



News Notes

#1036 A weekly bulletin for residents of Auroville 18 July 2024



Pondering



Action does not bind or limit the liberated man; action does not bind or limit the Eternal: but we can go farther and say that action does not bind or limit our own true being at all. Action has no such effect on the spiritual Person or Purusha or on the psychic entity within us, it binds or limits only the surface constructed personality. This personality is a temporary expression of our self-being, a changing form of it, empowered to exist by it, dependent on it for substance and endurance, — temporary, but not unreal.

Our thought and action are means for this expression of ourselves and, as the expression is incomplete and evolutive, as it is a development of our natural being in Time, thought and action help it to develop, to change, to alter and expand its limits, but at the same time to maintain limits; in that sense they are limiting and binding; they are themselves an incomplete mode of self-revelation

Reality and the Cosmic Illusion, The Life Divine, Sri Aurobindo

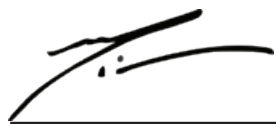
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House of Mother's Agenda

Mother's Agenda, December 31, 1966

Mother gives Satprem a red rose:

The red rose is the order of the "knights of the Truth." Don't you know this?... I began placing it when Colonel Répition came here, the one who made the Africa march during the war. Every morning I would give him a red rose, and with him I instituted it. Since then, when I give any man a rose (I give them a red rose), it's so he becomes a knight of the Truth.

But I don't tell him.

* * *

(Soon afterwards, Satprem proposes he might himself translate a certain text in order to save Mother's time. Mother smilingly refuses and wants to do it herself:)

If I listen, Sri Aurobindo will say it to me, so it will be better!

All of a sudden he tells me what I should write—it's so clear! So clear, so evident. Sometimes there's even a word I don't hear well; I say, "What?", like that, and he repeats it!

I think that's why I am becoming deaf! It's because I am constantly listening there (*gesture turned upward*), all the time. So I am not listening enough here.

It's the same thing with my eyes.... I have started seeing things with my eyes open, and, oh!... People's state, their thoughts, and especially the state of their vital (because it's a vision of the physical, a very subtle, very vitalized physical, and it's a representation of things in pictures). And their state shows itself as... if you knew (*Mother laughs*) the things one can see!... A myriad of forms, faces, expressions. You'd think it's an album by the sharpest humorist imaginable. It's extraordinarily humorous and sharp in the perception and the sense of how ridiculous people are. Then, in the middle of all that, suddenly a beautiful form, a beautiful picture, a beautiful expression appears; something so beautiful, so pure, so wonderfully noble! And it all turns round and round, constantly. It's very amusing, really.

I had always complained it was a realm in which I didn't see. I mostly saw (in the past), I mostly saw mentally—mental visions—and also, naturally, I saw all the way up (but that was organized), and to some extent in the vital, especially at night, but anyway... The vision was highly developed, very clear and precise, but physically ("physically," I mean in the subtle physical and physically), I had never seen with open eyes: I always saw the stark reality as it is, never anything else, and I had always complained about it. Until suddenly it came: one day I started seeing, and then...! (*Mother laughs*) Now I am obliged to calm it down, because (*laughing*) it's too much. But it's unbelievable—unbelievable how full of forms the air is, and such expressive forms! It's as if, yes, a humorist, a caricaturist, even, were constantly making the subtle representation of what goes on materially.

And I think that's what people see when they have what medical science calls "hallucinations," when they have a fever, for instance. But I already knew this because I once had such a high fever that I was in the state in which, according to doctors, you "go off your head." Then I saw (with the material vision), I had the vision of all the hostile beings rushing to attack me from every side—it was frightful! You understand, it's the support of the material consciousness that's no longer there, you are wholly in that vision, and that's why you generally get frightened, while others believe it's a "hallucination." I remember (Sri Aurobindo was there), at the time I told him, "Ah, now I know what hallucinations caused by fever are."—It has nothing to do with hallucinations! But it's not pleasant, it's the vision of a world that's not pretty.

But now, it's not the result of fever, it's simply the vision I have. But then...! As I said, there's anything and everything there, all possibilities; and probably because of the quality of the aura [of Mother], I haven't seen anything really unclean or ugly. But it must exist—it must exist, but it doesn't get in.

But what one sees is the work of a priceless humorist! Things... like men's great ambitions, for example, also their self-satisfaction, the opinion they have of themselves, oh, it's all so comical! Those lives are shown in relation to (and, so to speak, in contact with) the Truth-Light, and then the difference between people's movement (or thought or attitude or action, or state of consciousness) and the Truth, the state of Truth, becomes plain to see, oh, if you knew!... But it's not seen by someone severe or harsh, no, no! It's seen by someone very sharp—very sharp—with a wonderful sense of humor and a charming irony.

It swarms and swarms....

Then, the other day (yesterday or the day before), I said to Him, "All right, that will do! Now I'd like to go into silence and peace and a luminous immensity" (you remember, like during that meditation we once had here; that's far more pleasant!). Then it calmed down.

(to be continued next week)

<https://incarnateword.in/agenda/7/december-31-1966>

With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

ECONOMIC DEVELOPMENT AND AUROVILLE ASSETS

The Economy of Auroville—our ability to generate not only intangible values, but tangible surplus has never really recovered after Covid. This puts a serious limitation on our ability to develop and puts a lot of stress on our collective budgets with BCC/ City Services looking into the painful decision of lowering our expenses and number of maintenances.

It is of utmost importance for FAMC to seek to reverse this trend. FAMC has in this regard started a dialogue with the 50 big units in Auroville, to look into what can be done to grow our economy.

It is the responsibility of FAMC that our resources and assets are used efficiently. A survey of all residential assets was conducted and many “incorrect use”, people having more than one asset, non-aurovilian use, renting out assets, etc. continue being corrected. We are now in the process of surveying all non-residential assets, offices and production buildings to ensure the correct use of all these assets.

FAMC want to clarify the conditions for use of non-residential assets:

- Active units with “positive economy” can use building assets under their administration.
- Defunct units, and units with “negative economy” will have to hand over assets to FAMC which will reallocate the assets to units who need space and for promising startups.
- Renting out unused space is not allowed. Temporarily, not needed space can be given to another Auroville unit, but only at a contribution that covers a share of the direct costs like water, electricity, security, garbage etc.
- Giving or renting out space to non-Auroville entities is not allowed, and can only take place in special cases with prior FAMC approval.
- FAMC requests all units with more space than they need, to communicate this to FAMC, so units in need and startups can be given space.
- We also encourage units and startups with space needs, to communicate this to FAMC, so we can try to help.
- Auroville needs a strong Economy to develop and to move forward with Prosperity.

Geeta for FAMC

Auroville will boldly spring towards future realizations

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

June 2024

Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	12,21,60,815	-	12,21,60,815
Monthly Contributions (Int. + Ext)	2,39,47,573	5,64,706	2,45,12,279
Total Contributions (OB+Monthly Inc)	14,61,08,388	5,64,706	14,66,73,094
Total Payments	1,85,10,611	5,64,706	1,90,75,317
CS Ending Balance (Includes BOB)	12,75,97,777	-	12,75,97,777

Monthly loss/gain 54,36,962.03

- Please [read the whole document here](#)
- **For readers of the paper version:** the full document is attached at the end of the current issue of N&N.

BCC Team

Angurajan, Arthi, Jothiga, Kalaimathi, Kalairasi, Kaileshvaari, Ravindra, Victoria

ATDC APPLICATION ANNOUNCEMENT

18-07-2024



Auroville
Town
Development
Council

L'avenir d'Auroville

Feedback Requested

The following Building Application has been received and a temporary approval has been issued—(feedback requested before the 1st of August 2024 to avenir@auroville.org.in):

Kalpana—Temporary Parking Shed

- **Applicants:** Meha & Aleksandr
- **Location/ area:** Residential Zone, between Vikas and Kalpana
- **Area for which approval is sought:** 35 sq.m
- **Estimated cost:** 1,18,000/-
- **Project brief:** The community requires additional parking space due to the rise in the number of vehicles.

