

Auroville NEWS & NOTES

No 1039 - A weekly bulletin for residents of Auroville

8 August 2024



Wasteless Open Door, July 202

PONDERING

Those who are ready for the transformation can do it anywhere. And those who are not ready cannot do it wherever they are.

12.11.1971*

The Mother on Auroville, Page 101, Guidance in Yoga https://motherandsriaurobindo.in/The-Mother/books/compilations/the-mother-on-auroville/



HOUSE OF MOTHER'S AGENDA



A third spirit stood behind, their hidden cause, A mass of superconscience closed in light, Creator of things in his all-knowing sleep.

All from his stillness came as grows a tree; He is our seed and core, our head and base.

All light is but a flash from his closed eyes:
An all-wise Truth is mystic in his heart,
The omniscient Ray is shut behind his lids:
He is the Wisdom that comes not by thought,
His wordless silence brings the immortal word.

He sleeps in the atom and the burning star, He sleeps in man and god and beast and stone: Because he is there the Inconscient does its work, Because he is there the world forgets to die.

He is the centre of the circle of God, He the circumference of Nature's run. His slumber is an Almightiness in things, Awake, he is the Eternal and Supreme.

Above was the brooding bliss of the Infinite, Its omniscient and omnipotent repose, Its immobile silence absolute and alone.

All powers were woven in countless concords here.

The bliss that made the world in his body lived, Love and delight were the head of the sweet form.

In the alluring meshes of their snare Recaptured, the proud blissful members held All joys outrunners of the panting heart And fugitive from life's outstripped desire.

Whatever vision has escaped the eye,
Whatever happiness comes in dream and trance,
The nectar spilled by love with trembling hands,
The joy the cup of Nature cannot hold,
Had crowded to the beauty of his face,
Were waiting in the honey of his laugh.

Things hidden by the silence of the hours, The ideas that find no voice on living lips, The soul's pregnant meeting with infinity Had come to birth in him and taken fire: The secret whisper of the flower and star Revealed its meaning in his fathomless look.

His lips curved eloquent like a rose of dawn; His smile that played with the wonder of the mind And stayed in the heart when it had left his mouth Glimmered with the radiance of the morning star Gemming the wide discovery of heaven.

His gaze was the regard of eternity;
The spirit of its sweet and calm intent
Was a wise home of gladness and divulged
The light of the ages in the mirth of the hours,
A sun of wisdom in a miracled grove.

In the orchestral largeness of his mind
All contrary seekings their close kinship knew,
Rich-hearted, wonderful to each other met
In the mutual marvelling of their myriad notes
And dwelt like brothers of one family
Who had found their common and mysterious home.

As from the harp of some ecstatic god There springs a harmony of lyric bliss Striving to leave no heavenly joy unsung, Such was the life in that embodied Light.

He seemed the wideness of a boundless sky, He seemed the passion of a sorrowless earth, He seemed the burning of a world-wide sun.

Two looked upon each other, Soul saw Soul.

Then like an anthem from the heart's lucent cave A voice soared up whose magic sound could turn The poignant weeping of the earth to sobs Of rapture and her cry to spirit song.

"O human image of the deathless word,
How hast thou seen beyond the topaz walls
The gleaming sisters of the divine gate,
Summoned the genii of their wakeful sleep,
And under revelation's arches forced
The carved thought-shrouded doors to swing apart,
Unlocked the avenues of spiritual sight
And taught the entries of a heavenlier state
To thy rapt soul that bore the golden key?

In thee the secret sight man's blindness missed Has opened its view past Time, my chariot-course, And death, my tunnel which I drive through life To reach my unseen distances of bliss.

I am the hushed search of the jealous gods Pursuing my wisdom's vast mysterious work Seized in the thousand meeting ways of heaven.

I am the beauty of the unveiled ray
Drawing through the deep roads of the infinite night
The unconquerable pilgrim soul of earth
Beneath the flaring torches of the stars.

I am the inviolable Ecstasy; They who have looked on me, shall grieve no more.

The eyes that live in night shall see my form.

On the pale shores of foaming steely straits
That flow beneath a grey tormented sky,
Two powers from one original ecstasy born
Pace near but parted in the life of man;
One leans to earth, the other yearns to the skies:
Heaven in its rapture dreams of perfect earth,
Earth in its sorrow dreams of perfect heaven.

The two longing to join, yet walk apart,
Idly divided by their vain conceits;
They are kept from their oneness by enchanted fears;
Sundered mysteriously by miles of thought,
They gaze across the silent gulfs of sleep.

(to be continued next week)

 — Sri Aurobindo, Savitri A Legend and a Symbol Book Eleven: The Book of Everlasting Day Canto One: The Eternal Day: The Soul's Choice and

the Supreme Consummation

https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choiceand-the-supreme-consummation



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)

CONTENTS

House of Mother's Agenda

Guidelines / Table of Contents / Acronyms

RA WORKING GROUPS NEWS

COMMUNITY NEWS

Obituary

Community Sharing

Support Needed

Awakening Spirit

August 15th Celebration

Voices and Notes

Health

Education

Classes, Workshops & Healing Arts

Activities & Events

Foods, Goods & Services

Poetry

Volunteering Opportunities

Available

Looking For

Auroville Conversations

FO Groups NEWS

French News & Notes

Cinema

AV Public Bus / Emergency Numbers

Cinema Paradiso Program (Special)

NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

- You can read past issues and subscribe <u>HERE</u>.
- If you wish to support the N&N community Edition, you can donate at this account Nr: FS #252150
- Content sent through @auroville.org.in mail ID, will only reach us if you use this <u>FORM</u> 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



WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to: auroville.entryboard@gmail.com

FROM THE WORKING COMMITTEE

A FEW UPDATES

Dear community,

We would like to share with you three updates from the past few days.

- 1. We have been notified yesterday, on 31/07/2024, that the Secretary of the Auroville Foundation, Dr. Jayanti Ravi, has been repatriated to Gujarat, her State Cadre. She has been appointed as Additional Chief Secretary to Government, Revenue Department, Sachivayala, Gandhinagar. We do not have information yet as to who will be appointed as new Secretary of the Auroville Foundation, however we hope that this change will lead to a new phase of collaboration between the Residents' Assembly and their duly-selected representatives on one hand, and the Governing Board and Office of the Secretary (AVFO) on the other hand. We are willing to work towards rebuilding the trust that has been lost, in a spirit of true collaboration and of mutuality, as upheld by the Auroville Charter and the Auroville Foundation Act.
- 2. On 01/08/2024, the Madras High Court dismissed the Quo Warranto case filed by us. This case concerned the continued patronage by the AVFO to Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi and Tine as the 'Working Committee' without the mandate and confidence of the Residents' Assembly. We are awaiting the written court order, which we expect to be uploaded in the coming days. Once we have reviewed it, we will provide further analysis, if appropriate. It's important to note that in our view, the dismissal of this case does not legitimize the group of AVFO appointees claiming to be the 'Working Committee', as the Madras High Court's judgements of 12/08/2022 and 04/09/2023 are clear and stand valid, along with the Auroville Foundation Act and the Residents' Assembly Decisions of 10/05/2022, 23/08/2022 and 05/02/2024.
- 3. On 01/08/2024, the Madras High Court also dismissed the application for perjury filed by the AVFO against Hemant Lamba, member of the Working Committee from 2021 to 2024. We welcome this decision, as we have maintained that the accusations were without merit.

We are expecting more information on these three points in the coming days or weeks, and will update the community as and when necessary. If you have any questions, you are most welcome to visit us during our open house timings, every Tuesday between 10 and 12, in our office (opposite Auroville Library).

In Service,

The Working Committee of the Residents' Assembly Aravinda, Bharathy, Chali, Maël (TOS), Matthieu (TOS), Prashant, Valli



LETTER TO THE GB OBJECTING TO THE REORGANIZATION OF AUROVILLE SERVICES

Dear community,

We would like to share with you a letter we sent to the Governing Board on 23 July 2024, strongly objecting to recent attempts to reorganize Auroville's service structure without proper consultation.

Key points from our letter:

 We object to the appointment of single trustees to Auroville Trusts, which violates Trust Deeds requiring at least 2 trustees.

- We strongly oppose converting Auroville services (like Bluelight, Road Service, Health Fund etc.) into incomegenerating units under Trusts. These are essential municipal services, not commercial entities.
- We remind the Governing Board that according to the Auroville Foundation Act, only the Working Committee can create or close such entities, with GB approval.
- We have requested that all actions to reconstitute Trusts/trustees and reorganize services be halted and reversed immediately.

We will keep the community informed of any responses or developments. The full letter is <u>available here</u>.

In community,

Your RA Working Committee Aravinda, Bharathy, Chali, Maël (TOS), Matthieu (TOS), Prashant, Valli



FROM THE AUROVILLE COUNCIL

A NEW EXPERIMENT IN COLLECTIVE ORGANISATION

We are glad to announce the creation of an 'Auroville Network' on Loomio, an experimental platform for Aurovilians to simplify how we make decisions together and ensure every resident's voice is heard. The aim is to foster a more engaged and collaborative culture, build trust, and coordinate actions effectively. The platform uses Loomio, an open-source software with a user-friendly interface that enables everyone to contribute. An invitation to join has been sent to your email address registered with the RAS.

Please check your inbox (and spam folder) for your personal link.

If you haven't found it, please follow the steps below:

- 1. Visit forum.auroville.chat/aurovillenetwork/
- Sign up with your email address (different from <u>auroville.org.in</u>)
- 3. Request to join the group
- 4. Provide your name and community information when asked "Why do you want to join?"

The RAS team will review your request and ensure there are no duplicate accounts before approving your access.

At the service of Truth,

The Residents' Assembly Service and Auroville Council Ashwini, Martin, Luca, Ramesh, Riju, Samrat and Sathiya

RESIDENTS ASSEMBLY MEETING ON RAS MANDATE

Dear Aurovilians,

The Auroville Council, in consultation with the RA Working Committee, is initiating a RAD on a revised Residents' Assembly Service (RAS) mandate.

In February 2021, the RAS members requested that the Auroville Council review their mandate and provided valuable suggestions based on their years of experience. The Council informed the community about this request in April 2021 as the first step toward this review. In August 2021, a team was formed to review the RAS mandate, incorporating suggestions from residents to draft the revised mandate.

Though the review was completed some time ago, we were unable to present it to the community sooner due to many emergency topics requiring community decisions over the past two years.

