

News and Notes

No 826

A weekly bulletin for residents of Auroville

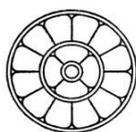
11th July 2020



Golden Bridge Home

artwork by Crystal

HOUSE OF MOTHER'S AGENDA



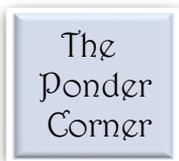
Again, the sign of the divine worker is that which is central to the divine consciousness itself, a perfect inner joy and peace which depends upon nothing in the world for its source or its continuance; it is innate, it is the very stuff of the soul's consciousness, it is the very nature of divine being. The ordinary man depends upon outward things for his happiness; therefore he has desire; therefore he has anger and passion, pleasure and pain, joy and grief; therefore he measures all things in the balance of good fortune and evil fortune. None of these things can affect the divine soul; it is ever satisfied without any kind of dependence, nitya-tr̥pto nirāśrayaḥ; for its delight, its divine ease, its happiness, its glad light are eternal within, ingrained in itself, ātma-ratiḥ, antaḥ-sukho 'ntar-ārāmas tathāntar-jyotir eva yaḥ. What joy it takes in outward things is not for their sake, not for things which it seeks in them and can miss, but for the self in them, for their expression of the Divine, for that which is eternal in them and which it cannot miss. It is without attachment to their outward touches, but finds everywhere the same joy that it finds in itself, because its self is theirs, has become one self with the self of all beings, because it is united with the one and equal Brahman in them through all their differences, brahmayoga-yuktātmā, sarvabhūtātma-bhūtātmā. It does not rejoice in the touches of the pleasant or feel anguish in the touches of the unpleasant; neither the wounds of things, nor the wounds of friends, nor the wounds of enemies can disturb the firmness of its outgazing mind or bewilder its receiving heart; this soul is in its nature, as the Upanishad puts it, avraṇam, without wound or scar. In all things it has the same imperishable Ananda, sukham akṣayam aśnute.

That equality, impersonality, peace, joy, freedom do not depend on so outward a thing as doing or not doing works. The Gita insists repeatedly on the difference between the inward and the outward renunciation, tyāga and sannyāsa. The latter, it says, is valueless without the former, hardly possible even to attain without it, and unnecessary when there is the inward freedom. In fact tyāga itself is the real and sufficient Sannyasa. "He should be known as the eternal Sannyasin who neither hates nor desires; free from the dualities he is happily and easily released from all bondage." The painful process of outward Sannyasa, dukḥam āptum, is an unnecessary process. It is perfectly true that all actions, as well as the fruit of action, have to be given up, to be renounced, but inwardly, not outwardly, not into the inertia of Nature, but to the Lord in sacrifice, into the calm and joy of the Impersonal from whom all action proceeds without disturbing his peace. The true Sannyasa of action is the reposing of all works on the Brahman. "He who, having abandoned attachment, acts reposing (or founding) his works on the Brahman, brahmanyādhāya karmāṇi, is not stained by sin even as water clings not to the lotus-leaf." Therefore the Yogins first "do works with the body, mind, understanding, or even merely with the organs of action, abandoning attachment, for self-purification, saṅgam tyaktvātmaśuddhaye. By abandoning attachment to the fruits of works the soul in union with Brahman attains to peace of rapt foundation in Brahman, but the soul not in union is attached to the fruit and bound by the action of desire." The foundation, the purity, the peace once attained, the embodied soul perfectly controlling its nature, having renounced all its actions by the mind, inwardly, not outwardly, "sits in its nine-gated city neither doing nor causing to be done." For this soul is the one impersonal Soul in all, the all-pervading Lord, prabhu, vibhu, who, as the impersonal, neither creates the works of the world, nor the mind's idea of being the doer, na kartṛvaṁ na karmāṇi, nor the coupling of works to their fruits, the chain of cause and effect. All that is worked out by the Nature in the man, svabhāva, his principle of self-becoming, as the word literally means.

(to be continued next week)

~ Sri Aurobindo. Essays on the Gita. Chapter XVIII - The Divine Worker

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



Keep the mind and heart open and turned inward and upward so that when the touch comes from within or the flow from above, you may be ready to receive it.

~ Sri Aurobindo
Breath of Grace
editor: M.P. Pandit, p.205





AMPHITHEATRE - MATRIMANDIR

Meditation at sunset with Savitri - read by Mother to Sunil's music
Every **THURSDAY, 6 - 6.30 PM** (weather permitting)

For the time being, access is limited to Aurovilians, New-comers and Pass holders. 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 cameras, i-pads, cell phones, etc. Please carry your pass with you. Thank you.

~ Amphitheatre Team

COVID-19 UPDATE

Following the information circulated yesterday about the first positive case in Auroville, we would like to share some additional information about the situation. The volunteer who received positive test results and her roommate (both young French Civil Service volunteers registered in Auroville) were taken to JIPMER. The roommate tested negative and has been discharged, **however, she must remain in full quarantine for 14 days, which means absolutely no contact with anyone for any reason.** Supplies and other needs will be organized by the Task Force and volunteers. If you would like to help with this please write to covid19taskforce@auroville.org.in.

We would like to take the opportunity to say that we are aware that personal information (not all accurate) and photos of the girls are circulating widely via WhatsApp. This is infringing on their privacy and creating an atmosphere of stigmatization and 'fake news' that is not healthy. We ask each of you who has received anything like this to do what you can to break the chain, such as expressing these concerns to those sending them and then deleting the messages. Also, rumors and false information have been spread, which is both harmful to those targeted and to Auroville as a whole. Please do not indulge in such rumor mongering.

Contact tracing has been carried out for the volunteer and at the moment we have identified 15 primary contacts, those who have met her frequently or were in very close contact, and 40 contacts who she met once and/or at gatherings, so they all are important contacts as well. **All of the above contacts should be staying in strict home isolation until further instructions are communicated.**

The degrees of contact will be addressed differently, as follows:

- Swab collection, i.e. testing, for those who had regular and direct contact with the positive case (primary contacts) will be carried out as a priority very soon, in coordination with the Block Medical Officer. The contacts who met her once or at a gathering will be the second round of testing to be done, if required. Until tests are done for all contacts of the positive case, they need to stay in strict quarantine for a minimum of 7 days. Other measures to be strictly followed are:
 1. Monitor your health for appearance of symptoms like fever, cough and/or breathing difficulty. If you develop any of these symptoms, please contact the COVID-19 Task Force immediately.
 2. Stay indoors in well ventilated spaces and do not come outside the house at all in case of living in apartments.
 3. If living in an individual (isolated) house, you may come out and walk around the house or on the terrace, but not venture into areas that are frequented by others/neighbours.
 4. No visitors or contact with anyone from outside, including delivery people, household workers, or anyone else.
 5. Take plenty of fluids, drink warm water and maintain a healthy diet. Introduce immune boosting measures into your routine (Vitamin/mineral supplements with zinc, B complex, Vit D and C; natural ginger, turmeric and black pepper; homeopathic immune boosters; etc).
 6. When family/friends/volunteers come for delivery of the essential, they will drop the items at the entrance, and you will pick them up from there without making any contact. Other than that no friends/family should visit for any reason.
 7. Bathrooms, bed linen, clothes, frequently touched surfaces shall be sanitised regularly.
 8. If living in a common facility, and all living in the place are quarantined together, please maintain social distances, wear masks as far as possible even when indoors and maintain hand and respiratory hygiene.

If anyone out there thinks they have had contact with either of these 2 young women but has not received an email from the Task Force, please get in touch by writing to covid19taskforce@auroville.org.in.

- Those who have not been in direct contact with the positive patient but who were in contact with a person who was in contact with the positive patient:
 1. Please stay in 7-day quarantine from the date of contact.
 2. Please contact the task force if any signs or symptoms appear.

When is testing to be done?

1. The first people to be tested are those with whom the Covid-19 infected person had direct contact.
2. At the discretion of the Block Medical Officer, the second round of testing will be with the contacts of a person from the first round who tested positive.
3. At the discretion of the Block Medical Officer, the third round of testing will be with the contacts of a person from the second round who tested positive.
4. Those who tested negative are to stay in 7-day quarantine from the date of contact.

Please remember, that **if you suspect that you have symptoms of COVID 19 infection, do not visit Sante or the Health Center in person but instead call them and speak with a doctor who will advise you about next steps.** (Sante landline 2622803, Health Center landlines 2622018, 2622123, 2622221)

We ask you all to remain calm and not panic as spreading fear will not help the situation in any way. We are working diligently with the Block Medical Officer, who is also in contact with JIPMER, to try to ensure a responsible, effective and human response to this new situation. With best wishes to all, ~ The Working Committee and Covid 19 Task Force

Help needed - We are now in a new phase of the impact of the pandemic on our community. Due to the new circumstances of having a positive case in Auroville, it is important to be prepared to support different quarantine needs in the coming weeks. We are therefore organizing 3 types of isolation facilities within Auroville so that residents will only be sent to hospitals if absolutely necessary:

- For those who are returning from other parts of India or internationally who must be in quarantine but cannot do so at home.
- For those who have been tested and are awaiting results, and cannot be in full isolation at home.
- For those who have been tested and the results are positive but with no symptoms or only mild ones and cannot be adequately quarantined at home.