For Information Only

B. The following Building Application has been received and a temporary approval has been issued—announced for information only

Kriya—Washing machine room

- **Applicant:** Housing Service
- **Location/ area:** Residential Zone
- **Area for which approval is sought:** 5 sq.m
- **Estimated cost:** 60,000/-
- **Project brief:** Common washing machine shed for the Kriya community.

Constructive feedback guidelines:

Subjective and personal approval of projects from neighbors to the projects has no resonance with the ideals of Auroville where we have committed to a life guided by no desire, no preferences and no sense of ownership. This subjective “approval from the neighbors” is no longer part of the application process as this has no place in Auroville.

When we publish projects for approval, we will discard all subjective and personal feedback with respect to “neighbors choosing neighbors” or “neighbors choosing development guidelines”. All other feedback is welcome and will be part of the process.

No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and Progressive Harmony.

For more information on the projects contact L'avenir d'Auroville (ATDC) write to: avenir@auroville.org.in for an appointment.

Joel, Inbox manager

*Members: Dr G. Seetharaman (MS),
Selvaganappathi (coordinator), Govind, Jaya,
Ponnusamy, Prasad, Sindhuja & Toby*



Community News

Passing On

LAKSHMANAN PASSING



We regret to inform the community of the passing of Lakshmanan in the morning of 12 July at JIPMER due to an accident.

Lakshmanan worked as a teacher at Transition School and was, among other tasks and activities, involved as a volunteer at Farewell, arranging flowers and lending his helping and caring hand at funerals.

Our condolences go out to his wife, Jayalaxmi, his sons Nikil and Sharan, his brothers Partha and Ramu, and his sisters Lakshmi and Renuka.

The cremation was held at the Auroville Cremation Ground on Saturday, 13 July, at 12noon.

Lisa

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, JULY 2024



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **A new Bilingual Exhibition on "Sri Aurobindo: A life sketch in photographs"** with texts both in English and Tamil is displayed in the upper corridor.
- **Special Exhibition In Memoriam of Paolo Tommasi:** An Exhibition of his Paintings in Savitri Bhavan's Square Hall from Monday, 1 July till 20 July.
- **Exhibition: Darshan Messages.** The Words of Love and Inspiration: 24 July—18 August 2024 in Savitri Bhavan's Square Hall

Films: Mondays, 4pm, Sangam Hall

- **July 22:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2 by Loretta Shartsis. Duration: 70min.
- **July 29:** The Life Divine by Sri Aurobindo, Book 1, Chapter 1, The Human Aspiration. Shraddhavan reads the text conscious, concentrated, slow and clear, with the texts on the screen. A wonderful opportunity to listen to The Life Divine with a good English pronunciation. Duration: 24min.

Full Moon Gathering

- **Sunday, 21 July, 7:15—8:15pm** in front of Sri Aurobindo's statue

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi

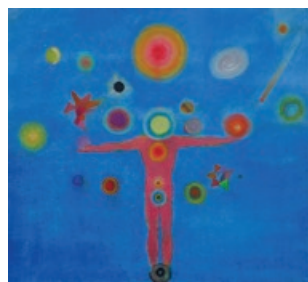
- **Tuesdays, 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

In Memoriam of Paolo Tommasi:

An Exhibition of his Paintings

- **Ongoing till 20 July @ Square Hall, Savitri Bhavan**

At the age of thirty-eight, Paolo Tommasi visited Pondicherry in 1966 and met the Mother. He had always been a spiritual seeker; after meeting the Mother he realized that his quest had ended. He participated in Auroville's Founding Ceremony in 1968. When Auroville was established, he helped Roger Anger to design the "Matrimandir" as well as the twelve gardens surrounding it. His paintings and sketches have been exhibited in many galleries across the globe.

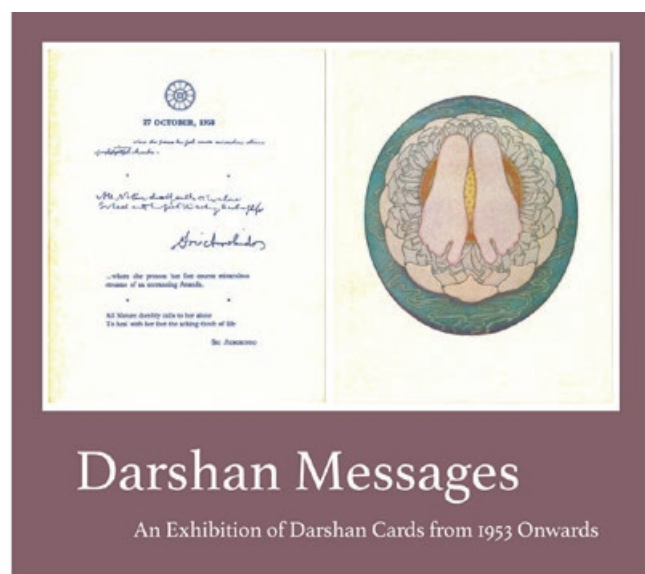


Pondicherry was a special place for Paolo. He had once remarked: "In no other places do I feel my soul awaken and do I achieve that inner work that gives meaning to my life; becoming more aware of myself and the mystery that surrounds us." In 2010, he settled in Pondicherry and remained closely associated with Auroville and the Sri Aurobindo Ashram.

In the last week of June 2020, Paolo was diagnosed with Covid-19. He passed away on 17 July at the age of 92. Savitri Bhavan has been entrusted with the legacy of many of his paintings. Everyone is welcome.

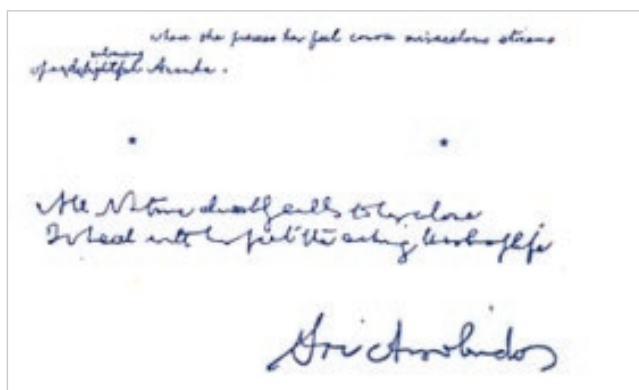
Exhibition: Darshan Messages

- **24 July—18 August 2024**
- **Inauguration:** 24 July, 9:30am in the Square Hall of Savitri Bhavan



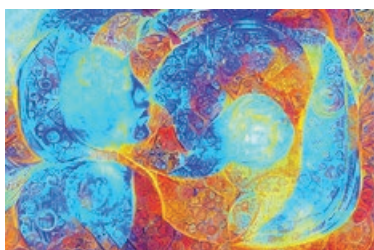
The exhibition "Darshan Messages. The Words of Love and Inspiration" traces the history of the deeply significant tradition of Darshan card gifting in Sri Aurobindo Ashram, Pondicherry. The tradition of distributing collective messages on several special days each year was started by Sri Aurobindo and the Mother with a view of addressing the public in a more meaningful and effective way. The exhibition consists of the original cards, some of them bearing the Mother's signature, dating back to the 1950s.

The visitors will be able to familiarize themselves with the history of Darshan messages and hopefully get a feeling of the powerful forces conveying them.



Integral Mathematics: A Journey of Insight and Inspiration

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians.



This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

Sankhya Philosophy By Kapila Muni

- **Understanding The Gunas and Tattvavada**
Saturday, 28 July, 4—5pm @ Sangam Hall

Everyone is welcome. Facilitated by Team Enlight and Savitri Bhavan.

- **24 August, 28 September, 26 October, 30 November**
4—5pm @ Sangam Hall, Savitri Bhavan

Embark on a transformative journey through the qualitative realm of mathematics, where the mind's eye uncovers profound insights and timeless wisdom. In this illuminating lecture series, we delve deep into the essence of mathematics and its profound impact on the human spirit.

