

Auroville

# NEWS & NOTES

No 1040 - A weekly bulletin for residents of Auroville

15 August 2024

RA EDITION

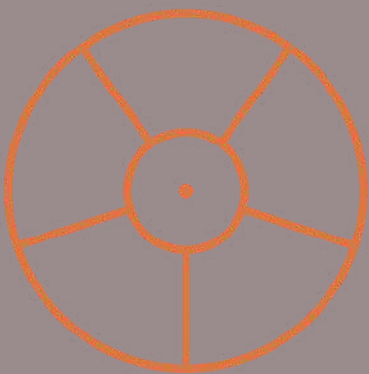


xxx

## PONDERING

That being said, our position is clear.  
We do not fight against any belief, any religion.  
We do not fight against any form of government.  
We do not fight against any caste, any social class.  
We do not fight against any nation, any civilization.  
We fight against division, unconsciousness, ignorance, inertia, and lies.  
We strive to establish on earth union, knowledge, consciousness, Truth; and we fight against everything that opposes the advent of this new creation of Peace, Truth, and Love.

From the book: The Mother - Words of the Mother - Volume 1





Or side by side reclined upon my vasts  
Like bride and bridegroom magically divorced  
They wake to yearn, but never can they clasp  
While thinly flickering hesitates uncrossed  
Between the lovers on their nuptial couch  
The shadowy eidolon of a sword.

But when the phantom flame-edge fails undone,  
Then never more can space or time divide  
The lover from the loved; Space shall draw back  
Her great translucent curtain, Time shall be  
The quivering of the spirit's endless bliss.

Attend that moment of celestial fate.

Meanwhile you two shall serve the dual law  
Which only now the scouts of vision glimpse  
Who pressing through the forest of their thoughts  
Have found the narrow bridges of the gods.

Wait patient of the brittle bars of form  
Making division your delightful means  
Of happy oneness rapturously enhanced  
By attraction in the throbbing air between.  
Yet if thou wouldst abandon the vexed world,  
Careless of the dark moan of things below,  
Tread down the isthmus, overleap the flood,  
Cancel thy contract with the labouring Force;  
Renounce the tie that joins thee to earth-kind,  
Cast off thy sympathy with mortal hearts.

Arise, vindicate thy spirit's conquered right:  
Relinquishing thy charge of transient breath,  
Under the cold gaze of the indifferent stars  
Leaving thy borrowed body on the sod,  
Ascend, O soul, into thy blissful home.

Here in the playground of the eternal Child  
Or in domains the wise Immortals tread  
Roam with thy comrade splendour under skies  
Spiritual lit by an unsetting sun,  
As godheads live who care not for the world  
And share not in the toil of Nature's powers:  
Absorbed in their self-ecstasy they dwell.

Cast off the ambiguous myth of earth's desire,  
O immortal, to felicity arise."

On Savitri listening in her tranquil heart  
To the harmony of the ensnaring voice  
A joy exceeding earth's and heaven's poured down,  
The bliss of an unknown eternity,  
A rapture from some waiting Infinite.

A smile came rippling out in her wide eyes,  
Its confident felicity's messenger  
As if the first beam of the morning sun  
Rippled along two wakened lotus-pools.

"O besetter of man's soul with life and death  
And the world's pleasure and pain and Day and Night,  
Tempting his heart with the far lure of heaven,  
Testing his strength with the close touch of hell,  
I climb not to thy everlasting Day,  
Even as I have shunned thy eternal Night.

To me who turn not from thy terrestrial Way,  
Give back the other self my nature asks.



Thy spaces need him not to help their joy;  
Earth needs his beautiful spirit made by thee  
To fling delight down like a net of gold.  
Earth is the chosen place of mightiest souls;  
Earth is the heroic spirit's battlefield,  
The forge where the Archmason shapes his works.  
Thy servitudes on earth are greater, King,  
Than all the glorious liberties of heaven.

The heavens were once to me my natural home,  
I too have wandered in star-jewelled groves,  
Paced sun-gold pastures and moon-silver swards  
And heard the harping laughter of their streams  
And lingered under branches dropping myrrh;  
I too have revelled in the fields of light  
Touched by the ethereal raiment of the winds,  
Thy wonder-rounds of music I have trod,  
Lived in the rhyme of bright unlabouring thoughts,  
I have beat swift harmonies of rapture vast,  
Danced in spontaneous measures of the soul  
The great and easy dances of the gods.

O fragrant are the lanes thy children walk  
And lovely is the memory of their feet  
Amid the wonder-flowers of Paradise:  
A heavier tread is mine, a mightier touch.

There where the gods and demons battle in night  
Or wrestle on the borders of the Sun,  
Taught by the sweetness and the pain of life  
To bear the uneven strenuous beat that throbs  
Against the edge of some divinest hope,  
To dare the impossible with these pangs of search,  
In me the spirit of immortal love  
Stretches its arms out to embrace mankind.  
Too far thy heavens for me from suffering men.

Imperfect is the joy not shared by all.

O to spread forth, O to encircle and seize  
More hearts till love in us has filled thy world!

O life, the life beneath the wheeling stars!

For victory in the tournament with death,  
For bending of the fierce and difficult bow,  
For flashing of the splendid sword of God!

O thou who soundst the trumpet in the lists,  
Part not the handle from the untried steel,  
Take not the warrior with his blow unstruck.

Are there not still a million fights to wage?

*(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-choice-and-the-supreme-consummation>

With love and gratitude,  
Gangalakshmi (HOMA)

# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

### How to submit material:

- Max size of posters should be 1 MB, JPEG format. Bigger posters will be reduced or cropped to fit.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to [newsandnotes@auroville.services](mailto: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](mailto: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

01	House of Mother's Agenda
02	Guidelines / Table of Contents / Acronyms
03	<b>RA WORKING GROUPS NEWS</b>
04	<b>COMMUNITY NEWS</b>
04	Community Sharing
05	Support Needed
06	August 15th Celebration
06	Awakening Spirit
08	Art & Culture
09	Voices and Notes
10	Poetry
10	Health
11	Education
12	Classes, Workshops & Healing Arts
18	<b>FO Groups NEWS</b>
18	Activities & Events
21	Foods, Goods & Services
25	French News & Notes
25	Auroville Conversations
25	AV Public Bus / Emergency Numbers
26	Cinema
27	Cinema Paradiso Program

## NOTE FROM THE EDITORS

Dear Community,

### Here is some important information:

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

Thank you for your continued support!

In community,  
The RA Community Edition News and Notes Team



## FROM THE ENTRY SERVICE

### NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to:  
[auroville.entryboard@gmail.com](mailto:auroville.entryboard@gmail.com)

## FROM THE WORKING COMMITTEE

### REGARDING A LEAVE INDIA NOTICE RECENTLY RECEIVED BY A RESIDENT

Dear community,

We would like to inform you that a resident of Auroville working at the International Youth Centre and Wood Concept, Alexander Yafarov (aka Sasha), received a 'Leave India Notice' from the FRRO on 16th July 2024. No reasons were officially given for this notice.

In the following weeks, we and our resource persons François and Namrita contacted the FRRO and other relevant officials in Delhi, asking that Sasha's case be reviewed on compassionate grounds. So far, the notice has not been reversed but we are continuing our efforts.

On 5th August 2024, the group claiming to be the 'Working Committee' published on Auronet a [circular](#) signed by Mr. Sathyanarayan, Under Secretary-in-Charge, dated 18th July 2024. The circular instructs the removal of Sasha from the Register of Residents, and the withdrawal of his Auronet access and [@auroville.org.in](mailto:@auroville.org.in) email.

We would like to state that Sasha's removal from the Register of Residents (RoR) is invalid, on the following grounds:

1. Neither Mr. Sathyanarayan, nor any other appointee of the Office of the Secretary, have the authority to decide on the removal of residents from the RoR. This lies solely with the Residents' Assembly as per the Auroville Foundation Act of 1988.
2. The Madras High Court, in its [interim judgement dated 23/02/2024](#), expressly instructed: "Until further orders, admission or termination of person in the register of residents of the Auroville Foundation shall not be finalised". Therefore the instruction to remove Sasha from the RoR is a clear case of contempt of court.

We will be taking all appropriate steps to address what appears to be once more an overreach of power by the AVFO and its appointees.

Auroville is fundamentally a community, and fellow Aurovilians are like family members. Sasha joined Auroville as a teenager in 2010. He grew up in Auroville, built a family here, and now has two young children and is a stepfather to three. Imposing this kind of treatment on fellow members of our community is shameful.

We will keep doing our best to stand for Auroville and for members of our community, of our family.

In Service,

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

## FROM THE AUROVILLE COUNCIL

### GOODWILL RESTORATION SERVICE HUB

Dear Community,

Last year, the Council created a new independent service for Auroville called the Goodwill Restoration Service Hub. The GRSH is answerable to the Residents' Assembly (RA) and handles all aspects of conflict resolution in accordance with the Conflict Resolution Policy 2015.

We are currently seeking interested Aurovilians to constitute a coordination team preferably with experience in nonviolent communication and maintaining impartiality.