However, in order for these facilities to be able to function, **we urgently need people to volunteer to help!** Please see below the areas of work for which volunteers are needed:

Category 1 - for logistics and delivery of supplies such as food, medicines, etc. For those who have tested negative supplies will be delivered to the building and then left outside the door of the quarantined person. For those who have tested positive, supplies will be brought to the gate of the compound only, not even to the building itself, so volunteers in this category will not come in contact with the isolated individual(s).

Category 2 - should be willing to serve quarantined persons, both positive or negative cases, for basic necessities, without any direct contact, but physical presence inside the facility will be required. Hence, it will be mandatory to wear protective gear. This category will undergo basic training with a paramedic professional.

Category 3 - willing to be available on a rotational basis as a physical presence at the facility, in order to offer additional support and point of contact as required.

Category 4 - **URGENT NEED** for driving people in an Omni van belonging to the Visitors' Center, to the Covid testing center, with proper protection. This category will undergo basic training for wearing protective gear, as well as the protocols to be followed while on duty and cleaning of vehicle. These volunteers must be Aurovilian and be covered under the Health Fund or private health insurance that covers Covid 19. Indian driver's license is also a must.

All volunteers should be within the age range of 22 to 55 and have no underlying serious health issues.

This is a time when we all must come together and support each other and our community. We appeal to each of you, as individuals and as part of a collective, to consider how you can help. Please contact the Task Force if you are ready to volunteer for any of the tasks described above. With best wishes to all, - The Working Committee and Covid 19 Task Force

SUNDAY CURFEW - We would like to remind you all about the Sunday Curfew to be applicable on all Sundays in the Month of July as per Tamil Nadu Government guidelines. See below the details:

Complete lockdown will be enforced without any relaxations throughout the State on all Sundays falling in the month of July 2020.

That means on:

- **05.7.2020** (From Midnight on Saturday, 4.7.2020 to 6:00 A.M. on Monday, 6.7.2020),
- **12.7.2020** (From Midnight on Saturday, 11.7.2020 to 6:00 A.M. on Monday, 13.7.2020),
- **19.7.2020** (From Midnight on Saturday, 18.7.2020 to 6:00 A.M. on Monday, 20.7.2020) and
- **26.07.2020** (From Midnight on Saturday, 25.7.2020 to 6:00 A.M. on Monday, 27.7.2020).

No other activity except Milk distribution, Hospitals, Pharmaceutical Shops, Hospital Vehicles, Ambulance and Hearse Vehicle Services may be permitted during the above Sundays and that the private vehicles will be allowed to ply only for medical emergencies."

We would also like to remind all the community members of the following, applicable on all days until further notice:

1. **Night Curfew:** Movement of individuals shall remain strictly prohibited **between 10:00pm to 5.00am** throughout the country, except for essential activities including the operation of industrial units in multiple shifts, movement of persons and goods on National and State Highways, loading and unloading of cargo and travel of persons to their destinations after disembarking from buses, trains and airplanes.
2. **Gathering of more than 5 persons at a time in public places will remain prohibited** under Section 144 of Criminal Procedure Code.

Obviously this means that all Auroville restaurants, venues, and centers, as well as Matrimandir Gardens, are closed on Sundays!

We look forward to everyone's cooperation in complying with these measures. The Covid 19 Task Force and the WC.

The lockdown in Tamil Nadu has been extended until 31st July. Please find at this [link](#) the official new guidelines and English translation [here](#) from the Tamil Nadu Govt. The number of active cases in Pondicherry, as of 6^h July is at 515, **with 65 news cases on Monday alone**. Therefore we strongly recommend to **minimize movement outside of the Auroville area**, to not go to Pondicherry unless absolutely necessary, to avoid inviting family or friends from the above areas to Auroville, be extra conscious and follow all safety protocols. Please write to covid19taskforce@auroville.org.in if you require Standard operating procedures (SOP's) for workplaces, shops, offices, restaurants and construction sites. Or you can download them all from [here](#).

Lufthansa Special Relief flights: 10th - 22nd July 2020; Air France www.airfrance.fr & KLM <https://www.klm.com/home/in/en> also have flights from Bangalore

Mumbai- Frankfurt
Flight Number: LH757
Departure: 11, 13, 16, 18 & 20 July
Departure Mumbai: 02:50 (LT)
Arrival Frankfurt: 08:15 (LT)

Bengaluru- Frankfurt -
Flight Number: LH755
Departure Dates: 17,19 and 22 July
Departure Bengaluru: 03:05 (LT)
Arrival Frankfurt: 09:25 (LT)

Delhi-Munich - Flt Number: LH763
Departure: 11, 14, 16, 18 and 21 July
Departure Delhi: 00:55 (LT)
Arrival Munich: 05:25 (LT)

Delhi-Frankfurt - Flt Number: LH761
Departure Dates: 17, 20 and 22 July
Departure Delhi: 02:50(LT)
Arrival Frankfurt: 08:00 (LT)

AIR FRANCE

MUMBAI TO PARIS 0205 0830
10/11/12/13 JULY
DELHI TO PARIS 0015 0610
10/11/12 JULY
BANGALORE TO PAIRS 0125 0815
11 & 13 JULY

KLM

MUMBAI TO AMSTERDAM 0210 0745
10/11/12/13 JULY
DELHI TO AMSTERDAM 0255 0805
10/11/12/14 JULY

Tickets can be bought on lufthansa.com and via Agency Support at 1-800-102-4744.

As per the approval by the Director General of Civil Aviation, following persons are eligible for transportation on these Lufthansa relief flights:

- All German and EU Nationals
- All German and EU Residents
- All other Foreign Nationals transiting through a Lufthansa Hub, Frankfurt or Munich and/ or the spouse/ children of such persons whether accompanying or otherwise, e.g. US Nationals and/or Spouses/ Minor Children of US Nationals
- INDIAN Nationals holding US green cards or Canadian Permanent Residence status are only permitted on this special repatriation flight if he/she is a spouse of US/Canadian National

Santé Update - Please see [here](#) for a news update for services in light of the changing situation in Auroville. *Be well. Stay strong.*

Guest Registration through email ONLY: To all persons presently hosting guests in Auroville: Registration Service- C-Form Registrations and Extensions will be done only through emails until further notice. Kindly write to grs@auroville.org.in. **NOTE THAT GUESTS CANNOT WRITE TO US DIRECTLY** - requests can only come from Aurovilian hosts or Guest House managers. If someone requires a softcopy of the C-form, please mention this in the email. We will send it in reply.

GUEST DETAILS NEEDED FOR C-FORM EXTENSION (requests with missing details will NOT be processed):

1. First name (given name)
2. Last name (surname)
3. Passport number
4. Nationality
5. Place of stay in AV
6. Extension dates (from: to:)
7. Next destination
8. Attach a small softcopy of a passport size picture

And ONLY FOR EXPLORATION GHs:

9. Attach a scan of the bill with the **Booking ID**

For Accommodation Service-Related Matter: Registered guests staying in Auroville since the lockdown and looking for a change of accommodation in Auroville guesthouses, kindly contact Guest Accommodation Service at: guestaccommodation@auroville.org.in Guest Accommodation and Registration Service will not accept any direct requests until further notice.

The link for the Tamil Nadu Govt guidelines for people entering/returning to TN from outside of the state and outside of India is: <https://stopcorona.tn.gov.in/wp-content/uploads/2020/03/Covid19-Tamilnadu-Advisory-19.05.2020-3-Pages-English-634KB.pdf>

Current global stats: <https://www.worldometers.info/coronavirus/>



WORKING GROUP REPORTS

Resolve issues and conflicts without going to external authorities/entities

In recent times, and in the past, there have been cases of Aurovilians going to, or threatening to go to, the RRO/FRRO with complaints against other Auroville residents. **We would like to state clearly and firmly that this practice and attitude should stop.** It is not acceptable for an Auroville resident to put themselves in the position of a single and individual 'Exit Committee' and putting visas of other Aurovilians at risk. Auroville's internal processes must be given a real and sincere chance, by all involved in any conflicts or disagreements, to resolve issues and conflicts without going to external authorities/entities. We look forward to everyone's understanding and collaboration in this. Best to all
~ The Working Committee and Auroville Council

Report of the Working Committee for April 14th to July 5th, 2020

The main issues of these months were as follows:

1. Coronavirus Covid-19 situation.

- a. The Working Committee together with the Task Force have been regularly reporting about new developments and shared government guidelines through mass bulletin and on the Auronet.
- b. We regret that on July 3rd an Auroville resident, a French volunteer, tested positive. The community, the locations and all the person she has been in contact with have been informed. The person and her roommate have been brought to Jipmer. Specific information has been published separately.
- c. The community has previously been informed about the resignation of the Emergency Task Force and the formation of a new the Task Force. Since then, Stephanie and Sundar have resigned as members of the new team and Naren has joined. Tejaswini and Prashant continue as advisors.

