Knowledge is the foundation of a constant living in the Divine. For consciousness is the foundation of all living and being, and knowledge is the action of the consciousness, the light by which it knows itself and its realities, the power by which, starting from action, we are able to hold the inner results of thought and act in a firm growth of our conscious being until it accomplishes itself, by union, in the infinity of the divine being. The Divine meets us in many aspects and to each of them knowledge is the key, so that by knowledge we enter into and possess the infinite and divine in every way of his being, sarvabhāvena (Gita), and receive him into us and are possessed by him in every way of ours. Without knowledge we live blindly in him with the blindness of the power of Nature intent on its works, but forgetful of its source and possessor, undivinely therefore, deprived of the real, the full delight of our being. By knowledge arriving at conscious oneness with that which we know, — for by identity alone can complete and real knowledge exist, — the division is healed and the cause of all our limitation and discord and weakness and discontent is abolished. But knowledge is not complete without works; for the Will in being also is God and not the being or its self-aware silent existence alone, and if works find their culmination in knowledge, knowledge also finds its fulfillment in works. And, here too, love is the crown of knowledge; for love is the delight of union, and unity must be conscious of joy of union to find all the riches of its own delight. Perfect knowledge indeed leads to perfect love, integral knowledge to a rounded and multitudinous richness of love. “He who knows me” says the Gita “as the supreme Purusha,” — not only as the immutable oneness, but in the many-souled movement of the divine and as that, superior to both, in which both are divinely held, — “he, because he has the integral knowledge, seeks me by love in every way of his being.” This is the trinity of our powers, the union of all three in God to which we arrive when we start from knowledge.

Love is the crown of all being and its way of fulfilment, that by which it rises to all intensity and all fullness and the ecstasy of utter self-finding. For if the Being is in its very nature consciousness and by consciousness we become one with it, therefore by perfect knowledge of it fulfilled in identity, yet is delight the nature of consciousness and of the acme of delight love is the key and the secret. And if will is the power of conscious being by which it fulfils itself and by union in will we become one with the Being in its characteristic infinite power, yet all the works of that power start from delight, live in the delight, have delight for their aim and end; love of the Being in itself and in all of itself that its power of consciousness manifests, is the way to the perfect wideness of the Ananda. Love is the power and passion of the divine self-delight and without love we may get the rapt peace of its infinity, the absorbed silence of the Ananda, but not its absolute depth of richness and fullness. Love leads us from the suffering of division into the bliss of perfect union, but without losing that joy of the act of union which is the soul’s greatest discovery and for which the life of the cosmos is a long preparation. Therefore to approach God by love is to prepare oneself for the greatest possible spiritual fulfilment.


P.S. There’s a HOMA page on the Auroville website: https://www.auroville.org/contents/1085

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The Ponder Corner

Give up all personal seeking for comfort, satisfaction enjoyment or happiness. Be only a burning fire for progress, take whatever comes to you as an aid to your Progress and immediately make whatever progress is required.

— The Mother

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AMPHITHEATRE - MATRIMANDIR

Meditation at sunset with Savitri - read by Mother to Sunil’s music
Every Thursday, 5.30 to 6.00 PM (weather permitting)
Enjoy the beautiful open space, the immense sunset and heavenly music in the very center of Auroville!
Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone not to bring/use cell phones, cameras, tablets, etc… Access is still limited to Aurovilians, Newcomers and Pass holders (have it with you) from 5.15 pm. The Gardens are open until the meditation ends.

— The Amphitheatre Team

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COHERENCE

at the Matrimandir Amphitheatre

Change of date and time:
SAT. 17th October, 6:15 - 7:15 PM
Same Notes, many Melodies
Same Stardust, many Galaxies.
Music on a canvas of silence,
Stars on a bed of darkness
Musical New Moon Experience
Marwa - Gangubai Hangal, Puriya - N M Dagar,
Sohini - A Charaborty, Bhairavi - Firoz Dastur
(Music Masterpieces playback curated by Chandra Pai)

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Coming together for the land
Sunday 18th Oct., 5PM at Matrimandir Amphitheater

A moment of silent aspiration towards the consolidation of the land for Auroville’s future. Burmese Gongs with Varun and friends will greet us for a moment. All are welcome, guests are requested to bring their AuroCard

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News & Notes # 840 - 17th October 2020 2
Covid-19 updates
From the WC/CTF: We are writing with the latest guidelines from the Tamil Nadu Government for October. Please note that the State guidelines are what must be followed and NOT the guidelines from the Central Government.

1. What remains closed in Tamil Nadu:
   - Schools, colleges, research institutions and other educational/coaching institutions etc...
   - All cinema halls, swimming pools, entertainment parks, theatres, auditoriums, assembly halls, beaches, zoos, museums, tourist places and similar other places.
   - Religious congregations, all social/political/sports/entertainment/academic/cultural/religious functions/other gatherings and large congregations.

Please note that the Tamil Nadu government had earlier released an order to allow schools to start on a voluntary basis for 10th-12th grades but this order has since been retracted and schools remain closed as before.

2. What can start opening now, strictly following the SOP’s (please write to Covid Task Force to get them):
   - Public parks & playgrounds are permitted to open up for exercise and all kinds of sports practice. However, children’s play areas are still closed and spectators shall not be permitted in the play grounds.
   - Yoga training centres are permitted to operate.
   - Skill and Industrial Training Institutes may function.