If you have the relevant skills and are interested, please contact us at [avcouncil@auroville.services](mailto:avcouncil@auroville.services) before 28th August, 2024.

Best regards,

Your Auroville Council,

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

### AVC REPORT

Dear Community,

Greetings from Auroville Council!

We are pleased to inform the community that our new team members, Lucas, Ramesh and Sathiya have been gradually settling in and are already actively involved in many functions of the Council. Martin is presently TOS, but taking up some tasks from a distance where possible.

### Meeting the Community

The Council members have been actively trying for the past 2 years to bridge the gaps in communication between Aurovilians. We ventured out, as had been planned in the past months, to meet the residents in their own communities. Our aspiration is to enhance awareness about our internal organisation and to encourage community participation in the collective life of Auroville to foster a sense of inclusiveness. We were received by the residents from these communities with the warmth of open hearts and all of us were very touched. We extend our gratitude to all who shared their thoughts and ideas for future progress and we will continue meeting people on a regular basis and we hope to see more of you there.

In the recent community meetings we discussed the current land exchanges as it was the most urgent need to get people participating in the RAD. The land issue is particularly sensitive right now, and with the support of resource people from the community and assistance from some WCom members, the Auroville Council has managed to engage with about 65 communities. Our intention is to move on to all current and pressing community related topics.

### Maintenance Issues

Auroville has been facing an unprecedented number of dismissals of people from their jobs. The due diligence is not being followed, with insufficient reasons or no reasons given to dismiss these people. We have recorded more than 200 Aurovilians being dismissed in this manner. The Council maintenance and budget has been cancelled with no prior justified clarifications for such an action. Following this, a letter was sent to the GB BCC from the Auroville Council, however, no response has been received. A reply from them is still awaited.

We are also aware that a group of residents approached the GB-FAMC regarding all the maintenances and budgets being presently cut for our community functionings. A meeting was requested, instead the GB-FAMC replied with the following: [link to the reply](#).

The Council is bringing this topic to the attention of the community because existing policies are not being followed and any new changes created by the GB-FAMC has not been shared nor approved by the Residents' Assembly. Currently many Aurovilians no longer have any financial means to cover their basic needs as their maintenance has been cut with no other alternatives of support. A parallel Auroville organisation has been imposed without due processes agreed by the Residents' Assembly.

The Council would like that a humane approach of transitioning from one system to another is observed rather than a seemingly arbitrary decision imposed with no discussion with those involved. Such actions are not aligned to the spirit of Auroville and it is sad that after 50 years the present GB-FAMC has managed to leave the Residents in fear for their livelihoods

**RAS membership**

Following the call to the community, we had a response from residents ready to be part of the existing team. The new members of the team, Franklin, Pala and Vignesh have been announced in this week's edition of the News & Notes (RA edition).

**Review of the PWG document**

A study sub-group was set up by the Council in January 2024 to review the latest Participatory Working Group 2016 (PWG) guidelines, as is periodically customary. The PWG provides the basis for the working of all the major working groups, and includes the Selection Process used for the selection of members for working groups.

**Matrimandir Lake**

With the ongoing project of the MM lake as per Herald Kraft design, the council approached the MM executives for further clarity regarding environmental clearance and ecological sustainability issues. The link below is a report of the meeting.

[MM report meeting](#)

The Council continues to host an open house. Every Thursday from 10 to 11 am, we are available for open talks, and we hope to see more of you coming up with your ideas and suggestions.

Kind Regards,  
The Auroville Council  
Ashwini, Lucas, Martin, Ramesh, Riju, Samrat, Sathiya

**COMMUNITY NEWS**

**COMMUNITY SHARING**

**AUROVILLE DOG SHELTER**

**URGENT! RABIES SUSPECT DOG CAUGHT AT TRANSITION SCHOOL!!**

This is to inform the AV Community that the rescue team of the Auroville Dog Shelter caught on the morning of Monday **August 12th** inside Transition School, a black female dog that acted extremely aggressively and displayed signs of a possible rabies infection.

This dog had been seen roaming around last night at Grace Community, where it also bit and attacked other dogs. It then moved on to Arati 2 and was spotted this morning at Kalpana before we could locate and catch it at Transition School.



So far three persons including a child have been injured by the dog and also several dogs have been attacked. If you have come in contact with this rabies suspect dog, have suffered an injury, or came in contact with the saliva of the dog, please immediately contact the **Health Centre** for a vaccination shot.

If you know of any dogs or other animals which had been bitten by this dog, please contact the Auroville Dog Shelter (Arthur 8122225266 Whatsapp Message) with the location of the injured dog and a picture so that we can vaccinate it. If your pet dog was bitten, please seek out a vet for vaccination.



Some people said that this dog had a few puppies. We are still looking for information about these puppies, which could also be infected if the mother dog has rabies.

Our vet put the dog now under strict quarantine for 14 days. If the dog dies within 14 days then it is likely it was infected with rabies and a brain biopsy will be done to confirm it.

*Please, better to be safe than sorry!* Rabies once symptoms begin to show in the human body which can be up to

a year later is 100% fatal. It can be prevented by a simple vaccination.

For any questions: [aurovilledogshelter@auroville.org.in](mailto:aurovilledogshelter@auroville.org.in)  
For emergencies WhatsApp Arthur at 8122225266.

**UPDATE:** On Sunday, August 18th the Auroville Dog Shelter will conduct a vaccination drive to vaccinate all dogs who might have come in contact with the rabies suspect dog and for everyone who wants to keep their dogs safe.

Please contact Lore who will organise this vaccination drive under 6384180772 with details about the dog, share a WhatsApp location and try to keep the dog contained as our team doesn't have time to hunt and catch a dog. We are offering cost-price vaccinations (full protection Rs. 300) - if anyone cannot afford it, we will try to fundraise for the costs. It's important to contain this threat now. Thank you so much!

**FOREST GROUP COMMUNICATION WITH FO BCC / FAMC**

**Third request regarding the Silver Fund / PSS - Mon, Aug 12, 2024**

**To BCC / FAMC & To Whom it may concern**

We would like to remind you that 5 senior foresters over 70 years old have been waiting for over a year to be recognized and eligible to obtain full maintenance from the Silver Fund Maintenance or the "PSS" (Personal and Social Support).

Despite our [two previous emails](#) informing you of this request, you have still not responded, nor explained the reasons for your procrastination, nor why you consider that these 5 seniors who have dedicated their working lives and resources to the development of Auroville deserve from you such a lack of tact, attention, respect, fraternity, spiritual compassion, gratitude, and kindness, generosity, equality and peace

Where is in you the Wisdom of Maheshwari, the Strength of Mahakali, the Harmony of Mahalakshmi, the Perfection of Mahasaraswati so that they guide you to open your heart to resolve this humanly degrading administrative situation and that finally, you reconcile with the divine love which repairs, saves and dissolves in you the obstacles of an unnecessary, unhealthy and negative administrative arbitrariness?

Contact us so that we can resolve together this issue of the Silver Fund Maintenance (or PSS) for our seniors who deserve our respect and support.

Regards,  
The Forest Group of the Residents Assembly  
of the Auroville foundation



## POUR TOUS WATER IS A FREE SERVICE



We are pleased to announce that Pour Tous Water (PTW) is a free service, following the decision made by the Resident Assembly in January 2014.

The BCC/FAMC\* and the Pour Tous Water team have reached an agreement that the BCC budget will cover all PTW expenses. A recurring monthly budget of approximately Rs 63,000 has been allocated for this purpose.

PTW will provide the following emergency services free of charge:

1. **Plumbing** - Emergency, repair, and maintenance services for both exterior and interior plumbing.
2. **Water Supply** - Immediate water delivery by tank for users in need due to natural damage, emergency situations, or during cultural and educational events.
3. **Borewell and Pump** - Repair and maintenance services for borewells and pumps.
4. **Generator Supply** - Emergency generator supply for pump repair work.
5. **Standby Pump Supply** - Provision of a standby pump during emergency periods.
6. **Sludge Removal** - Temporary coordination with external services for sludge removal.

PTW offers its services to all Auroville residents, communities, services, and commercial units. Labor is free of charge, and any necessary replacement materials are provided by PTW without additional cost.

Payments should only be made via transfer to the City Service PTW collection account: 240302. Cash payments are not accepted.

Contact PTW at Abri:

- **Landline:** 262 2899
- **Office Mobile:** 9843 644 308
- **Email:** [ptw@auroville.org.in](mailto:ptw@auroville.org.in)



The Pour Tous Water team

\*GoverningBoard FO BCC/FAMC

## SUPPORT NEEDED

### EDUCATIONAL SUPPORT FOR OUR DAUGHTER

Dear Auroville Community,

I hope this message finds you well. We are writing to share some exciting news about our younger daughter, Catherine. She has recently been accepted into her first year of college, where she will be pursuing a **Bachelor of Science in Nursing**. This is a dream come true for her, as she has always been passionate about helping others and making a difference in the world.

