela, 2015, Dir. Ciro Guerra w/ Nilbio Torres, Jan Bijvoet, and others, Biography -Adventure, 125 mins, Spanish w/ English subtitles, Rated: PG.

The film follows two journeys made thirty years apart by the indigenous shaman Karamkate in the Amazonian forest - one with Theo, a German ethnographer, and the other with Evan, an American botanist. Both searching for the rare plant Yakura. The film was inspired by the travel diaries of Theodor Koch-Grünberg and Richard Evans Shultes, and dedicated to Amazonian cultures.

Interesting – Wednesday 7 February, 8:00 pm:

• FIREBIRD

UK, 2023, Dir. Maria Craig w/ Britta Schmitz, Daniel Greenberg, Jonathan Caddy, and others, Documentary, 70mins English w/English subtitles, Rated: NR (PG)

Findhorn, the world-renowned spiritual community is confronting existential crisis. Over the past years, it was traumatized by an ex-member burning down its community center and sanctuary, an exodus of young people due to Brexit, and mass layoffs as the Foundation struggled financially post-Covid. This film tenderly captures the residents' attempts to face these challenges, as well as the community's joyous 60th birthday celebrations. The film will be followed by a brief online Q&A with Maria Craig and Jonathan Caddy emceed in-person by Daniel Greenberg (A Friend of Auroville & ex-Director of Education, Findhorn Foundation).

Spanish – Thursday 8 February, 8:00 pm:

• LA CAZA (The hunt)

Spain, 1966, Dir. Carlos Saura, w/ Ismael Merlo, Alfredo Mayo, Emilio Gutierrez Caba and others, Thriller-Drama, 91 mins, Spanish w/English subtitles, Rated: R

Heralded as one of the greatest films ever made about the Spanish Civil War (1936–39) and its effects on a politically and culturally traumatized post-war society, this film is a triumph of

Civil War battlefield. This is part of a series of films offered by the Spanish Pavilion as a tribute to the director who passed away a year ago, on 10 February.

International – Saturday, 10 February, 8:00 pm:

• LE OTTO MONTAGNE (THE EIGHT MOUNTAINS)

Italy-Belgium-France-UK, 2022, Writer-Dir. Felix van Groeningen & Charlotte Vandermeersch w/Lupo Barbiero, Cristiano Sassella, Elena Lietti, and others, Drama, 147mins, Italian-English-Nepali w/English subtitles, Rated: NR (PG)

This award-winning tale is about an epic journey of friendship and self-discovery set in the Italian Alps. Based on a famous novel by Paolo Cognetti, in the film, two childhood friends Pietro and Bruno, who were estranged are reunited after the passing of Pietro's father, to realize his dream of rebuilding a ruined cabin on a mountain slope. This emotional project, and eventual explorations of the mountains, create a strong bond between the two. Yet individual dreams, and the demands of society, drive them to pursue irrevocably divergent paths. A beautiful film!

Children's Matinee – Sunday, 11 February, 4:00 pm:

• HARRY POTTER AND THE HALF-BLOOD PRINCE

UK-USA, 2009, Dir. David Yates w/ Daniel Radcliffe, Emma Watson, Rupert Grint and others, Action-Adventure, 153mins, English-Latin w/ English subtitles, Rated: PG

On his sixth year at Hogwarts, Harry Potter discovers an old bookmarked as "the property of the Half-Blood Prince" and begins to learn more about Lord Voldemort's dark past. Please note the rating; it is for older children and followers of the book.

RIDLEY SCOTT FILM FESTIVAL @ Ciné-Club:

Ciné-Club Sunday 11 February, 8:00 pm:

• ALIEN

UK, 1979, Dir. Ridley Scott, w/ Sigourney Weaver, Tom Skerritt, and others, Sci-Fi– Horror, 117 mins, English w/ English subtitles, Rated: R

In the distant future, the crew of the commercial spaceship "Nostromo" is on its way home when the crew picks up a distress call from a distant moon. The crew is

under obligation to investigate, and the spaceship descends on the small planetoid afterward. After a rough landing, three crew members leave the spaceship to explore the area on the planetoid.

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.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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