3. Restriction for Marriages and Funerals remains unchanged.

4. Travel Related:
   - E-pass is required for all travels from outside TN state.
   - All people (guests/volunteers/returning Aurovilians/Newcomers) coming from outside the state of Tamil Nadu shall be in a mandatory quarantine for 14-days.
   - Aurovilians/Newcomers/Returning Volunteers shall keep Covid Task Force informed if they are traveling back. This helps us keep a record of our residents in Auroville, keep the community updated about the people in quarantine and support them with their needs as and when required.
   - New guests/Volunteers/visiting family and friends shall do the registration with GRS/SAVI.
   - Guesthouses where people are in quarantine shall ensure that self-declaration forms are signed by all in quarantine.
   - There is a quarantine exception for business travelers who come to TN for less than 72 hours. In case there are unavoidable business visitors, we request the services/units inviting the business visitors to take the responsibility. This includes ensuring they are carrying a valid E-pass, do their bookings at AV guest houses if a stay for 1-2 nights is required and keep the Task Force informed if the person coming in has any Covid related symptoms. We also request you to follow all the necessary protocols while meeting them, such as wearing a mask, maintaining 1-2m distance and following hand hygiene, because they have travelled and have not been quarantined/tested.

Another important point is that the guidelines for Tamil Nadu and the new ones for Pondicherry differ vastly. Pondicherry government has decided to relax more based on Central government guidelines whereas Tamil Nadu still stays stricter towards the opening. This includes phased opening of schools for 9th-12th grade, opening for higher education institutions only for research scholars, swimming pools for training of sports person, cinemas/theatres/multiplexes with 50% seating capacity, entertainment parts and similar places, business to business exhibitions, and certain gatherings with a ceiling of 100 persons with effect from 15 October.

Therefore, we once again request the community to keep the movement to Pondicherry restricted to essentials, and be cautious when visiting Pondicherry is unavoidable. Please keep the Covid Task Force informed if you have any Covid-related symptoms, have come in contact with anyone who has tested Covid positive, and/or are travelling. This helps us keep the community safer by helping with the necessary protocols in the respective cases.

WORKING GROUP REPORTS
From WC: Interim TDC selection process

NOMINATION
On the basis of the existing Standing Order of 2019 (https://bit.ly/2H24TaQ) issued by the Auroville Foundation, the Working Committee is inviting residents to nominate themselves or others to join the TDC interface team on an interim basis until such time as a community approved selection process is in place for TDC. If nominating others, please ensure beforehand that they are willing to serve if selected. The background for this proposal is explained below and the people who are eventually selected will be eligible to nominate themselves for a term based membership once the RA has agreed on a final selection process. The Working Committee is seeking to identify at least three members to join the existing team on this interim basis.

Registered Residents (ROR) interested in the TDC membership can use the link below to either nominate themselves or nominate others and for those who nominate themselves should make sure a clear profile with the motivation to join the TDC is submitted by midnight 29th October 2020. Link for applying: https://bit.ly/3UvzVmf

In case you face any issues with the application form or you want to send your application via email, please do not hesitate to contact the RAS at: raservice@auroville.org.in.

The candidate should state in the application that s/he is aware of the key elements of the Galaxy approved by the Residents Assembly in 2007 and 2017 (refer to the Annex 01 of the TDC mandate 2007: https://bit.ly/2F5SrCW) and is willing to work within that frame. The application should include the skills, capacities and experience that can be suitable for the work and that should be related to at least one of the following areas indicated in the Standing Order for the constitution of the TDC:

- Town Planning
- Urban Design
- Physical/Infrastructural
- Social Infrastructure
- Economic Development
- Applied Research on Sustainable Development
- Resource Mobilisation
- Implementation and Monitoring
- Greenbelt, Green Zones and Parks
- Communication

The Working Committee and 2 to 3 resource persons with related experience in this field will meet the applicants individually and make a final selection of 3 members. RAS members will be invited as silent observers.  

BACKGROUND
Since 2011 L’avenir/TDC has been functioning with two mandates, one from the Residents’ Assembly and a Standing Order from the Auroville Foundation. There are discrepancies in the structures outlined in these 2 mandates that led to some difficulties in the operations and even led to conflicts. One source of difficulties is that members of TDC were de facto requested, especially in the Standing Order of the Foundation, to combine technical expertise, management expertise and the role of representation of the community. This often created a gap between the technical work and its implementation at a community level. In order to solve this problem in 2017 the RA approved a new type of organization. However, this change was not considered in the new Standing Order of 2019 and the problems of the different mandates and different types of organization have remained.

The issue was discussed by the Working Committee in the last Governing Board meeting of January 2019 where it was agreed to take steps towards harmonizing these 2 mandates and a
member of the Governing Board specifically took charge of it. However, the matter was not actually followed up.

Concurrently the Working Committee started at the end of February an exercise, in coordination with the Auroville Council, to design a special process for selection of TDC members but this could not be continued due to the lockdown.

In July-August the Working Committee and the AVC constituted a subgroup to design a selection process suitable to be implemented with the restrictions imposed by Covid but could not actually proceed with the implementation due to the uncertain scenario related to the selection process at large.

Since the Standing Order constituting the TDC requires the Working Committee to fill vacancies we are undertaking this step to nominate interim members until clarity is achieved regarding the entire process and a common vision on TDC organization is agreed between the RA and GB.

In this regard the Working Committee has proposed to the GB that a professional organization, such as that of Dr Doshi, may undertake an assessment of the planning needs of Auroville and its organization and indicates a way forward.

From AVC: We are happy to announce that Anbu and Jayamoorthy who were selected by the community as stand by members for the Auroville Council, have joined the team in consequence to the 2 resignations, we had.

APPLICATION FOR FINAL BUILDING - NOC 13th Oct. 2020

Below is an application that had been earlier announced for feedback and has been reapplied for. This has once again, gone through the TDC evaluation process but awaits community feedback.

Application forms, drawings & area maps for these have been uploaded on the Intranet in the application announcement posting. Kindly mail any feedback before the 17th October 2020 to application-avenir@auroville.org.in.

