

*Auroville*

# NEWS & NOTES

No 1041- A weekly bulletin for residents of Auroville

22 August 2024



Revelation Radial, 22 August 2024

## PONDERING

Several among us have passed or are passing through a period of mental disequilibrium and incoherence. What attitude should we take towards those who are in this state ? What should we do and not do to avoid passing through these crises?

Calm, Peace, Tranquillity always, and always to speak as little as possible and to act only when it is necessary. To avoid unconsciousness as much as possible.

17.2.1971

The Mother on Auroville, Page 100, Guidance in Yoga  
<https://motherandsriaurobindo.in/The-Mother/books/compilations/the-mother-on-auroville/>



# HOUSE OF MOTHER'S AGENDA



O king-smith, clang on still thy toil begun,  
Weld us to one in thy strong smithy of life.

Thy fine-curved jewelled hilt call Savitri,  
Thy blade's exultant smile name Satyavan.

Fashion to beauty, point us through the world.

Break not the lyre before the song is found;  
Are there not still unnumbered chants to weave?

O subtle-souled musician of the years,  
Play out what thou hast fluted on my stops;  
Arise from the strain their first wild plaint divined  
And that discover which is yet unsung.

I know that I can lift man's soul to God,  
I know that he can bring the Immortal down.

Our will labours permitted by thy will  
And without thee an empty roar of storm,  
A senseless whirlwind is the Titan's force  
And without thee a snare the strength of gods.

Let not the inconscient gulf swallow man's race  
That through earth's ignorance struggles towards thy Light.

O Thunderer with the lightnings of the soul,  
Give not to darkness and to death thy sun,  
Achieve thy wisdom's hidden firm decree  
And the mandate of thy secret world-wide love."

Her words failed lost in thought's immensities  
Which seized them at the limits of their cry  
And hid their meaning in the distances  
That stir to more than ever speech has won  
From the Unthinkable, end of all our thought,  
And the Ineffable from whom all words come.

\*\*\*

Then with a smile august as noonday heavens  
The godhead of the vision wonderful:  
"How shall earth-nature and man's nature rise  
To the celestial levels, yet earth abide?"

Heaven and earth towards each other gaze  
Across a gulf that few can cross, none touch,  
Arriving through a vague ethereal mist  
Out of which all things form that move in space,  
The shore that all can see but never reach.

Heaven's light visits sometimes the mind of earth;  
Its thoughts burn in her sky like lonely stars;  
In her heart there move celestial seekings soft  
And beautiful like fluttering wings of birds,  
Visions of joy that she can never win  
Traverse the fading mirror of her dreams.

Faint seeds of light and bliss bear sorrowful flowers,  
Faint harmonies caught from a half-heard song  
Fall swooning mid the wandering voices' jar,  
Foam from the tossing luminous seas where dwells  
The beautiful and far delight of gods,  
Raptures unknown, a miracled happiness  
Thrill her and pass half-shaped to mind and sense.

Above her little finite steps she feels,  
Careless of knot or pause, worlds which weave out

A strange perfection beyond law and rule,  
A universe of self-found felicity,  
An inexpressible rhythm of timeless beats,  
The many-movemented heart-beats of the One,  
Magic of the boundless harmonies of self,  
Order of the freedom of the infinite,  
The wonder-plastics of the Absolute.

There is the All-Truth and there the timeless bliss.

But hers are fragments of a star-lost gleam,  
Hers are but careless visits of the gods.

They are a Light that fails, a Word soon hushed  
And nothing they mean can stay for long on earth.

There are high glimpses, not the lasting sight.

A few can climb to an unperishing sun,  
Or live on the edges of the mystic moon  
And channel to earth-mind the wizard ray.

The heroes and the demigods are few  
To whom the close immortal voices speak  
And to their acts the heavenly clan are near.

Few are the silences in which Truth is heard,  
Unveiling the timeless utterance in her deeps;  
Few are the splendid moments of the seers.

Heaven's call is rare, rarer the heart that heeds;  
The doors of light are sealed to common mind  
And earth's needs nail to earth the human mass,  
Only in an uplifting hour of stress  
Men answer to the touch of greater things:  
Or, raised by some strong hand to breathe heaven-air,  
They slide back to the mud from which they climbed;  
In the mud of which they are made, whose law they know  
They joy in safe return to a friendly base,  
And, though something in them weeps for glory lost  
And greatness murdered, they accept their fall.

To be the common man they think the best,  
To live as others live is their delight.

For most are built on Nature's early plan  
And owe small debt to a superior plane;  
The human average is their level pitch,  
A thinking animal's material range.