As you can imagine, starting college brings both excitement and financial challenges. The cost of tuition, books, supplies, and other necessary expenses is significant, and we are committed to doing everything we can to support Catherine in achieving her goals. However, we are reaching out to you all for assistance during this important time in her life. The Scholarship Fund of Auroville has no funds at the moment, therefore we request the community for help.

We are kindly asking for your support to help Catherine as she embarks on this journey. Your contribution, no matter the amount, will go directly towards her educational expenses and help ensure that she can focus on her studies without the added stress of financial concerns.

She needs **Rs.2.25 lakhs** to pay for her first year of Bsc. Nursing urgently.



If you would like to support Catherine, kindly transfer to her FS A/c **252137**. Your generosity will make a meaningful impact on her ability to succeed in her chosen field.

Thank you for considering our request and for being a part of Catherine's journey to becoming a nurse. We are deeply grateful for your kindness and support.

Warm regards,

Rina Raju - Financial Service 7094384870

Raju - Auroville Printers 9443202786

### 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 fittings: 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**

**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.



## SEEKING ASSISTANCE FOR HIGHER STUDIES

Dear fellow Aurovilians and friends,

My name is Ajith, a young Aurovillian and the elder son of Logu (Loganathan), who runs the Mahasaraswathi store in Aspiration, and Manimegalai, who works at Solar Kitchen. Both my parents are long-term Aurovilians. Born and raised in Auroville, I earned a bachelor's degree in civil 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](mailto:auroajith@gmail.com) or [ajith@auroville.org.in](mailto:ajith@auroville.org.in). I would be really happy to share more about my plans and journey.

With gratitude and joy,  
Ajith

*Thank you*

## MALOKA ROOF REPAIR, ANITYA COMMUNITY

Dear friends of Auroville,

We, at Anitya Community, have a **sacred space for collective practices** called Maloka, which you may know. It is time to renew Maloka's roof, a vital part of maintaining this space where we gather for healing, Kirtans, parenting workshops, NVC circles, Women circles, meditation courses, Dances of Universal Peace, and so much more.

Maloka has always been a space of deep connection and transformation, where most of our activities are offered freely, with only a voluntary contribution requested from those who are able. For our regular users, a 20% contribution helps to maintain the space, but as you can imagine, this non-commercial approach doesn't always cover all our expenses. This is especially true when it comes to replacing the traditional keet roof.

The estimated cost for the new keet is **48,000 rupees**. We are reaching out to our cherished community for support. If Maloka has touched your life in some way, we kindly ask for your help in preserving this space for future gatherings and sacred practices. Every rupee you contribute is deeply appreciated and will go directly towards the cost of the new roof. Your contribution can be transferred to account **251647 with the note: "Maloka roof repair"**.



We thank you from the bottom of our hearts for your generosity and continued support.

With gratitude,

Mathilde for the Joi Anitya Team

## MAKER SPACE

Dear Community,

We are excited to share with you the news of our newly launched Maker Space! This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings.

In order to continue providing a dynamic and resourceful environment for our community, we are reaching out to ask for your support. We are seeking donations in cash or in kind, specifically materials such as wood, metal, and other upcycling materials that will help our makers bring their ideas to life.

Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

If you are interested in supporting our Maker Space with a donation, please reach out to us at [Youthlink@auroville.org.in](mailto:Youthlink@auroville.org.in) or for in cash donations you can directly transfer to our account 251048.

Your contribution will make a meaningful difference in the success of our program.

Thank you for considering supporting our Maker Space. We look forward to hearing from you and continuing to empower makers in our community.

Sincerely,  
Youthlink Maker Space Team



## AUGUST 15TH CELEBRATION

### LIGHT MANDALA MEDITATION

THURSDAY 15TH AUGUST

Dear all,  
Pavilion Of Tibetan Culture invites you for a Light Mandala Meditation with recorded chanting, on Sri Aurobindo's birthday **15th August at 7 to 8.30 pm.**

All are welcome.  
Pavilion Of Tibetan Culture, International zone.



## AWAKENING SPIRIT

### SRI AUROBINDO'S POEMS - AN OFFERING

TUESDAY 20 AUGUST 2024

Dear Community and Poetry Lovers,

A warm welcome to a very special poetry event with readers from Auroville and the Ashram presenting a selection of Sri Aurobindo's poems as an offering to Him.

Readers: Anandamayi, Aravinda, Joy, Malcolm, Maurice, Otto, Srimoyi  
Music: Aurelio

## SRI AUROBINDO'S POEMS

### An offering

Readers: Anandamayi, Aravinda, Joy,  
Malcolm, Maurice, Otto, Srimoyi  
Music: Aurelio



Painting by Priti Gosh

**Tuesday 20 August 2024, 6-7pm**  
**Sangam Hall, Savitri Bhavan, Auroville**

*Please be seated 5-10 minutes before, close to the readers, to hear the readings without mic.*

Date: **Tuesday 20 August 2024**

Timing: **6 - 7pm**

Venue: **Sangam Hall, Savitri Bhavan, Auroville**

A gentle reminder: **Please be seated 5-10 minutes before**, close to the readers, to hear the readings without mic.

From organisers Anandamayi, Anandi and Joy

### THE OM CHOIR IN SAVITRI BHAVAN

**Thursdays, 5:30 p.m.**

ALL ARE WELCOME

- Narad



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

Tuesday, 20th August, 9 am - 12 noon

**Focus: The Psychic being**

Led by Ashesh Joshi

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

All are Welcome



## 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*

## CHANTING - BHAGAVAD GITA

SUNDAY 18TH AUGUST 2024



**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](mailto:devabhasha@auroville.org.in)

With Sincerity and Gratitude,  
Samskritam Auroville and Savitri Bhavan 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.



**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  
Sunday 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
- 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](mailto: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](mailto: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.



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

**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 SAIER Building, Town Hall Complex, or at an agreed upon venue in Auroville

By appointment only: please call 8300191193



**Also check Zech's Weekly Sharings:**

<https://zechjoya.blogspot.com> or scan the QR Code



**ART & CULTURE**

**CENTRE D'ART EXHIBITION - EMERGING, BY SRIDAR K.**  
OPENING ON FRIDAY 23 AUGUST AT 4.30PM



At  
**Centre d'Art  
Citadines**

from  
**23 August to 7  
September.**

**EMERGING**  
by  
**SRIDAR.K**



**AUROVILLE FARMS ASSESSMENT**

Dear Community,

Happy to share with you the farm assessment work that we started in August 2023 urged by the need to have an overview of the individual farms and the farming sector as a whole. This has become more and more important ever since due to the big changes we are seeing in Auroville concerning farming and land.

You can find the farm assessment [here](#).

When we designed this assessment, our intention was to make an [integral analysis](#) of the farms keeping in mind their ecological, social, cultural, and spiritual dimensions. We collected what data was not already available by meeting farmers and asking them questions from a [prepared questionnaire](#). Despite our best effort, we were not able to assess all these parameters in the same manner due to lack of time, resources and available data (either due to data not being recorded, the unwillingness on part of the stakeholders to share information and most importantly the inconsistencies in the consolidated accounts data). At the end of each report, we have tried to summarise the challenges faced by the farm in fulfilling their aspiration and a conclusion with the hope that it will help the farmers, the community and the policy making groups to reflect on the next steps.

A [farm sector level](#) report is also provided to show trends, challenges and possibilities across the entire farm sector. At the end of the analysis, key observations are listed which are a summary of the main challenges that keep the farm sector from growing, followed by a ten-point recommendation to help take some positive steps in the coming months and move forward with this work.



We appreciate all the hard work that goes into maintaining and working on a farm and we hope that this assessment can be a tool for different stakeholders to identify where and how

Auroville farms can improve and be supported to realise food sustainability for the community.

We hope that that this work will encourage a deeper conversation about our farms and farming in Auroville and look forward to your comments, feedback and suggestions. You can reach out to all/either of us.

Sincerely,  
Anshul, Avinash, Madhuri, Nidhin

**AVATARHOOD**

*The Avatar therefore is a direct manifestation in humanity by Krishna the divine Soul of that divine condition of being to which Arjuna, the human soul, the type of a highest human being, a Vibhuti, is called upon by the Teacher to arise, and to which he can only arise by climbing out of the ignorance and limitation of his ordinary humanity. It is the manifestation from above of that which we have to develop from below; it is the descent of God into that divine birth of the human being into which we mortal creatures must climb; it is the attracting divine example given by God to man in the very type and form and perfected model of our human existence.*<sup>[1]</sup> This is the central teaching, as it emerges in Sri Aurobindo’s “Essays on the Gita”.