- a. We have requested Palmyra to respect the decision not to allow any contact sports in Auroville, and to suspend all cricket events with outside participants until such a time when it will be more appropriate to do it.
 - b. We remind all that for the time being no new guests / volunteers can be hosted in Auroville.
2. **Auro Oceanic.** The Working Committee has published the correspondence with Dr. Karan Singh, the Chairman of Auro Oceanic, on the issue on the Auronet and via the mass bulletin.
 3. **Developments on private land.**
 - a. In view of the recent intensification of developments on privately-owned lands in the City Area of the Auroville Master Plan, the Working Committee has sent a note to the Collector and brought the matter to his attention during an informal meeting. A few complaints have been sent also to the enforcement office of the Block Development Officer.
 - b. We have also written to the Chairman of the Governing Board, Dr. Karan Singh. We have informed him that the Working Committee considers that the future of the Auroville Township is in danger and that Auroville will not be able to manifest unless immediate and strong measures are taken. The lands within the City Area need to be owned by the Auroville Foundation as soon as possible.
 - c. We have requested the Board take immediate action to safeguard the future of Auroville. These actions include that the Board approve:
 - i. that land purchase can happen at realistic market prices;
 - ii. that land purchase within the City Area continues on a war-footing;
 - iii. that the Board requests the Ministry of Human Resource Development for a grant or a long-term interest-free loan to purchase the remaining lands in the City Area of Auroville;
 - iv. that the Board, with the support of the Ministry of Human Resource Development, interacts with the Government of Tamil Nadu to get stronger statutory protection and acquire the lands in the City Area of Auroville.
 - d. The Chairman has responded that he shares the concerns expressed by the Working Committee and will take the matter up with the HRD Ministry.

4. **Joint meetings with FAMC and Land Board.** A series of meetings are happening with the FAMC and Land Board in which we are jointly looking into how to accelerating land purchase possibilities.

5. **The Auroville Entry Policy 2020.**

In 2019, proposals have been made for modifying the internal document the Auroville Entry Policy. Community feedback process was invited and a general meeting followed to come to a proposed new Entry Policy (see <https://auroville.org.in/article/75466>). The revisions have subsequently been discussed and agreed with the Entry Board. The Working Committee will soon call a decision of the Residents' Assembly on these proposed modifications.

6. **The draft Auroville Exit Policy.**

A draft of the Exit Policy, made by the Exit Policy Task Force, has been presented to the community for several rounds of feedback. The Task Force has since resigned. The Working Committee is in the process of looking at the new comments that have emerged on the content of this document. In due time, the Working Committee will also present this document for approval by the Residents' Assembly.

7. **The Auroville Foundation (Admission and Termination of persons into the Register of Residents) Regulations 2019.**

These Regulations have been officially approved by the HRD Ministry. After incorporating the change demanded by the Residents' Assembly (the removal of the sentence "Ownership of immovable assets in the Greenbelt area of the Auroville Master Plan is only allowed with the written permission of the Auroville Foundation" in Form 1 of the Regulations) the Acting Secretary has sent the Regulations for publication in part III of the Gazette of India. This is expected to happen soon.

Many members of the community have proposed that more amendments in these Regulations are now made. In due course the Working Committee will call a decision of the Residents' Assembly on these proposed amendments when it is more appropriate to conduct a community process. If the RA approves the proposed amendments, the decision of the RA will be submitted to the Governing Board. After the Board's approval, the approval of the HRD Ministry will be required before the amendments can become official, which will likely take some time.

8. **Registration of guests staying in Auroville guesthouses; and Registration of foreign residents of Auroville in hotels, guesthouses, hospitals and other institutes outside Auroville.**

a. The Foreigners Regional Registration Officer cum Civil Authority, Chennai, has brought to our notice that foreign nationals cannot check in into hotels/hospitals/institutes/guest houses using their aadhaar card. They need to use their passport, residential permit and stay visa.

b. Managers of Auroville guesthouses and home stays cannot accept an aadhaar card from a foreigner for filing C Forms. Instead, the original passport and visa details of the foreigner need to be filled in at the on-line C Form within 24 hours after the arrival of the foreigner in the guesthouse or home stay. Also, the guesthouse/ home stay has to keep a copy of the passport and visa for future reference. Not following these instructions is a punishable offense.

9. **Acts of vandalism at Sunship and Kalpana.**

Unknown persons have lit large locally acquired firecrackers at Kalpana and Sunship on the night of Saturday-Sunday 20-21 June, resulting in loud bangs, fear and temporary deafness among some residents. Some residents of Sunship decided to file a complaint with the police, who subsequently visited the sites. The issue has brought up frustration of some residents towards the Working Committee, as the Auroville Safety & Security Team (AVSST) and the Working Committee did not wish to file a police complaint immediately, as there was a strong possibility that these acts involved youngsters. This does

not mean that the Working Committee condones the incidents. We find these incidents that disturb and frighten people, create health hazards, damage properties and create safety risks unacceptable. We fully support the AVSST in the search of those responsible who should be held accountable.

10. **Dismissal of employees at Bharat Nivas.**

a. During the lockdown period the Bharat Nivas Trustees decided to lay off its campus workers because GOI grants are no longer available for Bharat Nivas. The workers were informed. On the advice of Bharat Nivas Trust's lawyer, a public notice of their retrenchment and the closure of the campus was also issued. This move angered the workers and led to a workers' confrontation at the campus and their refusal of the proposed settlement. The campus gate was locked from the inside by the workers and police intervention was sought. The situation was brought under control. The agitation was backed by a local politician and was reported in the local newspapers.

b. On June 5th, the Working Committee received a complaint letter from the workers with the request to intervene. A meeting was organized at SAWCHU (a large, open space in the Bharat Nivas Campus) with the Bharat Nivas trustees, the workers, two representatives from the Working Committee (Selvaraj and Partha) and two representatives from FAMC (Kalya and Anitha) with a facilitation by Vikram.

c. During this meeting the views of both sides were expressed. In addition, Elumalai (an Aurovilian who lives on the Bharat Nivas campus and was previously the campus manager), who is supporting the workers, expressed his past contribution to Bharat Nivas and complained that he had not been consulted about the dismissals. It was agreed that this is a dispute between Elumalai and the Bharat Nivas Trustees, which needs to be resolved between them and should not be mixed with the worker's dismissal issue.

d. It was mutually agreed that when workers need to be re-hired, the laid-off workers would be the first to be considered. A letter to this effect was requested by the workers from the Bharat Nivas Trustees, who agreed. The meeting concluded with the decision that the workers will come up with a proposal to find an amicable solution, which the Bharat Nivas trustees will study.

e. A follow up to this meeting was planned on the 13th June 2020, to which the same people were invited. Regrettably, only Selvaraj and Vikram and the workers made themselves available so the process broke down.

f. On June 16, another meeting took place with representatives of the workers, a Bharat Nivas trustee, and 4 members of the Working Committee in the Working Committee office. The workers presented two proposals; the trustees have been requested to choose one of the proposals to develop further in order to move forward. The issue is yet to be concluded.

11. **Birth Certificate information.**

We have written to the Block Medical Officer of this area about procedures to be followed for hospital and home deliveries, asking for his comments on a document "Birth Certificate Information" drafted by Paula M, which we intend to publish on the AuroNet. We await the BMO's comments.

12. **Sve Dam conflict.**

One of the parties in the Sve Dam conflict has informed us that, in consultation with a lawyer, the decision has been taken not to participate in a legal mediation proposed by the Working Committee. We are studying what can be done to bring the issue to a harmonious conclusion.

13. **Apology by Paul Vincent**

At the request of the Working Committee and the Acting Secretary of the Auroville Foundation, Paul Vincent has apologized to the Chairman, Auroville Foundation, for mentioning his name and those of members of his family in his accusation spread by email that Banu, a member of the Land Board, would be the broker in charge of buying land for Dr. Karan Singh's daughter in the vicinity of the

Green Belt near Matthur; and his subsequent statement that the insertion of the clause in the Auroville Foundation (Admission and Termination of Persons in the Register of Residents' Regulations) 2019 to which the community objected and which since has been removed, is connected to this alleged land deal.

Neither Dr. Karan Singh nor any member of his family is or has ever been engaged in purchasing land around Auroville, nor has any contact with Ms. Banu. Paul's presumption that there is a connection between this land deal and the Regulations is baseless. The Land Board has meanwhile categorically denied all the accusations made by Mr. Paul Vincent against the members of Land Board as false and not backed with any credible evidence or proof.

14. Complaining to the RRO/FRRO

In recent times, and in the past, there have been cases of Aurovilians going to or threatening to go to the RRO/FRRO with complaints against other Auroville residents of foreign origin. We consider this incorrect. It is not acceptable that an Auroville resident puts him or herself in the position of a single and individual 'Exit Committee' by putting visas of other Aurovilians at risk. Auroville's internal processes must be followed to resolve conflicts.

15. Police visit at the Youth Center

On Friday, 3rd July, we were contacted by the DSP who expressed his intention to go to the Youth Center as part of their enquiry into the incidents at Sunship and Kalpana. One member of the Security Service and 3 members of the Working Committee accompanied him to the Youth Center, where he issued a stern warning about gatherings under the current Coronavirus situation.



Auroville Township Planning and Development Research Organization

APPLICATIONS FOR FINAL BUILDING NOC 7th July 2020

As informed in our February 2020 notice, TDC is functioning with a reduced staff and therefore applications that we had not started processing before end of January 2020, have been put on hold and will not be reviewed until additional members join the team. The following applications are those that were taken up before the announcement. Reviews were completed on these and recently, decisions taken jointly with the FAMC.