(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**
- Articles for the Notes section should ideally be no longer than 500 words.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before **Tuesday 5pm.**

## DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team  
**newsandnotes@auroville.services**

## LIST OF ACRONYMS:

**AVF** (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

### Working groups selected by the Residents Assembly:

Working Committee (WCom)  
Funds and Assets Management Committee (FAMC)  
Budget Coordination Committee (BCC)  
Town Development Council / L'avenir d'Auroville (TDC)

Auroville Council (AVC)  
Entry Service (ES)

## FO selected groups:

Working Committee (WC)

Funds and Assets Management Committee (FAMC)

Budget Coordination Committee (BCC / BCS)

Auroville Town Development Council (ATDC)

Housing Service (HS)

Land Board (LB)

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## NOTE FROM THE EDITORS

Dear Community,

### Here is some important information:

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

Thank you for your continued support!

In community,

The RA Community Edition News and Notes Team

# WORKING GROUPS NEWS

## FROM THE ENTRY SERVICE

### NO ANNOUNCEMENT THIS WEEK

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

## FROM THE WORKING COMMITTEE

### REPORT FOR THE MONTHS OF MAY, JUNE, JULY 2024

Dear Auroville Community,

We are pleased to share with you our report, covering our activities from May to July 2024.

This report provides updates on several important areas, including:

- Interactions with the Governing Board and International Advisory Council
- Residents' Assembly activities
- Visa issues affecting residents
- Land exchanges and related concerns
- Financial and asset management matters
- Legal matters and court cases
- Communication and media engagement
- Safety and security issues

We invite all residents to read the full report, which contains detailed information on these topics and others. The report can be accessed [here](#).

If you have any questions or need further clarification on any points in the report, please feel free to contact us at [workingcom@auroville.services](mailto:workingcom@auroville.services) or visit us during our Open House hours on Tuesdays from 10am to 12pm.

Thank you for your continued support and engagement.

In Service,

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



WORKING COMMITTEE  
of the Residents' Assembly  
AUROVILLE FOUNDATION

# COMMUNITY NEWS

## OBITUARY



### PASSING:

#### DANIELLE DE DIESBACH

Danielle de Diesbach, from Marseille, France, a dynamic friend of Auroville, passed away recently. She was an active member of the Auroville Film Festival, and she took the initiative for several videos, the most recent one being on the topic of Death, in collaboration with Aurora's Eye films: "[Conversations on Death](#)" where she interviews Aurovilians.



We will gather under the banyan tree on **Friday 23rd August at 5:15pm** to bid her farewell for this new adventure. All are welcome, please bring your aurocard.



## COMMUNITY SHARING

### PHOENIX - A VERY HAPPY UPDATE

We are happy to share with you all the latest update about Phoenix.

Since January, Phoenix has gone through brain surgery, radiotherapy and four cycles of chemotherapy, all of which have taken their toll physically and mentally.

Last week Phoenix had an MRI and we were overjoyed to be told that there was no cancer visible anymore.

You can imagine our relief which we wanted to share, as we know many people have been concerned about the situation.

There is still some road to travel in the way to recovery but we are deeply grateful for the love, care and support we have received from everyone inside and outside of Auroville.

With much love,  
Amy, Chris, Phoenix and Kyle



### AV VEHICLE SERVICE CLOSED TILL 25.08.2024

Auroville Vehicle Service is closed from **22.08.2024** to **25.08.2024** for the public.

See you on Monday onwards.



### IMPORTANT UPDATE ABOUT THE RABIES SITUATION IN AUROVILLE



After two rabies suspect dogs have died, veterinarians from Mettupalayam College conducted a brain biopsy and a quick test that showed in both cases positive for a rabies infection. The samples have been sent for further testing to a lab in Bangalore and health officials and the Department of Animal Husbandry have been notified. A third dog which showed signs of a possible rabies infection had been caught in Kottakarai near Ganesh Bakery.

Our team has already started to conduct the first mass vaccination drives to vaccinate all dogs and cats who had come in contact with those three suspects.

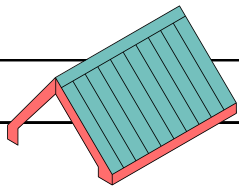
We are happy to inform the Community that thanks to an incredible fundraising effort by AVI USA, we received sufficient funds to purchase a bulk order of multi vaccinations protecting against 7 viruses including rabies and were able to order sufficient rabies boosters to protect the entire area of Auroville and the surrounding villages.

Everyone who wants to have their pets protected through a **FREE VACCINATION** please contact Lore (WhatsApp Message 6384180772). Together with the veterinary students from Mettupalayam RIVER College we will organise mass vaccination drives in the coming weeks in the entire area to hopefully prevent a big outbreak of rabies and keep all residents and animals safe.