On 19th November 2019, we had posted an announcement on the Intranet for an application made by D.N. Sharma for a final building NOC to build a keeth structure on the first floor of his existing house in Aspiration. The application was processed based on the information submitted by the applicant and the posting gave the conditions for issuing NOC. This had also been clearly informed to the applicant. The earlier NOC was to be given under the following conditions: since the load bearing capacity of the existing foundations isn’t clear, the height of the parapet wall over terrace floor shall not exceed 1.20m above finished terrace level and the roof can be only a light structure - either keeth or metal sheets. No conversion of top space into RCC slab roof in the future unless existing foundation details are provided. This is a final building NOC stage and construction on site can be taken up once the NOC is issued to the applicant. Upon completion of the extension, neither the existing house nor the extension is to be converted to a home stay without prior approval.

It was however noted that the construction of the house was taken up without respecting the above structural conditions and before the NOC was actually given. The applicant was therefore requested to stop the construction and resubmit the application with what he actually wanted to build. This application has now been processed and we announce it again, for community feedback: the building NOC is to be given to D.N. Sharma for an extension on the first floor of his house in Aspiration not exceeding 35sqm on top of the existing house of 65sqm. The extension is built with brickwork walls & will have an RCC roof. Access to the rooms on the first floor will be by an external staircase. Total cost of the structure is to be Rs.27.6L and will be privately funded. The designer/builder for the structure is Kuppara. The project holder can begin construction on site after picking up the signed NOC document from the TDC office. Upon completion of the extension, neither the existing house nor the extension is to be converted to a home stay without prior approval.

From ABC: To those not receiving emails

Dear Trustees, Executives and Managers in the income-generating sector, we received feedback that communications from ABC office are not reaching all concerned parties. If you are not receiving emails from the ABC Office through abcmembers@auroville.org.in and wish to be added to the list (a move which we strongly recommend) or if you wish to receive the messages via a different account, kindly inform us at abcconf@auroville.org.in.

You may also check your “Promotions” and “Spam” folders in the online Gmail interface as some people sometimes find important emails unknowingly filtered to that folder.

- Ananda, For ABC Service & Support.

ANNOUNCEMENTS

BHARAT NIVAS

Bharat Nivas is happy to announce that Bhumika Hal, Kalakendra, SAWCHU & Progress Hall are available and can be used for online classes/meetings/conferences/webinar/film/screenings/exhibitions/dance/yoga/music/painting classes... Various facilities: internet/Wi-Fi/projector/screen... are available. Avians/NC/SAVI Volunteers who would like to use these spaces are welcome to send their proposals to bharatnivas@auroville.org.in. Covid-19 protocol will be strictly followed. IT IS TIME TO OPEN UP AND MOVE ON.

APPEALS

Help Auroville farms secure their energy needs

As the recent worldwide economic upheavals have shown, food systems are very fragile and the Auroville food system is no exception. Unlike many places in the world Auroville has its own farms, some 22 of them producing a wide range of seasonal vegetables, fruit, cereals, eggs and dairy products for the community. But at the moment many of them are struggling to survive. Recently their financial situation became a lot more precarious as they have had to cope with not only losing the Varuna subsidy but also an increase in the electricity tariff from TNEB. Since farms need electricity for pumping water these electricity costs are a significant proportion of their outgoings. Current food prices do not include these higher electricity costs and based on current income and expenditure many farms will soon not be financially sustainable.

To change this situation Auroville farms are working to make themselves more resilient and sustainable by installing solar systems with which to pump water. India has a free electricity tariff for farms, but it requires a considerable up-front payment and is a benefit that could be withdrawn in the future, as once happened in the past. In the future Auroville farms could once again find themselves facing high electricity prices. Investing in solar pumping systems avoids this possibility, making the farms more resilient by providing a more independent and sustainable energy source.

So far, we have 8 farms who want to switch to solar pumping and have obtained an estimate from an Auroville unit who will supply and service the pumping sets for a total of Rs27.6Laks. We have received a donation of approximately Rs7Laks from a well-wisher and because these systems need to be installed quickly the farms are ready to take on loans to pay for the remaining Rs20.6Laks.

We would appreciate, however, if the Auroville community could help the farms share this burden, either by donating a lump sum or helping us pay off the loan over a period of three years. If you would like to donate please put your donation in accounts 52842 and if you would like to help us pay off the loan on a regular basis please contact Juan hottree@auroville.org.in

We are in the process of exploring how to fund the future general development of the farms, which will include more solar pumping capacity. But this is a long-term project and our present need is very urgent. We hope you will join us in taking this first step to make Auroville farms more sustainable and thus help secure our community’s future capacity to grow our own food.

- Farm Group
Calling all photographers - 2021 New Year’s card!

Dear Photographer Friends, each year the Land Fundraisers create an inspiring New year’s card that is displayed on desks all over Auroville and is distributed to over 2000 friends and well-wishers. We invite you to submit your photos to be considered for the 2021 card. We are looking for 2 high resolution photos that will convey the Auroville spirit, enthusiasm, ideals and hope. They will be accompanied by selected inspiring quotes and you will receive photographer’s credit on the card. Please send your selection/s ASAP to ifau@auroville.org.in

We sincerely thank you for your collaborative support!!
- The LFAU team of land fundraisers for Auroville

WELCOME

FROM THE ENTRY SERVICE - ES # 054- 17-10-2020

Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville, joining Auroville. Prior to Newcomer, Aurovilian and Friend of Auroville status confirmation, there is a period for feedback from the community: For Newcomers, Associates and Friends of Auroville two weeks, and for Aurovilians and Returning Aurovilians, one month. Kindly forward your support or grievances to entryservice@auroville.org.in.