The following application has gone through the full review process including community feedback during its preliminary design approval, and will be issued the Final building NOC. Application forms, drawings & area maps for these have been uploaded on the Intranet in the application announcement posting. Any concerns or queries regarding the below building NOC's can be sent to application-avenir@auroville.org.in

THAMARAI LEARNING CENTRE PHASE 1 - application for final Building NOC - **The building NOC shall be given to Bridget Horkan and Alok A to build phase 1 of a children's teaching facility**, not exceeding 45sqm on Auroville Foundation land in Annai nagar village. Phase 1 will have a single story multi-purpose hall with a usable roof terrace space covered with a metal roof. The dry (ecosan) toilets and store room will also be built in phase 1. Total estimated cost of the structure is 33,04,009/- The design for the structure has been done by Raman Construction. The building shall be used according to its description in the building application and any change in function or purpose of building is subject to TDC approval throughout the lifespan of the building. **The project holder can begin construction on site after picking up the signed NOC document from the TDC office.**

Below is an application that has gone through the full review 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 22nd July 2020 to application-avenir@auroville.org.in

AUROVILLE BAKERY PUBLIC TOILETS - Application for final Building NOC - **The building NOC shall be given to Elumalai to build common toilets**, with a total area not exceeding 45 sqm within the Auroville bakery compound. Total estimated cost of the structure is 21,65,300/- The design for the structure has been done by Rajendran (Celebration).

The structure shall have separate toilets for male/female users and one separate accessible toilet. A new waste water recycling system will also be built within the compound and the toilets connected to it. The NOC covers the waste water recycling system. **The project holder can begin construction on site after picking up the signed NOC document from the TDC office.**

~ * ~ * ~ * ~

AVENUE TREE PLANTING - Application as a part of public space and infrastructure projects - Application form, project information & area maps for this have been uploaded on the Intranet in the application announcement posting. Kindly mail any feedback before the 22nd July 2020 to application-avenir@auroville.org.in. For further information regarding the project, please write to avenir@auroville.org.in

TREE PLANTING ALONG THE CROWN: With the objective of creating more shade, wildlife corridors and help reduce traffic speed along roads while taking into consideration the nearby utilities, the project holder proposes planting 57 trees in the stretch from Auroville Library to Mahalakshmi Home. The project holder is Island Lescure. The estimated cost of the project is 2,00,000, is funded by PCG and shall be maintained by the applicant for the next 3 years with support funds from PCG.

Spacing of trees: It is proposed to add two extra trees between existing service trees and where road stretches are not shaded. This is to

- Be more tolerant of high winds
- Encourage a higher canopy (higher first branch)
- Be easy to fill if one tree dies, fails or needs to be removed (several existing trees are already in a state of decline and others may need removal in the near future due to poor structure)
- Be more resilient to drought
- Create more effective wildlife corridors

Distance from Crown: Existing trees are approximately 3 meters from the existing road. Although it would look better at this time to follow this distance, the proposed trees would be placed closer to the road (1.75cm distance) as it would:

- Encourage slower vehicular movement
- Place them farther from existing and potential future utilities
- Allow them to shade the entire road faster

The proposed distance takes into account potential future installation of a root barrier along the road to prevent roots from disturbing paving stones. Any closer to the road will mean insufficient/sub-optimum structural rooting space.

Distance from utilities along the Crown: The majority of tree roots can be found in the top 60cms of soil due to a lack of oxygen lower down. This is not definitive, but as the minimum current and recommended depth of utilities is 70cms, there is little conflict in that regard. In the future, once utility locations have been defined, a root barrier can be installed adjacent to the utilities.

Tree selection criteria:

- Adapted to environment, main feature: drought resistant
- Evergreen or brevi-deciduous (shade most of the summer or at least when it matters)
- Fast growing
- Little mess in terms of fruits, flowers, foliage
- No dangerous fruit (falling risk-wise and also poisonous plants taken into account)
- Ideally with interesting features (bark, leaves, flowers, shape, fruit etc...)
- No superficial roots (surface roots that would disturb pavement, hinder traffic)

Current tree species selected: Based on availability, diversity and location suitability (trees already purchased last year)

- Albizia saman
- Alstonia scholaris
- Caesalpinia ferrea/Libidibia ferrea
- Celtis philipensis
- Mimusops elengi
- Simarouba glauca
- Swietenia macrophylla
- Syzygium cumini

Further information regarding planting methodology, watering regime, pruning schedule, location map, etc. can be seen on Auronet in the announcement posting. **The project holder / applicant can begin planting on site only after picking up the signed NOC document from the TDC office.**

ANNOUNCEMENTS

Call for Proposals SDZ Fall 2020

The Stichting de Zaaier Board invites proposals from Aurovilians to consider for funding at their upcoming Board meeting. We are very grateful for this encouraging gesture. In addition to the criteria given in bullet points below, the SDZ Board has indicated that they are willing to consider, "proposals in relation to COVID-19 challenges" and, "initiatives aimed at a more sustainable economy with a comprehensive plan or roadmap that can support the various initiatives to become more than the sum of the parts".

It is IMPORTANT that what is being proposed as your project can be executed within the given parameters during lockdown, following the guidelines and restrictions in force at the time of implementation.

The last date for submitting proposals for this call is Monday, 3 August 2020. Please submit earlier if possible. You are welcome to send us a draft version of your proposal for comment prior to the due date. *(If you plan to submit a proposal, please carefully read this full announcement to the end!)* NB There will be another call for proposals in two months' time if you cannot prepare a proposal now.

The Project Coordination Group will check whether proposals fall within the SDZ funding criteria and forward those that do to the SDZ Board for final selection and grant allocation. Stichting de Zaaier welcomes project proposals for:

- research studies in the fields of sociology, economy, psychology and inner development;
- exploratory (research) studies into the relations with the world outside Auroville, in particular with the villages (and villagers) surrounding Auroville, as well as proposals for initiatives that seek to contribute to strengthening these relations;
- initiatives that seek to enhance efficient co-operation of Aurovilians with the aim of making full use of the existing potential in Auroville;
- studies exploring a sustainable future for Auroville and initiatives contributing to such a future;
- Initiatives requiring seed money (micro-projects) for innovative and informal education & training, women's development, outreach as well as proposals prepared by youth.

Funds are generally not available for infrastructure, buildings or transport. Requests for equipment will only be considered if specifically required for the implementation of the project and are not already available in Auroville. Please note that Stichting de Zaaier has also indicated a preference for funding projects where the maintenance of Aurovilians is either provided by Auroville or from a source other than SDZ grants.

Grant application form and budget request spreadsheet available on request from pcg@auroville.org.in at the links at the end this announcement. NB If you have already received funding for a project through the Project Coordination Group, please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all

funds have been utilized) before making an application for a new grant.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your project is to be reviewed by all concerned School Boards prior to the Project Coordination Group review. (Please contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and hereby have a greater impact on the beneficiaries of the project.

For more information or assistance please write to pcg@auroville.org.in. Last date for submitting proposals for this call is **Monday, 3 August 2020**. Please submit earlier if possible.

[2020 Auroville PCG Grant Proposal FORM TO FILL IN AND SUBMIT 2020.doc](#)
[2020 Auroville PCG Grant Proposal BUDGET Table 2020.xls](#)

From AVES - Agricultural Connections by TNEB

TNEB is providing Agricultural Service connections on Tatkal basis until 31/08/2020. Those who are willing to have an Agricultural connection, can contact AVES @ 2622 132 or 94888 68747 for further details.

Auroville Internal Delivery Service

The service will start on Monday 13th July as a pilot project based at the UTS office. We encourage Aurovilians to start using this service for their online orders and give the delivery address below when ordering:

Name / Community
Internal Delivery Service (UTS - Service Area)
605101 TN Auroville

You can send your email address and mobile number to UTS so they can contact you to inform you of arrival and delivery status of your order. For cash on delivery orders, please contact UTS with the details of the order and to arrange payment. Same day deliveries of goods received will be made throughout Auroville, or you can pick them up directly yourself at UTS. 262-3586/7, 24/7, or uts@auroville.org.in

Cycle Kiosk - New Contact Number

This past week we got a few phone calls on the 'old' contact number. Please check your phone's contacts list and update the Kiosk number there: **New number - 89401 15240**

We are now fully open now Mon - Sat, 9:00am - 4:30pm.

Still, the pandemic is not over and Auroville is still very much on alert now, so please help us by paying attention to these safety measures:

- Do not come as groups to the Kiosk, and do not stay around longer than necessary
- Keep a respectful distance from the mechanic, who is being reminded to do this with you also
- Touch surfaces and objects as little as possible - use your own pen to sign the blue sheet
- Inform your children about these precautions, see that they understand

Thanks for all your support & understanding! - Cycle Kiosk team



Following up on the latest situation in Auroville, Savi team has decided to close the office until the 20th of July. We'll be happy to meet and assist you only by prior appointment. Write us at study@auroville.org.in. Love and light to all

- Savi Team -Boomi, Manoj, Pranshula, Sara, Saranya, Siv

La Terrace is now open Monday - Saturday 8 AM - 4 PM
Sunday closed. See you there!

Delicious Bites - We've started our all new **baked CHEESE-CAKE**, in various sizes and with different toppings. If you're interested in having one, whatsapp to 8098290154 -Neem.

THANK YOU

We would like to thank the 404 participants for having responded to the survey about package free options at HERS. With gratitude, - Ann, Laure, Vivekan, Sara, Ishan, Fabienne

WELCOME

FROM THE ENTRY SERVICE - ES # 040 - 11-07-2020

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

AUROVILIANS ANNOUNCED:

- **Claudia HARGESHEIMER** aka Verena (German) staying in Invocation working at Quiet Healing Center
- **Irena TASKOVSKI** (British) staying in Auromodele and working at LOE
- **Itzhak HELMAN** (Israeli) staying in Terrasoul and working at Terrasoul farm
- **Karan GAJENDRAN** (Indian) staying in Kriya Youth Housing and working at Auroville Health Services

NOTE:

- An Aurovilian is a resident of Auroville, aged 18 and above, whose name has been entered in the Register of Resident (RoR) as maintained by the Auroville Foundation (AVF) Office.
- The change of status from Newcomer to Aurovilian is the B-Form. An Aurovilian'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. These appointments are fixed 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.