Our mobile vet clinic every Friday from 11.30 until 13.30 will serve as a vaccination camp. Please come by even without appointment with your pets for a **FREE VACCINATION**. Together we can keep Auroville safe and everyone protected! Please use this opportunity!



## SUPPORT NEEDED



### A ROOF FOR SATHYAKA

Sathyaka, Last School's ama since more than 10? years, need financial help for a roof which is broken. She has tried to fix it many time but with the monsoon coming soon and the current rains it's essential for her to repair for good.

The solution would be to install stell sheets to make it completely waterproof. But this come to the cost of 47,695rs with labour included. She can only afford to pay 10,000rs and the school cannot help her much with the current financial situation of the schools in Auroville.

If you're willing to help please contact this number (one of last school teachers) : +917598087947

Thank you



## VOICES AND NOTES

### MORMONS MIGRATE

It was on August 8th about 9am in Sri Ma. There were clouds and sun, almost without wind. But previous night was in Auroville stormy and rainy. A mass butterflies flied from North to South above shore and swimming pool.

I didn't identify every example of these butterflies but near me I saw some dark specimens of Euploe core from family Nymphalidae, the local name of them is Mormons, that's not Mormon people from Christian sect.

This dark Mormon butterfly is relative of bright monarch butterfly Danaus plexippus, famous migrant in North America, from Canada to Mexico. Many times I saw flying butterflies above Auroville's beaches from North to South by autumns but never registrated their moving in opposite direction by spring. Migrate birds regularly move in opposite directions by autumn and spring.

Boris

### LETTER TO LORD SRI AUROBINDO 8.8.8

Lord Sri Aurobindo, You are here in the Supramental world and here with us on Earth at this moment in time; for that You went through EVERY HORROR and paid God's debt to man, and you went through the granite rock because beyond there You Knew was the key for the transformation of the ignorance of what You called the lower hemisphere of this Creation, the key to the transformation of the cell, illuminate Matter and infuse the Kingdom of Truth and Love here now on Earth, starting this FULLY New Creation for Eternity!!! I am gracefully here to open up to You as you 'need' or rather give an opportunity to some emissaries and all Souls on Earth. For that we will be eternally grateful to You and Mother Mirra.

Yours, Sincerely,

Jérôme Jean Toussaint Van der Linden. 17.8.2024

## AWAKENING SPIRIT

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

Tuesday, 27h August, 9 am - 12 noon

Focus: Self-realisation

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*

## 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 OM CHOIR IN SAVITRI BHAVAN

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

ALL ARE WELCOME

- Narad



## 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 SAILER 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



## ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

### The Park of Unity

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

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

### The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:  
Monday – Saturday 6.00 AM to 8.00 AM  
4.30 PM to 7.30 PM  
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.

## NEXT OPEN CIRCLE ON THE PSYCHIC BEING



Dear Community,

We remind you that the next Open Circle on the Psychic Being will happen **Saturday 24 August at 3.30 pm**, at the Pavilion of Tibetan Culture.

The topic of this sharing will be: Joy and challenges on our path.

Please, kindly book your participation in advance by sending us an email to [innerbeing.auroville@gmail.com](mailto:innerbeing.auroville@gmail.com)

If you like, you could also take a look at our new [website](#).

Sincerely,

Dan, for the InnerBeing Team

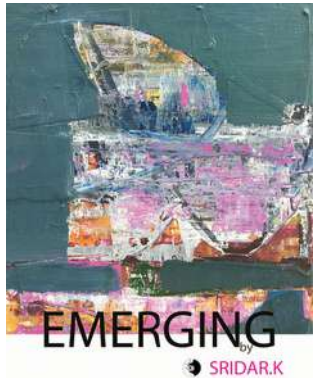
## ART & CULTURE

### CENTRE D'ART EXHIBITION

**EMERGING**  
by Sridar K

**Opening on Friday 23 August  
at 4.30pm**

From 23 Aug to 7 Sep 2024  
Tue to Sat 9.30-12.30,  
1.30-5.30



**The unknown side of Sridar is a buried memory.**

His father was a temple artist, of his childhood he keeps memories of marvels and an absolute devotion for the masterpieces he could admire throughout India, and make his own – the sculptures, the bas reliefs, the Ellora and Ajanta frescoes.

From childhood emerge, in layers, strips of memories, from the temples' peeling paintings, to the torn cinema posters, very vivid sensations of the age of learning that come up in many different shapes and colors on the walls of the village.

Later, he blurred the tracks, pretending to forget this prodigiously ancient world whose echoes continue to filter through his porous-looking stratigraphies, like those of a mural.

Pretending to forget, in order to scratch these overlapping wonders with fingernails and rediscover every time with a thrill that beauty is everywhere, in these ravines of times and dirty walls, and that the divine is always there, within reach of artists eager for space and lost details.