NEWCOMER ANNOUNCED:
Livia MIKAI (Brazilian) staying in Kalpana and working at Minvayu

AUROVILIANS ANNOUNCED:
Ganesh ARUNACHALAM (Indian) staying in Muyarchi and working at KOFPU & Food Link farm
Nidhish PURONIT (Indian) staying in Citadines and working at Unity Pavilion & Matrimandir

AUROVILIAN CONFIRMED:
Naveen VASUDEVAN (Indian)
YOUTH TURNED 18 CONFIRMED:
Nandhagopalan DHANDAPANI (Indian)
Sandhya ARUMUGAM (Indian)
LEFT ON HIS/HER OWN:
Giovanni GORGOLIONE (Italian)
Marcello BENEDETTI (Italian)

NOT READY TO JOIN AUROVILLE:
Carounagarane RAMACHANDRAN (Indian)

NOTE:
- The Newcomer probation year becomes effective only after the duration of the process cannot exceed 18 months from the date of confirmation.
- An Aurovillian is a resident of Auroville, aged 18 and above, whose name has been entered in the Register of Residence (RoR) as maintained by the Auroville Foundation Office.
- The change of status from Newcomer to Aurovillian is the B-Form. An Aurovillian’s name is entered into the RoR after he/she has met with the Secretary of the AVF with an appointment arranged by the Entry Secretariat according to the availability of the Secretary, but not at any personal request of an individual.
- The Auroville Foundation processes issuing of ID cards only to the Aurovilians who are registered in the RoR.

FOR YOUR INFORMATION

Gas Bottle New Booking System

For those who have domestic LPG connection, we have been delivering the gas bottles just booking in our AV Gas service. But from 1st November 2020 onwards a new system will be in place and we must strictly abide by the following rules:

1. Registration of the mobile number of the customer is a must for getting your regular supply of LPG bottles from Pondicherry. We are currently updating the mobile numbers of customers in the gas agency in Pondicherry. At the time of registration, you’ll receive a One Time Password (OTP) through an SMS from the Indane Gas Company in your registered mobile number. Please forward it to us immediately, it is valid only for 2 days.

2. When we book a Gas bottle for you, you’ll receive a Delivery Authentication Code (DAC) from the Indane Gas Company in your registered mobile number through SMS. You must forward it immediately to our Gas Service no. 9488981587. The DAC number will have to be submitted to the delivery man from Pondy, this number will be entered in the mobile app of the Indane Gas Company and then only you can get the refilled gas bottle. If you fail to do so, you’ll not get the refilled gas bottle. In that case, we can’t help you.

Thanks for your understanding & cooperation! Velu, Gas Service
For more info, please contact: avgaservice@auroville.org.in or 9488981587 (WhatsApp)

Auroville Telephone Service and Aurinoco Systems

Offering BSNL Fiber Connections

Following up on the announcement regarding “BSNL fiber Connections - Planning and developing the Auroville underground cables infrastructure” in the N&N of Oct. 3 (838) and Auronet https://auroville.org.in/article/81647, Auroville Telephone Service and Aurinoco Systems teams jointly announce a phased support for offering BSNL fiber plans to Aurovilians over the Auroville’s Fiber Infrastructure.

In order to encourage and complete the OFC infrastructure along with the planning team of L’avenir d’Auroville, priority and feasibility will be done for those communities where no fiber has been set up so far. Scouting, estimating and costing will be done with residents and upon completion of the OFC infrastructure the residents may choose either BSNL or Aurinoco plans for their subscriptions.

In a phased manner we will also take requests to shift those subscribers who have OFC infrastructure from Aurinoco to opt and choose BSNL connection immediately. We will progress to include the request for transition from Aurinoco to BSNL by the current subscribers of Aurinoco Systems.

The plan details for BSNL subscriptions, the application procedure and the service costs and contributions will be shared via email to those who request the details from Telephone Service. As this is a new process for the teams we will take it up slowly at first to iron out the procedures and then move on to other requests based on the feedback and user experiences.
- Gunasekaran. C, For Auroville Telephone Service
- Chandresh, For Aurinoco Systems
ITS Services - What we can do for you
The Integrated Transport Service office/charging station is now open to meet your mobility requirements

- **Charge your EVs** - We have plenty of charging points so please feel free to charge your electric vehicles at ITS 24 hrs a day.
- **Share a Taxi** - Shared Transport Service (STS) is now ITS. Share a taxi, save money and the environment.
- **Book a scooter for short term use** - Try out our exciting new electric scooters that promote quiet and sustainable mobility.
- **Get a scooter** - ITS can help you with access to the best electric scooters in the market for your long term needs.
- **Local Pickups and Drops** - Need a ride to ECR, Kuyilapalayam, Pondy or anywhere in Auroville? ITS has the sustainable solution through our range of electric Rickshaws and scooters.
- **Vehicle Repairs** - Tired of travelling all the way to Pondy to get your electric vehicle fixed? Now bring your e-vehicle to the ITS workshop opposite Solar Kitchen.
- **Courier/Delivery Services** - Need something to be picked up or dropped off? parcel, groceries, a cheque… Let ITS do it.
- **Courier drops from Amazon and other e-tailers** - If you are tired of giving directions to delivery guys, you can get your couriers dropped off at ITS and pick it up from here or we can drop if off at your house.

For any further inquiries come visit us at our office opposite Solar Kitchen. Open from 9AM to 5PM. Closed on Sunday Or contact us at 8098776644 | 9442566256 its@auroville.org.in

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**From Blue Light**

We are restarting community support for Linux individual users again (not Windows, not Apple OS). You can come for a consultation or you can bring your computer to our office in the Administrative area, next to the Foundation building, during working hours. Please note that support for Auroville Services has been and remains a priority for us, so it is highly advisable to schedule your visit in advance. In this way, we can better allocate our time and give you due attention.

- Thank you, The Blue Light Team

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**Save your electronic equipment - Rainy season is coming!**

I am a Macintosh specialist for more than 30 years and people from Av call me when they encounter a problem. Now, after several years in India doing this job, I could observe much more hardware failures than when I was in France. I investigated what could be the causes of those hardware problems, this list is not exhaustive - there are certainly subtler issues:

- **Humidity** (beware of high humidity levels): When I send a computer for repair, the electronic specialist almost always tells me that the Mac is corroded. Of course, after many years here with our climate, it is obvious that there will be an effect on the electronic components, contact of the keys of the keyboard etc. One solution is to get a dry cabinet with humidity controller - those boxes that photographers own to put their cameras and lenses to prevent fungus. This makes a huge difference! And, on top, the power consumption is very low (lower than 10W). Those who only own a smartphone or a tablet could also get a nice box filled with a good amount of rice inside to store them.