- **Section 1: "Echoes of Wisdom":** Delve into the sacred texts of ancient Sanskrit scriptures, including Vedic and Vedantic teachings, resonating with the wisdom that transcends time. Explore the same texts that ignited the intellectual flame within Sri Aurobindo, illuminating pathways to understanding mathematics in its purest form.
- **Section 2: "Insights Illuminated":** Navigate the corridors of knowledge as we revisit the profound commentary and insights of Sri Aurobindo. Gain clarity and depth in your comprehension of mathematics through the lens of a visionary sage, enhancing your appreciation for its qualitative dimensions.
- **Section 3: "Inspirations Unveiled":** Trace the footsteps of the greatest mathematicians in history and uncover the narratives behind their revolutionary discoveries. Connect with the human spirit that propels mathematical exploration, finding resonance in their journeys of insight and revelation.

Through these three enlightening sections, we invite you to integrate and nurture the qualities of insight, intuition, and intellectual depth that mathematics cultivates within the receptive mind. Join us as we embark on a quest to unravel the qualitative tapestry of mathematics, illuminating the path to greater understanding and enlightenment.

*Margrit and Dhanalakshmi
for Savitri Bhavan*

BHARAT NIVAS:



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

Call for Cultural Event Participation

Dear Aurovilians, as we are approaching the month of August, which is traditionally a time of vibrant festivities and joyous gatherings, with the celebrations of Sri Aurobindo's 150th Birth Anniversary and of Auroville, we would like to invite you to offer the community a series of enriching activities and cultural events to be held in Bharat Nivas campus in the different venues available, such as art exhibitions, theatrical performances, classes, etc.

These events should not only celebrate the milestones of the city, but also inspire the community to reflect on the values and visions that shape Auroville's unique identity.

Please send us your proposals with contents and potential dates as soon as possible, so we can integrate them in the general calendar of activities.

A weekly study circle on The Synthesis of Yoga—Sri Aurobindo

A weekly study circle on

The Synthesis of Yoga

— Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

"Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work."

"To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga."

27.03.1973

"Programme: Research through experience of Supreme truth. A Life Divine. But no religions."

02.05.1970

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville:

"Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work".

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27.03.1973

"Programme: Research through experience of the Supreme truth. A life divine. But no religions."

02.05.1970

Parking available outside at the Bharat Nivas main gate.

Monisha, BN Team

SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm

Savitri reading by Narad on Wednesdays at 6:30pm
in Kalpana Community, @ E1-2B, East Block,
1st Floor (above the parking area).

Cordially inviting you all.

Submitted by William

SEEKING OUR INNER BEING

Circles of discussion in various languages in Auroville

Dear Friends, with regards to the Open-Circles, previously announced, on the topic of the Psychic Being that will take place on Saturdays

- **English:** 20 July, 3:30—5pm & 24 August, 3:30—5pm @ Pavilion of Tibetan Culture



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

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

Looking forward meeting you at our upcoming circles,

Dan for the Inner Being team,
<https://innerbeing.auroville.org>



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

*To my dear little child
The eternal Mother
eternally embraces her
child.*

Calendar of regular events of July 2024
Every Thursday 6:00 - 6:30pm
Meditation
11th & 25th Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English
21st, Sunday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

kshetram2014@auroville.org.in



AMPHITHEATRE—MATRIMANDIR

Thursdays, 6—6:30pm (weather permitting)

During the Summer months, Sunil's music and Savitri read by Mother will be replaced by the beautiful **New Year Musics**, also by **Sunil** and with each time a different prayer by the Mother, recorded with the music



- Enjoy the beautiful open space, an immense sunset, 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:** please do not use cameras, I-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you and note that access is for the Amphitheatre only from 5:45pm and until meditation ends. *Surya for Amphitheater team*

Education

UDAVI SCHOOL NEW PHONE NUMBER

Please note Udavi School new land line phone number
0413 3509906

The old phone number has been disconnected.

Davaselv

ILAINARKAL EDUCATION CENTRE Auroville Further Learning Programme for All Age Groups



Activities	Days	Timing	Resource Persons
Tailoring (sewing)	Monday to Friday	10am—3pm	I.Pachaiammal
Spoken English class	Monday to Friday	session I: 3—4:30pm session II: 4:30—6pm	B. Anandou
Yogasana Class	Monday to Friday	6—7pm	B. Anandou
Tamil Typing class (computer)	Monday to Friday	2—4pm	C.V. Ramesh Karunakaran
Hindi class	Every Tuesday	4:30—5:30pm	Colonel Chandra Sekar (Retd)
French class	Wednesday	4:30—5:30pm	A. Arivan
Body awareness	Wednesday	10am—12noon	M. Muthukumari
Viyazhavattam circle—Tamil Literature	Thursday	4:30—5:30pm	R. Meenakshi
Entrepreneurship	Friday	4:30—5:30pm	S. Sivakumar
Art and Painting class	Saturday	10am—12noon	N. Janaki
Siddha Healing consultancy	Every month, 2 nd week Tuesday	9:30am—4pm	Vaithiar K.P.Selvam Vellore

3 months courses is available

0413 2623773, tamil@auroville.org.in

R. Meenakshi

BASIC PYTHON PROGRAMMING—FREE FOR ALL

Every Tuesday, 10—11am
@ The Sprouts Cafe, starting July 16

If you are interested in learning Python then let's meet at the Sprouts Cafe every Tuesday at 10—11am, starting July 16

- If it rains then no class as laptops can get wet.
- To register please WA or call Pawan @ 90424 83649



PS: Please don't contact me regarding help with website development.
Pawan

STRUGGLING WITH PROGRAMMING ?

Dear all, I am thrilled to help anyone who is struggling with learning a programming language or needs help with a project.

Please WA me at 9042483649

Pawan



KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam
kulaicreativecentre.auroville@gmail.com
 8608473385



	10—11:30am	12—1pm	3—4:30pm
Monday	English Class	Mother's 12 Quality Session, Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiam, Silambam, Upcycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15		

Except English, all the others are FREE for everyone from the ages of 10 to 16, but please [register through this link](#) or scan QR code or call us 8608473385 WA

Volunteers are most welcome!

Selva for KCC



AUROVILLE LIBRARY

Opening Hours

Our timings are:

- **Mornings:** Monday—Saturday: 9am—12:30pm
- **Afternoons:**
 - Monday, Wednesday, Thursday, Friday & Saturday: 2—4.30pm
 - Tuesdays: 4—6:30pm

Laura for AV Library, 0413 2622894,
avlib@auroville.org.in

New Book Reading Circle

When Things Fall Apart:

Heart Advice for Difficult Times by Pema Chodren



- Starts on Thursday, 1 August
 Thursdays, 6—7pm @ Auroville Library

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

- **For details** WA Helen on 7094753054 or
 Serena on 8489760966 Helen & Serena

Youth Initiative

MAKER SPACE

Monday to Friday, 8:30am—12:30pm @ Youth Center

Join us for our Maker Space at Youth Centre Monday to Friday from 8:30am till 12:30pm. Registration required for booking and it's free!

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

What can you learn?

**Cutting Board/ Lamps/
 Renovation of Furniture/
 Metal & Woodwork/
 Welding/ Arts & Crafts/
 Jewellery/ Upcycling**



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



Lucrezia for YouthLink team

INTERACTIVE PSYCHOLOGY

Sessions with youth

Every Monday until 29 July, 4:30—6pm
 @ Auroville Library

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH

Empowering youth through open conversations ;
 Creating a safe space for self-reflection and intentional learning

Facilitated by
Juan Andrés and YouthLink

**EVERY MONDAY
 UNTIL 29th OF JULY
 4:30 ~ 6:00 PM
 9 AV LIBRARY
 AGE GROUP : 16~30**

Empowering youth through open conversation, creating a safe space for self-reflection and intentional learning. Facilitated by Juan Andres and YouthLink

- **At the request of the library, we will close the entrance at 4:45pm.** Please arrive before then.
- Age group: 16—30 Jiseong Park for YouthLink Team

YOUTHLINK IS LOOKING FOR Soft Skills Team people

We at YouthLink, and more specifically the **Soft Skills Team** in YouthLink are looking for **facilitators, passionate people or anyone wanting to share their knowledge** to reach out to us and see how we can collaborate!