What Sridar paints, he considers as a separate entity from which he acquires knowledge. He listens to the universe, he is the recipient of lost secrets, of forgotten passages.

Dominique Jacques 2024

## POETRY

Run a business  
Work like bees  
To realise  
The value of the being  
The futility of busyness

- Anandi Z.



May I See

May I see in every soul I meet, Thy Face  
May I feel in every stone and plant, Thy Force,  
May I know in every moment of life, Thy Grace,  
For through this human form Thy Blessings course.  
I would know Thee in the atom and the clod,  
And all the galaxies motioned by Thy hand,  
Creatrix of this world consigned by God  
Enlivening earth upon whose soil we stand.  
Mother of all hear this prayer of ours  
All dissonance of life transform to bliss  
And let all beings know in transforming hours,  
Thy love, and feel upon their heads, Thy kiss.

- Narad

## POEM FOR AUROVILLE

This poem was sent for August 15th by Ramasubramanian, Director of Samanvaya Social Ventures Pvt. Ltd. via the Auroville Global Fellows email forum, and is meant for us all.

### Special Day Greetings Auroville...

To all my lovely teachers of Auroville  
who have manifested their trickle of the Dream

To all those explorers in their meandering paths  
That converged into the spiritual Ocean

To all the million moments of sharing  
and love, and giving with Abundance

Wishing you another productive day  
in proving another world is Possible

By your lives, struggles and survival  
Through work, life and Spirit

You are the promise and so will you be  
Shining and Rising together and ever.

## 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



Aurokiya Integral Eye Centre  
(An Auroville Activity)



## EYE WELLNESS CENTRE



### 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

*Santé*

### 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> <b>Thilagam, Ezhil, Archana, Sandhya: Daily</b> 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.**



# EDUCATION

## INTEGRAL MATHEMATICS: A JOURNEY OF INSIGHT AND INSPIRATION

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

### **Sankhya Philosophy By Kapila Muni** **Mathematics of Tattwavada**

On Saturday, August 24, Time: 4.00 – 5.00 pm,  
in the Sangam Hall of Savitri Bhavan Everyone is welcome

Facilitated by Team Enlight and Savitri Bhavan.

## **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)



# TUTOR GRADE 1 TO UNIVERSITY AND SPOKEN ENGLISH AND LANGUAGE TRAINER

With my 18 years of experience in education, I offer academic tuition sessions from grade 1 to university level in all subjects. Also I am a spoken English and language trainer. My contact number is 8270512606.

Thank you  
Ashwini, Aspiration



## PROGRAMMING MOBILE APPLICATION COURSE

**C3STREAM LAND**  
STREAM Land Designs  
Learn. Grow. Teach.

**COURSE**  
**PROGRAMMING MOBILE APP**  
USING FLUTTER

**TOTAL 16 SESSIONS**  
MONDAY AND THURSDAY  
2 SEP - 31 OCT

**TIME**  
04:30 PM - 06:30 PM

**VENUE**  
UDAVI SCHOOL CAMPUS  
OR  
JOIN ONLINE

FOR REGISTRATION  
[QR CODE]  
CONTACT  
9751241372

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**.





## CLASSES, WORKSHOPS & HEALING ARTS

# WELL-BEING

@ JOI ANITYA

joy of impermanence

<b>THAI YOGA BODYWORK</b>  <b>ANDRES</b> (+91) 9751607501	<b>AYURVEDIC MASSAGE</b>  <b>ELENE</b> (+91) 7094143719	<b>INTEGRAL COACHING</b>  <b>DAVE</b> (+44) 7564119728
<b>SHAH-LU-HA-KA BODYWORK</b>  <b>NIKKI</b> (+91) 7094716136	<b>MINDFULNESS MEDITATION</b>  <b>HELEN</b> (+91) 7094753054	<b>WOMEN CIRCLES</b>  <b>PREM SHAKTI</b> (+91) 9489244823

Info and Bookings through **WhatsApp** | Anitya Community Centerfield | [joyofimpermanence@auroville.org.in](mailto:joyofimpermanence@auroville.org.in)

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

## 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)



### **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.

### **Food is Medicine: Lifestyle Health Practices – with Parvathi** **Saturday, August 31, 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 19 Aug, Thursday 22 Aug, Saturday 24 Aug, 5PM - 6PM)

### **Change of class title for the following:**

Current title : Vinyasa Yoga – with Ramya

New title : Gentle Hatha Yoga – with Ramya

Schedule: Weekly on Tuesdays, 9.15 am – 10.15 am and  
Thursdays, 7.30 am – 8.30 am

## 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

Find our Yoga Shala -

<https://youtube.com/shorts/8FT1dxoWt9k?si=JMKXs062TplaE82D>

Auromode Apartments

0413 262 2224

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

## 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 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  
WA + 91 98926 99804



## 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/HbXJdKuUdGw9CsmhIkKvEL> 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.