- **Heat**: One of the main thing to avoid - related also with dust, temperature.

- **Dust**: Many of us are living in places/areas where there is a lot of dust. That dust can go into the computer and not only might create bad contacts but also prevent efficient air flow and move the electronic components heated. Ask a specialist to clean regularly inside the computer, get a laptop cooler, avoid as much as possible working with your laptop on a cushion, anything that could create more heat.

- **Electrical**: Here there are several points. Some electrical installations are old and have not been designed for the devices we are using today. A proper earth (lower than 10W). Those who only own a smartphone or a tablet could also get a nice box filled with a good amount of rice inside to store them.

- **Charge your electronic equipment**

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**Newcomers**

- **Project Coordinator for an Auroville service**
- **Work in a team and delegate**
- **Knowledge in IT and communication**
- **Dynamic, proactive and enthusiastic, willing to learn and adapt**

**Newcomers**

**Work opportunities**

**HR Initiative** is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in.

**Instagram and social media expert** - You ‘live’ Instagram and have half a day /week available to create and post according to the spirit of the creative activities of our unit. Eventually even helping determine and guide this process. Flexible timings. Quarter maintenance available until the role grows with your input and expertise.

**Project Coordinator for an Auroville service** - You are an efficient organizer with good coordination skills, basic knowledge in IT and communication and the ability to hold and work in a team and delegate. You are proactive, committed, enthusiastic, willing to learn and adapt. A maintenance position is applied for but not certain. An Aurovilian is preferred.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. hr_hub@auroville.org.in

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**AVAL**

**Tea and clearance sale**

*from 19th to 31st of October at Upasana*

**Upasana**

We are opening Upasana for a clearance sale with personalized styling support. This is a warm invitation to restart our frozen economy with fun creativity and care. There will be no billing for Aurovilians working in services, only contributions. Keep in mind social distancing and come in small numbers to our outlet at Upasana.

**Love and regards, Upasana team**

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**AVL means “she” or “her” in Tamil, a brand that is made by women for the benefit of women.** Aval is a social enterprise that has come into life with the help of Auroville Village Action Group (AVAG) and 25 women are involved in this garment and crocheting unit. The profit earned from these products support development initiatives for women in the Auroville bioregion.

Contact: 9443702387, avalauroville@gmail.com. All the necessary precautions will be followed at the venue.

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**REMINDER:** The next "Third Age" HANGOUT will be at Center Guesthouse on Saturday 17th October from 2.30 till 5PM. Come along and have some fun with us!

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**WORK OPPORTUNITIES**
Eco Femme is looking for an experienced full-time social media and communications manager. You possess the following qualities:
- Prior social media experience and passion
- Reflective understanding of the multifaceted nature of menstruation and culture
- A genuine resonance with the values of Eco Femme
- Strong English written and verbal communication skills

You start work from our office in Auroville asap (35 hours/week). Maintenance is provided. If you would like to learn more and apply, please download the detailed job description https://docs.google.com/document/d/1eMgyoeAPlmuxosyPolkl5xLmXrK1ExPwIdhtQzW9Jw/edit?ts=5176c05e and follow the directions for submitting your application.

Shifu program
We are happy to inform you that C3STREAM Land Designs(C3SLD) and STEM land is offering a fully-funded residential one-year program “Becoming and Being a Shifu” for youth to Master - skills, competencies and inner capacities. The skills include Programming, AI and data visualization, VLSI Layout and Design, Business Analysis. Youth with a bachelor and in exceptional cases with an equivalent of 10+2 may apply. Please find more details at our website http://www.auraauro.com/bnbshifu/ or write to bnbshifu@auraauro.com. Last date of application forms is 30 October 2020.

MATRIMANDIR
Opening of Inner Chamber
The Inner Chamber is now open from 4:30 - 6:30 PM with prior booking (Aurovilians, Newcomers & long term volunteers holding a valid MM pass, 15 people per sitting in the Inner Chamber). Mat will be folded after one use.
The Petals are open from 7 to 8am. (No booking required). 1 person per petal (12 petals open). A/C will be off, but will be used to cool the room before your visit. After concentration, the petal will be closed. For details on protocols, SOPs etc, see Auronet: https://auroville.org.in/article/81400

If you would like to come to the Inner Chamber for concentration, please inform the Matrimandir Access team at mmconcentration@auroville.org.in.

(Note: You will first get the public auto-response regarding closure, but this is for visitors who write to this address. The email of all Aurovilians will be answered in any case.)

Please give your Name and Community and what evenings you would like to come and how long you would like to sit. As the number of places is very limited you will be informed by email of the date/s and time/s when you can come. Every effort will be made to meet your request/s.