APPEALS

From Aurosangamam

We, Aurosangamam, would like to thank all who offered support to the people who have been most affected by this Covid-19 pandemic crises. It's a great thing to help each other during this kind of disaster period. Our great Tamil poet Thiruvalluvar expresses as follows:

குறள்:

காலத்தி னாற்செய்த நன்றி சிறிதெனினும்
ஞாலத்தின் மாணப் பெரிது.

விளக்கம்:

உற்ற காலத்தில் ஒருவன் செய்த உதவி சிறிதளவாக இருந்தாலும், அதன் தன்மையை அறிந்தால் உலகைவிட மிகப் பெரிதாகும்.

Transliteration (Tamil to English):

Kaalaththi naaRseydha nanRi siRidheninum
Gnaalaththin maaNap peridhu

Couplet Explanation:

A favour conferred in the time of need, though it is small (in itself), is (in value) much larger than the world.

Aurosangamam (AS) would like to help the people who come from the neighboring villages and working in Auroville as house workers, gardeners, watchmen and etc. It has been decided in our meeting to offer small educational support (books, notebooks and stationery items) amounting to max. 500 Rs.

from our monthly contributions to the children of the above-mentioned AV workers. So, we kindly request the residents to pass this message to their workers and to contact us. Individual residents, Services and Commercial units are kindly requested to help us to help the people who contribute to build the city Auroville physically.

Please make your contribution to Aurosangamam's FS account number: 252214. Every little helps! Thank you!

Aurosangamam aurosangamam@auroville.org.in

AS Communication team: Manojkumar: 70105 06134,

Balu.K: 94443 40006, Rajavelu: 94420 87850

AV Library wants your eBooks!

We're looking to further expand our eBook collection and would like to ask you to share your collections with us. We are specifically looking for books in Dutch, German, Hindi, Korean, Russian, Spanish and Tamil, but we're happy to receive books in other languages too!

We're looking for modern classics from the last 50 years (we already have older books from The Gutenberg Project) and books on any subjects or skills such as education, cooking, yoga, gardening, art, history, etc.

Please nothing trashy - only good quality content. If you are able to help with the cataloging of books in your language, it will also be a huge help to Frederic, our eBook master.

Thanks in advance! - The Auroville Library team

FOR YOUR INFORMATION

Errata et al - Last week there was a bit of confusion caused by the changes that sometimes happen in the transmission of documents. Four activities were displayed in the N&N under the banner of the **Auroville Campus Initiative**, when they were intended to be listed separately under the title, "**New steps for Auroville's collective progress**" (which unfortunately did not show up on the doc received). The projects were well described however: ACI - Auroville Campus Initiative, aci@auroville.org.in: Morning Star, with Paula, Krishna, Rotem, Magesh, Shanti and Monique morningstar@auroville.org.in; Ecological Horticulture Course w/ Paul & Botanical Garden team www.auroville-botanica-gardens.org; and Funding Auroville with Sigrid and team. N&N was immediately informed of the error (ascribed by the submitter to deliberate, malicious intent on the part of the editor - O, the joys!). Sincere apologies for any confusion caused by the way that the information appeared.

But that's not the end of the story. I was then informed that the activity, Funding Auroville, had been deauthorized and announced as discontinued last year by both the FAMC and WC. Both were contacted, and the following was submitted by the FAMC for publication in the News and Notes this week.

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From the FAMC re: the activity "Funding Auroville"

The FAMC has reviewed the application for Funding Auroville to be registered as a Unit and unfortunately cannot approve it. Our reasons are as follows:

Fundraising is not comparable to an activity or unit engaged in commercial or service related activities where products or services are sold. In the current Trust and Unit structure, Executives are appointed, and after a probationary three-year period, they become executives for life. This would vest the Executives with the power to decide what and who is funded in Auroville without the need to consult or collaborate with Working groups or the Residents Assembly, which are mandated to help the community prioritize its needs. Effectively, the Executives would be empowered to decide upon community needs without engaging in any community process.

The FAMC is not comfortable with vesting such power in any individuals and has expressed to this group on multiple occasions that for fundraising, there must be a Managing Board that could ensure adequate consultation, collaboration, and cooperation with other interest groups and working groups within the community. This Board would also ensure that there

is in place adequate review of the provenance of funds, and where applicable adequate review of project applications, and project evaluation, monitoring and accountability, which again, is significantly different from a normal unit. Most units do not need to consider donor needs or government statutory compliance that accompanies the receipt of donations.

The proposed name of the unit, Funding Auroville is also not acceptable. It implies that there is a broader scope in mind than the stated scope of work: land and land-related activities. And, it gives the impression that this unit is the mandated fundraising entity for the entire community. This could effectively undermine other valid fundraising efforts present and future.

Finally, there is already a successful fundraising initiative, Acres for Auroville, engaged in the same work. It is imperative that any fundraising activities with the same scope of work, and particularly for one as critical as land, have a formal cooperation agreement in place to ensure that they do not overlap and approach the same donors, which would confuse potential donors and undermine our efforts to raise funds; or contribute to double funding of projects. No such cooperation agreement was submitted with [the would be unit's] proposal.

----- **From the Farm Group and Foodlink**

In pre-Covid times, much produce grown on Auroville farms was distributed in the Auroville community through various outlets, as well community kitchens, eateries, etc. Due to the pandemic, community kitchens and restaurants are operating at a minimum and more people are cooking at home, so it is not easy for Foodlink to distribute Auroville farm produce. Besides this, Auroville farmers have increased production to make sure that the community has supply of fresh healthy food during these uncertain times. To support Auroville's basic economy, of which farms are very much part, we request consumers to consider as much as possible to use Auroville grown grains, fruits, vegetables, milk, and other dairy products. We also request the Auroville eateries to use as much as possible Auroville grown organic products in their kitchen. This might mean experimenting with new recipes or choosing imperfect fruit. Be aware that **each time you buy an Auroville product you support Auroville farming and strengthen both our food security and a local economy.**

Farmgroup@auroville.org.in; foodlink@auroville.org.in

Know Where Your Milk Comes From

A look at our Auroville farms makes it easy to understand why our small farms are not necessarily 'competitive' either with industrial dairy enterprises or with the average village set-up. For one, there is a trend for small and medium dairy farms all over the world to disappear, as they simply cannot compete with the big industry with its automated processes and bulk financial power. On the other end of the scale is the typical cow owner in the local village who keeps a few animals, a tradition encouraged by government subsidies. The meagre rate at which he sells his daily can of milk forces him to minimise his costs - his cows will be seen grazing along the road side and foraging in dumped garbage, while the calves are usually barely getting enough milk to survive, let alone to thrive and reach their potential as adult milking cows. Besides that, the local villager does not calculate the labour which he/she puts in to take care of the small dairy. For Auroville farms labour is a major expense.

Milk safety and quality - Last year, in the first-ever India-wide survey on milk safety and quality, the FSSAI (Food Safety and Standards Authority of India) tested thousands of samples of raw and processed milk from all over the country. Parameters included fat content, presence of adulterating substances and contaminants such as hormones, antibiotics and other veterinary drugs, pesticides and the carcinogen aflatoxin. As the [Economic Times reports](#), **41% of the samples fell short of some safety parameters, while 7% of the packaged milk contained serious health hazards and were 'unfit to consume'**. More details can be found in [Down to Earth](#) articles. Particularly striking, and an important warning for us, is the **high incidence of aflatoxin in packaged milk from Tamil**

Nadu. Another harmful contamination is the presence of heavy metals (mainly lead and cadmium) in the milk of cows that graze along the roadside, due to toxic fallout from engine exhausts accumulating in the soil and plants. Extensive studies, including local ones, highlight this health hazard. Yet another serious concern is the presence of microplastics that end of in the milk of roadside-grazing cows and disrupt the hormone balance of those who drink it.

Healthy animals and a decent life: Auroville Farm Group's dairy sub-group has standards for dairy farming to which its members adhere. These include record keeping for each animal, healthy upbringing of calves, standards for feeding, and recommendations for grazing. Every month the dairy group visits one of the dairy farms to learn from each other and constantly improve practices. You cannot cut costs without affecting the quality of food and the living conditions of the animals. We refuse to push the milk production at the expense of their health and life quality', explains one of Auroville's senior dairy farmers. Caring for cows means constant work and commitment, and is as demanding as it is rewarding. Cutting corners, or poorly paying the people who tend the animals, inevitably affects the standards and cows' life quality, including the milk you will get from them. At Foodlink you will find a monthly updated Auroville dairy standard chart where you can read which farms produce milk and how well they adhere to the dairy group standards.

The Dairy subgroup is presently experimenting with an online database that provides detailed information on each farm and animal, maximising transparency and hopefully eventually also allowing you, the community, to 'virtually visit' the farms. You will learn about diverse approaches to dairy farming practiced on different farms, while observing the same minimum standards, and come to share our love and passion for these treasured animals.

There is Auroville milk available right now - Increased milk production by Auroville farms and the current covid situation makes it difficult for our dairy farms to get their milk utilized within community. The milk has been supplied to community members at their door during lockdown and still done for those who wish home delivery, many residents come and pick up their milk and other dairy products in Foodlink or get them from outlets such as PTDC, HERS etc. Auroville dairy farms have still extra milk.