## 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.

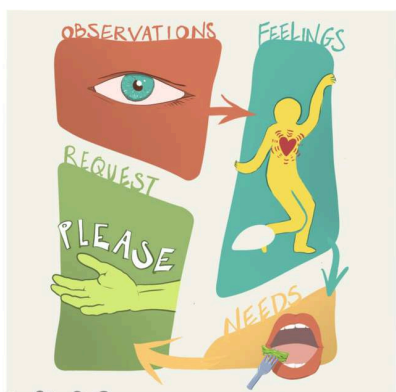
The session will be led by Helen - a mindfulness teacher with a passion for Miksang. For details and booking message Helen on 70947 53054 or visit [innersightav.org](http://innersightav.org).

## 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.

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.



# NVC

- NVC Introduction workshop

- Practice sessions



### There are two types of sessions available

- 2-day NVC Introduction workshop : 24th, 25th(Sat, Sun) of August 9:30am to 4:30 pm
- 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

## **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.**

A vibrant poster for the 'Theatre of the Oppressed' workshop. The background is a collage of colorful paint splatters in shades of blue, green, yellow, and red. In the center, a white hand is shown reaching upwards. The text 'THEATRE OF THE OPPRESSED' is written in a stylized, hand-drawn font. At the top left is the 'ZERO TO ONE LEARNSCAPE' logo, and at the top right is the 'YouthLink' logo. A QR code is located in the bottom right corner. Below the QR code, the text reads: 'Exploration of Oppression through the medium of theatre @ Cripa hall 3 days intensive Theatre workshop 30th Aug - 1st Sept Register here!'. At the very bottom, it says 'Register through QR or visit www.youthlink.org.in for more info!'

# PITANGA



## Program - August 2024

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

### Mondays

7:30am–9am, **Asanas mixed level** with Rachel, starts 2/09  
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

7:30am–8:45am, **Self Practice** with Rachel, starts 3/09  
9am – 10:30am, **Yoga for adults** with Lisbeth  
5:30pm – 7pm, **KoTree Yoga** with Grace Gitadelila

### Wednesdays

7:30am–9am, **Asanas mixed level** with Rachel, starts 28/08  
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  
7:30am–9am, **Asanas mixed level** with Rachel, starts 30/08  
8:30am – 10am, **Yoga Therapy** with Gala  
5:15pm – 6:15pm, **Feldenkrais** with Shari  
5:30pm – 6:45pm, **Vinyasa Flow Yoga** with Dinagar

### Saturdays

9am–10:30am, **Asanas intermediate level** with Rachel, starts 31/08  
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
- Prior registration required.

## HEALING SPACE – BY APPOINTMENT

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

## NEW ACTIVITIES

### Yoga with Rachel restarts on Wednesday, 28th August.

- **Monday, Wednesday, Friday 7:30am–9am, Asanas mixed level**

Rachel offers detailed verbal guidance and instruction based on her extensive practical experience to guide you into the posture, focusing on the alignment of body, mind and essence. This practice helps to improve physical and mental abilities, helping us to live in the present with stability and joy.

- **Tuesday 7:30 – 8:45am, Self Practice**

The practitioner is invited to develop a deeper understanding of the asana practice by observing themselves in the different stages: observe, experiment, learn, stay, hold, undo, relax, rest or recover at your own pace to improve the understanding of your practice and one's self. This is not a teacher-led class but a self-directed practice open to all yoga practitioners, while the teacher holds the space with her presence, helping in case of any doubt.

- **Saturday 9am – 10:30am, Asanas intermediate level**

For regular practitioners who wish to deepen their practice and those who have a good understanding of the basic yoga postures with consistent practice and are able to maintain a stable Sirsasana and Sarvangasana or their variations for at least 5 minutes.

### 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

**VKoTree 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

**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)

## SVARAM SOUND JOURNEY



# SOUND JOURNEY

*We are back for our 2024-2025 Season!*

**Every Wednesday**

**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*



## 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.

## REGENERATION LISTENING CIRCLE



Learn the ways of Silence and how to utilize its Power  
**Saturday at 4:30 pm**

**Experiences of previous participants:**

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

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

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

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

Group booking for the Consensus Circle is possible on request

Submitted by Nadim

## 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

## 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!).



## **Watsu Basic® with Pooja Gautam** **30th - 31st August (8:45am - 6:30pm: 16 hours)**

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C). This basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.



The flowing interaction with water, its fluid support and warm embrace, and the practitioner's presence provide a space for the client to experience the multi-layered benefits of this powerful and softening bodywork. Watsu offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas – ultimately, for freeing body and mind in a flow unique to each client and to each session.