We are therefore happy to present the completed revised RAS mandate on:

DATE - Tuesday the 13th of August 2024 Time - 5:30 PM Venue - Kalabhumi

With Kind Regards, The Auroville Council

Ashwini, Lucas, Martin, Ramesh, Riju, Samrat, Sathiya

COMMUNITY NEWS

OBITUARY



AGIA RAM LAMBA PASSES AWAY

Agia Ram Lamba, father of Hemant Lamba passed away peacefully on Friday 2nd August around 9:30 pm at Aurodam. He was 87 years old.

He shifted to live with his son, about 10 years ago and worked at Visitors Centre guest service where his work and friendly nature was highly liked and appreciated. He would say: I am a guide to people in search of Light.

He developed a special connection to Matrimandir and guided people to get passes in search of Light.

Always cheerful and steeped in his love for the Divine, he liked a friendly conversation.

An engineer and scientist he retired as a scientist at Central Road Research Institute, New Delhi.

Born in 1937 in undivided India, he experienced the painful partition of the country when he moved along with his family through an arduous journey from Pindi Gheb in North West Punjab to refugee camps in 1947. Moving through several cities, he started his working life in Delhi. After retirement he moved to Pondicherry and developed a deep connection with the Ashram and helped starting the first Gurdwara in Pondicherry.

He is survived by his son Hemant and grand daughter Sanaa.

The cremation took place on Saturday August 3rd at the Auroville cremation grounds.

KUPPAMMAL PASSES AWAY

Kuppammal, a long-time resident of the Grace Community, passed away on August 3rd at 11 pm. She had been living and working at the Grace Community for over 40 years along with her husband, Janarthanan. She was 62 years old.

Her cremation took place at Aprampet Village on August 4th.

With deep condolences,

Husband: Janarthanan, Son: Manikandan, Daughters: Mala, Malliga, and Rani, Grandsons: Sanjai, Malariniyan, Yogan, and Nagulan, Granddaughters: Panimalar and Varsha

Submitted by friends and family members

BINDU

My Lord, why you gave her so short a time for her brilliant life – 55?

She arrived in Auroville in 1994, me – 1991. We were friends though she was a specialist in English literature from Orissa; me – biologist from Siberia, Russia.

My English was so bad and she often helped me, corrected my texts for Auroville newspaper.

She was always ready for different jokes. I told her: "Bindu, I permanently want to embrace and kiss you". She answered: "No problem, embrace and kiss me if you want."

She had two lives, in India and in English literature. But more, a third life – in America. She worked more than 11 years in American Living Roots. Bindu had Ph.D. from California Institute of Integral Science. I think about her when I read Rudyard Kipling's famous poem "If": "If you can fill the unforgiving minute with sixty seconds' worth of distance run. Yours is the earth and everything that's in it."

Bindu had a small body but a big old soul after many incarnations. She was good in Auroville and I'm sure she is nice now in heaven. And she is the great treasure in my heart. Bindu will live also in her excellent papers in Auroville Today. But of course the earth lost something seriously with Bindu. She was unique person.

Boris

COMMUNITY SHARING



August 2024

MATRIMANDIR NEWSLETTER - AUGUST 2024



Newsletter or scan the QR code:

SUPPORT NEEDED

SEEKING ASSISTANCE FOR HIGHER STUDIES

Dear fellow Aurovilians and friends,

My name is Ajith, a young Aurovilian the elder son of Logu (Loganathan), who runs the Mahasaraswathi store in Aspiration, and Manimegalai, who works at Solar Kitchen. Both my parents are Born and long-term Aurovilians. Auroville, raised in earned a bachelor's degree in engineering and developed a strong interest in sustainable design and alternative construction, influenced by various pioneers and Aurovilians in the field.



Currently, I work with Pitchandikulam Forest on streamlining interpretation centre designs across Tamil Nadu. I am writing to seek partial support for pursuing higher studies in Canada, where I was accepted in November 2023, with courses starting in January 2025.

My journey began during my college days with an internship at Dustudio and hands-on workshops at the Auroville Earth Institute, where I learnt the basics of architectural design and earthen construction techniques. After my degree, I deepened my knowledge by volunteering at Sacred Groves as an intern engineer, further expanding and applying my learning to projects with natural materials like earth and lime, just before COVID-19. I then joined Matrimandir for a year, overseeing the excavation of the lake test pond and the open water channel, watershed management and tree transplantation works, and some of the gardens. This role not only helped me get closer to the spirit of self and work in Auroville but also provided valuable experience in managing and overseeing critical infrastructure projects in a well-coordinated manner.

My career path led me to Bangalore, where I worked with Wright Inspires, an architectural firm specializing in eco-responsive building techniques, for almost two years. This role broadened my perspective on sustainable construction, from design to execution. I contributed to systems for better stakeholder collaboration, increased efficiency, and improved team functionality, highlighting the importance of efficient management in enhancing creative design practices. This experience inspired me to pursue a postgraduate diploma in management studies in a global context.

Driven by the desire to expand my management skills and knowledge, I was accepted in November 2023 into Conestoga College, Ontario, Canada, for a postgraduate diploma in Management and Leadership Development. This program offers a significant opportunity to advance my understanding of managing sustainable construction practices. My goal is to return to Auroville with a better grasp of real-time management and construction practices, making meaningful contributions in this field.

To support this important step in my career, I am seeking partial financial assistance to cover the following expenses:

- · Visa fees: Rs. 45,000 (all included)
- Flight expense: Rs. 1,00,000
- Food, accommodation, and living expenses for the first three months: Rs. 3,00,000

Given the community's recent challenges, I have opted for an educational loan to cover tuition fees but require additional support for other expenses. Any assistance, whether through donations or interest-free loans, would be greatly appreciated. Contributions can be made to Financial Service account 252058 - Ajith Studies.

If you are able to offer help or need more information, please contact me at +91 9585207637 or via email at auroajith@gmail.com or ajith@auroville.org.in. I would be really happy to share more about my plans and journey.

With gratitude and joy, Ajith

FROM ACCESSIBLE AUROVILLE BUS



Dear All

Accessible Auroville Public Bus service started in 2016 with the help of an Italian donor, who contributed to purchase a public bus for Auroville, with the specific aim of creating a means of transportation for differently-abled individuals.

Since 2016, we have received good support from Aurovilians and Guests until the Covid pandemic started. The service was meant to be self-sustaining by collecting contributions from the bus users to cover the running expenditure. We were supported by AVI Canada and well-wishers from Auroville to cover the yearly maintenance like Insurance, Fitness Certificate, Yearly Maintenance of the vehicle etc.

Since Covid-19, the users of the bus have reduced and it became hard to cover the running cost of the bus. Therefore, we often requested help from the community to support. We tried various options to increase the use of the bus but no real progress. Only during the season, the bus is filled with people. This shows that most Aurovilians are willing to use their individual vehicles to visit Pondicherry instead of using the public transport. We do not get any financial support from BCC for our monthly running cost or yearly maintenance. We tried a few times to get support from BCC to encourage public transport in Auroville so as to avoid the steady increase of individual transport, taxis etc. It was never accepted since 2016.

Therefore, we invite Aurovilians, New Comers, Volunteers and Unit workers from Pondicherry to use this service to support the public transport in Auroville. The Service is provided from MONDAY to SATURDAY with 3 trips in a day between Auroville – Pondicherry – Auroville. While increasing the number of users, the service will be able to continue on its own without any financial crisis. So far, the service could function because financial gaps were generously covered by advance given by Auroville Vehicle Service & Aurocabs Taxi Service. But it can't continue as of now. Recently Aurocabs contributed new seats for the bus (which are yet to be fixed).

Financially, the bus service is in a bad debt of around 1.4 Lakhs (April-July 2024) as of now and the expense for the yearly maintenance of the vehicle is coming ahead in end of September, which will need around Rs.1,06,500 towards Fitness Certificate, Vehicle Painting, renewal of Insurance, replacement of tyres and other mechanical works.

Once again, we are seeking for donations to keep the service going on.

We request you to donate in our account no: 251675 / AV Accessible Bus.

Details of works to be done in END of SEPTEMBER 2024:

Re-Painting of Bus - Rs.15,000

Tinkering work - Rs. 13,000 (Body + flooring+ rear door)

Tyres Replacement - Rs.23,500 (2 Tyres) New Seats fitments: Rs.9,000 (14 seats) Renewal of Insurance: Rs.30,500 (2024-2025)

Mechanical works: Rs.9,000 Fitness Certificate: Rs.6,500 **TOTAL: Rs.1,06,500**

9

Let us join together to reduce the carbon footprint and the traffic around us.

By supporting public transport, you could have a safe journey, reduce the carbon footprint and save money.

Thank you,

RAJU

For Accessible Auroville Public Bus, Auroville.



AWAKENING SPIRIT

MAHASHAKTIS, THE FOUR ASPECTS OF THE MOTHER SATURDAY 10TH AUGUST

An offering to Mother and Sri Aurobindo -

By Members of Auroville and the Sri Aurobindo Ashram in collaboration with Chandrakalabhoomi, Swaranjali, Redfeet Dancestudio & Arpanaa, Auroville.

A recital of Dance, Recitations, Chanting & Nrityasangeet Inspired by Sri Aurobindo's text from 'The Mother'.

Saturday 10th August 2024, 6pm, Matrimandir Amphitheatre

- Entrance from the Office Gate from 5.30 pm. <u>Last entry for</u> guests at 6 pm.
- · Guests are requested to bring along their Aurocard.
- Cellphones, cameras, bags are not allowed in the Park of Unity and will need to be deposited at the custody facility near the gate.

LA VITA DIVINA, READING IN ITALIAN

Dear Italian friends, although Auroville Radio is going through a difficult period and is currently unable to continue publishing podcasts, I want to reassure you that you can still enjoy listening to Sri Aurobindo's **The Life Divine** in italian. The reading is posted regularly on the Gate Of Dreams Italia YouTube channel. Find it by clicking on: https://www.youtube.com/@gateofdreamsitalia8047



LA VITA DIVINA: Cari amici e care amiche d'Italia, nonostante la Auroville Radio stia attraversando un periodo di difficoltà e non riesca ad andare avanti con le pubblicazioni dei podcast, voglio rassicurarvi sulla possibilità di poter continuare ad usufruire dell'ascolto de La Vita Divina di Sri Aurobindo. La sua lettura viene postata regolarmente sul canale YouTube di Gate Of Dreams Italia. Lo potrete trovare clickando su: https://www.youtube.com/@gateofdreamsitalia8047

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to Aurovilians and Newcomers Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens Daily: 9.00 AM to 3.30 PM
- Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

The Inner Chamber is open to Aurovilians and Newcomers:

Monday – Saturday 6.00 AM to 8.00 AM 4.30 PM to 7.30 PM

6.00 AM to 12.00 PM

4.30 PM to 7.30 PM

The Inner Chamber is open to SAVI registered Volunteers:

Wednesday – Monday 8.00 AM to 8.40 AM.