There have been some complaints from consumers about the quality of milk at times which is unfortunate and of course frustrating for consumers. Handling of milk in this climate is not easy, but as a community we have to learn to deal with our food from production to processing, distributing and consuming. Only by learning, improving, constructive criticisms we can make steps to grow towards more self-reliance in food. So please keep using Auroville produced milk and other products. Dairies are an integrated part of organic farms.

If you want milk from a particular farm or want to pick it up from a farm please check in with Foodlink. If you have any questions regarding Auroville milk, please don't hesitate to contact Foodlink, or else Tomas or Charlie who convene the Dairy Group.

- Auroville Farm Group and Auroville Dairy subgroup

Suggested links:

<https://www.thehindu.com/features/magazine/whats-behind-that-glass-of-milk/article4675921.ece>

<https://www.indiatimes.com/news/india/on-national-milk-day-let-us-take-a-look-at-how-the-cattle-are-mistreated-and-how-safe-the-milk-we-drink-is-334436.html>

<https://www.downtoearth.org.in/blog/india/milk-in-india-is-certainly-not-as-safe-as-the-food-regulator-claims-67505>

<https://www.downtoearth.org.in/news/health/carcinogen-aflatoxin-detected-in-fssai-milk-survey-samples-67327>

<https://www.indiatoday.in/india/north/story/india-toxic-milk-and-plastic-cows-179525-2014-02-03>

There is a petition on Auronet re: the AuroOceanic property purchase. You can find it here: <https://auroville.org.in/petition/80187> and on a table outside of PTDC.

- submitted by Fabienne

From Sunship and Kalpana Communities

Re: the acts of aggression committed in these communities in June 2020

We are sharing our letter to the Working Committee with details about the events on the night of June 26, 2020 with the community, so that you are correctly informed.

Dear Working Committee,

By now you are somewhat aware of the incidents of aggression that took place at Kalpana and Sunship on Saturday night, June 20, 2020. As both demonstrated the same pattern and use of materials on the same night, we wonder at the intention and will to harm these places. We are therefore submitting a joint report so that you can take cognizance of all the facts and help us find the culprits to prevent further acts of aggression. If we are to profess harmony and human unity in the name of Auroville, certain conditions have to be met.

We have also seen your letter of reprimand to Srijita, as well as the AVSST report. Please understand that we value Srijita's presence in Sunship and in its Core Team as a person of integrity. Given her past record as Auroville's Police Liaison, where she continued as a resource person, it was natural for us to ask her to file the complaint. The error on our side was to let her take full responsibility, instead of specifying "on behalf of Sunship Residents", and this has now been corrected via a letter of support from the Sunship Core Team.

The AVSST report has a number of discrepancies as well. Had AVSST taken the decision to file a basic complaint at once, as such incidents require, we would have all been on the same page and acting together. We also did not hear much concern from the Working Committee, apart from a casual inquiry if we were planning to file an FIR from one member. Therefore, we decided to go ahead on our own for the sake of the community.

Now we are being told about the 'possibility' of Auroville youth being involved, and to therefore defer necessary actions. Even if that is so, we have no names, nor their reasons for such an aggression. It is important to know who they are and what or who instigated them. Without that it is unfair to lay a blanket accusation on all the youth of Auroville. That said, Auroville has also been witness to the manipulation of children and youth against certain sections of people and projects many a time. A case in point is Kalpana: young children were brought from school by their teachers to protest when the digging of the foundations started, and were made to sing that they were against Kalpana. The community of adults and educators need to think about what they are doing to our children from such an early age.

We include the Sunship report below followed by the report from Kalpana.

SUNSHIP REPORT- 20 June 2020, 23h40:

Many residents heard 3 loud blasts and came out at the common spaces of Sunship. Several residents heard voices downstairs and ran and chased 2 men in the dark. It was impossible to make out what age, dress, origin etc. Immediately after they checked the lift and found debris of firecrackers of a substantial amount. At the same time, another resident of Sunship returning home, checked out around the ground floor.

-23h 50: A resident, ex police liaison, resident of Sunship, called AVSST dispatch, not reachable. As she had access to AVSST intervention no. she intimidated the person on duty. She then gave a shout out to the residents to be alert. Lift was blocked to ensure no further damage occurs. Ten residents gathered at the common space of Sunship and discussed what to do.

21 June 2020, 00h10: AVSST member arrived to take a look and discussed the gravity of the incident and for calling the

police. He decided to take a look first by patrolling. Two Sunship residents accompanied the patrol and came back around 00h30 having found nothing.

1 am: Sunship residents retired to their respective residences. A resident spoke to AVSST who claimed to be on a trail. She stated that she would get in touch with them later in the AM.

10h20: A Sunship resident spoke to AVSST police liaison, explaining the gravity of the incident and the necessity of police complaint. He stated that the matter was too trivial for a complaint as there is no damage.

14h00: At a Sunship core team emergency meeting, it was decided unanimously to ask Srijita to go ahead with a police complaint on behalf of Sunship. As AVSST had refused to help earlier, she contacted the DSP for advice and preliminary enquiry.

15h20: Srijita informed AVSST dispatch that police were on the way to Sunship.

16h20: AVSST did not guide the police inside, as they were lost for quite some time in Town Hall area and one Sunship resident met them in search of the site. Police met with residents at Sunship for preliminary enquiry and proceeded immediately after to Kalpana. Subsequently it came to our notice that residents closest to the lift were most affected by the blast causing trouble with hearing and one person has had to consult a doctor and unable to sleep well the next days.

THE KALPANA REPORT - Kalpana Auroville 23rd June 2020

Subject: act of aggression perpetrated at Kalpana.

Dear Working Committee and Auroville Council members, Please find here below a report of a serious act of aggression perpetrated at Kalpana.

Report: On Saturday night (20th June 2020) at 10h30 pm, there were 4 very loud explosions from small but effective cracker based home-made explosives. The sound came from the Crown Road and the crackers targeted the AV consulting entrance and the entrance to the dance studio. Some residents went out and saw that these paper/clay based "bombs" were used. Please see the attached photo of an unexploded device.

There was again one more minor explosion around midnight and then someone threw sambar and milk packets to deface the entrance to AV Consulting and the other office. The damage is not substantial but the places look very dirty. The really worrying part: some of the crackers were wrapped with slow burning coal and flammable cardboard - which could have gone to flames. We have attached pictures and have secured the samples with us. The blast sounds were so loud that the community members were frightened and shocked, including children.

The Auroville Security Service whom we called immediately at 10h37 pm told us later on that there was no security guard at the Solar Kitchen round about because they were understaffed. This situation worries us a lot as this is the first time in Auroville that we have witnessed such an obvious act of aggression.

We ask you to do everything in your power to look for the cause and the ones who did it. We must not accept this kind of behavior in Auroville, where people of good will came to offer their work as volunteers in the service of the City and the search for peace and harmony among all of us, including the Bio Region. Thank you for your attention.

Best regards, - Kalpana community members
~ ~ ~ ~ ~

Our two communities request that you make this report known to the Auroville community in order to correct unnecessary rumours.
- submitted by Sunship and Kalpana Teams

WORK OPPORTUNITIES

AvRadioTv urgently needs a graphic designer

HELP YOUR FAVORITE RADIO STATION!!

Write/call us at radio@auroville.org.in; 262 3331

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.

Production management - Long-term position managing production, sales, invoicing and preparing accounts for our products. You have basic skills in website management and graphic design. You are responsible, good at working both independently and in a team, take initiative, have good communication skills and an interest in education /games. Part-time, maintenance provided.

Other positions (please inquire about details):

- Ecofemme Ambassador Co-ordinator
- Secretary (part-time)
- Communications-in-Charge

~ HR Initiative (Angelo, Joel, Siv, Stephanie);
hr_hub@auroville.org.in

HEALTH



N95 and N99 protective Masks

Five years ago, AIRE started a unit making tested face masks. We would like to remind you that we can provide units with our masks for the workers for an Auroville price. We developed an expertise in producing N95 and N99 reusable and washable masks with double use: protection from particles (pollution) or biological threats (like common viruses). WHO recommends to wear N95 (95% protection) or N99 (99% protection) masks. Our filters have been tested and approved by the Indian National Laboratory, Ministry of Labour.

You can visit us in Auromode, and also find our masks at HERS and PTPS. Find more information about our products here: www.airemasks.com; or contact us at airemask@gmail.com

Strengthening the immune system

I wish all practitioners of "alternative therapies" could share their ways of strengthening of the immune system here. This is the first and foremost action: to take care of oneself to be healthy. As we know, stress and fear weaken the immune system. Rest, good food, being in a loving atmosphere, is helping your self-healing powers to be at best.

In homeopathy, the carefully selected "constitutional remedy" will bring healing, increase the life energy, and enhance immunity. All those who have benefitted over a few months, or years, from a "constitutional remedy" prescribed by a classical homeopath, shall simply resort to repeat a dose of their remedy! In epidemics, a "single remedy - one fit for all" can be given to all who do show symptoms of the epidemic disease, or as a preventative.

A Pondicherry Government homeopathic doctor, together with the BMO in Lawspet, has distributed this homeopathic remedy to 14000 people in Muthialpet- Kottakuppam past weeks. AVAG is in contact with our district's BMO, to distribute it in our district in the coming weeks. Our team has followed in detail the medical realities and recent homeopathic research and work on this topic.