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

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

## **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!).



## **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@auraauero.com](mailto:sanjay@auraauero.com)

## TAI CHI HALL @ SHARNGA

### Schedule of classes after 24th August

Every day except Sundays.

Mondays and Saturdays: 7.30-9.30

Tuesdays to Fridays: 7.30-9

Upcoming: no classes on 28, 29th August, 3 Sept



## ACTIVITIES & EVENTS

### VAASI PINNAL 12

A DANCE PERFORMANCE

19:30, AUGUST 24TH, AT 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, International Talents (Auro Artworld), and C Movements - Wholistic Wellness Centre



## TANGO AUROVILLE



**AUROVILLE TANGO**  
New batch starts  
the first week of each month



**MON**  
19:00  
Introduction to Tango  
20:00  
Opensource

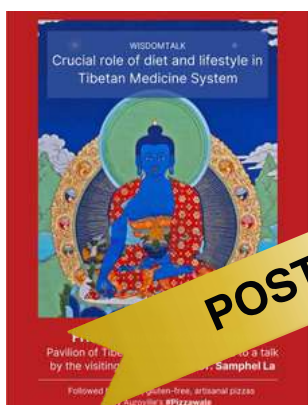
**WED**  
19:30  
Guided Practica  
20:00  
Practilonga

**Call:**  
+91 98211 66082

**Write to:**  
[tango@auroville.org.in](mailto:tango@auroville.org.in)



## TALK AT TIBETAN PAVILION & PIZZAWALE POSTPONED



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

### Know your greens!

Introductory workshop on TDEF Species identification

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.

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



Last date to register:  
28th August

Dates:  
2nd Sep to 6th Sep' 24



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).

## 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 INSTITUTE TURNS 35!



# We are 35! on 31st Of Aug' 24

As we milestone 3.5 decades of dedicated journey in the field of Earthen Architecture, we invite you to visit our campus and know more about our work. Our founder, Satprem, will be joining us online at 3PM to share his journey along with the team.

Seeking blessings as we mature in this adventure!

## EARTH SHASTRA OFFERING

21ST - 29TH SEPTEMBER 2024



In Partnership with



## 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.





## YOUTH CENTER PIZZA NIGHT - FRIDAY WITH KARAOKE



### KARAOKE PIZZA NIGHT

Pick your slice  
Sing your heart out  
& share the joy of music & pizza

6.00-10.00 PM  
Youth Center  
Friday 23 august



## YOUTH CENTER PIZZA NIGHT - SATURDAY

**Pizza**  
night  
at the  
youth center

**Every Saturday**  
7:00 - 9:00 PM



come enjoy some pizzas and music with fresh vibration

## 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



## HIBISCUS ART VILLAGE FESTIVAL



HIBISCUS ART VILLAGE PRESENTS

# EVOLUTION

## ART CAMP & FESTIVAL

26-30 AUGUST 10AM - 5PM  
SUDHA'S KITCHEN

31 AUGUST 12PM - 10PM  
@ SVE DAME

@ HIBISCUS\_AV

## 🌿 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.

# FOODS, GOODS & SERVICES



## TRAVEL NEWS FROM INSIDE INDIA

inside india

DREAMS & MEMORIES

Greetings from Inside India!

We're here to make your travel plans effortless, whether within India or beyond. From flights, trains, and buses to visas, taxis, and even accommodation—we handle it all. Need a passport renewal? We've got you covered.

### Office Hours:

- **Location:** Kalpana office
- **Hours:** 10 AM - 5 PM (Mon-Fri)
- **Contact:** Mr. Ganesh: 2623030 (Landline), +91 98945 98686 (Mobile/WhatsApp)
- **Email:** [travelshop@inside-india.com](mailto:travelshop@inside-india.com)



### Special Offers:

- **Air India:** Chennai to Zurich/Copenhagen
- **Qatar Airways:** Chennai to Lisbon/Hamburg
- **Ethihad Airways:** Chennai to Paris/Frankfurt/Munich/Amsterdam/Brussels/Madrid/Milan/Zurich/Rome
- **Thai Airways:** Chennai to Seoul
- **Lufthansa:** Chennai to Madrid/Barcelona/Dublin
- **Ethiopian Airlines:** Chennai to Johannesburg/Nairobi
- **Aeroflot:** Delhi-Moscow-Delhi

### Travel Tips:

- **Sri Lanka:** e-Visa system suspended as of August 2, 2024. Refunds available for applications post-August 2.
- **Cambodia:** e-Arrival card mandatory from July 1, 2024—submit online at least 7 days before arrival.
- **India-Thailand:** e-Tourist visa fee exemption for Thai citizens from July 1 to December 31, 2024.