Arrival at 7.45 AM at the Office Gate

Sunday

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:

Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM

Arrival at 7.45 AM at the Office Gate

 The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9.00 AM to 11.00 AM

 The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:

Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

 The Petals are open to Aurovilians, Newcomers and Pass holders

Monday – Sunday 7 AM to 8 AM,

Tuesday AM closed.

Daily 5 PM to 6 PM

Access to Matrimandir for Visitors and Guests Matrimandir Viewing Point

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost.

Free passes can be obtained at the Auroville Visitors Centre The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Timings starting from the Visitors Centre:

Daily: 9.00 AM to 5.30 PM

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber, at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 13th August, 9 am - 12 noon Focus: The Inner being

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

Meditation at sunset with SAVITRI,

After the summer time with our meditations with Sunil's New Year Music, we restart the cycle of Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible music.

Every THURSDAY 6.00 to 6.30 pm

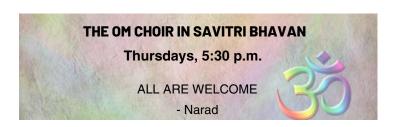
(weather permitting)

Enjoy the beautiful open space, 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 to use cameras, i-pads, cell phones, etc. No photos.

Dear Guests, please carry your Guest Card with you –Access only for the Amphitheatre from 5. 45 pm and the time of the meditation. Thank you.

Surya, Velmurugan and Vinay



OPEN-CIRCLES FOR PSYCHIC BEING

Dear Friends,

With regards to the 'Open-Circles', previously announced, on the topic of the Psychic Being that will take place on:

 Wednesday 24/08, from 3.30 to 5pm in English at the Pavilion of Tibetan culture

Please find below a few guidelines that we would like you to take into consideration, to ensure a smooth and respectful sharing:

- Booking in advance is recommended in order for us to be able to wait for anyone arriving (not too) late. Arriving on time shows respect to the rest of the participants:)
- There is no obligation to share in the circle, however, we would like to encourage a fully present and deep listening audience
- The circles will not be recorded as our intention is to create a sacred and confidential space for the individual sharings.

Looking forward to meeting you at our upcoming circles,

Warm regards,

Dan, for the InnerBeing team

SAVITRI SATSANG WITH NARAD

Savitri Satsang with Narad will take place every

Wednesday at 6:30 pm

at the home of Uma and William in Kalpana.

CHANTING - BHAGAVAD GITA





श्रीमद्भगवद्गीता Chanting the entire Bhagavad Gita

We invite all to come together with a harmonious collective aspiration and immerse in the Bhagavad Gita. We will chant all the 700 shlokas in Sanskrit. All are welcome to join anytime (whether for few minutes or entire duration) and chant together or simply listen and soak in the sacred vibrations.

Date: 18th August, 2024 (Sunday) **Time:** 6:00 am to 9:30 am **Venue:** Savitri Bhavan, Auroville

For details write to: devabhasha@auroville.org.in

With Sincerity and Gratitiude, Samskritam Auroville and Savitri Bhavan 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, or at an agreed upon venue in Auroville By appointment only: please call 8300191193





Please click this link for details or scan the above QR Code

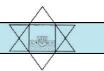


Also check Zech's Weekly Sharings:

https://zechjoya.blogspot.com

Or scan the QR Code on the left

AUGUST 15TH CELEBRATION



COLLECTIVE MEDITATION FOR SRI AUROBINDO'S BIRTHDAY WITH DAWN-FIRE

THURSDAY 15TH AUGUST 2024

Sri Aurobindo belongs to the future; he is the messenger of the future. He still shows us the way to follow in order to hasten the realisation of a glorious future fashioned by the Divine Will.

The Mother, 15.08.1971



Collective Meditation for Sri Aurobindo's Birthday with Dawn-fire at the Matrimandir Amphitheatre **4.45 am to 6 am**.

- Entrance from the Mahasaraswati Gate (West Gate) ONLY. (Parking as per instruction below).
- Open from 4 am.
- All are requested to be seated by 4.45 am.
- The gate will remain closed from 5.00 to 5.45 am.

Important Information

- The Dawn-fire meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting. To maintain the special atmosphere, everyone is requested to maintain complete silence.
- Please note that during the meditation, from 5 to 5.45 am
 the gates will remain closed. Latecomers may join in after 5.45
 am. Access is limited to the Amphitheatre and up to 7 am only.
- Cellphones, Cameras, Tablets and other recording devices are strictly not allowed in the Park of Unity, the Matrimandir Gardens and the Amphitheatre.
- You may leave your belongings at home, in your vehicle or deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity. Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or damage of items deposited at the "Custody Facility'.
- Please do not bring your pets to the Matrimandir.

Parking Instruction

All are requested to avoid coming by car.

- Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside.
- Coming from Town Hall side: Park in front of West gate.
- Dropping off passengers at the Second Banyan gate is not permitted.

Through your participation, you can help make the collective meditation a precious moment of inner experience.

Thanking all in advance for your understanding and cooperation.

EVENING PROGRAM

SAVITRI MUSIC, 6PM, AMPHITHEATRE

Entrance from the Office Gate from <u>5.30 to 5.45 pm only.</u> Guests need to bring along their Aurocard.

Bonne Fête and see you there.

SRI AUROBINDO'S BIRTHDAY IN MATRIMANDIR -SEEKING FOR VOLUNTEERS

Dear friends,

We are about to celebrate Sri Aurobindo's birthday. To manage the people coming for this event, Matrimandir is in need of at least 12 volunteers to help guide the people attending the morning meditation and bonfire.

If you are willing to contribute to these events by volunteering, please write to matrimandir@auroville.org.in and give your phone number.

Thanking you in advance for your contribution,

Warm regards,

Matrimandir Executives

VOICES AND NOTES

AUROVILLE: WE NEED A RENAISSANCE

IN THE FAITHFULNESS TO THE SPIRIT OF AUROVILLE, A CALL FOR A DARING ACTION

After a year and a half of in-depth reflection in the "call for organization" group, it became clear that we have two challenges to overcome: an internal one, and an external one.

The first challenge is addressed to the community: it needs to take stock of what — in its behavior and attitude to date — has contributed to producing this crisis: it needs to understand where its proper progress lies.

It is our society that must take stock, and it is our society that has the responsibility and the opportunity to make progress. Awareness and progress on the part of individuals is necessary, but not sufficient: there is a passage to be found.

The second challenge is to update the relationship between Auroville and the Indian government.

Just few weeks before the inauguration of Auroville The Mother revealed:

"India has become the symbolic representation of all the difficulties of present-day humanity.

India will be the site of its resurrection, the resurrection of a higher and truer life. And the clear vision: the same thing which in the history of the universe has made the earth the symbolic representation of the universe so as to be able to concentrate the work at one point, the same phenomenon is occurring now: India is the representation of all human difficulties on earth, and it is in India that there will be the... cure. And it is for that — it is for that, that I had to create Auroville."

India and Auroville are closely related, their mutual accomplishment is equally calling for a leap toward the future.

Since its inception, the Indian government has supported the Auroville project. This support has dramatically increased in the last three years; however, this increase has been authoritarian, disrespecting Auroville's ecological work, ousting the prerogatives of the residents in the authority entrusted to them through the Residents' Assembly, exchanging lands without support of the community, creating fear and uncertainty with the foreign residents by means of the use of its visa recommendation power, and destabilizing the incomes of Aurovilians.

It has called into question one of the inherent and fundamental conditions for the realization of Auroville: self-determination.

Today, we find ourselves at an impasse, with these two powers pitted against each other, even though they are destined to work together.

This is an unsustainable handicap.

How can we reinvent this relationship? What can we do to help this indispensable evolution?

A wide range of actions must undoubtedly be carried out simultaneously.

First of all, the community has to continue all legal actions to obtain a correct understanding of the powers and functions of each of the three authorities established by the Auroville Foundation Act.

But it's a rebalancing of power that we need if we are to begin working together in earnest, and for that to happen, the community needs to reacquire the strength of its truth and its influence.

Here a deeper understanding of Auroville deepest roots and aspiration will play a key role.

We need to rediscover and strengthen Auroville's true raison d'être, to oppose it to a limited and conformist understanding, to release the torch of its truth so that it takes power in the realm of ideas, in their propagation on all occasions and with the help of all possible media.

We need to overturn the imposed narrative that the Auroville society is incapable of serving its intended purpose. This narrative, which claims to hold the truth about Auroville and justifies it by appropriating the purity of the masters' message, needs to be challenged and images reversed.

What else? Its up to us to be inventive / receptive: our increased aspiration to manifest Auroville's goal of "giving a living body to a concrete human unity" will undoubtedly help us find the means we need.

A line of action starts to unveil itself.

And it is becoming clear, Internal and external action are needed but the inner commands the outer.

A small group of us is already at work to question the way forward.

Let us make out of this dramatic circumstance an opportunity to progress immensely.

Rakhal together with a small group of concerned Aurovilians August 2024

ADDRESSING THE PLASTIC WASTE CRISIS IN KASHMIR

An Aurovilian goes to Kashmir and finds that the entire valley is being carpeted. Not by the traditional beautiful Kashmiri carpets, but an ugly one of plastic waste. A week long trek in the Himalayas was on paths lined with plastic trash. The camp grounds were fields of plastic and poop.

Before the carpet becomes a shroud over the heavenly land, a different approach can holistically address many issues facing Kashmir: from garbage to the massive military presence to women's suppression to climate change to junk food.

There are parallels—lessons from Auroville are applicable and also learnings for the Auroville bio-region and Tamil Nadu.