The "single remedy" recommended by AYUSH (the government ministry for Alternative medicine), is Arsenicum Album C 30. To be taken 3 days, 4 times per day, 2 pills. Another remedy commonly used for fevers, with sleepiness and weakness, is Bryonia C 30. Both remedies are available in AV Health Center pharmacy, and can also be picked up at Integral Health, Prayatna - to be used to strengthen your immune system.

Of course you shall contact the Covid Task Force to find out if you are Covid positive if you feel unwell and follow all instructions as outlined in other articles. If you feel you might be getting sick, please stay at home and ask a friend to pick up the remedies for you. Namaste, ~ Sigrid

Progressive Muscle Relaxation (PMR) is now being offered w/ Verena, in Quiet, by appointment. Further information appears in the Regular Activities addendum posting.



Ayurveda Health Tips Seasonal changes - to avoid the flu

The weather is changing and has an effect on the body and mind. Both

have to adjust while passing from one season to the next. It is called Ritusandhi in Ayurveda (the junction of two seasons, where the body is more vulnerable and likely to experience imbalances, discomfort or symptoms).

During the summer, body struggles to keep its inner temperature to a cool 35-36°C when outside temperature can rise well above. It weakens the immune system. Now that the peak heat of the summer is over, we notice that days are warm, almost hot, but nights can be slightly chilly, especially while sleeping. This is when a bit of humidity and coolness in the air can give sore throat, sneezing, coughing or slight fever.

In this season, Pitta ferments and shows signs of acidity, sourness or strong/foul smell in the body and some kind of bitterness, impatience, frustration, anger in the mind. Vata gets cold and makes the joints more painful, the digestion and bowel movements more irregular, and the mind might be imbibed with anxious thoughts, worries, lack of concentration. Adding an epidemic on top and we might feel more vulnerable. The Ayush Ministry published earlier last month some guidelines on what to do to boost the immune system.

Food:

- Eat only when hungry and then, eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (all spices are good apart from chilli powder).
- Eat green leafy vegetables, take light dishes made with mung dal, vegetable soups. All pulses and dal are good when cooked with spices (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic)
- For non-vegetarian, eat white meat or small fish.
- Drink warm water all day long (especially when there's a sore throat)
- Dinner should be light and taken 2 hrs before going to bed
- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Use ghee for cooking: sesame and olive oils for dressings
- Chew some neem leaves

Some immunity enhancers:

- **Giloy/Guduchi** (*Tinospora cordifolia*), a very good immune regulator; 1 tsp powder morning & evening in warm water
- **Amalaki (amla)**: full of vitamin C; consumed fresh if available or in powder
- **Turmeric**: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt.
- **Tulsi** (*Ocimum tenuiflorum/sactum*): for the lungs, fresh leaves in warm water
- **Ashwagandha** (*Whitania somnifera*): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- **Ginger - Turmeric - Black pepper powders**: improves digestion and strength, ½ tsp of powder with warm water or lemon juice + honey
- Saffron, aloe vera, licorice
- **Chyavanprash Avaleha**: 1 tsp with breakfast

You can prepare a decoction:

- 1 handful fresh Tulsi leaves or 4 big spoons of Tulsi powder
- 2 big spoons of Amla powder
- 2 big spoons of Ginger powder
- 2 big spoons of Turmeric powder
- 1 big spoon of Cinnamon powder
- 1/2 big spoon of Black pepper powder

Put all ingredients in 3 liters of water and bring to boil on low flame. Boil for 15 minutes and then let it cool down with all the plants and powders. When it's cold, filter and keep in a bottle or glass container in the fridge.

DOSE: It is better taken warm, twice daily before food (breakfast and lunch), 2 big spoons of decoction.

The left-over herbs can be boiled again in 2 liters of water for 5-10 minutes. It won't be as strong but still have a potential to give good energy.

In the activities, help Pitta and Vata to be centred and grounded:

- Keep warm, take warm showers, cover your neck from chilled breeze
- Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril
 - Fragrances: sandalwood, rose, jasmine

Along with other measures of hygiene and mask wearing, advice from other medical systems, let's be all well and healthy. - Be at Santé Clinic



Koodam What'sApp Group

As some of our community are entering a time of quarantine or self-isolation, Koodam would like once more to invite **anyone who is in need of more connection to join the Connection WhatsApp group**. The group is an informal space for those who want to engage more widely within the community than they are currently able to do due to quarantine or self-isolation restrictions.

It is a friendly, warm-hearted space where you are welcome to ask practical questions, express how your day is going (good, bad or anything else), share experiences and tips, or to simply be present and be there for others. If you would like to join, please email Koodam - koodam@auroville.org.in. You are always free to leave the group at any time.

Feel free to also contact us if you resonate with the need to connect, but a WhatsApp group doesn't appeal to you or isn't feasible. We will be happy to explore other options with you.

Much love from the Koodam Team,
- Elvira, Niva, Mukta, Helen and Julia

LOOKING FOR

Housesitter - Looking for a responsible housesitter in Acceptance, for 3 months from beginning of August. FMI: matej@auroville.org.in.

Work - Aurovilian, independent metal and all-round worker is looking for work in and around Auroville. Experienced in making fences, gates, roof structures and more. Please contact Anand Ranganathan, 82701 03198. Thank you!

Bicycle - Boy's/men's cycle with 18-21 inch frame and gears. Ph/WA 981 941 4523. Thanks! -Pashwa & Jim

Child care - for 3 year old boy. Lover of nature and understanding of raw vegan lifestyle would be helpful. +447825589305 (WA) or kieraei@live.co.uk.

Long-term housesitting - Sebastien, Camille and Laly (2 yrs old) are still looking for a long-term house sitting. We are Aurovilians, currently living at Kriya. We'd love to take care of your house or flat, garden and pets if you have some, during your time out of town. Please contact Camille: 8098796307 or camille@auroville.org.in. Warm thanks!

Long-term housesitting - Valentina & Pablo (son) are looking for long-term house sitting. We would love care for your home, pets, garden. valentina@auroville.org.in or +91 949-889-6117.

Long-term housesitting - I am Lakshmi, Newcomer. I'm looking for a long term, or any other possibility to housesit. I feel very connected to nature, plants, flowers and animals, and would be happy to take care of your garden and house. Contact: 848-976-4602 or lakshmiprem369@gmail.com. - Love & Gratitude. Lakshmi

Housesitting - A long-term volunteer at Rangoli is looking for a housesitting opportunity, preferably long term. She is a responsible young woman from Mumbai and we have confidence that she will take good care of your home. Please get in touch if you are interested. Prema (9443362528).

AVAILABLE

Housesitting opportunity - Apartment available for house-sitting for 3 months. Single or couple only, no kids, no pets. Contribution required. manohar@auroville.org.in

MATRIMANDIR

Matrimandir Gardens are closed on Sunday for the remainder of July.

GREEN MATTERS



Water Saving Tip of the Week!

Make sure that your water tanks don't overflow! Purchase and install a float valve, which will automatically stop the flow of water in the tank when it is full. There are also more technologically advanced solutions, which consist of the electronic monitoring of water levels with automatic switch off, however they are more expensive.

With love from the Water Group, helping Auroville become a water-sensitive city. watergroup@auroville.org.in

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Water Words: Reducing your home water consumption: Get Creative!

Last week you were invited to calculate your home water consumption. This week you can take steps to reduce it. Here are a few ideas:

1. Determine which activities do not require clean water. (For example, you can reuse RO waste-water to flush the toilet. Or re-use water that soaked your dal in to water the garden.) Then collect water and reuse. This requires buckets and containers, but also time and attention.
2. Replace taps and faucets with more efficient models. To find out how many liters are coming from your kitchen or bathroom taps, take a 1 liter bottle and with a timer, see how long it takes to fill that bottle. If it takes less than 20 seconds, that means that your taps are not as efficient as they could be. Fortunately, you have options such installing water aerators on the taps you are using. In the market, you can find aerators that will give you 3 litres per minute, whereas old taps are around 9 litres per minute! Imagine if 100 people with old taps replaced them, how much water could be saved in one year!

3. Replace your toilet with a more efficient model. You are probably aware that old toilets flush around 8-10 litres per flush. Compare that to modern designs which use only 2 liters per flush to flush the solids, and less for the liquids. That is major water saving! There are discussions about the performance of low-flush toilets to transport the waste through the building drains to the sewer system, with a potential risk of pipe clogging. Especially in older buildings, drain lines (slope, diameter, length) were designed for common flush toilets. So be aware.

We'll share more ideas next week. Remember, every drop counts. If we all took the initiative to reduce our water consumption, the savings would be huge. If you have any questions, please don't hesitate to contact us.

- Water Group
(Tom, Tency, Satprem, Ing-Marie, Giulio, Eric Chacra)
watergroup@auroville.org.in / www.aurovillewater.in



These jackfruit saplings have been sprouted in Auroville from jackfruit bought from an orchard in Alankuppam. If you are interested in growing a jackfruit tree please contact me, Shanks on chungates@gmail.com. Saplings are free of charge, and I am happy to help you plant them.