Among those who accept the Avatar phenomenon, a certain mentality expects him to be free of human imperfections from the beginning. Arguing that the perfect cannot be burdened with human imperfection, these too are dualists, as Sri Aurobindo calls them in “Essays on the Gita”; what they opine would nullify the purpose for the divine descent. To re-establish justice and virtue is only one aspect; the divine Omnipotence can also use *vibhutis*, great personalities and great movements. “There are two aspects of the divine birth; one is a descent, the birth of God in humanity, the Godhead manifesting itself in the human form and nature, the eternal Avatar; the other is an ascent, the birth of man into the

*Godhead, man rising into the divine nature and consciousness, madbhāvam āgatah; it is the being born anew in a second birth of the soul. It is that new birth which Avatarhood and the upholding of the Dharma are intended to serve.”* Adding, “Avatarhood for the sake of the Dharma would be an otiose phenomenon”; the “rising of man into the Godhead” <sup>[2]</sup> is the Avatar’s ultimate mission.

Without is within, society is the sum of countless souls. The Avatar manifests to lead the march towards a new law of being and a new ordering of society; his *magnum opus* is the transformation of the human race, from within no less than from without. The purpose of the divine incarnation is to bring about a leap of consciousness in the mass of individuals constituting the collective, in harmony with the spirit of the oncoming age. At the crossroads we have reached, the Avatar’s mission is to prepare the ground for the advent of a society of Gnostic supramental beings.

To our transitional existences the Avatar shows the way to the foreordained transformation of our nature. Taking upon himself the burden of human impossibilities, to make the Avatar’s message accessible demands partaking our humanness. Sri Aurobindo explains that in charting the path for a new species the Avatar undergoes many trials; guiding mortals towards a more perfect state of being, by his own example he shows how obstructions can be overcome and the goal attained. This points to the self-sacrifice of the Divine in the deepest and most integral sense of the word: the sacrifice of his inborn perfection.



With regards to the Supramental Yoga Sri Aurobindo warns that his is a most difficult path, not to be commenced unless determined to pursue it till the end. In one letter he writes that his disciples are, by necessity, “not spotless Saints or perfect born Yogis but men who carry in them their human nature and typify each in his own way what is in the world and what has to be changed”. He continues, “The influence of the hostile Forces was on them as on all human beings”. Consequently, *sadhana* involves coming to terms with the play of

hostile forces, whereas not to deal with them “would have been to leave the problem unsolved and the work undone.”<sup>[3]</sup> These forces are as much universal and connected to the world-scene as they are individual. In another letter Sri Aurobindo observes, “As for attacks, they can attack anybody. Christ and Buddha too had to bear the assaults of the Asura. But invasion in a man is only possible if there is something in him that gives a response and opens the gate.”<sup>[4]</sup>

The above considerations, essential to grasp the ground-reality in which the Avatar operates, go hand in hand with the tremendous resistances those engaged in the evolutionary transformation have to face all along. Exposing the dynamics of the involution-evolutionary process, Sri Aurobindo unveils, “of course anyone who wants to change earth-nature must first accept it in order to change it. To quote from an unpublished poem of my own:

*He who would bring the heavens here  
Must descend himself into clay  
And the burden of earthly nature bear  
And tread the dolorous way.”<sup>[5]</sup>*

Paulette

[From the introduction I wrote to “Avatarhood – Human and Divine”, third print.]

- [1] *Essays on the Gita*, CWSA 19, 157.
- [2] *Ibid.* 148.
- [3] *Ibid.* 642.
- [4] *Ibid.* 655.
- [5] Lines from *A God’s Labour*. The quote is taken from Letters on Himself and the Ashram, CWSA 35, 284.

## POETRY

### Divine Mother's Dream

12.8.2023

A world of vastness I see coming here  
Despite the evil forces using man,  
Promised by the sages and the Seer  
Of life, the dawning age of superman.

It is true that earth is in the throes  
Of an evolutionary crisis where  
The force of destruction's minions flows  
Concurrent with the overwhelming fear

Of cataclysms signalling the end  
Of a life known in misery and pain,  
But the higher forces now intend  
To obliterate the falsehood's stain

And bring to earth the divinising stream  
Of Truth and Love, the Divine Mother's dream.

- Narad

Something gets ignited  
In me.

It burns  
And lasts.

It scorches  
And soothes.

It steals  
And swallows  
Me.

No, I can't resist it.

And you don't have to  
Save me.

Rest well.  
It will rise  
In you  
As in me.

- Anandi Z.

## HEALTH

### 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 [www.innersightav.org](http://www.innersightav.org) or whatsapp Kardash on 9940934875.



## 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 Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

**Contact:** [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com)  
WA/ Mobile: 8012305151: [www.aurokiya.com](http://www.aurokiya.com)

## 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.

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





**PROGRAMMING MOBILE APPLICATION COURSE**



C3STREAM Land is excited to announce a course on **Programming Mobile Applications**. This **16-sessions** course is designed to provide you with the skills and knowledge needed to **develop mobile apps** for both **iOS and Android** platforms using the **Flutter framework**.

For more details, please check out the course announcement and fill out the registration form using the link below:

<https://tinyurl.com/programmobile>



If you have any questions, feel free to reach out to [nithyasandhosh.ezee@gmail.com](mailto:nithyasandhosh.ezee@gmail.com) or 9751241372.

Last day of registration **28 August 2024**.

**SUPPORTIVE LEARNING AND SPECIAL NEEDS COURSE (HYBRID FORMAT)**



Teachers Centre-SAIER offers The Supportive Learning Satellite program to meet the needs of Auroville educators and parents. We have now developed a teacher's training course in inclusive education and special needs in alignment with Integral Education.

This is a foundation course of 10 months for all those who are interested in this field of work and committed to meet the needs of Auroville education. The main purpose of this course is to create a pool of educators for Auroville equipped with a better understanding of inclusive education and neurodivergent children.

This course is open to all educators and Aurovilians, newcomers and volunteers with a deep interest in this topic.

The course aims to strengthen Auroville education and uphold the fundamental concepts of inclusivity and neurodiversity. Thus the course demands that participants are committed to the completion of regular assignments and acceptance to undertake necessary assessments.

Participants are required to:

- Attend 3 hours per week - online session
- Commit to self-paced study and assignments approximately 4-5 hours per week
- Attend 1 offline session of 4 hours (Physical attendance) per month
- Two weekend internship tentatively scheduled in the month of January and September 2025
- Undertake assessments- some of the assessment criteria will include, class participation, portfolio-assignments, individual assessments, study cases etc.

To register fill out the form at the link below:

- <https://tinyurl.com/slscourseauroville>

The course is open to all and selected participants will be offered a full course scholarship after undergoing the following stages of selection:

1. Registration through Google Forms in the link provided
2. Interaction meeting with members from Teachers' Centre - SAIER
3. Preliminary assessment before the start of the course (details for this will be shared at the time of the interaction).

On successful completion of the course, candidates will receive a certificate from Teachers' Center, SAIER.

For any queries or more details write to the Teachers' Center SAIER: [teacherscenter@auroville.org.in](mailto:teacherscenter@auroville.org.in)

Registration for all classes:  
[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)  
**+91 9843030355 (WhatsApp)**

Since joining the Auroville Language Lab in 2022, Jean Francois has taught French to many students. Jean Francois offers three 2-months courses. New batches start beginning of September.

**Current Schedule of Classes**

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	Beginner	4:30 – 5:30 pm	Monday & Wednesday
	French Conversation (Post-Beginner to Pre-Intermediate)	11 – 12:30 pm	Friday
	French Conversation (Intermediate)	2:30 – 3:30 pm	Tuesday & Thursday
	Beginner and Intermediate	4:20 to 5:20 pm (Fri) 10:00 to 11:00 am (Sat)	Friday & Saturday
German	Intensive German Class	9:30 – 11:00 am	Monday & Wednesday
	Intermediate (A1-A2)	9:30 – 11 am	Tuesday & Saturday
Persian	Persian Language and Poetry	4:00 – 5:30 pm	Thursday
Sanskrit	Beginner	2:00 – 4:00 pm	Thursday
Hindi	Beginner	2:00 – 4:00 pm	Wednesday
Tamil	Spoken Beginner	09:30 – 10:30 am	Tuesday and Friday
	Spoken Intermediate	9:00 – 10:00 am	Saturday
	Reading & Writing	3:00 – 4:00 pm	Saturday
Spanish	Beginner	2:30 – 3:30 pm	Monday & Wednesday
	Intermediate	To Be Announced	TBA
Italian	Beginner	4:00 – 5:00 pm	Wednesday & Friday
	Intermediate	To Be Announced	TBA

If there's a language you would like to learn but it's not listed ... please let us know!

**To join or enquire:**

Please fill our form at <http://register.aurovillelanguagelab.org/> You may also drop us an email at [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org), call us at 262-3661, text or whatsapp at +91 9843030355 or come visit us!

**Please Note:**

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is 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](mailto:info@aurovillelanguagelab.org) and [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.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

## VÉRITÉ WORKSHOPS

Pre-registration required

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



### 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 (Tridosha) & 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.

### Sivananda Yoga: Masterclass – with Mani

**Saturday, August 24, 9:15am – 12:00pm**

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

### Face & Eye Yoga: Face Your Self – with Mamta

**Saturday, August 24, 2:00pm – 4:30pm**

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

### Food is Medicine: Lifestyle Health Practices – with Parvathi

**Saturday, August 24, 2:00pm – 4:00pm**

Learn about your body's constitution (Tridosha) & 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.