You are reminded that the Park of Unity is open everyday from 6 am to 8 am (for Aurovilians and Newcomers only) & 4:30 pm to 6.30 pm every day (for Aurovilians, Newcomers and Volunteers holding a valid Matrimandir Pass)

Thank you,
- Matrimandir Executives and Access team

LOOKING FOR

Work for Aditya Arumugam - Born in 98 & brought up in Auv, he completed his studies in Transition school and later NESS. He studied briefly in an IT college but left to volunteer/work in different places in Av. He has been working for almost a year at Pour Tous Water Service as an apprentice. Fascinated with computer technology and photography he has done courses and home learning in this field and also followed a personal growth workshop. Lately he has followed a course in Tally accounting system. He is familiar with Photoshop. He loves Auroville and wants to learn and contribute to society. He is looking for a workplace where he can learn and be useful. His particular interests are: Photography, products, communication. Contact: 944242670 or aditya_av@auroville.org.in (Submitted by Shivaya)

Garbha/Dandiya teacher - The nine nights of the Goddess (Navaratri) is approaching and there are famous folk dances done throughout India (especially in Gujarat) to honour and manifest the divine feminine. Are there any Gujarati ladies here in Auroville who would be willing to teach to a small group? - Prem Shakti: 09489244823, premshakti@auroville.org.in

The documentary “The Quantum Activist” from Amit Goswami - contact: umberto.cerasoli@gmail.com

AVAILABLE

Gardener - Palani, long-time and hard-working gardener is looking for work on Mondays and Fridays. He is very reliable, honest, understands some English and has many years of experience working in Auroville. He is familiar with composting and mulching techniques, tree pruning... Contact him directly: 96268 04606 or email me at kartik@auroville.org.in.

Space in Rangoli - Are you a designer looking for a co-work space that is set up for garment manufacture? Or perhaps you’re a brand new Auroville unit that is exploring new commercial options, but still looking for the perfect long-term space? Or maybe you’re simply looking for a large space to store things temporarily? At Rangoli, we’re trying to get through this difficult period without laying off staff and are looking to share some of our space with other units / individuals. The space is 60 sqm w/ own entrance and window. We are looking to share it for a period of 1 year, at the end of which both of us can decide whether to renew. Contact Prema: +919443362528

Office space - at Auromode, completely new, with or without A/C (GF, 170sqm, can be divided as per requirement). Very quiet and green surrounding, w/ following facilities: Generator Power back-up, AquaDyn water, Car & Bike parking, 24hrs Security service - Contact: Pandian, 9943390391; 2622224; pandian@auroville.org.in, auromode@auroville.org.in

Dictionaries - “The Oxford Dictionary of English Etymology” Oxford University Press 1982 and “A Practical Sanskrit Dictionary” w/ transliteration, accentuation, and etymological analysis, Oxford University Press 1979. Contact Mauna, WA 9443168323, or mauna@auroville.org.in

GREEN MATTERS

Water Saving Tip of the Week!
Reuse leftover water from cooked or steamed foods to start a nutritious soup, or pour it on your plants. With Love from the Water Group - helping Auroville become a water-sensitive city. 
watergroup@auroville.org.in/ www.aurovillewater.in

Talk on low waste living
Friday 16th at 5PM at the Pavilion of Tibetan culture
Laure from Palmyra lives a (nearly) zero waste lifestyle. She will follow the Water Group’s tips and tricks applicable to Auroville. The talk will be followed by Q&A session. (Instagram: @ECOLORETTE)

HEALTH

How to spend Monsoon with Ayurveda and local plants
During monsoon, the climate is cold and humid, rains and little sunlight increase drastically the moisture in the air and on the ground leading to a more acidic environment. The body struggles to keep warm and dry, the digestive power is less and all the Doshas get out of balance: VATA gets cold, PITTA ferments, KAPHA retains water.
Effects on the body: the pH becomes more acidic/sour - stiffness, acidity, bloating, coldness, symptoms of pain and inflammation in the joints are felt. Effects on the mind: positive: time for a rest, will to turn inward for warmth and coziness; negative: anxiety, dismay, confusion, doubt.

This is a period for moderation in everything and STIMULATE AGNI - digestive fire

IN THE FOOD:
• Eat warm, cooked in a sauce-pan, easy to digest, light, spicy
• Keep dinner light
• Proteins: Moongdal, beans, chickpeas, lentils, white meat, egg
• Vegetables: amaranth, green leaves, carrot, beetroot, cauliflower, bitter-snake-bottlegourd, moringa (drumstick), chow-chow, radish - wash well to avoid contamination
• Sweet taste in with old grains - barley, rice, millet, oat, wheat
• Fruits: pomegranate, banana, papaya, grape, guava, pear, peanut
• Spices: ginger, pepper, turmeric, cumin, clove, asafetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
• Ghee or sesame/olive/sunflower oil
• Drinks: herbal teas, warm or boiled water, w/ honey or jaggery
• Ayurvedic mix to take after meals: Panchakola, Trikatu, Hingwashtak churna... with honey

AVOID:
Food with yeast, baking powder, cheese, yoghurt, curd, lassi, vinegar, wine, beer / Drinking too much liquid during meals / Uncooked vegetables and salads / Heavy and difficult to digest (fried food, pasta,...) / Coffee, chocolate, ice cream / Carbonated soft drinks

IN ACTIVITIES:
• Keep a regular rhythm (in taking meals and going to bed)
• Massage with sesame oil + apply heat (warm shower, steam bath)
• Foot bath with warm salty water
• Wash with warm water (shower or bath)
• Keep the body warm: neck and feet especially
• Soft physical exercise: 30 minutes a day
• Yoga, Pranayama, Meditation-concentration, Qi-Gong...
• Fumigation with eucalyptus, neem, sage
• Nasya (oil drops in the nose) with Anu Tailam at bedtime or in the morning to clear the sinuses
• Time to detox and rebalance the Doshas with Abhyanga (oil massage + steam bath), Shirodhara (warm oil on forehead), Basti (warm oil enema)

AVOID:
Siestas and day naps / Intense physical sport or work / Moist and cold air, wind, fan / Staying humid after being unhumid / Long hours in front of the computer / Skipping meals / Staying awake late at night / Too many travels

Most of the above aggravate Vata, which is highly sensitive during this season.

HERBS AND MEDICINAL PLANTS FOR THE RAINY SEASON:
• Bhumimba (Nilave gothu) - Andrographis paniculata
• Guduchi (Giloy) - Tinospora cordifolia
• Haritaka - Terminalia chebula with a little of rock salt
• Dashamoolarishtam - for joint pain and inflammation
  ~ Enjoy the rain, Be @ Sante Clinic

Your favorite radio is always working to offer you the best productions of the town. Our staff is increasing and we have now two new volunteers, Sai Priya and Damo, while the first season of “Cup of Joy” is over because Francesco is leaving soon.
We are preparing new programs & a new look for the website! Here listen to the stream channel (24/7) & Here on-air schedules.