The Soft Skills Team in YouthLink focuses on the mind, emotions, feelings, communication and all skills that will help one navigate through life more smoothly. If you work or are passionate in an activity related with what we do and want to share with the community of Auroville and more specifically, Youth, please reach out to us through our email youthlink@auroville.org.in!

Looking forward to working and co creating together!



*Madhu
for the YouthLink team*

SUN & SOIL NATURAL BUILDING WORKSHOP 29 July—2 August at Youth Center.



Introduction: Delve into the heart of ancient techniques and modern sustainability. Unravel the intricate tapestry of natural buildings and materials, weaving together the timeless wisdom of cob, wattle, and daub.

- Join us for this 5-day full-time workshop 7:30am—5pm.

Discover the essence of mud through hands-on exploration and theory. Bring structures to life, each whispering stories of generations yet to unfold.

- 29 July till 2 August at Auroville, at Youth Center.

- Soil Walk, Natural Building, Dorodango Art, Bio Enzyme Workshop, Open House

- For registration and more info please go to our website youthlink.org.in or scan the QR code



Free for Aurovillians, with options to contribute to support our work.

Lucrezia & YouthLink team

Santé Services, July 2024



Santé

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday 8:30—12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule



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

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.
- In case of cancellation or to reschedule, it is necessary to inform us in advance.

*Dasha for Santé Services,
sante@auroville.org.in,
<http://sante.auroville.org.in>*

AURODENT EXPERIMENT

AURODENT EXPERIMENT

July Month Offer

Filling treatment for donation

We would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent. We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experiences. Note: Donations are only accepted for filling treatments during the month of July.

BOOK APPOINTMENT NOW

AUROMODE (OPPOSITE OF CSR), AUROVILLE 605 101. WHAT'S UP
9629199328 LAND LINE: 0413-2622063

July Month Offer

Get your dental fillings on a donation basis! We would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent. We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experience.

- Note:** Donations are only accepted for filling treatments during the month of July.
- Book Appointment Now:** 9629199328 WA,
- Land line 0413 2622063
Auromode (Opposite of CSR)

Sutha for Aurodent

International

CO-WORKING SPACE!



The **European House** is pleased to welcome you in its co-working space. Come benefit from our wifi and the quiet of our place to focus and get your work done!

Free contribution, Help us pay our internet bills and improve the place! Come enjoy the quiet of our conference room 3 mornings a week! **A place you can privatize!** Do you need a place to host a meeting? A workshop? Or any other group activity: Send a request and book the place!

Marie, +33 695524430,
european.house.auroville@gmail.com

Ecology

WASTELESS FUNDRAISER

Saturday, 27 July, 3—6pm

@ RE-Centre, Auroville Service Area

Dear Friends, wasteLess invites you to an afternoon of



playful exploration, community building and giving. Join us at our exciting fundraising event, featuring waste games for all ages, a thrilling scavenger hunt, food and lively music. Save the date!

Support us in our mission to Pave a Path for a WasteLess World. We look forward to seeing you there!

Chandrah & Ribhu, Submitted by Luise for WasteLess

Business Activities

BHARAT NIVAS INVITES

Arts and Crafts



Dear Aurovilians, Bharat Nivas invites individuals and activities interested in putting up art, craft, and food stalls in our Pathway and exhibitions and artwork in Kalakendra.

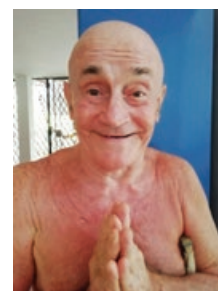
Please write to us at bharatnivas@auroville.org.in or contact our Trustee Janmejaya at 8249335483.

Monisha, BN Team

Thank You

VIDEO ON GOUPI

We would like to thank Rakhil and Francois and all other friends who were involved in making the video on Goupi so special. It was beautiful. Also with gratitude a big thank you to all the Health Service Angels and Farewell Team. We also would like to share this little story of the closure:



On asking Goupi about cremation or burial, Goupi had always happily told us that he wanted to be in the ocean with the dolphins. Therefore we cremated his remains. When we (Dave from Health Service, Jean, Joy, Kumbha, Shanti and myself) took the boat into the sea dolphins came towards the boat. It was really magical. It was just amazing and filled our hearts with happiness.

At almost the same time also in the ashram a part of the ashes were taken to the ocean and also there dolphins were present.

Thank you Goupi OM
 With Love and Gratitude
 Li Mei, Kumbha and Shanti

Theatre, Music & Arts

CELEBRATE MOTHERHOOD AND BREASTFEEDING

Call for Artists and Poets

Celebrate Motherhood and Breastfeeding

Dear Artists and Poets, we warmly invite you to share your creations on the theme of "Motherhood and Breastfeeding" during International Breastfeeding Week. Whether you have existing works or feel inspired to create something new, we welcome your contributions.



- **Kindly submit** paintings, sculptures, poems and stories or any art by 31 July.
- **Exhibition during August 1—7, daily, 4:30—6pm.**
- **Poetry and Stories Presentation:**
 Sunday, 4 August, 11am—12:30pm
 (Serving Golden Milk)

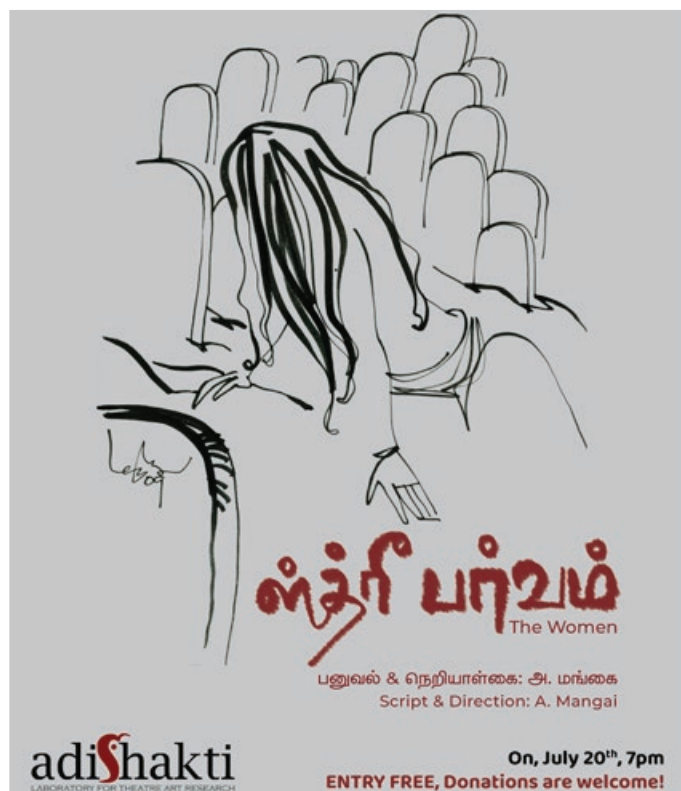
Location: Morningstar Birth and Women's Wellness Service, Midwifery Office (former Yoga Studio) at Auromode

Contact Ulrike Urvasi at 9751513906 or
mothersworkfortheMotherswork@gmail.com

Join us to honor and celebrate the beauty and significance of Breastfeeding!

Ulrike

STREE PARVAM—THE WOMEN
20 July, Saturday, 7pm @ Adishakti



I would like to invite you for a production by Mangai and team, a play by the name “Stree Parvam—The Women” at Adishakti on 20 July, Saturday at 7pm. As a principle of Adishakti, the entry is free, it is first come, first served and the Donations are welcome and would help us out a lot.

A brief of “Stree Parvam—The Women”:

How does one retain sanity when the world becomes overwhelming? Could we break the vicious cycle of violence? Could the raging wars in the external world and the internal burdens be treated with equal care and kindness?