### Cancellation of Classes for the following:

Deep Sound Bath – with Satyayuga

- Monday 12th Aug,
- Thursday 15th Aug,
- Saturday 17th Aug, 5pm - 6pm

## 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](#).



Vipassana

As taught by S.N. Goenka



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

# WELL-BEING

## @ JOI ANITYA

**THAI YOGA BODYWORK**

ANDRES  
(+91) 9751607501

**AYURVEDIC MASSAGE**

ELENE  
(+91) 7094143719

**INTEGRAL COACHING**

DAVE  
(+44) 7564119728

**SHAH-LU-HA-KA BODYWORK**

NIKKI  
(+91) 7094716136

**MINDFULNESS MEDITATION**

HELEN  
(+91) 7094753054

**WOMEN CIRCLES**

PREM SHAKTI  
(+91) 9489244823

Info and Bookings through WhatsApp

Anitya Community Centerfield

joyofimpermanence@aurville.org.in

Joi Anitya is a Registered Project under Hospitality Trust, Auroville Foundation

## NONVIOLENT COMMUNICATION WORKSHOPS

YouthLink would like to invite you to a Nonviolent Communication workshop, facilitated by Vega (CNVC-certified trainer). NVC is a communication tool that helps us connect from our hearts. This tool can enhance connection and understanding and make us more aware so we can make choices from a conscious space.



**NVC**

- NVC Introduction workshop

- Exercise sessions

During this workshop, you will learn to practice basic principles of Nonviolent Communication and explore different ways of connecting oneself and others from the heart.

There are two types of sessions available:

1. 2-day NVC Introduction workshop : 24th, 25th (Sat, Sun) of August, 9:30am to 4:30 pm
2. 6-week Practice Sessions\*: From the 5th of September every Thursday from 4:30 pm to 6:00 pm

\*The Practice Session is designed for those who have participated in at least one Basic NVC session and are seeking a deeper experience.

## FAMILY AND SYSTEMIC CONSTELLATION WORKSHOP

SATURDAY 24TH OF AUGUST 9AM - 5.30 PM

For Aurovilians, Newcomers  
and Volunteers only at

**Creativity HALL OF LIGHT.**

CONTACT Moghan 9751110486.



## MIKSANG - A MINDFUL PHOTO WALK

SATURDAY 24TH AUGUST - 8AM TO 10AM

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.

In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment - seeing, appreciating, comprehending, expressing, sharing - that is all there is.



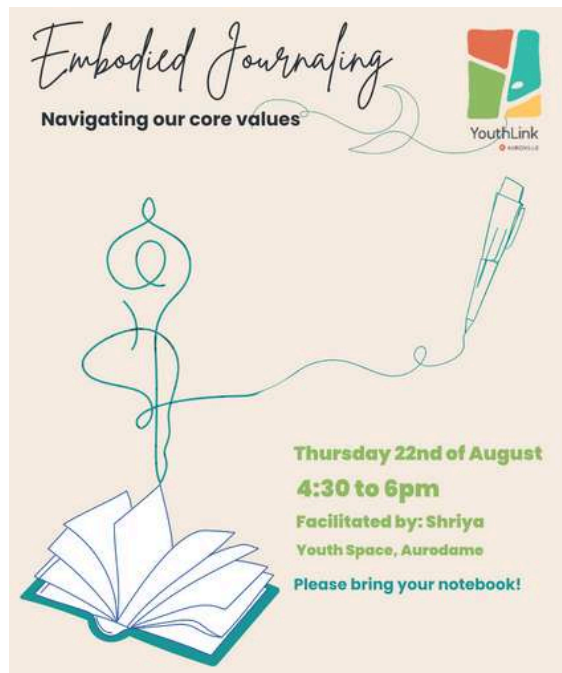
This practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

No prior experience (of anything) is needed. All you need is something to take photos with.

The session will be led by Helen - a mindfulness teacher with a passion for Miksang. For details and booking message Helen on 70947 53054 or visit [innersightav.org](http://innersightav.org).

## EMBODIED JOURNALING - NAVIGATING OUR CORE VALUES

TUESDAY 22ND OCTOBER



Our core values are often hidden in our experiences. These values are always at play either consciously or unconsciously. Understanding the values we hold dear to us helps us make aligned decisions. They become our anchors in times of confusion and despair, and are highlighted when we experience happiness and contentment.

In this embodied journaling exercise, we will discover what our core values are for the current phase of our life (considering these values can change as we change).

Join us on the **22nd of October from 4:30pm to 6pm at Youth Space, Aurodam (Follow the sign boards!)** for an Embodied Journaling experience!

Looking forward to see you there!

Madhu for the YouthLink team.



## MINDFULNESS FOR STRESS REDUCTION (MBSR) - 1 WEEK INTENSIVE COURSE

MON 2ND SEPTEMBER - SAT 7TH SEPTEMBER

This course synthesises ancient Eastern wisdom on mindfulness with Western neuroscience, mind-body medicine & positive psychology.



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

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

Timings are: **7.30 - 9.30am (Mon to Fri) & 9am - 4pm on Sat 7th September.**

The course is led by Helen. Message her on 7094753054 for booking & details or see [innersightav.org](http://innersightav.org). The course is hosted by InnerSight (an Activity under Hospitality Trust).

## 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 "spect-actors" 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.

This 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.**



## PITANGA



### Program - August 2024 Holiday closure on Thursday 15th August

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

#### 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

#### 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

#### 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

#### 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 are for the teenagers from AV schools. It is still possible to join the course as there is some space in one of the classes. The student can come and try out, then see with the teacher. 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

**ATB Exploration** with Isora, and teachers in training Rosario and Teresa

- Thursdays, 5:30pm – 6:45pm, starts 22/8
- Prior registration required.

## 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**



Are you interested in becoming a 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 that will include anatomy and physiology, healing touch, techniques for

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

“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 the 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](mailto: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](mailto:dancingtree.smile@gmail.com) / whatsapp: 9159856148

**Dancing Tree, under Hospitality Trust, Auroville**

ATB (Awareness Through the Body) facilitates a space to 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](mailto: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\\_Gw9CsmhIkVl](https://chat.whatsapp.com/HbXJDKUuD_Gw9CsmhIkVl) 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.

If you like to know more about our work email us - [morningstar@auroville.org.in](mailto: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.

Booking is required. To register whatsapp Helen on 7094753054 or visit [innersightav.org](http://innersightav.org).

**Saturday 17th August (9.15am-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"* - Aurovillian

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

Mobile & WhatsApp: +91 9488084966

### AUGUST PROGRAM

#### WOGA (Yoga in Water) Class with Friederike & Tamara : Friday 24th 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!).

#### Baby Watsu Class with Friederike : Monday 26th 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.

#### WOGA (Yoga in Water) 1 & 2 Course with Pooja Gautam : 28th - 29th August (8:45am - 5:00pm: 12 hours)

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. It focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and underwater. The course also includes pranayama and meditation.



Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool!

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

#### WaterDance Fundamental with Roberto : 3rd - 8th September (8:45am - 6:30pm: 50 hours)

In this basic course, we'll focus on three fundamental aspects of WaterDance, a unique aquatic therapy: vertical grounding, posture of both giver and receiver, and the breath.



The key movement is Water Breath Dance, in which you will float

someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements. Throughout the course, you'll also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will be given for integrating fears or apprehensions to go under water.

In addition, you will learn and practice the basic WaterDance sequence, which forms the essential core of this powerful aquatic bodywork modality. On land, various tools such as guided meditations, body & energy work, active breathing exercises, and practising effective communication skills will offer opportunities for connecting deeper with yourself and with others.

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

### SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: 0091 (0)413 - 3509950

Mobile/Whatsapp: +91 9385623342

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



### REGULAR CLASSES:

**Qi Gong - RESTARTING from Friday the 16th August at 7am - with Lhamo**

• **Every Monday - Wednesday and Friday 7 - 8:15am**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

### Hatha Yoga with Ramesh

• **Monday and Wednesday from 6 - 7pm and Friday 6:30 - 7:30pm, drop in class.**

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

### Traditional Sanskrit Mantras with Sonia

• **Friday from 5 - 6pm (Regular Students only).**

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

**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 – [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) & 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

**Auromode Yoga Space**

Email – [balaganesh.siva@gmail.com](mailto: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 Karakatti, 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 happiness.

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](mailto:balaganesh.siva@gmail.com)  
 WA + 91 98926 99804



Find our Yoga Shala -

<https://youtube.com/shorts/8FTldxoWt9k?si=JMKXs062TplaE82D>

Auromode Apartments

0413 262 2224

<https://g.co/kgs/frzmN4>

**FO GROUPS NEWS**

(not selected by due Residents Assembly process)

**FROM THE FO N&N 1039**

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

**ACTIVITIES & EVENTS**

**AUROVILLE YOUTH SUMMIT 2024**

SATURDAY AUGUST 17TH

Who am I, where am I, and what am I doing here?