Last published podcasts
- Nutritional Cultural Redemption - ep.15 “Shanti comm. garden” (Self organic farming)
- Savitri, B. Vili, C. IV, Part 2 (Sri Aurobindo)
- Happiness, Love and Laughter - ep.42 (Wellness)
- The Soul Tracks - ep.12 “Garden Party” (Music)
- Amor Do Brasil - live concert (Music)
- The Academik Genius Brothers - The Making Of, ep.2 (Theatre)
- Aarohan - ep.2 (Music)
- Audible Weed Walk - ep.13 (Science)
- The Tamil Literary forum - ep.10 (Tamil Culture)

...and many more! on www.aurovilleradio.org. For more information write to radio@auroville.org.in. Love and Peace!

Devotion
Passion for making Her dream? Aspiration for growing better
Dedication for building togetherness? Effort for cementing unity in diversity?
Love for the work we are doing? Happiness for being in Auroville?

Just rain drops
In a wondering mood?

Thank you
Lisbeth and Gijs, Thank you so much for the last “Green column” in Voice & Notes, also to Paulette for her reverence to late Major Dr. Kamla Tewari, mother of four.

Who am I to mention the micro-ecological discipline I am following (veganism), knowing very well that The Mother was not a vegan although intimately conscious on the subject well before us, of course. This outward reservation of Hers is still reflected in the delicious recipes of the Ashram Dining hall where curds, white rice, butter, eggs, honey and white sugar are served daily to inmates and visitors. And to a much lesser extent in the less popular but more wanted plates of Auroville’s Solar Kitchen. Why?

Because Auroville is not primarily an ecological community as suggested in the “columns”, but a spiritual oriented society evolving from its concrete and gilded marble centre, sun fed Matrimandir. Soaring out of its red earth depths and almost significantly going slowly Berserk. The township’s national and international reputation rests mainly on this ecological integrity.

As Her vision is much broader than all our certitudes (who remembers a not so small detail of Her giving Satprem pocket-money to get his cherished “Gauloises” papier mals sans filtres but not the permission). Let’s surrender even more of our power trips for the Harmony in our community.

~ Submitted by Anandi-a

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The Academik Geeks
The Tamil Literary forum
Audible Weed Walk
Amor Do Brazil
The Soul Tracks
Happiness, Love and Laughter
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News & Notes # 840 - 17th October 2020
LE SETTE TETRA DI DELLO YOGA INTEGRALE

As some of you already know I wrote a book - a research on Sri Aurobindo's Sapta Chatushya, titled Le Sette Tetra Dello Yoga Integrale. The book is in Italian and it is available on Amazon but since the price is quite high for average Aurovilians, I printed some copies only for Aurovilians. If you are interested to get one, contact me on Whatsapp: 9487340778, Giacomo

CULTURAL ACTIVITIES

AUROVILLE ART SERVICE - ‘basket’ for the week

1. LIVING LIGHT PONDY OFFERS ONLINE SESSIONS. Join sessions every day, like the Thursday Savitri Study Circle at www.livinglight.in, Livinglight82@gmail.com, 9910960642, 9818176637

2. STHAPATHYA KALA PARISHAD: SCULPTURES OF ASAM Listen to Dr. Paromita Das, Professor, Dept of History, Gauhati University, Assam presenting an overview of the sculptures of Assam. https://m.facebook.com/story.php?story_fbid=179697735735096&id=100051386138661

3. SATHYA OFFERS AN ONLINE WATERCOLOUR CLASS (AGE 15 AND ABOVE). An Approach to Watercolour! Get your materials ready before the class and see you next! +91 9468145072 (WA). Zoom link: https://zoom.us/j/95930230870?pwd=RlIjMlNlWlc4enVSIvF0bANTY5DQtvZz09

4. AZIMVTH ASHRAM HARDWAR IN COLLABORATION WITH AV ART SERVICE offers an 11-days virtual workshop about Ramilia (UNESCO intangible heritage). Free for Aurovilians (others are charged). Contact Rashmi for details and registration. gandakirashmi@gmail.com with ‘Ramilia’ as subject line.

5. THINKARTS IN ASSOCIATION WITH GOETHE-INSTITUT KOLKATA PRESENTS: Introduces International Forum on the Arts for Children and Young People, Nov 5-7. Register now at http://www.thinkarts.co.in/engage.html

6. MEDICLOWN’S OFFER FOR THE QUARANTINED Quarantined? Would you like some on-one-on-one online time with Fif? Email her with ‘online for quarantine’ as subject line at fif@mediclownacademy.org

7. ANANDI OFFERS FOR THE QUARANTINED The Eternity Game - Medhananda, with 64 cards, based on Sri Aurobindo’s Integral Yoga. anandi7@auroville.org.in

8. UNIDENTIFIED FOUND OBJECTS An exhibition by Dominique Jacques at Centre D’Art Citadines until Oct. 31st, 10-12 and 2.30-5, daily except Sundays & Online: https://www.instagram.com/explore/tags/dominiquejacques/

9. NEW VIDEO FROM NINA SENGUPTA & KRISHNA MCKENZIE - EDIBLE WEED WALK. Finding yummy and nutritious Bengal Day Flower plant in a built-up area. https://youtu.be/0729k7kdGQQ

10. GOOGLE ARTS AND CULTURE - COLOUR FAMOUS ARTWORKS ONLINE features content from over 2000 leading museums and archives who have partnered with the Google Cultural Institute to bring the world’s treasures online. We share here the link to an art colouring book which you can colour online. https://artsandculture.google.com/experiment/art-coloring-book/1QGd6v6IAOqQZQ9P

11. ACCESSIBLE HORIZON FILMS PONDICHERRY SHARES (TAMIL), a series on screenwriting in Tamil. This is not only for aspiring screenwriters or writers, but also anyone who’s interested or passionate about the filmmaking process.