Stree Parvam (The Women) is a Tamil play (subtitles included) that looks at war from a gendered lens. Temporally, the narrative begins with the epic Mahabharata war, but spatially it deals with all the war-zones of our world today.

We would love to see you at the show.

Have a lovely day! See you there

Vinay Kumar, Artistic Director Adishakti



Purnamidam



Carnatic Flute Recital



Submitted by Monisha
for BN Team

Multiple Activities

BHARAT NIVAS: Regular Workshops, Classes & Exhibitions



BHARAT NIVAS
भारत निवास பாரத் நிவாஸ்
The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

MONDAY TO FRIDAY
06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall

TUESDAY & THURSDAY
06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall

MONDAY, WEDNESDAY & FRIDAY
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall

TUESDAY
04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library

FRIDAY
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library

WEDNESDAY
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall

MONDAY TO SATURDAY
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY

09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala Kendra

09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)

09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Submitted by Monisha for BN Team

Dance Activities

BALLET DANCE CLASSES WITH FLEUR At New Creation Dance Studio.



In a playful and attentive approach, each course is designed to allow children to experiment ballet movements, space and creativity.

We have batches for children from 3½ to 14 years old.

- **Dance initiation**
 - Age 4 to 5, every Monday, 2:30—3:30pm
 - **Classical ballet level 1**
 - Age 6 to 7, every Monday, 3:45—4:45pm
 - **Classical ballet levels 2 & 3**
 - Age 8 to 10: Every Saturday, 9:15—10:30am
 - Age above 10: Every Saturday, 10:30am—12pm
- Fleur, 9600225764



AUROVILLE TANGO
New batch starts the first week of each month

MON
19:00 Introduction to Tango
20:00 Opensource

WED
19:30 Guided Practica
20:00 Practilonga



Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- **Monday**
 - 7pm—Introduction to Tango, 8pm—Open Source
 - **Wednesday**
 - 7:30pm—Guided Practica, 8pm—Long Practice
- No partner required. Bring socks or dance shoes.
And plenty of joy!

- +91 9821166082, tango@aurville.org.in Maud

DANCE CLASSES by Mani

Salsa Dance Class



Choose your Dance

- ✓ Bachata Dance
- ✓ kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now
+91 86376 33696
Bakisata_dance

SALSA DANCE CLASS

Tuesday salsa class 6:30 pm
Saturday workshop 7:00 pm

New creation, dance studio
Embrace the Rhythm and Let Go!

Tango Dance



TANGO DANCE

MONDAY
Beginner 6:30 to 7:30 pm
Intermediate 7:30 to 8:30pm

FRIDAY
Workshop 6:30 to 7:30pm
Open practice 7:30 to 8:30pm

Auroville, cripa

CONTACT US BY
+91 86376 33696
Bakisata_dance

Submitted by Mani

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm
@ CRIPA Small Hall

Through Dance, Move, Visual Arts, Poetry, Spoken Word, Theater. And Music

- Step beyond labels and redefine your art form.
- Embrace the unknown and explore the interplay between disciplines.
- Safe space for artistic exploration.
- Self-motivated creation.
- Spaciousness for individual expression.
- Recognition of equal value in every movement, sound, and word
- Emotional storytelling through embodied movement and music.



Discover the boundless potential of collaborative improvisation

Submitted by Krishna



Zumba classes are happening
@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763

Vega



For details please scan the QR Code or click this link:

- <https://svaram.org/sound-journey-the-atelier/>

Submitted by Zech

Building a Live Music Culture

KGL Organising Team
Mehul & Edo
KALABHUMI Goes LIVE!
an event by Sunshine Music
(Unit of Auroville Foundation)

+91-98438 93652

mehulk_nc@auroville.org.in

@kalabhumimusicstudio.av

Dear unit-holders, well-wishers and fellow community members in Auroville, our community of musicians and collaborators at Kalabhumi Music Studio, has been organizing Live music events featuring Auroville musicians and the likes from the Bioregion and other parts of India.

With the aspiration to build a thriving live music culture in Auroville, that develops as a platform for musicians to curate their music and grow, we are on the lookout for sponsors and patrons who believe in what we are doing, and would like to join us on this collective musical journey. You can follow us on Instagram and Youtube for a recap of our programmes and upcoming events. Links and contacts below.

KGL Organising Team, Mehul & Edo
+91 9843893852, mehulk_nc@auroville.org.in
[@kalabhumimusicstudio.av](https://www.instagram.com/kalabhumimusicstudio.av)

EXPLORE

WaterColor Techniques

- Wednesday & Saturday, 10am—12pm @ At Unity Pavilion
- Art with Mr. K. Janakiraman
- For more details 9443648774, 7558401106

Submitted by Arun

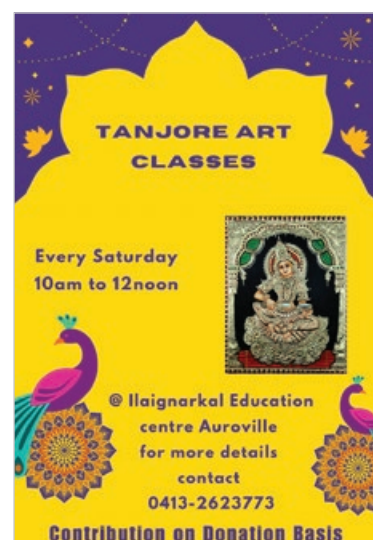


TANJORE ART CLASSES

Every Saturday,
10am—12noon

@ Ilaignarkal Education Center

Tanjore paintings hold cultural and religious significance, originating in Tamil Nadu, India. They depict Hindu deities and mythology with vibrant colors and intricate details. The use of gold leaf adds opulence, reflecting the region's artistic heritage. These paintings serve representations of South Indian art, preserving traditional techniques and contributing to the rich tapestry of India's cultural history



- For more details contact 0413 2623773
- Contributions on Donation Basis

Submitted by Ayyanar

LIGHT FISH

Professional Photography Studio

Photography Services

- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

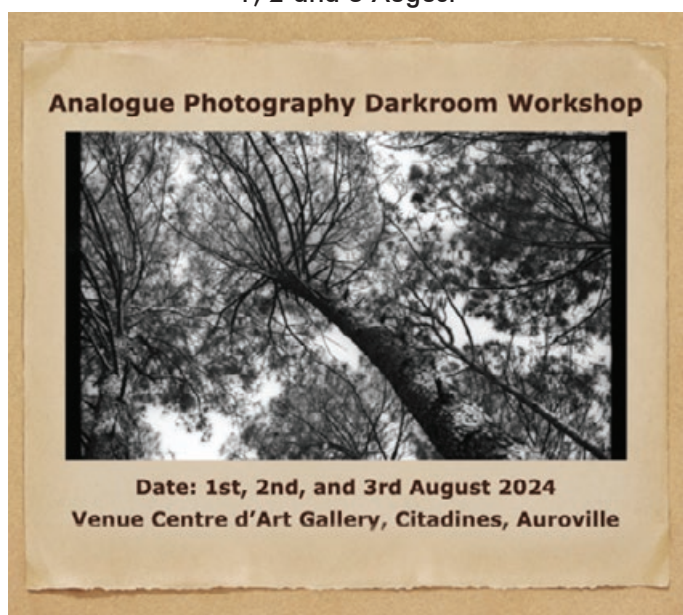
Samvit Blas, Light Fish,
9442526287,
sales@light-fish.com



BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

1, 2 and 3 August



Program & Timings:

- **Thursday, 1 August, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 2 August, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 3 August, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

• **Registration Contact:** centredart@auroville.org.in

• **The workshop fee for Guests:** Rs.3000 incl. GST.