To succeed the male dominated institutions have to give way and allow for emergence. A further rotation of the yin-yang circle of life will allow for the emergence of the feminine.

https://aandolan.medium.com/the-kashmir-great-lakes-garbage-trek-ee54bfbedd9b

-Rajesh

A SOCIETY OF GNOSTIC BEINGS - PART ONE

Concluding part of the introduction I wrote for "The Gnostic Cycle – Towards the Supermind" to celebrate the new millennium. The book was published under the umbrella of the Centre of Indian Culture, with a grant from the Government of India.

Sri Aurobindo uses the term Gnosis as an equivalent to the Supermind at its highest. The divine Gnosis is the wisdom, power, light of the Supreme Being by which upholds and enjoys the universe. Gnosis, or true Supermind, is the self-conscious Truth, knowing itself by its own power of absolute light or Truth-Consciousness. Moral ideals mental constructions. Discovered in one's mind, higher ethical law is founded in the Self-determination is the abiding principle of true freedom:



God's law is written in one's heart. Above and beyond race and nation, status, creed, human beings are sacred because the divine spark is in them. Each one has to live in humanity, and humanity in each one. This is the 'religion of humanity', the hope of the future.

The 'religion of humanity' remains unaccomplished unless love and brotherhood, human oneness come forward. 'Liberty, equality, brotherhood' are eternal attributes of the Spirit: the highest fulfilment of the 'religion of humanity' Sri Aurobindo extols in "The Ideal of Human Unity". With brotherhood lies the key; in the soul, by the soul alone real brotherhood exists. Then, when the soul claims freedom, the divinity in all beings claims freedom for its self-development – whilst equality is the recognition of the one Godhead in each and all, claiming freedom for each and all.

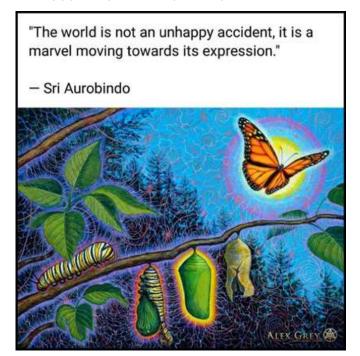
A spiritualised society will regard individuals, communities, peoples and nations as means for the Spirit's self-manifestation, and will live in the Spirit as collective soul. The first essential requisite is what Sri Aurobindo calls subjectivism: the taking into oneself, by soul awareness, of creativity, of all activities and interests of life, all pursuits and investigations. Subjectivism may manifest at first in philosophy, psychology, ethics and art; in sociology too, in economics, even in politics – and science. But this is a prelude only. The ideal society, maintained by the spontaneous consensus of the perfected individual and, simultaneously, of the perfected collective being, can only come true by a free developing from within, fostering the others' free development. All will be free, for each one is the law: divine. This demands an epochal shift of consciousness.

Science is beginning to discover what yogic experience has known for ages. There is a secret consciousness involved in matter, a vibrating energy, one with the Spirit; this equation is the answer to the play of manifestation. Gnosis or true Supermind is the intermediate world or plane of consciousness linking the upper hemisphere of *saccidananda* (existence, consciousness, bliss) to the lower one of mind, life and body. The dynamic aspect of *saccidananda*, Supermind, is the creative force presiding over involution-evolution, of which it is the lever. Self-involved, Supermind acts on beings and universes by progressively unveiling itself: one with the Spirit, essence and reality of all manifest and unmanifest existences.

A new humanity will be a race in possession of a mind of light. This stage, which is inevitable, precedes the advent of the gnostic, supramental consciousness that it heralds. The various systems of yoga usually tend to bypass the supramental plane, of which Sri Aurobindo first found evidence in the Vedas. With Supermind the kernel of evolutions rests, through the unfolding of successive gradations of matters.

[Submitted by Paulette]

AN ASSURANCE AND A CERTITUDE



"Yes, that's better, a theme that can interest the whole world.

Basically, what would be good is to say, "Sri Aurobindo came to tell the world the beauty of the future to come." And then, explain it.

"He came to give-not a hope: a certitude of the splendor towards which the world is moving...." That's exactly all the experiences I've had recently. And I see Sri Aurobindo's letters, that's what he says. "The world is not an unhappy accident, it is a marvel moving towards its expression."

And then give all the quotations from Sri Aurobindo on the subject.

I think that's what the world most needs now, a word that gives the sense of what is to be realized—of what will be realized. And then, to awaken in each one the desire to collaborate.

To understand oneself and transmit it to others.

The world needs an assurance of beauty-of the future beauty. And Sri Aurobindo gave the assurance.

https://incarnateword.in/agenda/12/november-27-1971

In the meantime Earth continues on in its hastened and intensified transformative chrysalis/cocoon stage: https://youtu.be/uK iZZ4Bx2o

Around only 200-300 years to go, since it started on 29th February 1956:

"THE TIME HAS COME..."

Continue reading HERE

త్ Zech, 2024.08.05

HEALTH

AUROKIYA INTEGRAL EYE CENTRE @ ARKA

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
- · 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

LEELA THERAPY

A unique combination of psychotherapy,

self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery.

Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

For more details see <u>www.innersightav.org</u> or whatsapp Kardash on 9940934875.

SANTÉ SERVICES IN AUGUST 2024

Working Hours:

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

Tests and Sample collection: Mon - Fri : **8:30am** - 12:00 pm. No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7): Phone: +(91) 94422 24680 Government Ambulance (24/7): Phone: 108

Appointment:

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

Doctor Consultation with Dr.Senthil: Monday to Friday	Nursing Care: Thilagam, Ezhil, Archana, Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be: Mon/ Tue/ Wed/ Fri	Integrative Psychotherapy with Juan Andres: TOS
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun Monday to Saturday (except Friday)
Bio-Well Assessment (Evaluation of your well- being) with Helena: TOS	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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.

EDUCATION

WRITTEN TAMIL CLASSES WITH MURUGESAN



Written Tamil Classes Offered in Auroville **Saturdays and Sundays** - Donation-based.

Contact Murugesan to setup timing +91 86109 16301.

ITALIAN CLASS

Hello!

If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from now! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore the use of the Italian language but will be an enjoyable introduction to different aspects of Italian culture, art and history.

If you'd like to practice your Italian with me, this is the email avgateofdreams@gmail.com.

Arrivederci!

NEWS FROM AUROVILLE LANGUAGE LAB



Each Language is the sign and power of the soul of the people which naturally speaks it. Each develops therefore its own peculiar spirit, thought-temperament, way of dealing with life and knowledge and experience.

~ Sri Aurobindo

To enter into such a linguistic universe, one must also enter into the psychology of the person who is invested in it, to resound to the accents of his or her soul, to be able to spot the most prominent of its ethnic characteristics, imbibe the most diverse crystallizations of its thought, in order to perceive the subtleties underlying each message. For this, one must listen identically.

~ Léna Tomatis

Evening Programs!

A big "Thank You" to Vishvanathanji and Lalitaji for leading the Samskrit Chanting sessions every Monday since our Evening Programs started back in February. It was nice to hear the chants wafting through the Lab. The space is available for anyone who would like to lead Samskrit chanting or Speak Samskrit sessions on Monday evenings.

The whole idea of these evening programs, daily Monday – Friday, from 5-6pm, is to open a space for informal conversation practice (not classes), and language sharing, talks, poetry readings, self-learning, and guided study on our mediatheque in different languages. This program is free for all, including Aurovilians, Newcomers, Volunteers, Guests, and people from the Auroville area. It's based on offering and sharing and is a wonderful way to meet new people and revive rusty language skills. We thank Gloria who has been anchoring the Spanish sessions, Jérémie and Isabelle P. for French and Taranti for English Sessions.

Hey, Tamil speakers, Hindi speakers: so many of you in Auroville: please participate! And if there are enough people interested, we can start a German session on Fridays.

Current Schedule of Classes at ALL as of 6th Aug.

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11:00 am – 12:00 pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11:00 am – 12:00 pm	Monday & Wednesday
	Complete Beginner	TBA	TBA
French Conversation	Beginner and Intermediate	4:20 - 5:20 pm (Fri) 10:00 - 11:00 am (Sat)	Friday & Saturday
German -	Intensive German Class	9:30 am – 11:00 am	Monday & Wednesday
	Intermediate (A1-A2)	9:30 am – 11 am	Tuesday & Saturday
Persian	Persian Language and Poetry	4:00 pm - 5:30 pm	Thursday
Sanskrit	Beginner	2:00 pm – 4:00 pm	Thursday
Hindi	Beginner	2:00 pm – 4:00 pm	Wednesday
Tamil	Spoken Beginner	09:30 am – 10:30 am	Tuesday and Friday
	Spoken Intermediate	9:00 am - 10:00 am	Saturday
	Reading & Writing	3:00 pm – 4:00 pm	Saturday
Spanish	Beginner	2:30 pm – 3:30 pm	Monday & Wednesday
	Intermediate	To Be Announced	TBA
Italian -	Beginner	To Be Announced	ТВА
	Intermediate	To Be Announced	TBA

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 completed, thank you!

The Language Lab is open: Monday – Friday, 9am - 12pm & 2pm - 6pm Saturday, 9am - 12pm & 2pm - 5pm

Location:

International Zone, after Unity Pavilion & Pump House. **Phones:** (0413) 2623661(Lab), +919843030355 (Lab WA, 2622467, 3509932 **Email:** info@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

and tomatis & autovincial guagetab.org

TUTION GRADE 1-12

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



SPOKEN ENGLISH AND HINDI

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

CLASSES, WORKSHOPS & HEALING ARTS

VIPASSANA MEDITATION

Date: Every Sunday - for those who have attended at least one ten day Vipassana

course as taught by SN Goenka.

Timings: 8:00 AM – 12:00 PM but you can also drop in and join as long as you wish.

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



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

CREATIVE WRITING



Writing from Within is a session to learn how to use the writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves and also the spontaneous resources we harbour inside to overcome obstacles and evolve.

Moreover, many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more.

Duration of the session: 1h30min.

For Info and to book your session, write at <u>ijustwannawrite.email@gmail.com</u>

If you want to know more about me, check my Vlog "I Just Wanna Write" at https://www.youtube.com/@IJustWannaWrite.channel Or my blog https://ijustwannawrite.com

Let's keep up with the good writing! Francesca

VÉRITÉ WORKSHOPS

Pre-registration required

Please contact Verite @ 0413 2622045, 2622606, 9363624083 or <u>programming@verite.in, www.verite.in</u>



Introduction to Ayurveda & Panchakarma – with Dr. Geeta Saturday, August 10, 2:00pm - 4:30pm

This workshop takes you along the journey of Ayurveda, the ancient Indian medical system and Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn the appropriate use of and principles behind the following practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

The Path of Yoga Nidra: Insights and Practice for Deep Relaxation – with Ramya

Saturday, August 17, 9:15am – 12:00pm

An immersive journey into the profound practice of Yoga Nidra. This workshop combines both theoretical understanding and experiential practice to deepen your knowledge and application of this transformative technique for deep relaxation.