### Schengen Visa Notice:

Families applying for Schengen visas in West & South India can share one appointment slot. Ensure your family relation is verified with documents like a passport, birth certificate, or marriage certificate.

### Travel Advisory:

- Bring original visas or copies for boarding; some travelers faced issues with e-FRRO Stay Visas.
- Stay updated on flight delays, cancellations, and evolving COVID-19 restrictions.

Thanks to all who trust us with their travels. Have a fantastic week!

**Inside India Travel Team**

## 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)



## SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

So much beautiful fresh produce in this season.

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

Salad greens, spinaches, veggies, fruits and more.

**9843319260**

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



Solitude Farm



## 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)

## 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: [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)

Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

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



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

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

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

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

Regards, Julien.

## DROPZY

# Dropzy

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

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



**Dropzy** is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc. **Dropzy** delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.

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

**Download link as shown below:**

**Android**

<https://rb.gy/32zcix>

**iPhone**

<https://rb.gy/visp4c>

**Desktop**

<https://rb.gy/bpnud5>



Stay tuned in to our announcements and the app regularly, for more updates.

Best regards, Sathish Arumugam / For Dropzy

Mobile: +91 8098144686 / [www.dropzy.in](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



## 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.

## 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 lots of 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.

## LOST & FOUND

### LOST VISA CARD

I lost my white visa wise card please contact WA +491714333881 or call 9994191124.

Thank you,  
Christin



## TAXI SHARE



## CHENNAI AIRPORT TO AV 29 AUGUST, 2:40AM

I am arriving at the Chennai Airport on a flight at **2:40 a.m. on Thursday, the 29th of August**. I have asked for a taxi from UTS.

If you are arriving at the airport near that time would like to share the cost of the taxi?

If so, please write to me at [anandshanti@proton.me](mailto:anandshanti@proton.me). (I will leave on Monday the 27th from the USA, so I would need to hear from you by Sunday the 26th.)

love,  
shanti, samasti



## LOOKING FOR



### AN ACOUSTIC PIANO

Looking to buy an acoustic piano second hand in good condition. Any offer via whatsapp 9488239348 or [pauli@auroville.org.in](mailto:pauli@auroville.org.in)

Thank you  
Paula

## LOOKING FOR WORK

### HOPING TO FIND A GREAT HOUSEKEEPER A NEW WORKPLACE.

Hello community,

Renuka is looking for part-time work in the afternoons from 1-4pm. She has extensive experience working in Auroville, is meticulous, dependable and has a wonderful personality. She is great with children and is very responsible. Please call or message her daughter Poovizhi (9047247301) or Ribhu (9488483871) for more information.

Thank you

## AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

## FOOD FOR THOUGHT

### QUOTE FROM THE BOOK OF LAUGHTER AND FORGETTING

The stupidity of people comes from having an answer for everything. The wisdom of the novel comes from having a question for everything. When Don Quixote went out into the world, that world turned into a mystery before his eyes. That is the legacy of the first European novel to the entire subsequent history of the novel. The novelist teaches the reader to comprehend the world as a question. There is wisdom and tolerance in that attitude. In a world built on sacrosanct certainties the novel is dead.

The totalitarian world is a world of answers rather than questions. There, the novel has no place.

~Milan Kundera



# FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1040

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

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions



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

## CINEMA



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

**Reminder:** FRIDAY AUGUST 23rd: "Barry Lyndon" by  
Stanley Kubrick, USA 1975

**FRIDAY AUGUST 30th: "Amélie"**

**Directed by:** Jean-Pierre Jeunet. France, Germany, 2001

**With:** Audrey Tautou, Mathieu Kassovitz, Rufus, Serge Merlin,  
Jamel Debbouze

**Music:** Yann Tiersen



**Synopsis:** The film tells the story of a shy, introverted and quirky waitress, Amélie Poulain, who decides to change the lives of those around her for the better while dealing with her own isolation. Amélie is born in 1974 and brought up by eccentric parents who – incorrectly believing that she has a heart defect – decide to home-school her. To cope with her loneliness, Amélie develops an active imagination and a mischievous personality. This marking a fabulous destiny for Amélie who finds its charm in the little things decides to help people around her, making them happy. Not by doing great big things or giving money, but by little ingenuity...

*"Amélie" is a wonderful and modern day fairy tale story, shot in over 80 Parisian locations, acclaimed director Jean-Pierre Jeunet ("Delicatessen"; "The City of Lost Children") invokes his incomparable visionary style to capture the exquisite charm and mystery of Paris through the eyes of a beautiful ingenue. With colorful and bright images and full of life!*

Original version in French with English subtitles.