• **The workshop is free for Aurovilians, Newcomers and registered volunteers**, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, Centre d'Art

Sports & Martial Arts

SWIMMING CLASS BY MANI



KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

Kalari Class for Beginners

- Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
- Evening classes: 5—6pm,
Tuesday, Thursday, Saturday

Kalari Classes for Advanced People

- Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday

Kalari Massage Available

- By appointment, 9042009200, Maneesh

Where Body Becomes Eyes, Maneesh For Kalari Team



TAI CHI CLASSES

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

Mondays & Saturdays

- 7:30—8:30am: Chi
- 8:30—9:30am: Form

Tuesdays—Fridays

- 7:30—8am: Chi, 8—9am: Form

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- **Our next beginner's intensive:** 5—24 August

taichi.auroville.org, taichi@auroville.org.in

Warmly, Krishna



ULTIMATE FRISBEE

Regular Sessions

- Wednesday, Saturday,
4:30—6:30pm @ Gaia Field

No prior experience needed!

Selvi for Ultimate Frisbee
Auroville Women's Team



BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

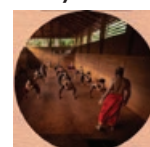
in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class

- bharatnivas@auroville.org.in,
office: 0413 2622253

Monisha for BN Team



AIKIDO NEWS UPDATE

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.



Adult classes

The Aikido group at Auroville Budokan (Dehashakti) welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice! So, we are happy to share our schedule:

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.

To progress with the practice and feel its benefits, all students are encouraged to be regular and attend a minimum of 2 classes a week.

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue. We have some in stock and can lend them out.

Your Health Fund or private insurance are required, as well as a reasonable contribution for AV Budokan (SAILER) are requested. Non Aurovilians will contribute per class or monthly according to status in Auroville (see the teacher in charge). For children classes please see separate announcement.

• Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

Auroville Aikido, Registration of Children/ young students

- **School year 2024-2025**
- **Restart the year on Monday, 8 July**

Dear Parents, dear All,

- **Registration:** We welcome all students (new and the already registered ones) from 8 years of age (3rd Grade) to register for the Aikido classes. We restart the year on Monday, 8 July, on par with Dehashakti Sports. As you may know, classes take place at the Aikido Dojo at Dehashakti (the Auroville Budokan).

- **Attendance:** Students joining for the first time are given a one-two month trial period during which they can withdraw if they do not like or it is felt unsuitable for them at the moment. Then to integrate and progress with the practice, students of all ages are expected to be regular and attend at least 2 classes a week out of the 3 offered.

As in any school, a whole year commitment is required; presence is noted down and submitted monthly to the School Board/representative; parents are expected to communicate with us in case the child is/will be absent. Evaluations (kyu passage) will be held once or twice during the year, and possibly a workshop with (an) invited high-ranked Aikido master(s) will be organised if funds are available...

- **Timing:** Monday, Wednesday and Friday from 4 to 5 pm (for the time being no Saturday 9 to 10 am class are offered. Let's see later this year if it is possible for us to organise it...)

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue the practice. We have some in stock and will lend them out. Nandini can also make the keikogi for your child if needed and if you are a participant to the service.

- **Note:** Please return the keikogi (with the belt!) to the Budokan if your child has stopped or if it needs to be changed. They will be re-used!

Conditions:

1. Please note that all students need to be part of the **Auroville Health Fund or insured** by a personal insurance.
2. We are maintaining the Budokan/Aikido Dojo ourselves (without city budget) and therefore all students (and the teachers too!) are asked to contribute Rs. 1650/- as an annual contribution, to be deposited in the Aikido/ Budokan Account **#252731**. Thank you for your attention to this. The annual contribution will need to be transferred shortly after the beginning of the school year, or after the successful trial period (August/ September).
3. A monthly contribution is asked from non Auroville children. For information, AV Budokan is a sub-unit of SAILER.

• Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

*Cristo, Rita, Surya, and Philippe
for Auroville Aikido*

ABHAYA MARTIAL ARTS RESTARTING

Dear Community, Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belts (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**; a martial art academy recognized by the Olympic Committee.



Our regular classes

- **Monday:** MMA/Grappling 5:30pm, coach Giacomo
- **Wednesday:** MMA/Grappling 5:30pm, coach Giacomo
- **Friday:** Kickboxing 5:30pm, coach Ruben

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA. **Contribution required. Be punctual, short nails, in sports-wear and no jewelry. Stay home if you are sick or if you have open wounds.**

Submitted by Giacomo

GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

We started a girl's football team in Dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details

Beber



KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

Nature Activities

A HERBAL MEDICINAL PLANTS COURSE

For Beginners

Monday—Friday, 9—11:30am



AN HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

MARTUVAM HEALING FOREST

Discover 35 medicinal plants and their health benefits to support your health and well-being.

Workshop Highlights:

- Curriculum
- Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.

Martuvam Healing Forest

Discover 35 medicinal plants and their health benefits to support your health and well-being.

No prior experience necessary

Workshop Highlights

- Curriculum:**
 - Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.
- Expert Guidance:**
 - Guided by 20 years experienced herbalists Shivaraj (Nutritionist), Dr. Geeta Auropremi MD, and Sylvie Roques.
- Contact Us:**
 - martuvam@auroville.org.in,
 - +91 9345454232 call/ WA,
 - @ Alankuppam.

Submitted by Shivaraj

FOOD FOREST TOUR & Mini Raw Food Workshop



FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)
for groups of min 5 people it can happen any day of the week

Sign up and infos whats app Sarah 9047421044
myfoodforestgarden@gmail.com
myfoodforestinfo.wordpress.com
www.youtube.com/myfoodforest



terraSoul

@ AUROVILLE
Permaculture 360°

Experience Permaculture Life at Terra Soul

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

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

CALL & BOOK A TOUR NOW
📞 JUAN - 9443434182

[terrasoul_community](#)

Every Saturday, 11am—1pm @ Terra Soul

Join us every Saturday from 11am to 1pm for an immersive tour of our permaculture farm in Auroville!

What to Expect: Guided tour of our lush permaculture farm, hands-on experience with sustainable practices, delicious farm-to-table lunch made from our fresh harvest, a chance to connect with Nature and like-minded individuals

- **Auroville Contact:** Juan 9443434182
- Limited spots available!

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

Follow us on Instagram [@terrasoul_community](#) for more updates and glimpses of farm life!
Juan

EDIBLE WEED WALK

Saturday, 20 July, 7:30am



Rain is nourishing the wild

Saturday, July 20th

7:30am to 8:30am (8:45am max)

Registration w/ contribution is required (min 8 max 10 in this walk)

Registration deadline : Friday, 19th @ 4:30pm

Location of walk within Auroville will be decided and shared with the registered participants on Friday evening

Contribution :
Rs. 500/person (for all).
Rs. 350/person for Aurovilian and SAVI-registered volunteers

Contribute only by : FS Account # 251937 or by UPI (scan QR code)

WhatsApp +91 98409 36907

Let's Go for a Walk

Boerhavia diffusa/Punarnava
புனர்வா, மூக்கிரட்டை கீரை

Page 15 in Edible Weeds book

Edible Weed Walk @ NinaS

If walk is cancelled contribution will be returned within 2 working days using same payment method used

Tamil Nadu is experiencing a wet summer. Wettest in 20 yrs it seems. These regular sprays may not last long, but they are enough to encourage lush growth in wild weedy plants. Inspired by this rain announcing this special Edible Weed Walk on **Saturday, 20 July at 7:30am**.

- To join you would need to pre-register w/ contribution only through **FS Account #251937** or via the UPI QR code on the poster. The **financial service closes at 4:30pm** hence that is our closing time for registration. Kindly register by or before that time. No late requests, please.

The walk will be at an easily accessible location within Auroville. The exact location will be decided after the registration closes. Registered participants will be informed. The walk will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

- However, if the registration doesn't reach a minimum of 8 people, or if it rains at 7am on Saturday, the 20th, the walk will be canceled and all contributions will be refunded using the payment method used within 2 working days.