12. CREEVA INVITES submissions of lockdown artwork for an exhibition at a future date. creeva@auroville.org.in for details.

13. 3rd SOUTH ASIAN SHORT FILM FESTIVAL NOW ONLINE Free access to watch online some excellent short films on http://www.sasff.online/

Be your spontaneous self - flower offering, story-relay, singing and movement - every Wednesday 4:30-5:30pm

Come and join us at the semi-circle garden under art gallery of Savitri Bhavan. Please observe Covid regulations. Voluntary donation, limited slots. To join: ourhome@auroville.org.in

KIRKANDY

Monday 19th Oct., 5.30 to 7 pm at Svedame Butterfly Barn

Welcome to the circle of friends, celebrating divinity through singing together from our hearts! (Please park outside the gate.)

Navaratri Utsav doll show at Ilaignarkal Education Centre 19th to 24th Oct, 10 to 12am & 2 to 5pm

We cordially invite you to participate in the cultural event - Navaratri Utsav - doll show as part of Dasara Celebrations. The festival of Navratri holds significance as it represents the different stages of evolution. This year’s theme is “Animal Kingdom in Evolutionary Process”. We specially invite the parents to come along with the children.

Contact: (0413) 2623 773 or tami@auroville.org.in

CLASSES/WORKSHOPS

New Classes at Auroville Language Lab

Tamil Beginner w/ Saravanan, every Tue and Fri, 9.30 to 10.30 am, from 3rd November.

English Beginner w/ Asha, every Mon, Wed and Fri, 9 to 10 am. from 2nd November. This is for students who know absolutely no or very little English

Spanish beginner w/ Mila, every Mon and Wed, 4 to 5 pm from 2nd November.

New students are requested to register at http://register.aurovillelanguagelab.org/ to join any language classes at the Lab.

For more info on regular classes, please visit our website: https://www.aurovillelanguagelab.org/courses.php

For Online classes (German), please visit : http://register.aurovillelanguagelab.org/online-courses/

Upcoming online Ayurveda course

To help keep us healthy and balanced in these times, I am letting you know about some upcoming online course options in Ayurveda (the science of health and longevity), by a very authentic institution in India with an international team.

Short-term course, Oct 25-31:
https://ayurvedaeducation.org/swastya-ayurveda-course/

Long-term course, a year-long:
https://ayurvedaeducation.org/wiseliving/

- Submitted by G. If you have questions: satsvig@gmail.com

Integral Regression Therapy free Webinar, Sun. 18th, 10am

A deeply transforming therapy - integrating regression therapy, insights of the Integral Yoga, trauma therapy, systemic constellations. A naturally induced state of insight allows healing and transformation for issues of this life - Inner Child Work, Trauma and Past Life Regression. Sigrid Lindemann will give a short introduction followed by Q & A, and sharing of her experience as therapist and trainer.

A course in Integral Regression therapy: 4 modules, 4 days, partly as webinar, partly presence seminar is planned Nov 2020.

For info & Registration: contact@auroville-ijiva.com / www.auroville-ijiva.com

“Jiva” is a growing collaborative of highly experienced therapists living in Auroville. Therapy and Classes are ongoing www.auroville-ijiva.com, 9626006961 (WA) – Sigrid Lindemann
This workshop will take the participants through this magical experience of experimental cinema that opens up perception towards sensory impulses from its early practitioners like Luis Bunuel, Maya Deren, Rene Clair, Stan Brakhage, Chris Marker to the contemporary Jonas Mekas and from performance and conceptual art to the logic of data base. In a separate section we will look at Indian masters like Mani Kaul, Kamal Swaroop, Amit Dutta, Ashish Avikunthak, Vipin Vijay, Pramod Prajapati and others. The participants will be exposed to the ruthlessly individualistic & subjective interrogation of the restless minds of some great experimental film makers that prise open the taboo, the unsaid and the unchartered. For registration and more details please visit: https://filminstitute.auroville.org/Experimental-cinema/ For queries, call +91 9969879319. Avians/NC may voluntarily contribute to Auroville Timelines a/c 251109. Please mention details in the online application form

☎ ☎ ☎ PLEASE GO PAPERLESS!

RECEIVE THE NEWS&NOTES by EMAIL weekly! It comes 2 days sooner and is in color! Subscribe at newsandnoteslist+subscribe@auroville.org.in or click directly on this link

Auroville Emergency Contact Numbers
Save them in your phone now!

Auroville Safety and Security Team: 9443090107; 04132623400; security@auroville.org.in

Ambulance: Auroville: 9442224680
PIMS: 0413-2656271/72

Farewell: mobile number: 8903836246, reachable 24/7

Emergency Service of India: 108

JIPMER hospital: 2278380 / 2272389

General Hospital: 2336050

Puducherry helpline: 104

TN COVID helpline: 044-29510500

Important information about News & Notes

Hard deadline for submissions or cancellations: Tuesday 5pm
FOR THE ISSUE to be published that SATURDAY (though the digital version generally goes out on Thursday)

The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy. How to submit material: Material (no pdf files, please) may be sent in (English only) to: newsandnotes@auroville.org.in.

Please do NOT send submissions and inquiries as a “Reply” to the digital subscription mail. There is NO guarantee that anyone will see communications sent this way!

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. Please do your best to submit copy that is ready for printing (i.e. Word shows you typos, extra spaces, punctuation errors, etc - don’t make us do all the work!).

We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.

Articles for the Notes section should ideally be no longer than 500 words.

Visiting hours: Hit or Miss. Call first or email for appointment.

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre, Town Hall: 0413-262-2133