Food is Medicine: Lifestyle Health Practices – with Parvathi Saturday, August 17, 2:00pm - 4:00pm

Learn about your body's constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/infusion teas.

THEATRE OF THE OPPRESSED - WORKSHOP

FRIDAY 30TH AUGUST - SUNDAY 1ST SEPTEMBER

The Theatre of the Oppressed (TO) describes theatrical forms that the Brazilian theatre practitioner Augusto Boal first elaborated in the 1970s, initially in Brazil and later in Europe. In the Theatre of the Oppressed, the audience becomes active, such that as "spectactors" they explore, show, analyse and transform the reality in which they are living.

YouthLink in collaboration with facilitators from "zero to one" organisation will offer for the first time in Auroville as a three-day intensive course. "Zero to one" is a consultancy company based in Trivandrum, Kerala which dedicates their revenue for NGO work, largely in experimenting and researching into social and emotional learning.

This course will offer participants the opportunity to be able to open their perspectives and observations to different kinds of oppression, how it impacts individuals, and to get an embodied

sense of how it feels.

It will also provide tools to recognise oppression and to be able to deal with them in the future and give the possibility to heal from previous oppression related traumas.

program can only accommodate a limited number of participants (max 30) due to its nature. Please make sure you can participate over the 3 days before signing up.

Date: Friday 30th August until Sunday 1st September.

Location: CRIPA.





Program - August 2024

Join without prior registration! DROP-IN CLASSES

Mondays

8:30am - 10am, Yoga Therapy with Gala 4pm - 5pm, Doing No -Thing Consciously with Mike 5:30pm - 6:45pm, Vinyasa Flow Yoga with Dinagar, starts 12/8

Tuesdays

9am - 10:30am, Yoga for adults with Lisbeth 5:30pm - 7pm, KoTree Yoga with Grace Gitadelila

Wednesdays

8:30am - 10am, Yoga Therapy with Gala 5:30pm - 6:45pm, Vinyasa Flow Yoga with Dinagar, starts 15/8

Thursdays

4:30pm - 5:30pm, Aviva Exercise with Suriyagandhi 5:30pm - 7pm, KoTree Yoga with Grace Gitadelila

Fridays

6:45am - 8am, Pranayama with François & Namrita, For former "The Art of Living" course participants

8:30am - 10am, Yoga Therapy with Gala

5:15pm - 6:15pm, Feldenkrais with Shari, starts 16/8

5:30pm - 6:45pm, Vinyasa Flow Yoga with Dinagar, starts 9/8

Saturdays

4pm - 5pm, Odissi Classical Dance, a beginners' class especially for children, with Agila, assisted by Rekha

4pm - 5:30pm, KoTree Yoga with Grace Gitadelila, not on 24/8

YOUTH ACTIVITIES

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

Asanas for Teenagers with Lisbeth

Mondays, Wednesdays, 4pm – 5:15pm

These classes can be joined by teenagers from AV schools. Old students can join again and new students can register at the reception before class and try out some classes before they commit for the school trimester. Best is to attend both classes but choosing one day is also possible.

You'll be added to the TeenYoga app for communication.

Yoga for children, from 9 yrs. +, with Gala

· Saturdays 10am - 11am

Energy games for children, 9 yrs. +, with Gala

Saturdays 11am – 12pm

CLASSES – BY PRIOR REGISTRATION

Art Therapy with Gala

- Thursdays, 3 5pm for adults
- Fridays, 3 5pm for families

HEALING SPACE – BY APPOINTMENT

- Acupuncture by Heidi
- · Shiatsu by Patricia G
- · Thai Yoga Massage by Juan

NEW ACTIVITIES

Vinyasa Flow with Dinagar

Monday, Wednesday, Friday 5:30pm-6:45pm

In Vinyasa Flow Yoga, we connect asanas in a flowing sequence with the breath as our anchor.

Dinagar studied with Balaganesh in Auroville and completed his teacher training in November 2023. He is excited to share the benefits of this dynamic practice in Auroville and looks forward to learning and growing with you.

Pitanga is very happy to welcome an Auroville youth as a teacher in our team of dedicated facilitators.

Odissi Classical Dance with Agila, assisted by Rekha

Saturdays 4pm–5pm

"After the very successful performance of the Odissi dance class from Pitanga at CRIPA, on 30th March, we received several enquiries from parents for a beginner's class, especially for children.

We are happy to say we will be starting this from August 3rd from 4-5 pm every Saturday. It will introduce a yoga-based approach to centring, alignment and basic steps in the Odissi classical dance style taught by Agila, assisted by Rekha. The sessions will also be suitable for drop-in explorations by adults!" – Rekha Tandon

KoTree Yoga with Grace Gitadelila

 Tuesdays & Thursdays 5:30pm–7pm, Saturdays 4pm– 5:30pm

KoTree Yoga is a feminine form in which asana sequences, movements and held poses, with attention to the breath, lead to create fluidity of fascia, muscle tonus, supple spine, and inner deep peace.

This is a drop-in class for all levels of adult practitioners.

WORKSHOPS

Pranayama Course – The Art of Living, Part 1 with François & Namrita

- · Thursday 22 Sunday 25 August
- Daily 6:30 8:30am, for 4 days



The Art of Living, Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.

- · Registration required.
- Please come in loose, comfortable clothing and on empty stomach.
- Attendance on all 4 days is compulsory.

Workshop "Born Free" with Ange Sabine Blanchflower

- Monday 19 Friday 23 August,
- Daily 12:45 1:45pm, for 5 days



A Five-Day Transformative Workshop Ange invites, "If you find that you are stuck, and nothing you have done so far has really had impact on changing your life.

If you have great ideas and dreams for your life but you don't know how to make them happen, If you feel lost, even though you know

so much, then this workshop is for you."

· Registration required.

Professional Training:

Advanced Massage and Bodywork - Module 2 with Shari

- 19 August 25 September 2024
- Weekly twice, for 6 weeks
- Mondays & Wednesdays, from 10 am 1 pm



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

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

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

A Certificate of Completion will be offered at the end of the 4 courses.

The course has some places available. Please contact Shari for further details: 73059 41614 Contribution requested.

Massage and Bodywork, A workshop for beginners – Module 1 with Shari

- 23 August 27 September 2024
- Six Fridays, from 10 am 1 pm



you Are interested in becoming а massage/bodywork practitioner? Do you have good intuition that guides you in massage, but want to know more about what your intuition means? Shari is offering an in-depth six-week beginner's course in massage and bodywork

physiology, touch, techniques for

include anatomy

will

treatments and the basics of a safe, effective, relaxing bodywork session.

and

"I teach a system of bodywork which I call 'Syntropy Insight Bodywork,' which is based on Feldenkrais's work, Functional Integration. The client remains fully clothed, and technique is very gentle relaxing movement sequences to treat the entire body.

No prior experience is necessary. A commitment of the full six-week course and a contribution is requested.

Please contact Shari for further details: 73059 41614.

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.

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

See you at Pitanga, with a smile!

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

AWARENESS THROUGH THE BODY INTRO

SATURDAY 17TH AUGUST

intro Awareness Through the Body



with Vega & Honor

Saturday, August 17th, 9.30am - 12.30pm

advance registration required:

dancingtree.smile@gmail.com / whatsapp: 9159856148

Dancing Tree, under Hospitality Trust, Auroville

Through facilitates a (Awareness the Body) reconnect with oneself, and give opportunities for self-discovery and inner growth. In this workshop, we will practice basic foundations of ATB through various games and pair and group work. All are welcome who want to experience or deepen our connection and understanding with oneself and others.

Inquiry: 91598 56148 / dancingtree.smile@gmail.com

Registration link : https://shorturl.at/YySvN

SVARAM SOUND JOURNEY



We are back for our 2024-2025 Season!

Every Wednesday in August 5:30 - 6:30 pm Unity Pavilion, Auroville

In the meantime, we continue to offer our personalised Sound Experiences. Please scan the QR Code below for details





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

CHILDBIRTH PREPARATION CLASSES

WEDNESDAYS, CREATIVITY

Childbirth preparation classes, including fathers, are offered throughout the year, at **Hall of Light, Creativity** community on Wednesdays. We received much appreciation for our childbirth classes, which help pregnant mothers, and their families understand pregnancy from a more holistic perspective. Each week, we have different themes and concepts. You're welcome to join us for a consultation and then enroll in classes.



5 pm to 6 pm - Movement classes like Yoga, dance, breath work, etc

6 pm to 7 pm - Theory on various aspects of pregnancy

Like to join the classes? Join our whatapp group here https://chat.whatsapp.com/HbXJDkUuD Gw9CsmhlkkvEL or send message to Bala +91 9892699804 to add you in the group

All classes are drop in – out, if you are few minutes late or need to leave early we understand.

Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, integrative child birth and women's wellness care in Auroville.

Our goal is to bring respectful maternity care to all.

know about our work email like to more morningstar@auroville.org.in and general administrative queries to Bala (WA only) + 91 9892699804.

CAPOEIRA - MARTIAL ART AND MUSIC WITH GINGA SAROBA

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

Join us for classes for teens and adults (15 yrs and above) Intermediate: Tuesday, Thursday and Saturday - 5.15 PM -Dehashakti

Beginners: Tuesday and Thursday - 6.00 PM- Dehashakti Contact: 7598446327

Let us know if you would like more information.

MINDFULNESS KINDFULNESS - HALF DAY RETREAT SATURDAY 17TH AUGUST

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.

This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion - for ourselves & others.



Participants will have the choice of practising in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone those new to meditation as well as experienced meditators looking to deepen their practice.

To Booking is required. whatsapp Helen on 7094753054 or visit innersightav.org.

17th August (9.15am-Saturday 12.30pm) at Creativity Hall of Light.