Submitted by Nina



Bioregion Activities

ENLIGHT ACTIVITIES

Township Tour

Bioregion Tour

Fireside Drumming

Cycle Tour

Pottery Workshop

Cooking Class

+91 9159468946,
enlight@auroville.org.in

Arun, Anand and Balaji

AUROVILLE BAMBOO CENTRE July Program 2024

Tours

- Bamboo Centre Campus Tour**
 - 11am—12:30pm, 2:30—4:30pm
 - Every day except Sunday
 - Registration one day in advance.
- Auroville Bamboo Tour with Special Bamboo Lunch**
 - 11:30am—12:30pm, Every Saturday
 - Note:** People are requested to Manage their own transport & Contribution for the tour is mandatory.



Training and workshop

Daily Make and Take Hands-On Workshop Experiences

- One-Day, Make and Take Workshops**
 - 9am—12:30pm, 1:30—5pm
 - Every day except Sunday
 - Registration one day in advance.

Bicycle Furniture Lampshade Giraffe
 MONDAY TO SATURDAY 09:00AM TO 05:00PM - 1 DAY

- Furniture Workshop
- Bamboo Lampshade
- 3 Hours Make and Take Workshops**
 - 10am—12:30pm or 2:30pm—5pm
 - Every day except Sunday
 - Walk-in registration available

JEWELLERY, TOYS, MUSICAL INSTRUMENTS, PLANTER, ARCHERY

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewellery
- Bamboo Planter

Upcoming Workshops & Camps, July 2024

Bamboo & Wood furniture Workshop, Intermediate Course

- 13—15 July, 9am—5pm

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Geodesic Workshop, Advanced Course

- 27—29 July, 9am—5pm

This workshop focuses on where you will learn how to design and build a Geodesic Dome using bamboo.

The Bamboo Geodesic workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Auroville Bamboo Summer Camp

• 15—20 July

Join us this summer for an unforgettable experience at our Eco-Living Summer Camp! Dive into the world of sustainable living, learn the art of bamboo furniture and construction, and immerse yourself in the beauty of eco-friendly practices.



For more information, special requirement, and pre-booking contact:

Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- **Contact:** Voice call and WA: 8300949081, <https://aurovillebamboocentre.org/>
Balu

MOHANAM, SOUL OF SOIL, JULY 2024

Conscious and Cultural Tour, Workshops & Therapy, Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture.

Touch, Ride, Feel, Taste, Hear,
Discover, Experience, Tours



MOHANAM
Celebrate
International Moon day with
Nila Soru
Cherish your Evening with

1. Authentic Moonlight Dinner Experience among Trees
2. Organic Healthy Food
3. Nostalgic Moments with Moon
4. Poetic Lines and Talk about Nila
5. Entertaining Games

on **July 20th**
6.00pm to 8.00pm

+91 83009 49079
+91 94883 63729

Book Now Mohanam Campus,
Isai Ambalam Road, Auroville.
*Participation by advance bookings only

Tours

- Advance booking is necessary
- **Contact:** preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

Auroville Northwest Tour

- 10:30am—1pm, every day except Sunday

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

Mohanam Campus Tour

- 10am—4pm, every day except Sunday

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, bio region art and craft centre, Lively one village boutique with products by bio region village artisans, Saree & Veshti library, herbal tea.

Make and Take Workshops

- One day advance booking is necessary
- **Contact:** preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sunday
 - Pottery making _____ 1hrs
 - Kolam Mandala Painting ____ 2hrs
 - Coconut shell craft _____ 3hrs
 - Incense Making _____ 1 1/2hrs
 - Lampshade Making _____ 3hrs
 - Paper Marbling _____ 1hrs
 - Candle making _____ 1 1/2hrs
 - Soap making _____ 2hrs or 1 day

Classes

- **Cooking Class,**
10am—12:30pm, every Saturday
- **Saree and Veshti Experience**
10am—4pm, every day, except Sunday

Auroville Bioregion Experience with Mohanam Team

- Village Tour _____ 3hrs
- Munnur & Perumukkal visit _____ 6hrs
- Salt Dune & Kaluveli Tank Visit _____ 6hrs
- Bio-region Village Temple Tour _____ 6hrs
(Irumbai Shiva Temple & Panchavadi Hanuman Temple)
- Navagraha Temple visit _____ 3hrs
(Moratandi Navagraha Temple & Prithyangara Temple)
- Wood Fossil Visit and Quarry Shower ____ 6hrs

All above activities one day Advance booking is necessary

- **Contact:** preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sunday

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services (Aurunachala—Auroville): Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience

For more information, contact us:

- Preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667

Balu for Mohanam Centre

TOUR TO THIRUVANMALLAI



Again, starting a tour to Thiruvananthapuram, every Tuesday. Leaving at 6 or 6:30am from Visitors Center back at 6:30pm.

To register: 9090819998 WA. Arabinda



Retail Store



Products



Workshops



Skilling

+91 9791896488, egai@auroville.org.in.

Anand

Craft Activities

WELLNESS WOODCRAFT: Carpentry & Wooden Craft Workshops



Fri
&
Sat

DIY WOODWORKING

AGE: 15+ DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

MAKE & TAKE WORKSHOP
Kitchenware & Home Decor
(Bowl, Chopping Board, Rolling pin, Candle & Incense holder)

Start your woodworking journey with hand & power tools. Carpentry and woodworking allows you to express your creativity by designing and building unique & personalized projects.



SPOON CARVING WORKSHOP BEGINNER LEVEL

Basics of wood & tools
Marking & cutting
Shaping with hand tools
Sanding & finishing

Age: 15+

2 Days
Make & Take
workshop

**WELLNESS WOODCRAFT
AUROVILLE**

Every
Wed & Thu

DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Whether you're creating a piece of furniture, kitchenware or a home decor, woodworking gives you the freedom to design and build something that reflects your personal style and interests.



DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Age: 15+

WOOD JOINERY BEGINNER LEVEL

Mortise & Tenon
Half-laps
Bridle Joints
Hand & Power tools

Mon
&
Tue

Woodworking can also provide a sense of community and connection with other like-minded individuals.

- Advance booking is necessary: Anand
wellnesswoodcraft@auroville.org.in, +91 9952589649WA

PAPER CRAFT WORKSHOP @ Wellpaper, Auroville

10am—4pm, every day except Sunday

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home.

- Contact Zeevic, +91 9385744722, 0413 2969722

Zeevic



Available

X-Pulse 200 CC EFI—BF6 motorbike

Available X-Pulse 200 CC EFI—BF6 motorbike, September 2021, 7500 km, first owner, very good condition & good price. Contact: phil.av@philome.mooo.com or 8300189062 (no WA), 0413 2622037 or 2623813



Surya

Office Spaces Available: Aurelec

A well protected 47sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco) and canteen facilities.



Conveniently located office room (around 50 sqm.) inside Aurelec premises will be available from 1 August 2024, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

- Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/2622294 or e-mail adps@auroville.org.in Siva for ADPS Trust

Office Space Available: Auromode

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.



Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or pandian@auroville.org.in Pandian

Offering House & Pet Sitting

We're a married couple from Europe with a love of nature and animals big-and-small. We've been housesitting for the past 3 years and will be returning to Auroville for the fourth time from mid-December 2024 until April 2025 and are available to house sit for you and your pets.



- Contact us at benkatrin@nomadicwanderers.world and read more about us at nomadicwanderers.world

Ben & Katrin

Looking For

Vikas Community is looking for a full-time gardener

Given the next retirement of our gardener who has worked here for over two decades, Vikas Community is looking for a full-time gardener. English communication skills are required. Please get in touch with Gali: gali@auroville.org.in

Gali



Deepanam School is looking for full-time gardener

Deepanam School is looking for a full-time gardener to maintain the school campus. Work timings: 8am—4pm, Monday to Saturday. To know more, contact

- Kamala: 9442067030 or

Anu: 94888 26660. Shaalini for the Deepanam Team



Part-Time Nanny Needed

We are seeking a female for our 10 months old.

Job Description: Engage in playtime activities, ensure the baby's safety, 4 hours a day. If you are interested, for more details please contact: 9042457622.