**17 AUG**  
**Saturday**  
 10am-4pm



Register here!

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 Auroville, I would..." etc.

For this third edition of Youth Day, we are delighted to invite the

youths to engage in various activities and enjoy a delicious lunch 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**

**THE SOULFUL FLOWER CARD GAME BLOOMO!**

Play sessions every alternate Thursday at Marc's Cafe Terrace, Auroville

Come, join us for BloomO! play sessions for a 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!

Join our what's app group for event updates.

Karona and Naresh will be PJs 😊, our play jockeys to help facilitate.

Email: [contact@marcscoffees.com](mailto:contact@marcscoffees.com)

Matilde

**Play BloomO! at Marc's Cafe Terrace.**

**Every alternate Thursday at 5:15pm**

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

**FRIDAY EVENT AT MARC'S CAFE ROOFTOP**  
FRIDAY 16TH AUGUST



Dear Community,  
We warmly invite you to join us for a cozy Friday afternoon session at Marc's Cafe Rooftop, **featuring Rolphéus Gheo**. Enjoy specialty coffee brewed to perfection, sip on exquisite teas, and immerse yourself in good tunes through a crystal-clear sound system. We'll also be serving up fresh falafel and a variety of tapas.



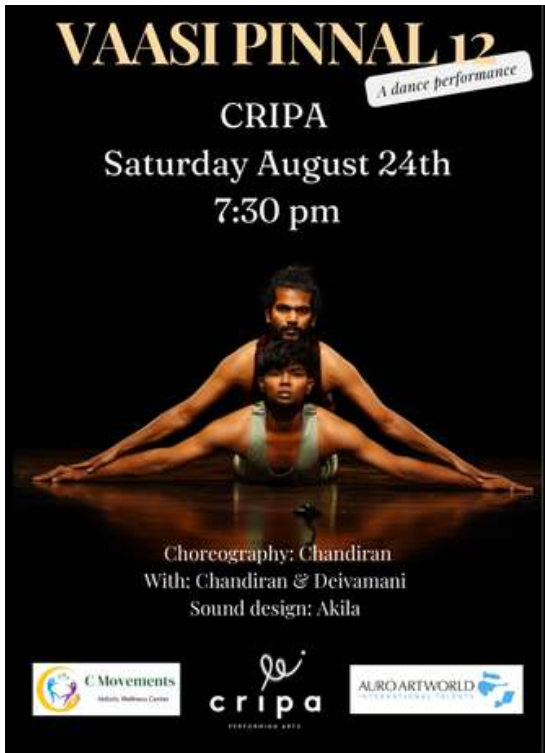
When? **5:00 PM to 8:00 PM on 16/08/2024.**

Looking forward to seeing you there!

**VAASI PINNAL 12**

SATURDAY 24TH AUGUST, CRIPA

According to varma science, the circularity of the life energy (Vaasi) of the body is related to the circularity of the movements in the universe. Both the outer and the inner body react to the activation and interconnection of the 12 vital points within the body.



The articulation of these 12 vital points forms the 12 pathways within the body. The articulation of the Vaasi in the vital channels leads to spiral movements within the spine and limbs. The dance becomes the manifestation of these movements in relation to space and time. As the dancing bodies keep reacting to the more and more complex inner activation and connections, the Vaasi becomes a single continuous movement inside, and, on the outside, the two bodies become one.

The duet, at first a physical response to the Vaasi, becomes an emotional response to the flow of energy inside the body – through the exploration of dynamics, weight, force, space and time as well as opposition, energy, coordination, weight negotiation, sensing and listening between two bodies. The work addresses the idea of togetherness and opposition in silence.

This contemporary dance performance is supported by CRIPA, Auro Artworld - International Talents, and C Movements - Wholistic Wellness Centre.

Choreography: Chandiran  
With: Chandiran & Deivamani  
Sound Design: Akila

**TROPICAL DRY EVERGREEN FOREST SPECIES IDENTIFICATION INTRO WORKSHOP**  
2ND SEPTEMBER - 6TH SEPTEMBER

**Know your greens!**  
Introductory workshop on TDEF. Species identification

Last date to register: **28th August**

Join us for a 5-day adventure exploring the vibrant flora of the Coromandel Coast. Learn to identify and appreciate native plants through sight, smell, and touch. Discover their edible and medicinal secrets while learning to look deeper with the art of nature journaling. Gear up, cap on, and immerse yourself in this hands-on experience.

**Dates:**  
2nd Sep to 6th Sep' 24

**15 SPOTS AVAILABLE!**

Fees - Rs.7000/- (includes the course fees, daily lunch and refreshments)  
Please write to us for further details - [ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com)

Location: Auroville Botanical Garden

To register or know more about our upcoming workshop at the Auroville Botanical Gardens from 2nd September to 6th September 2024, please contact us at - [ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com).

**TANGO AUROVILLE**

**wanna TANGO**

AUROVILLE TANGO  
New batch starts the first week of each month

<b>MON</b> 19:00 Introduction to Tango	<b>WED</b> 19:30 Guided Practica
<b>20:00</b> Opensource	<b>20:00</b> Practilonga

Call: +91 98211 66082  
Write to: [tango@auroville.org.in](mailto:tango@auroville.org.in)

**SPIRIT OF OLYMPICS EVENT**  
FRIDAY 16TH AUGUST, DEHASHAKTI

Join Us for the Spirit of Olympics Event!



A wonderful opportunity for the community to come together! This event will host:

- 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.

**GUIDED TOURS IN AUROVILLE BOTANICAL GARDENS**






From the 20<sup>th</sup> of July to the 20<sup>th</sup> of October 2024

*Come walk with us!*  
Guided Garden Tour

**Auroville Botanical Gardens**  
Wednesdays and Fridays - 9.30 am (about 1 1/2 hour walk)  
Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen  
Please send us an email to: [avbgtours@gmail.com](mailto:avbgtours@gmail.com) to book your walk

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

**EARTH SHASTRA OFFERING**  
21ST - 29TH SEPTEMBER 2024

**EARTH SHASTRA**

Community in the times of Ecological Crisis

21st - 29th Sep, 2024

Applications **Live Now!!!**

**Auroville**  
Tamil Nadu

A 9 day experiential leadership journey to discover the interconnections between ecology & economy.

Contact us for more details: - [connect@youthallianceofindia.org](mailto:connect@youthallianceofindia.org)

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.



**TALK AT TIBETAN PAVILION**



WISDOMTALK  
Crucial role of diet and lifestyle in Tibetan Medicine System

**Friday, August 23 5 to 6pm**  
Pavilion of Tibetan Culture invites you to a talk by the visiting Tibetan Amchi **Dr. Samphel La**

Followed by vegan, gluten-free, artisanal pizzas by Auroville's **#Pizzawale**

**PIZZAWALE AND PAVILION OF TIBETAN CULTURE**  
FRIDAY 23RD AUGUST 2024

Pizzawale and Pavilion of Tibetan Culture are excited to invite you on Friday, August 23 2024, **6 - 8pm**

**#Pizzawale**  
*pop-up!*

Gluten-Free. Vegan. Artisanal pizzas and more!

**FRI, AUGUST 23, 2024 6 - 8pm**



**Pavilion of Tibetan Culture, Auroville**

**Come for the wisdom talk. Stay for the food goodness!**  
Tibetan medicine wisdom talk on diet and lifestyle by Dr. Samphel La at 5pm followed by gluten-free, vegan pizzas... and more!

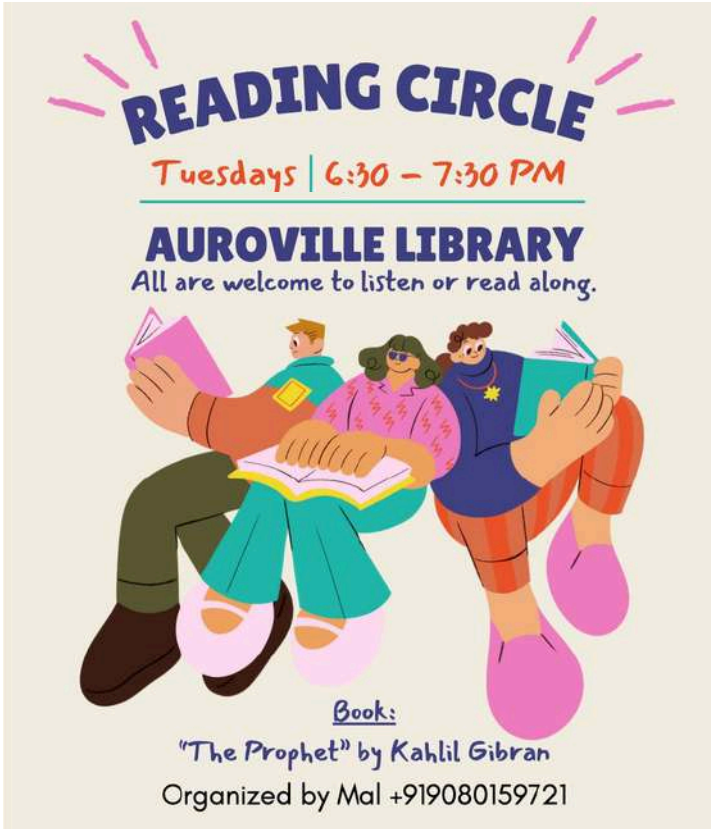
Proceeds from the pop up will go toward supporting the Pavilion projects. FS, Aurocard, and Mobile Pay are accepted.