Duration: 2h03'

**Auroville TO PONDICHERRY**

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

**Pondicherry TO AUROVILLE**

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

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

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


**EMERGENCY NUMBERS**

**Ambulance (24/7):**

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

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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**Health:**

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 8903836246
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**Mental health 24/7 support:**

Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7): 108**

# Cinema Paradiso



Multimedia Center (MMC) Auditorium

Film program : 26 August 2024 - 01 September 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 26 August, 8:00 pm:

- KIDA

India, 2022, Writer-Dir. Ra.Venkat w/ Madhi Anand, Arun, Deepan, and others, Drama-Thriller, 123mins, Tamil w/ English subtitles, Rated: NR (PG-13)

In a small village, a grandfather's determination to fulfill his grandson's Deepavali wish leads him to consider selling their beloved pet goat. However, when the goat goes missing, it sets off a chain of events that intertwine the lives and dreams of the villagers, highlighting themes of sacrifice, love, and the bonds that hold a community together. *Critics praise for its heartwarming narrative and strong performances, though some note its predictable plot.*

## Potpourri – Tuesday 27 August, 8:00 pm:

- **ANGST ESSEN SEELE AUF (Ali: Fear Eats the Soul)**

West Germany, 1974, Writer-Dir. Rainer Werner Fassbinder w/Brigitte Mira, El Hedi ben Salem, Barbara Valentin, and others, Drama-Romance, 92mins, German-Arabic w/ English subtitles, Rated: NR (R)

The wildly prolific German filmmaker paid homage to his cinematic hero Douglas Sirk with this update of that filmmaker's *All That Heaven Allows (1955)*. A lonely widow meets a much younger Moroccan worker in a bar during a rainstorm. They fall in love, to their own surprise and to the outright shock of their families, colleagues, and drinking buddies. The director expertly wields the emotional power of classic Hollywood melodrama to expose the racial tensions underlying the then contemporary German culture.

## Selection – Wednesday 28 August, 8:00 pm:

- **GAELEUL HOOMCHINEUN WANBYEOKHAN BANGBEOB (How to Steal a Dog)**

South Korea, 2014, Writer-Dir. Sung-ho Kim w/ Lee Re, Lee Ji-won, Eun-Taek Hong, and others, Crime-Family, 109mins, Korean w/ English subtitles, Rated: NR (R)

Ji-so, a young girl who doesn't have a house because of her bankrupted dad. In order to get money to buy a house she plans to steal wealthy people's dogs to earn reward money when she returns them. The movie beautifully captures the innocence and determination of childhood, with standout performances that bring depth to the characters.

## Interesting – Thursday 29 August, 8:00 pm:

- FRIDA

USA, 2024, Dir. Carla Gutierrez w/Pablo Alarson, Jeanne Albanese, Tizoc Arroyo, and others, Animation-Documentary, 87mins, Spanish w/ English subtitles, Rated: R

A raw and magical journey into the life of iconic artist Frida Kahlo, told through her own words from diaries, letters, essays, and interviews. Vividly brought to life with lyrical animation inspired by her unforgettable artwork.

**International – Saturday 31 August, 8:00 pm:**

• **FIREBRAND**

UK-USA, 2023, Dir. Karim Aïnouz w/Alicia Vikander, Junia Rees, Ruby Bentall, and others, History-Drama, 121mins, English w/ English subtitles, Rated: R

In Tudor England, Katherine Parr, the sixth wife of King Henry VIII, becomes Regent while Henry is away. She advocates for radical Protestant reforms, but upon Henry's return, his paranoia leads to the execution of her childhood friend for treason. Grieving and in danger, Katherine must navigate palace conspiracies and the threat of execution. As hope for a future free from tyranny hangs in the balance, Katherine faces a perilous choice: submit or fight for her beliefs.

**Children's Matinee – Sunday 01 September, 4:00 pm:**

• **DESPICABLE ME 4**

USA, 2024, Dir. Chris Renaud & Patrick Delage w/Steve Carell, Kristen Wiig, Pierre Coffin, and others, Adventure=Animation, 94mins, English w/ English subtitles, Rated: PG

Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.

**BLACK & WHITE CLASSICS @ CINÉ-CLUB**

**Ciné-Club Sunday 01 September, 8:00 pm:**

• **ZIMNA WOJNA (Cold War)**

Poland - France, 2018, Dir. Pawel Pawlikowski, w/ Joanna Kulig, Tomasz Kot, and others, Drama – Romance, 89 mins, Polish w/ English subtitles, Rated: R.

A passionate love story between two people of different backgrounds and temperaments, who are fatefully mismatched and yet condemned to each other. Set against the background of the Cold War in the 1950s in Poland, Berlin, Yugoslavia and Paris, the film depicts an impossible love story in impossible times

**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.

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