REGENERATION LISTENING CIRCLE



Learn the ways of Silence and how to utilize its Power

Saturday at 4:30 pm

Experiences of previous participants:

"Because of the ecological problems humanity is facing, I didn't want to have children, but after this circle today, I do again" - Guest

"I'm very sensitive, and I could feel the spirits of Mother Nature with us in this circle; very beautiful" - Newcomer

"This talking-stick gives me Power; and with great Power, comes great Responsibility" - Aurovilian

Limited seating - Location will be shared after your reservation under +49 1638041124 WhatsApp - Session duration: 1.5 h

Group booking for the Consensus Circle is possible on request

Submitted by Nadim

QUIET HEALING CENTER



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

AUGUST PROGRAM

WOGA (Yoga in Water) Class with Friederike & Tamara : Friday 9th August (4:30 - 6.00pm)

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.



The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

Prerequisites: no previous experience required (also no need to know how to swim!).

OBA Basic - Liquid Joy with Fred : Saturday 10th & Sunday 11th August (8:45am - 6.30pm)

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality developed in the mid 80's. It combines elements of light movements, stretching, massage, and joint mobilisation in connection with breathing and energy work conducted both on the surface and under water.



In this 2-day course, you'll learn a series of simple movements both on the surface (with and without cushion and pool noodles) as well as under water (with a nose clip), which you'll be able to share with friends and relatives afterwards. You'll also practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. At the same time, you'll experience floating others and being floated both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Prerequisites: no previous experience required (also no need to know how to swim).

Baby Watsu Class with Friederike : Monday 12th August (9:30 - 11.00am)

A special opportunity to connect with your baby! You'll be guided 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 playtime.

Please bring towels and a closing swimming pant for your baby.

For babies between 2 and 12 months with their parents.

OBA 1 - Fluid Body with Fred : Monday 13th - Sunday 18th August (8:45am - 6.30pm)

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and under water (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the whole spine to swing and energy to flow.



OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

Prerequisites: OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.



AYURVEDA CLASSES RESUME

12TH AUGUST - END SEPTEMBER 2024, SANTE



Every Monday from 12th August til end of September 2024, Ayurveda classes resume. We will learn how this Science of life can be directly applied on a daily basis to understand oneself and others health, to understand imbalances/diseases and what Ayurveda recommends to rebalance body and mind, also to gain knowledge on the medicinal plants that grow in our surroundings useful to sustain our health all through the year. Learn how the food, emotions, relations, environment, climate, seasons, season of life (from childhood to seniorhood) can influence the state of well-being in the physical, vital and mental.

Ayurveda classes will be held in Santé:

Every Monday:

- 2:00 pm (beginners): basic principles, daily routine, routine through the seasons.
- 3.15 pm (advanced): reading of Ashtanga Hridaya Volume 1, one of the 3 main ancestral textbooks of Ayurveda that gives the basics of Ayurveda in Sanskrit with translation in English.

Classes will run until end of September 2024.

If you are interested please send me a message by Whatsapp +919489505691.

With much love and happiness to share this profound knowledge.

Warmly, Be @ Santé Clinic



AUROMODE YOGA SPACE AURROTHAIMA – HEALTH & HEALING TRUST

AUGUST 2024 SCHEDULE

Registrations are a must for all the programs.

Email or WA us, to know about the fees structure and other details.

Contact - email - <u>balaganesh.siva@gmail.com</u> & WA(only) +91 98926 99804

Day	Time	Description
Monday, Wednesday & Friday	10 00 am - 11 00 am	Fusion of Time: Dynamic Mobility
Friday, Saturday & Sunday	5 30 pm - 7 00 pm	Vinyasa flow Yoga - Asanas, Pranayama & Meditation

Vinyasa Flow Yoga with Bala-August 2024

Traditional yoga practices are characterized by discipline, and Bala believes in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice every day of the week except Wednesdays.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

Friday, Saturday & Sunday Time - 5 30 pm to 7 00 pm

Registration must

Please WA to know information about cost and other details Aurom

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

Fusion of Time: Dynamic Mobility - August 2024

Inspired by the ancient martial art forms of Kalaripayattu and Karlakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

Bala, a seasoned practitioner of these mixed modalities, will guide you through an hour-long exploration and fusion of these traditions to create a unique style of body conditioning aimed at enhancing your overall health and

Join us to transform your body and mind through this innovative fusion of time-honored practices.

Monday, Wednesday & Friday Time - 10 00 am to 11 00 am Registration must -Please WA to know information Auromode Yoga Space Email - balaganesh.siva@gmail.com WA + 91 98926 99804

Find our Yoga Shala -

https://youtube.com/shorts/8FTIdxoWt9k?si=JMKXs062TplaE82D

Auromode Apartments 0413 262 2224

https://g.co/kgs/frzmN4

DISCOVERING TAMIL LITERATURE SERIES - KAMBA RAMAYANAM

SATURDAY 10TH AUGUST 2024

"அறம் வெல்லும் பாவம் தோற்கும்" – Dharma shall prevail and unjust will fail.

This profound statement encapsulates the essence of the Kamba Ramayanam. Join us as we delve into the nuances of Tamil poet Kambar's epic poem, Ramayanam.







Through this talk, we will explore Kambar's reflections on various philosophies of yoga, lifestyle, and other Tamil traditions that inspire and motivate us to embody a Dharmic lifestyle.

Why Attend?

This talk aims to introduce the philosophical, social, and cultural messages from the Kamba Ramayanam to a broader audience, particularly the Western world, where such knowledge is not widely available. It serves as an introduction to the rich poetry and literature of Tamil traditions and cultures. Join us for an enlightening evening and immerse yourself in the beauty and wisdom of the Kamba Ramayanam.

Date: Saturday 10th August, 4:00 PM to 5:00 PM

ACTIVITIES & EVENTS

AUROVILLE YOUTH SUMMIT 2024

SATURDAY AUGUST 17TH



Register for a day of co-creation, contemplation, discussion, and connection on the topic of Youth and Auroville

Join us in celebrating International Youth Day with the Auroville Youth Summit, a one-day event dedicated to sharing and discovering diverse perspectives and values among the youth of Auroville.

The day will be filled with energising activities and collective games, story-sharing sessions, value discussions, contemplations on Auroville and our lives, and a fun exercise: "If I were the president of

For this third edition of Youth Day, we are

Auroville, I would..." etc.

youths to engage in various activities and delignted delicitouits ithrech together. All youth who feel the call to connect, exchange ideas, and embody the power of change in Auroville are welcome to join us. Registration is required.

The event will be held on Saturday, August 17th, from 9:30 AM to 4:00 PM. @ Mukta's house (Our new working space), Aurodam

TANGO AUROVILLE

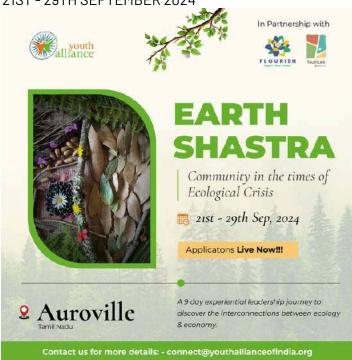


GUIDED TOURS IN AUROVILLE BOTANICAL GARDENS



EARTH SHASTRA OFFERING

21ST - 29TH SEPTEMBER 2024



Earth-Shastra is a **9-day immersive journey** that will bring together 20 young changemakers from across India and 10 from Auroville, to slow down with a community of like-hearted people and make sense of the climate emergency and converging crises of our times. The focus is to develop the capacity to understand the global and climate crisis, and the humility to start with small actions. It also involves focus on personal transformation and nurturing a deep community over the 9-days and beyond. It is a leadership experience to orient one's life path as a response towards greater harmony with oneself, others and nature.

The immersive journey will involve nature connects, reflective circles, hands-on activities, content sessions and mentoring. This 8th edition will happen in Auroville, from 21st - 29th September, 2024. This (8th) edition of Earth-Shastra by Youth Alliance (NGO based in Delhi) is being co-created with Flourish and YouthLink.

This program can only accommodate a limited number of participants (max 30) due to its nature. Please make sure you can participate over the 9 days before signing up.

The last date to apply is **11th August!**To learn more or apply, scan the QR code.



MAKER SPACE

Join us for our Maker Space at Youth Centre Monday to Friday from 8.30am till 12.30pm.

Registration required for booking and it's free! youthlink.org.in

Discover the endless possibilities of learning, creating, and innovating with wood. metal and more, in collaborative Workspace.

What can you learn? CUTTING BOARD/ LAMPS/ RENOVATION OF FURNITURE/ METAL & WOODWORK / WELDING/ ARTS & CRAFTS/ JEWELLERY/ UPCYCLING





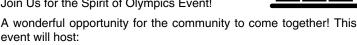
A facilitator will be available to provide assistance in learning how to use the tools and technologies, as well as hands-on experience in bringing your ideas to life. Don't miss out on this exciting opportunity to be a part of our growing maker community!

Have a nice day, Lucrezia & Youthlink team

SPIRIT OF OLYMPICS EVENT

FRIDAY 16TH AUGUST, DEHASHAKTI

Join Us for the Spirit of Olympics Event!



- An exhibition of Auroville students' creations based on various topics related to the Olympic symbols, games and athletes. Our students, right from kindergarten to high school, have made drawings, paintings, essays and written poetry. Come and encourage the little ones!
- The second exhibition is an offering from Devashish Dada and his students from the Ashram school who have created informative and creative posters on the facts of Olympics with special emphasis on the Paris Olympics.
- We will screen some memorable moments from the Olympic games.
- And lastly, we have organised many games for you to participate in and celebrate the true spirit of sports.

Date: 16th August Time: 2.00 - 5.00 pm

Location: Dehashakti, Sports Ground

Bring your enthusiasm and energy as we celebrate the values of friendship, respect, and excellence. Let's make this a memorable event for all!

Dehashakti and AVPEB teams together.

NEW BOOK READING CIRCLE -STARTS THURSDAY 8TH AUGUST

'When Things Fall Apart : **Heart Advice for Difficult Times**'

by Pema Chodren. Join us in reading this heart based guide on how to deal with life's challenges.



Thursdays 6 - 7pm at Auroville Library. Starting 8th August. For details WA Helen on 7094753054 or Serena on 8489760966.