@2024 Submitted by Chetana, Shilpi, Darren & team

**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 - EVERY TUESDAY**



**READING CIRCLE**  
Tuesdays | 6:30 - 7:30 PM  
**AUROVILLE LIBRARY**  
All are welcome to listen or read along.

**Book:**  
"The Prophet" by Kahlil Gibran  
Organized by Mal +919080159721

**PERMACULTURE 360° FARM TOUR AT TERRA SOUL**



**terra soul**  
@ AUROVILLE  
**Permaculture 360°**  
Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?  
Join us  
Saturday from 11:00 AM to 1:00 PM  
for an immersive tour of our permaculture farm in Auroville!

- ✓ Guided tour of our lush permaculture farm
- ✓ A chance to connect with Nature and like-minded communities
- ✓ Delicious farm-to-table lunch made from our fresh harvest

**CALL & BOOK A TOUR NOW**  
JUAN - 9443434182  
terrasoul\_community

👤 Limited spots available!

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

**YOUTH CENTER IS CELEBRATING FACES OF YC WITH ART, MUSIC, FOOD, OPEN MIC, ETC**

We invite all sustainable and organic brands, artists, and farmers doing great work to showcase and sell their products at our market.

This is an opportunity to connect with like-minded individuals and share your passion for conscious creation with the community.

\*If you're interested in setting up a stall to sell your goods, feel free to contact us- +91-9911218918  
We welcome all who are dedicated to sustainable and eco-friendly practices\*

**Date of the event- 17th Aug'24**  
**Time- 4-10PM**



\*Note: This is a zero waste/plastic event. All participants must come with no plastic packaging and ensure they create no waste.

**FOODS, GOODS & SERVICES**

**VÉRITÉ CAFÉ**



**Verité**  
**TASTE OF YOGA**  
NOW OPEN AT VÉRITÉ

**9:00 - 12:00**  
**13:00 - 16:30**

**Monday to Saturday**

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with utmost care, integrating sattvic principles to promote overall well-being.

**NEWS FROM SUDHA'S KITCHEN!**

We refreshed our menu and offer breakfast, main courses, sandwiches and healthy soups and salads. We are welcoming people with special food requirements: low sugar diet and food intolerance. We also provide South Indian lunch. We make our own sundried masalas and choose for chemical free meals.

**We are open on Sri Aurobindo's Birthday (15.8.24).**

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](mailto:sudhaskitchen14@gmail.com)



## SATSANGA RESTAURANT

### Combo Menu - Home delivery

European and Indian dishes:  
vegetarian, chicken, fish, prawn, meat, pasta, paneer cottage  
cheese and much more!

Call:  
WA:8825801990 or 9080386900  
Landline: 0413-2918553

Address: Auroville main road, next to HDFC Bank  
Email: [aurosatsanga@gmail.com](mailto:aurosatsanga@gmail.com)

# Satsanga



## 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

### EVERYONE IS WELCOME.

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](http://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!



## JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



Limited seats available

Every Thursday & Saturday- Contribution required



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

**Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY**

**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 signs  
To know more about Anitya: [joyofimpermanence.in](http://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](mailto: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 Ahana 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](mailto: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 **Kalpna 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](mailto: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](mailto:insideindia@auroville.org.in) or [insideindia@inside-india.com](mailto:insideindia@inside-india.com)

### Some current offers:

- Etihad airways offer fare from Chennai to Paris, Frankfurt, Munich, Amsterdam, Brussels, Madrid, Milan, Zurich and Rome
- Air Vistara special fare from Chennai to Paris, Frankfurt, London
- Malaysian airways and Thai airways special fare from Chennai to Seoul.
- Air India offer fare from Chennai to Zurich, Copenhagen
- Qatar airways competitive fare from Chennai to Lisbon, Hamburg
- Aerofloat flight offer fare is available from Delhi - Moscow - Delhi.

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](mailto: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.

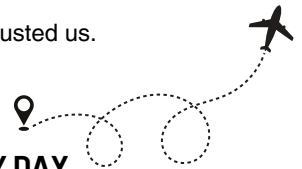
And be aware that **Corona is NOT fully dead yet** so some places may have some new 'relaxed' restrictions mostly regarding the usage of masks in public places... this [map](#) will show you the "official" stands of most countries in the world but it might be good to search the specifics of the countries 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

We welcome you every morning from **9.30 am to 12.30 pm**. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI. For more info, call /whatsapp us: +91 83002 68804 or pass by. Foodlink Team



Fruits, vegetables, milk & eggs from Auroville farms

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

FoodLink  
Solar Kitchen Complex  
Crown Road, Auroville

Call/WhatsApp:  
+91 83002 68804



No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.



## SURABHI SUPPLIES

Dear Auroville Community,

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

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

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

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

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

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,  
Surabhi Supplies

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

Secondary Email: [rctrapidcareservice@gmail.com](mailto:rctrapidcareservice@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](mailto:airconclean.av@gmail.com)

Regards, Julien.

## DROPZY



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

## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

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

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

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

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



## 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](mailto: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



# FOOD FOREST TOUR

[www.myfoodforest.in](http://www.myfoodforest.in)

**FOOD FOREST TOUR**  
WITH VEGAN ICE CREAMS, GREEN SMOOTHIES and more...

EVERY SATURDAY & SUNDAY from 9:30 to 11:30

Come to an experience in my permaculture garden, learn about organic farming and get inspired to start growing your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers. After the tour we are going to create delicious nourishing **RAW VEGAN ICE CREAM BOWLS** with toppings from the garden.

at La Ferme Community (5min from AV Bakery)  
Sign up and more Info [www.myfoodforest.in](http://www.myfoodforest.in)  
whatsapp Sarah 9047421044

For groups of min 4 people any other weekday is possible.

## AURODENT - DENTAL CLINIC

Auromode, Auroville

For Appointment please contact us

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

Phone: 0413-2622063 WhatsApp: 9629199328

### Working hours:

- Monday - Friday (9am - 1pm & 2pm - 6pm)
- Saturday (9am - 1pm)



## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

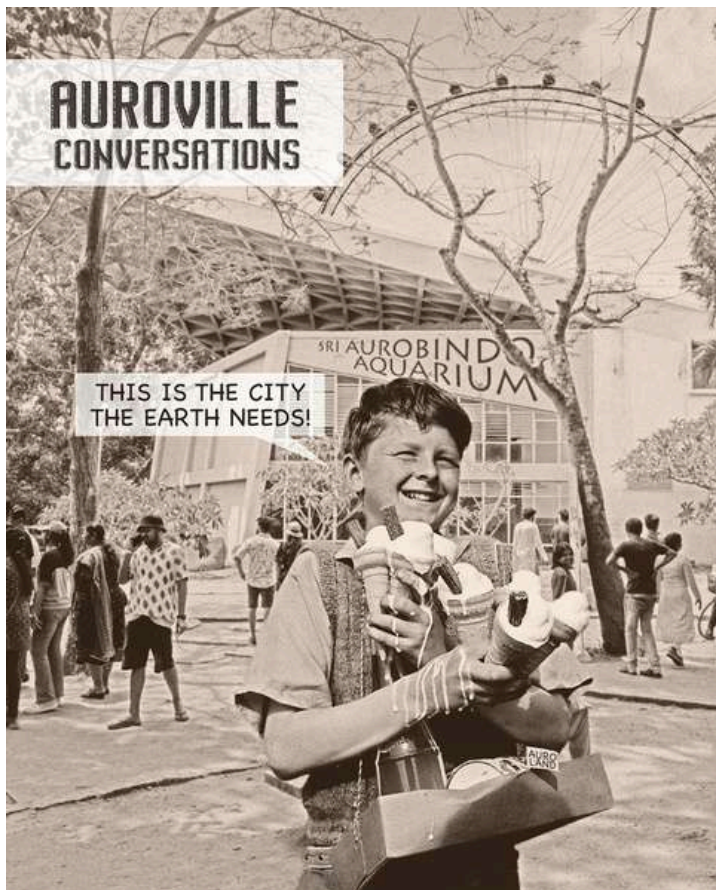


Auro - Traductions



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

## AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



## ACCESSIBLE AUROVILLE PUBLIC BUS

[avbus@auroville.org.in](mailto:avbus@auroville.org.in) / +91 94430 74825

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

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

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



## EMERGENCY NUMBERS

### Ambulance (24/7):

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

### Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
--	--	------------------------------------

### Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 8903836246
---	-----------------------	------------------------

### Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108



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

Reminder: **FRIDAY AUGUST 16th, 8:00 pm:**  
**\*\*\* NO SCREENING \*\*\***

**FRIDAY AUGUST 23th : "Barry Lyndon".** Directed by **Stanley Kubrick.** Drama, USA 1975



**Synopsis:** In the eighteenth century, in a small village in Ireland, Redmond Barry (Ryan O'Neal) is a young farm boy in love with his cousin Nora Brady (Gay Hamilton). When Nora gets engaged to British Captain John Quin (Leonard Rossiter), Barry challenges him to a duel of pistols. He wins and escapes to Dublin, but is robbed on the road. Without an alternative, Barry joins the British Army to fight in the Seven Years War. He deserts and is forced to join the Prussian Army, where he saves the life of his Captain and becomes his protégé and spy of Irish gambler Chevalier de Balibari (Patrick Magee). He helps Chevalier and becomes his associate until he decides to marry the wealthy Lady Lyndon (Marisa Berenson). They move to England and Barry, in his obsession of nobility, dissipates her fortune and makes a dangerous and revengeful enemy.