The Praying Hand Is Strong

written for A Holy Man, Mikhail Ryabko & Vladimir Vasiliev
by Eric Sander Kingston Schayel

One day, an old holy man who appeared very frail, came upon a field where many, many warriors lay in defeat. At the bottom of the field, stood someone in the shadows. The old man began to approach this shadowed figure. Then, the shadowy figure said, "I am Fear, stand back old man lest I cast you down among these warriors too." The old man just smiled and kept walking forward. Fear suddenly stepped forward, and grew very tall and ominous. Yet, the old man just kept walking forward. Fear then threw thunder and lightning down around the old man, creating a dust cloud that covered the sun, but he just kept walking forward. Fear, then shook the ground and trembled the mountains to the point it seemed they would break apart, but this did not stop the old man, for he just kept walking forward. As he walked towards Fear, the old man spoke a simple prayer that melted Fear's tensions away...

Where there is love

There is no fear, no matter how big its size appears

Where there is hope

There is no darkness, for no one can put out the Truth of the sun

Where there is faith

There is no loss, despite what may appear to come apart.

"Many warriors fell around You", said the man, "but I understand Your pain". Then, the old man stood strong face-to-face with Fear and all was silent. Fear then changed its face into a great monster, but to this, the old man just stood

quietly, for he could see the great agony that Fear was in, and how It longed in Its heart to return to the Light, but was Itself afraid, hiding in shadows.

Then, the bravest of warriors, whom Fear submitted, looked up in great amazement. For they saw that Fear could NOT submit this little old man. Finally, tired from having to create so many ILLUSIONS, Fear asked the man, "What is the secret of your strength?"

"Ah," said the old man gently, "my secret is no secret. For you are Fear and I accept that, but I choose NOT to be afraid and therefore, I do not accept Your generous gift of submission and choose not to surrender my freewill."

Then, the old man placed his hands together in prayer, and keeping his eyes low and his heart high, he transformed the fear in front of him back into Light. Then, the other warriors stood up in prayer, reclaiming their inner power, and bowed to the old man who taught them all that...

The Praying Hand Is Strong. -submitted by Marlenka

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CULTURAL ACTIVITIES



AUROVILLE ART SERVICE - 'basket' for the week

1. AV ART SERVICE: FREE MUSIC LESSONS TO AUROVILIANS AND NEWCOMERS - If you would like to sing, Shalini will share with you the things she has learnt about an embodied and relaxed voice. Contact her at write.shalini@gmail.com for more info.

2. FEHLER: CELEBRATING THE MISTAKE - This digital magazine, will entertain, amuse, and inform you with everything from small hiccups to epic fails. <https://www.goethe.de/prj/mis/en/index.html>

3. GOETHE-INSTITUT & PRINCE CLAUS FUND, A CALL FOR PROPOSALS - A new call for proposals to support cultural and artistic initiatives tackling pressing environmental issues around * <https://princeclausfund.org/open-call-cultural-and-artistic-responses-to-environmental-change-2020>

4. RESIDENCY FOR CHOREOGRAPHERS - KE-Zentrum für Choreographie/Tanzplan Hamburg provides three eight-month residencies to choreographers, who are currently at the beginning of their career and have produced some choreographic work of their own. Deadline for the application is August 12th 2020. https://k3-hamburg.de/en/residence/k3_residency

5. LIVING WATERS MUSEUM - AN INVITATION TO SHARE A PERFORMANCE - Living Waters Museum, a virtual platform visualising narrative on our water heritage, invites you to contribute a performance that showcases your take on celebrating your water heritage. This invitation is open to everyone of all ages. <https://www.livingwatersmuseum.org/blog?id=33>

6. BRITISH COUNCIL: FESTIVAL CONNECTIONS, FREE WEBINAR - By all accounts it appears that the events and festivals sector will have to deal with new challenges. One, is to define new public health and safety measures in line with government regulation. The other is the unpredictable behaviour patterns of festival goers, and the necessity of social distancing. This session explores the thinking around best practices and precautions that the sector is working towards, for the foreseeable future. **Friday, 17 July; 4:00 to 6:00 p.m.** Register here: [https://docs.google.com/forms/d/e/1FAIpQLSd2zbz_la69fuqoBKqPFyYrMSgj1KDRBrZf9QdpgjRzzybu5w/vie_wform?ct=t\(EMAIL_CAMPAIGN_8_24_2018_19_34_COPY_01\)](https://docs.google.com/forms/d/e/1FAIpQLSd2zbz_la69fuqoBKqPFyYrMSgj1KDRBrZf9QdpgjRzzybu5w/vie_wform?ct=t(EMAIL_CAMPAIGN_8_24_2018_19_34_COPY_01))

7. FRENCH INSTITUTE IN INDIA: CALL FOR APPLICATIONS Since 2018, La Briqueterie - National Choreographic Development Centre has proposed an annual screendance production residency. **Deadline to submit application: July 28, 2020.** For more details: <https://www.alabriqueterie.com/fr/actualites/appele-residence-video-danse-2>

8. **DIGITAL EARTH FELLOWSHIP** - The Digital Earth Fellowship welcomes 8 artists and/or duos from different practices who have shown extraordinary originality and dedication in their creative pursuits, and are committed to ideas of resilient futures, equitable societies, and critical diversity, showing a marked capacity for self-direction.

<https://www.digitalearth.art/fellowship>

9. **CHENNAI PHOTO BIENNALE: OPEN CALL FOR PHOTOGRAPHERS AND LENS BASED ARTISTS** - This is a grant for resident photographers and lens based artists from India and Wales to submit proposals on the theme - IMAGINING THE NATION STATE. Applicants may also be non-Indian with resident permits from 2015 and valid till 2021.

<https://chennaiphotobiennale.com/updates/16/ImaginingtheNationState:OpenCallforLens-BasedArtists>

10. **FILM TO WATCH ONLINE** - #CinemaOfResistance WeeklyScreening presents Shabnam Virman's Had Anhad (Bounded Boundless-Journeys with Ram and Kabir).

<https://www.youtube.com/watch?v=Dr83axn1lbM>

11. **FRENCH INSTITUTE IN INDIA - FILMS**

French Institute in India is presenting a package of 10 contemporary feature films and 10 short films till 13 July without any registration or password. Intending viewers may just click the following link to watch the films with English subtitles (by activating options in CC at the bottom bar):

<https://ifcinema.institutfrançais.com/en/alcarte>

12. **FREE CONCERTS** -Accompanying their range of online courses with masters of modal music, Labyrinth live streams free concerts on their Facebook page:

<http://www.facebook.com/LabyrinthOnline>

13. **WEEKLY ON ZOOM - TANGO & CREATIVE PRACTICES** -

Along with other thematic circles that meet weekly on Zoom, there's one on Creative Practices and one on Tango.

<https://embodimentcircle.com/embodiment-circle-online-resources/>

14. **PAINTING BIRDS IN WATERCOLOUR** - Ian de Hoog has been streaming live demonstrations through the lockdown.

<https://www.instagram.com/iandehoogart>

10. **NINA SENGUPTA AND EDIBLE WEEDS** - Please see the new video, subscribe to it, and share widely. Don't forget to share photos of the book, maybe how you've used it, some coloring you have done, so that Nina can share when she posts the weed-walk videos. <https://youtu.be/AgQ90NlKJ5U>

nina@auroville.org.in

CLASSES/WORKSHOPS

The Art of Chi: Tai ji quan and Chi qong w/ Hans
Mondays 6.30-7.30 AM & Thursdays 5 - 6 PM
at Lakshmi Park, opposite Neem Tree Cafe

New classes for beginners. Open to all.

Aurinoco Webinars presents: Pranayama with JV
12th through 14th July (Sun-Tues), 7 - 8 AM

This webinar is free and open to all. No registration is required. Please have your breakfast only after the Pranayama session.

How to join the webinar - By computer, laptop or smart phone using Google Meet. If joining via computer, **Chrome browser is required**. If joining by smart phone, please download and use Google Meet App. To join the Webinar, click on <https://meet.google.com/enh-xkzi-hww>

About the Facilitator: JV lived in Auroville from 2007 to 2016. He has been facilitating workshops and retreats in Auroville since 2008.

Aurinoco Webinars is a new initiative to leverage the internet and fiber optic network of Auroville in the current situation to bring opportunities for 'unending education' directly into your residence.

Somatic Movement - Online Intensive for Every Body!
Saturday & Sunday, 18th & 19th July, 2.00 - 5.30 PM
w/ Maggie

Neuromuscular re-education (mind-body training) Workshop in the tradition of Thomas Hanna. Somatic education is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves. Somatics teaches us to recognise and release holding patterns, resulting from pain, injury, stress or habituated posture. This work enhances any kind of exercise such as a yoga, dance sport or just moving through life.

Over the 2 afternoon sessions you will learn how to release tension in the body and learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches and pains commonly attributed to stress, injury and ageing. Open to anyone whether you are completely new to this work or want to rediscover the basics, however a good understanding of English language is essential as is a commitment to attend both sessions. Please sign up by emailing maggie@auroville.org.in and I will send you full details and link for joining. Should you have any questions feel free to contact me by email or call+9486623465

Maggie presents on behalf of SoMagic, consultancy activity under LEAD, a Unit under the Auroville Foundation

Be sure to have a look at the **Regular Activities Addendum** for classes and treatments that have restarted.

Ed. Note: Last week's cover photo of the Matrimandir was taken by Arvind Aaki. from the Sri Aurobindo Ashram

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: MON 9-2; TH PM 2-4; FRI & SAT mornings 9-12
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. Phone: 0413-2622133, email: newsandnotes@auroville.org.in

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newsandnoteslist+subscribe@auroville.org.in
or click directly on this [link](#)