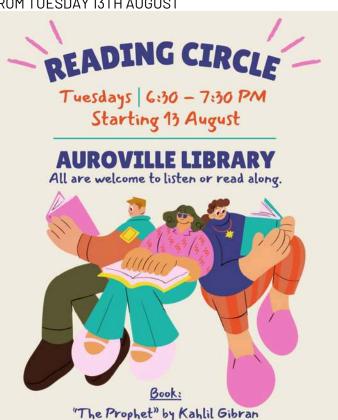
BOOK GIVEAWAY - AUROVILLE RELATED 8TH - 22ND AUGUST, AUROVILLE LIBRARY

For 2 weeks, from 8th - 22nd Aug, we'll be offering surplus Mother, Sri Aurobindo, Disciples and Auroville-related books for free.

Pass by during our opening hours to see what's available.

NEW BOOK READING CIRCLE -

FROM TUESDAY 13TH AUGUST



Organized by Mal +919080159721



🕵 Limited spots available!

Register now to secure your place before coming and step into a world of sustainability.

BLOOMO! AT MARCS CAFE

Play BloomO! at Marc's Cafe Terrace.

Every alternate Thursday, 5:15pm



The soulful flower card game

Launching BloomO! play sessions for collective, soulful experience with and for the community. Play as you learn about the spiritual significance of flowers. A fun and unique way to connect with nature as well as yourself!



Scan QR code and join the What's App Group for updates on play session dates and all things BloomO!

contact@marcscoffees.com

FOODS, GOODS & SERVICES

BREAKFAST AT MARC'S

Every Tuesday from 8 to 11

Greetings from Marc's Cafe! Join in celebrating the Auroville spirit and connect with the community over a cup of coffee and fresh croissants. Enjoy a 50% discount Aurovillians, for all newcomers, and SAVI volunteers.

Starting August 13th, every Tuesday from 8 AM to 11 AM.

See you soon! Marc's Team



NEWS FROM SUDHA'S KITCHEN!

We specialize in Mediterranean cuisine and local food; we bake variety of cakes and chocolate items including our special truffles. We cater for birthdays, gatherings and lunch meetings. We make our own PITA breads.

You can find more about us on:

Instagram "Sudhaskitchenav" & Dropzy app.

We are open from: Monday - Saturday (8am to 9pm)

Contact number: +0413 3509884

+91 7094358547

E-mail ID: sudhaskitchen14@gmail.com



SATSANGA RESTAURANT

Combo Menu - Home delivery

European and Indian dishes:

vegetarian, chicken, fish, prawn, meat, pasta, paneer cottage

Satsanga

cheese and much more!

Call·

WA:8825801990 or 9080386900

Landline: 0413-2918553

Address: Auroville main road, next to HDFC Bank

Email: <u>aurosatsanga@gmail.com</u>

ECO FEMME OPEN HOUSE

eco • femme

Come learn about:

 Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies

- Menstrual cycle awareness
- Ethical business in a women-led social enterprise

Our not-for-profit menstrual health education



Every Thursday, 10:30am - 12:00pm

P.S. You can pick up all our eco-friendly products at a discount!



Eco Femme Office Auroshilpam, Auroville

ecofemme.org | WA: +91 94871 79556

HALF-PRICE MAROMA PRODUCTS FOR ALL AUROVILIANS IN THE OUTLET STORE



Maroma is happy to announce that it is offering all products at half-price to all Aurovilians in its **Aspiration Outlet**. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is located in the Maroma Campus in Aspiration and is open **9am - 5pm, Mon-Sat**. See you there!

Much love.

The Maroma Team

AUROVILLE LIBRARY TIMINGS

Our timings are:

Mornings:

Monday - Saturday: 9am - 12.30pm

Afternoons:

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

Tuesdays: 4pm - 6.30pm

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



ANITYA COMMUNITY LUNCH

Our community lunches are still happening during the summer!



Contact Serena on WA to book one day in advance: +91 84897 60966

Contribution required (discount for AV/ NC and Volunteers) See you at 12:30 on Thursdays and Saturdays in our community kitchen!

local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time members



Every Thursday & Saturday- Contribution required



Impermanence, Community Spirit, Sustainability, Selfsufficency and DI

MUST book min. 1 day in advance: +918489760966

Anitya is a community project registered under LEAD, Auroville Location: Center Field, after center GH, follow the ANITYA sign To know more about Anitya: Joyofimpermanence.in



SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Dear Community,

we are happy to inform you that Sarvam Computers has moved to the newer location in Utsav Complex. And we would always like to provide you with fast and reliable service.

Sarvam Computer offers all types of computer sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenance etc.

Contact:

Bala

Sarvam Computers Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- sarvamcomputers@auroville.org.in

REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

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

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



HAIRCUTS



Hairdresser. For your and / or your child' s next haircut: inspired, striving-for-the-perfect, 12 yrs young artist looks after your and / or your child's hair and well being.

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

TRAVEL NEWS FROM INSIDE INDIA

Namaste, Bonjour, Hello and Vanakkam from Inside India.



We are always open and ready to take the hassle away from you when it comes to booking your travels, be it in and out of India, as well as Inside India itself...

You name it, we do it: Flight tickets, Bus tickets, Train tickets, Travel Insurance, Visas, transport in Taxis, even some required nights of rest if that is the case...

We can also help all Indian citizens with the hassle of renewing their passport...

Our door is open from 10am till 5pm.

Mr. Ganesh our Travel Consultant will be at our **Kalpana office** from 10am till 5pm, Landline **2623030** (**Monday to Friday**). Saturdays on appointment only.

He can also be contacted anytime via mobile or WhatsApp: +91 98945 98686

And by e-mail: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email: insideindia@auroville.org.in or insideindia@inside-india.com

Some current offers:

- Aerofloat flight offer fare is available from Delhi Moscow -Delhi.
- Air India has offer fare from Chennai to Milan.
- Srilankan airways, Malaysian airways and Thai airways special fare from Chennai to Seoul.
- Fly from New Delhi to Sao Paulo & Buenos Aires with special fare on Ethiopian airlines.

We are accepting both Indian and International debit and credit cards, as well as UPI IDs and QR code payments at our office. #Conditions apply. And of course transfer on our Financial Service Account are very welcome...

Travel Tips:

- Sri Lanka e-Visa Suspended due to multiple petitions, the Sri Lankan Supreme Court has suspended the new e-Visa system, implemented on 17th April 2024, effective 2nd August 2024. Key Points: ⇒All e-Visa applications made after 2nd August will receive a refund. Please share the application number and details on travel.partner@srilankavisa.lk ⇒Currently, there is no online platform for issuing e-visas.
- Effective 1 July 2024, all inbound travellers to Cambodia will be required to submit an electronic arrival card at least seven days prior to their arrival. Known as the 'Cambodia e-Arrival' (CeA), this initiative aims to expedite and modernise the entry process. The digital card replaces the traditional paper-based immigration form, health form and customs declaration, consolidating them into a single, convenient online portal. Travellers can access the e-Arrival system through two channels: Official Website: The official government website, https://arrival.gov.kh/, allows for online submission of the e-Arrival card. Mobile App: The Cambodia e-Arrival app is available on the Apple App Store and Google Play Store. It offers a convenient mobile platform for completing the e-Arrival card.
- The Embassy of India in Bangkok, Thailand, issued a press release stating that the Government of India has announced a visa fee exemption scheme (e-Tourist visa) for ordinary Thai passport holders. The exemption applies to e-Tourist visas and will be effective from July 1 to December 31, 2024. The new scheme allows Thai tourists to visit India for up to 30 days with double entry without paying any visa fees. However, e-Tourist visas must still be applied for in advance through the designated website:

https://indianvisaonline.gov.in/evisa/tvoa.html.

Important Notice for travelers applying for Schengen visa in West & South India.

- For families applying together, it is permitted for just 01 of the parents to book an appointment slot under their name and for the rest of the family members to accompany them on the same appointment booking / appointment letter.
- Your familial relation must be verified via your passport, child's birth certificate, marriage certificate.
- As per directive received from the Belgium Consulate in Mumbai, a family would be considered as Husband, Wife & their children under the age of 25 only. Visa Application Centre's would not permit entry to additional familial relations / accompanies such as grandparents, siblings, house help, nanny etc. unless they have their individual appointment booking / letter.
- Travelers from West and South India who wish to apply for a
 Belgium visa under the below mentioned category can walk-in
 to their respective Visa Application Centre in the jurisdiction of
 the Belgium Consulate in Mumbai and do not need to book an
 appointment.

Several travelers were "boarding denied" as check-in staff didn't accept the **e-FRRO Stay Visa** as valid document without it being backed up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.

Also, this LINK will tell you all that you need to know about Flight delays and/or cancellations.

And be aware that **Corona is NOT fully dead yet** so some places may have some new 'relaxed" restrictions mostly regarding the usage of masks in public places... this <u>map</u> will show you the "official" stands of most countries in the world but it might be good to search the specifics of the countries you are planning to visit before hand...

Finally, this LINK can be useful too in case you are travelling on your own... or not...

Thanks a lot to all of you who already trusted us.

Have a great week...
Inside India New Team



FOODLINK MARKET OPEN EVERY DAY

Call /Whatsapp: +91 83002 68804



Monday - Saturday 9:30 AM - 12:30 PM

FoodLink Solar Kitchen Complex Crown Road, Auroville

Call/WhatsApp: +91 83002 68804









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

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.



We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.

Category	Services
Metal Works	Channels , Doors , Piping , Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera
Electrical Works	Wring, Meter box, Lights, Switches & Sockets, Motion sensor.

Contact: + 91 8270071581 / +91 7639810621 Primary Email: rapidcare@auroville.org.in

Secondary Email: rcsrapidcareservice@gmail.com

Instagram handle: @rapidcare1 For Rapid Care, Balaji & Arun

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.

DROPZY

Dropzy

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

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





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. **Dropzy** delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.

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

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

ARE YOUR TREES GETTING THE CARE THEY NEED!?

At **TreeCare** we have been working hard to expand our services and reduce our wait time. Call us today for a free visit

& consultation.

Contact us through +91 **90420 59890** or office@treecareindia.com.

We have always believed in providing the best quality services, as well as educating people about the field of ARBORICULTURE and its importance in today's landscape.

Warmly, TreeCare Team



SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

So much beautiful fresh produce in this season.

Subscribe for a basket that can be picked up from Solitude Farm once a week (or more).

Salad greens, spinaches, veggies, fruits and more.