"Barry Lyndon" is a masterpiece in its own right. Magnified by Schubert's extraordinary music, by natural-light images and pictorial candlelit scenes, this is a film of superlatives.

Original version in English with English subtitles. Duration: 3h04'

**CINEMA PARADISO PRESENTS**  
 On Thursday, 22 August 2024 @ 8pm @ Cinema Paradiso, Auroville  
**Maurizio Benazzo & Zaya Benazzo's**

BY JANA AND MAURIZIO BENAZZO

**WHERE OLIVE TREES WEEP**  
 NOBODY'S FREE UNTIL WE ARE ALL FREE

**Where Olive Trees Weep : No One Is Free Until We Are All Free**  
 USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo w/ Ashira Darwish, Amira Hass, Gabor Maté, and others, Documentary, 103 mins, English w/English subtitles, Rated: PG

This acclaimed film offers a poignant glimpse into the resilience of the Palestinian people under Israeli occupation, exploring themes of loss, trauma, and the quest for justice. Through the stories of Palestinian journalist Ashira Darwish, activist Ahd Tamimi, and Israeli journalist Amira Hass, the narrative unveils the harsh realities of land confiscation, expulsions, imprisonment, and human rights violations. Dr. Gabor Maté's trauma-healing work with women tortured in Israeli prisons highlights the deep scars borne by ancient landscapes and their people. Despite the oppression, the enduring spirit and deep roots of the Palestinian people shine through.

*This critically acclaimed film has been shared with us by the Science and Non-duality (SAND) team, who produced the film. It is a story of resilience!*

**AUROFILM PRESENTS "CINE-MASTER CLASS"**

SUNDAY AUGUST 25TH, FROM 5.00 - 7.45 PM

If you like to discuss, share and learn more about cinema, we invite you to our Cine-Master classes at Aurofilm (Kalabhoomi, next to CRIPA)!

Welcome to this chapter led by **Dr. Alexander Pereverzev** on **"THE ASCENT"** by **Larissa Shepitko**, USSR (1977)



**Overview:** Alexander will present the film before its screening, which will be followed by more insights and a discussion.

Larisa Shepitko's final film (based on the novel by the famous Belorussian Soviet writer Vasil Bykov) won the Golden Bear at the 1977 Berlin Film Festival and went on to be hailed as one of the finest works of late Soviet cinema. In the darkest days of World War II, two partisans set out for supplies to sustain their beleaguered outfit, braving the blizzard-swept landscape of Nazi-occupied Belarus. When they fall into the hands of German forces and come face-to-face with death, each must choose between martyrdom and betrayal, in a spiritual ordeal that lifts the film's earthy drama to the plane of religious allegory. With stark, visceral cinematography that pits blinding white snow against pitch-black despair.

**THE ASCENT finds poetry and transcendence in the harrowing trials of war.**

Original Russian version with Eng. subtitles. Duration: 1h.49'

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

THE PAVILLON DE FRANCE PRESENTS A FILM :

**ALL YOUR FACES (2023)**

directed by *Jeanne Herry*

**Saturday 17 August 2024 at 4pm**

Town Hall - Cinéma Paradiso

In French with English Subtitles. Duration: 118 min



Since 2014, in France, Restorative Justice has offered victims and perpetrators of offences the opportunity to dialogue through secure systems, supervised by professionals and volunteers such as Judith, Fanny or Michel. Nassim, Issa, and Thomas, sentenced for theft with violence, Gregoire, Nawelle and Sabine, victims of home jacking, robbery and purse snatching. Also Chloe, victim of incestuous rape, all engage in measures of Restorative Justice. On their journey, there is anger and hope, silence and words, alliances and heartbreaks, awareness and regained confidence. And at the end of the road, sometimes, reparation.

"A powerful and moving film, carried by a five-star cast and nourished by extensive documentation work." - Le Soir

Trailer : <https://www.youtube.com/watch?v=h3XKroA-sTw>



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 19 August 2024 - 25 August 2024

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

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



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

**Watch out, now some days are mixed up from the usual!**

### Indian – 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)

*Synopsis in previous announcement with 15th August Special series!*

### Potpourri – Tuesday 20 August, 8:00 pm:

- **TOSUN PASA (Tosun Pasha)**

Turkey, 1976, Dir. Kartal Tibet w/ Kemal Sunal, Müjde Ar, Adile Nasit, and others, Comedy, 90mins, Turkish w/English subtitles, Rated: NR (PG)

Late 19th century in Alexandria. Two traditionally rival Turkish families, "Seferoglu"s and "Tellioglu"s are competing for the "Green Valley". The winner will be determined by Daver Bey, who has a beautiful young daughter, Leyla. Both families try to arrange a marriage between a man from their family and Leyla. Tellioglus, who are behind in the race, desperately find a final solution: They will fake their idiotic butler, Saban, as the highest ranked Ottoman soldier in Egypt: Tosun Pasha.

### Selection – Wednesday 21 August, 8:00 pm:

- **LES ENFANTS DES AUTRES (Other people's children)**

France, 2022, Writer-Dir. Rebecca Zlotowski w/Virginie Efira, Roschdy Zem, Chiara Mastroianni, and others, Comedy-Romance, 103mins, French-Hebrew w/ English subtitles, Rated:NR (PG-13)

Rachel loves her life, her students, her friends, her guitar lessons, even her ex. When she falls in love with Ali, she grows close to his 4-year-old daughter Leila. She tucks her in, looks after her, and loves her like a mother... which she isn't. Not yet. Rachel is 40. The desire for her very own family is growing stronger, and the clock is ticking. Is it too late?

### Interesting – Thursday 22 August, 8:00 pm:

- **WHERE OLIVE TREES WEEP: No One Is Free Until We Are All Free**

USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo w/ Ashira Darwish, Amira Hass, Gabor Maté, and others, Documentary, 103 mins, English w/English subtitles, Rated: PG

This acclaimed film offers a poignant glimpse into the resilience of the Palestinian people under Israeli occupation, exploring themes of loss, trauma, and the quest for justice. Through the stories of Palestinian journalist Ashira Darwish, activist Ahed Tamimi, and Israeli journalist Amira Hass, the narrative unveils the harsh realities of land confiscation, expulsions, imprisonment, and human rights violations.

Dr. Gabor Maté's trauma-healing work with women tortured in Israeli prisons highlights the deep scars borne by ancient landscapes and their people. Despite the oppression, the enduring spirit and deep roots of the Palestinian people shine through. *This critically acclaimed film has been shared with us by the Science and Non- duality (SAND) team, who produced the film.*

### International – Saturday 24 August, 8:00 pm:

- **DOG GONE**

USA, 2023, Dir. Stephen Herek w/ Rob Lowe, Johnny Berchtold, Kimberly Williams-Paisley, and others, Biography-Drama, 95mins, English w/English subtitles, Rated: NR (PG)

Amazingly based on true events, it is tale of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog.

### Children's Matinee – Sunday 25 August, 4:00 pm:

- **WONKA**

USA-UK-Canada, 2023, Writer-Dir. Paul King w/Timotheé Chalamet, Gustave Die, Murray McArthur, and others, Adventure-Fantasy, 116mins, English w/ English subtitles, Rated: PG

Willy Wonka, the genius behind revolutionary chocolate creations, started by defying odds and turning dreams into reality. With bold vision, determination, and unexpected help from new friends, he transformed the chocolate industry. Hard work and a touch of magic proved that even the wildest dreams can make a difference.

### BLACK & WHITE CLASSICS @ CINÉ-CLUB

#### Ciné-Club Sunday 25 August, 8:00 pm:

- **FRANCES HA**

USA, 2013, Dir. Noah Baumbach w/ Greta Gerwig, Adam Driver and others, Comedy-Romance, 86 mins, English w/ English subtitles, Rated: R.

Frances lives in New York, but she doesn't really have an apartment. Frances is an apprentice for a dance company, but she's not really a dancer. She throws herself headlong into her dreams, even as their possible reality dwindles. Frances wants so much more than she has but lives her life with unaccountable joy and lightness.

**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](mailto: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](mailto:mmcauditorium@auroville.org.in)