9843319260

solitudepermaculture@gmail.com

POETRY

Divine Romance

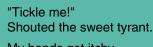
O Mother of all the worlds we pray to Thee Redeem us from the stranglehold of lives Long past where tenuous habits still impede, Because with our consent their hold survives

The ever-increasing force descending here. We would aspire for truth and light and bliss To inform our souls as it comes drawing near To touch the earth implanting Godhead's kiss

Upon humanity with all its faults, The pressure of the falsehood that we feel, The continuing subtlety of its assaults With which our ignorance must deal.

Bring down the force of crashing circumstance Join us to the Lord's divine romance.

Narad



My hands got itchy.
They reached out.
Before they touched her —
Alas! It was too late!
The contagion
Had spread.

Why are you laughing? What a mystery!

- Anandi Z.



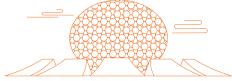
VOLUNTEERING OPPORTUNITIES

DISC CLEANING TEAM IS LOOKING FOR NEW MEMBERS

Type of job: You will be climbing down Matrimandir with equipment. It is hard, dirty and physical work. You will be doing a lot of cleaning more than climbing.

Before starting you will have a training. We use Petzl equipment and safety is a priority.

If you want to join us contact +91 82484 88732 (wa only), Julie.



AVAILABLE

GLASS BEAD CURTAIN

Bijou classic deco curtain - blue, green and white pattern.

185 cm length / 85 cm width.

Available against contribution.

WhatsApp 96555 34514 (Isha).



LOOKING FOR

ACTORS AND ACTRESSES NEEDED FOR SHORT FILM

Actors and actresses needed for short film on social injustice and sacred beginnings of Life.

Profiles:

- Woman, above 30yrs
- Man, above 32 yrs
- Woman, ca. 17-22yrs
- Woman, above 50yrs
- Man, above 50 yrs

Commitment to prior-filming rehearsals (3-4 times) is a must.

And any children, women, men for a short recording of a celebration scene.

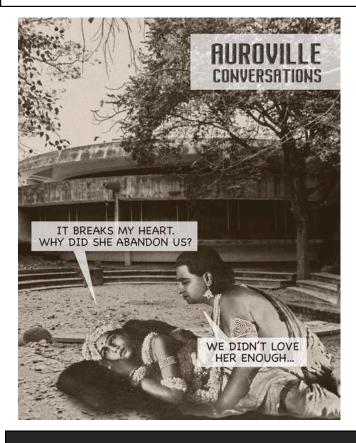
Filming time frame: Some time between 26th August and 2nd September.

Looking forward to taking you aboard.

mothersworkforTheMotherswork@gmail.com

9751513906 - Ulrike Urvasi

AUROVILLE CONVERSATIONS



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1038

Please click <u>HERE</u> to read the FO Groups News

FRENCH NEWS & NOTES



Click here to read the French News&Notes or

Scan the QR code:



CINEMA



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

Reminder: FRIDAY AUGUST 9th, 8:00 pm:

"STAIRWAY TO HEAVEN" (A Matter of Life and Death). Directed by Michael Powell and Emeric Pressburger, UK 1946.



Synopsis: this film is the remarkable British fantasy that became the surprise hit of 1946. David Niven stars as Peter Carter, a World War II RAF pilot who is forced to bail out of his crippled plane without a parachute. He wakes up to find he has landed on Earth utterly unharmed...which wasn't supposed to happen according to the rules of heaven.

Will the celestial court allow Peter to live out his love on earth?

Original version in English with English subtitles. Duration: 1h44'

NO screening FRIDAY AUGUST 16th



BENGAL 1947

India, 2024, Writer-Dir. Akashaditya Lama w/ Ankur Arman, Devoleena Bhattacharjee, Harish Bhimani, and others, Drama, 129mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Set against the tumultuous backdrop of partition-era Bengal, this film intertwines historical events with a poignant love story. Amidst chaos and uncertainty, two souls find solace and passion, navigating love, loss, and resilience. Each scene transports viewers to a bygone era, blending drama and romance. This evocative narrative invites reflection and introspection, making it a deeply moving cinematic experience. It is a heartfelt storytelling.

The film is shared with us by the director and the film team. One of the co-producers may be present in person at the screening!



ACCESSIBLE AUROVILLE PUBLIC BUS

avbus@auroville.org.in / +91 94430 74825

Auroville TO PONDIC	HERRY				
	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 PIMS 9442224680 0413 2656271

Security (24/7):

Kottakuppam Police	Vanur Fire
Station	Station
0413 2236148	0413 2677368
	Station

Health:

Lia alda Oantan		
Health Center	Santé	Farewell
0413 3509942 &	Sante	rareweii
0413 3309942 &	0413 2622803	8903836246
3509943	0413 2022003	0900000240

Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108





Film program 12 to 18 August 2024 w/some Special screenings from 15 August 2024 to 19 August 2024

Special Screenings

On the 15th of August this year we are celebrating the 78th birth anniversary of India's independence and 152nd birth anniversary of Sri Aurobindo. In honor of these very significant days, we have a few very special program line-ups for you, especially between the 15th and 19th August 2024. Please come, watch, and participate.

Indian - Monday 12 August, 8:00 pm:

MAURH

India, 2023, Dir. Jatinder Mauhar and Gury Sekhon w/Ammy Virk, Dev Kharoud, Vikramjeet Virk, and others, Action-History, 140mins, Punjabi w/ English subtitles, Rated: U/A (PG-13) In pre-partition Punjab (1885-1893), a villager becomes a bandit to avenge his brother's death and dismantle an exploitative land tax system. Set in a harsh desert, the story reflects villagers' struggles against oppressive landlords and corrupt kings. The devout protagonist takes a leap of faith off a cliff when surrounded by British forces. Historically shot by the British, the film ends positively, emphasizing resilience and defiance against oppression. This film is a must-watch for its gripping drama, powerful performances, and stunning cinematography.

Potpourri – Tuesday 13 August, 8:00 pm: • FREEDOM WRITERS

USA, 2007, Writer-Dir. Richard LaGravenese w/Hilary Swank, Imelda Staunton, Patrick Dempsey, and others, Biography-Drama, 123mins, English w/ English subtitles, Rated: PG-13 In 1994 Long Beach, Erin Gruwell starts teaching at a newly integrated high school. Facing gang violence and racial tensions, she uses unsanctioned discussions and journal assignments to connect with her students. Despite resistance from colleagues and strain on her marriage, she strives to provide proper resources for

Selection – Wednesday 14 August, 8:00 pm: • SELMA

her class. An inspiring true story of freedom and grit!

USA, 2014, Dir. Ava DuVernay w/ David Oyelowo, Carmen Ejogo, Oprah Winfrey, and others, Biography-Drama, 128mins, English w/ English subtitles, Rated: PG-13

In 1965, Dr. Martin Luther King, Jr. led a perilous campaign for equal voting rights, culminating in the historic Selma to Montgomery march and the signing of the Voting Rights Act. This film powerfully depicts the struggle and triumph of the civil rights movement. It is an inspiring portrayal of a pivotal moment in history. A must watch!

Special Screening – Thursday 15 August, 8:00 pm: • BENGAL 1947

India, 2024, Writer-Dir. Akashaditya Lama w/ Ankur Arman, Devoleena Bhattacharjee, Harish Bhimani, and others, Drama, 129mins, Hindi w/ English subtitles, Rated: NR (PG-13) Set against the tumultuous backdrop of partition-era Bengal, this film intertwines historical events with a poignant love story. Amidst chaos and uncertainty, two souls find solace and passion, navigating love, loss, and resilience. Each scene transports viewers to a bygone era, blending drama and romance. This evocative narrative invites reflection and introspection, making it a deeply moving cinematic experience. It is a heartfelt storytelling. The film is shared with us by the director and the film team. One of the co-producers, may be present in person at the screening!

Special Screening – Saturday, 17 August, 8:00 pm: • CHITTAGONG

USA-India-Bangladesh, 2012, Writer-Dir. Bedabrata Pain w/ Manoj Bajpayee, Barry John, Delzad Hiwale, and others, Action-Historical, Hindi-Bengali-English w/ English subtitles, Rated: NR (PG-13)

In 1930s British India, 14-year-old Jhunku joins a revolutionary movement led by his teacher, Masterda, after being called a traitor by his peers. This ragtag group of schoolboys achieves a historic victory against the British army. Jhunku's journey is filled with self-doubt and challenges as he fights for his place and battles against overwhelming odds. This true story is a gripping action-drama of courage and resilience. *Inspired by the story, a NASA scientist madethis film using digital imaging technology that he had invented.*

Children's Matinee - Sunday 18 August, 4:30 pm: • IF

USA, 2024, Writer-Dir. John Krasinski w/ Cailey Fleming, Ryan Reynolds, John Krasinkski, and others, Animation-Comedy, English w/ English subtitles, Rated: PG

A young girl who goes through a difficult experience begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up.

Special Screening – Sunday 18 August, 8:00 pm: • MAJOR

India, 2022, Dir. Sashi Kiran Tikka w/Adivi Sesh, Prakash Raj, Revathi, and others, Biography-Drama, 150mins, Hindi-Telugu w/ English subtitles, Rated: NR (R)

"What is a soldier?" is a question Major Sandeep Unnikrishnan has had to grapple with since he joined the Indian Army. It's a question he asks himself even as he fights terrorists in Mumbai on the fateful day in 2008 at Taj Palace Hotel in Mumbai, where he was martyred in action. There is a saying, that funerals are for the living and not the dead. In a way, this film is a poignant tribute to the sacrifices a family makes whenever one of their own is off to defend the country, but whose sacrifices are seldom acknowledged. It is a well-made and acclaimed film.

Special Screening – Monday 19 August, 8:00 pm: • AYOTHI (Ayodhya)

India, 2023, Writer-Dir.R. Manthira Moorthy w/M. Sasikumar, Yashpal Sharma, Preethi Asrani, and others, Drama, 121mins, Tamil w/ English subtitles, Rated: NR (R) India's uniqueness lies in its centuries-old blend of cultures,

India's uniqueness lies in its centuries-old blend of cultures, traditions, languages, religions, and castes, creating a society that, while homogeneous, retains its diverse norms. Balram, a patriarch from Ayodhya, embarks on a trip to Rameshwaram with his family, but tragedy strikes when his wife, Janaki, dies. Their children, distressed and determined to honor her remains, face numerous obstacles until Abdul Malik, a kind stranger, steps in to help. This film beautifully and sensitively portrays their journey and the cultural tapestry of India, making it a must-watch.

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.

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