Sivaoli



Kittens Need a New Home

Very sweet and adorable kittens looking for a new home. 4 months old, Vaccinated, Dewormed, Litter trained. Can be neutered before adoption. They like outdoors and indoors and eat boiled chicken/fish/vegetables with rice, plus wet cat food. They love curd.

For further info please contact +919503332918.

Kay



Taxi Share

From Chennai Airport, 31 July, 4:30pm

From Chennai Airport 31 July at 4:30pm to Auroville. eric.stardust@gmail.com.

Eric



Animal Care

A CALL FOR COMPASSION:

The Urgent Need for Animal Welfare in Auroville

Auroville experienced another distressing case of animal cruelty, highlighting a growing issue within our Community. On Monday, a severely injured dog was found near Naturellement Cafe, where the new crown road is being constructed. The dog, likely injured in an accident two or three weeks ago, had suffered immensely with maggots eating away most of its face. Despite its horrifying condition, people near Verite Community had reportedly chased the dog away rather than seeking help.



AUROVILLE
DOG SHELTER

The dog's suffering continued unchecked until a compassionate individual spotted it today. Unfortunately, despite rushing to rescue the dog, it died the moment we arrived. This tragic incident underscores a concerning lack of empathy within our community regarding animals. Instead of calling for help, the dog was left to suffer unspeakable pain alone. We spare you the horrifying pictures.

There are ongoing debates among some people in Auroville about the necessity of a dog shelter in our city. It should be clear to everyone that our shelter plays a crucial role in maintaining public health and safety by vaccinating, rescuing, and sterilizing dogs to control the population and prevent deadly diseases like rabies.

Every day, we receive calls from individuals wanting to abandon their pets, often due to reasons such as moving house and landlords not accepting animals. Last week, a man tried to dump his 15-year-old dog, claiming the dog was too old and bothersome to take care of. Others just throw their dogs like pieces of garbage over our fence! Such heartlessness is alarming and disheartening not only stems from villagers but also from Aurovilians.

We are living in a dark age where compassion for living beings seems to be dwindling. Dogs are family members and deserve our care and respect. It is heartbreaking to witness this lack of empathy and responsibility. The words of the Mother: "...it is good always to treat animals with respect, love and compassion" (CWM 17:103) seem to be conveniently ignored and disrespected.

The Auroville Dog Shelter is vital for the welfare of animals and humans in Auroville. It is a place of refuge, care, and compassion. Let us not forget the importance of kindness and empathy in our community. We must stand together to ensure that such tragic incidents do not happen again and that all animals receive the care and protection they deserve. Auroville needs its dog shelter and the Auroville Dog Shelter needs you! Please support us!

- If you want to donate to our shelter please kindly use our FS Account 251391 or come by to lend your support with donations in kind, your energy, and time! We are happy to welcome you!

Arthur for Auroville Dog Shelter

Help Needed

SEEKING EDUCATIONAL FUNDING

Dear friends, My name is Mithila, born and brought up in Auroville. I have passed my 12 grades at New Era School in Science stream academic year 2023-24 batch.

After a lot of thinking, research and discussions I have decided to take up Bachelors in Pharmacy at Sathyabama College in Chennai.

Both my parents have been giving their service to Auroville for the past 16 to 26 years. My mother Nirmala is a teacher at Isai Ambalam School and my father Kumar is working with Farm group. Currently our family is being runned by one maintenance worker that is from my mother. I have an elder brother who is also studying at MGR University Chennai in his final year of Bachelors in Physiotherapy. To support both of us for our studies my family has been facing issues financially.

After several searches over colleges that have a good facility to facilitate my studies. So I decided to pursue my course in Sathyabama College Chennai. The fee structure for my course is as following,

- Course Name: **B.Pharm.**
- Fee per annum: **Rs.2,50,000**
- Fee for the entire course: **Rs.10L**
- Hostel Fee per annum: **Rs.1,20,000**

Since my brother's studies were supported by SEF, so I had reached out with a request for financial support, they have offered to support my study with **Rs.1,50,000** with which I have managed to confirm my admission at Sathyabama College.

With this I would like to reach out to my fellow Aurovilians to cover the balance fee for my course and the hostel fee, even a small contribution is most welcome and much appreciated.

I am sure that my studies will be helpful for Auroville in the coming future.

- Financial Service Account no: **251777**
- Account name: **Mithila study**

*With lots of love & hope, Mithila,
submitted by Vinith*

THAMARAI LEARNING CENTRE

Needs Sports Equipment



Dear community, do you have any weights/ dumbbells, kettle bells, medicine/ strength balls, resistance bands, punching bags and or gloves etc that you are not using?

We could really make great use of these at the **Thamarai Learning Centre!**

To support our wellbeing activities with the children in our after-school and weekend programs, as well as for health programs with local youth and adults:

- Please contact us:
thamarai@auroville.org.in or +91 9566936746 WA
- Or maybe you would like to donate for us to directly purchase this needed equipment? If so, we welcome with gratitude any contribution to FS account number: **251633**



Carla, for the Thamarai Team

SUPPORT FOR GIUSEPPE

We are in need of financial support to continue to pay for the people that give their time and energy to look after Giuseppe. The food costs are also above what is received from Auroville. Any smaller or bigger contribution is most welcome.

- For contributions you may use FS ac. **102518** (Giuseppe).
- For additional information, contact +91 9489601312, call or WA

Shivaya and Enrica

Work Opportunities

NEW CREATION GUEST HOUSE

Manager Assistant



We are looking for someone to help in New Creation Guest House—Manager Assistant

It is a very nice opportunity for someone looking for a long-time engagement. We are here in a very good position to work on our-selves and do our karma yoga. We are looking for someone to join the team on a long term. Full time work and maintenance available.

- **Must speak Tamil**

We are looking for someone having those qualities:

- Empathy and understanding (customer service oriented)
- Multi-tasking and multi skills
- Computer skills are a must
- Leadership and attention to detail
- Communication
- Operational and financial management.
- Having a sense of service work in Auroville, understanding values of AV.
- Flexibility in terms of work and timings

More details

- Perhaps **communication skills** are on the top of the list of what makes an excellent hotel manager;
- Having a **friendly attitude** is one of the most essential qualities of excellent hotel management.
- Having friendly and **professional** personal skills are truly a must. As a hotel manager, you are a role model;
- Having a **strong Auroville work ethic** is an essential quality in our list of qualities.
- **Hotel managers must be good organizers.**
- **Respect is everything**, in every field of work and, importantly, in hospitality.
- **In an Auroville service—Karma Yoga oriented**

To get in touch with us

- newcreationgh@auroville.org.in
- Or contact Beber 638563 5943

Beber

Honorary Vountary Offering

SEEKING HALF-TIME MISSION

Dear Auroville Community, I'm Jeremie, a Newcomer since May 2023, looking for an afternoon half-time mission starting in August. My background includes:

- 10+ years in transportation and mobility management
- Experience in electronic sensors, data analysis, and statistics reporting
- Skills in customer service, team management, and administration
- Education in Wildlife Management and Project Management

I'm passionate about nature, wildlife, technology, and cultural exchanges. Currently working with Savi in the morning and YouthLink in the afternoon, I'll be available afternoons from August.

- If you think my skills could benefit your unit, please contact me at jefollet@yahoo.fr. I'm excited to explore new opportunities!

Jeremie



Honorary Voluntary

INTEGRAL MATHEMATICS SESSIONS

looking for an Assistant

Integral Mathematics Sessions for children is looking for kind, understanding, helping hands of integral Educators to assist during math sessions.

Requirements

- Open mindset.
- Must understand and practice Integral yoga by The Mother and Sri Aurobindo. Doesn't believe in teaching.
- A living joyful Being.
- Understanding Mathematics is an added advantage.

Working Hours:

- Wednesday, 4:30—6pm
- Thursday, from 2—5:30pm
- Friday, 2:45—3:45pm

Please write back to snehal_nc@auroville.org.in with your intentions (why you want to join), thoughts, and details.

Snehal



GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,
8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

FARM SERVICE

is looking for Volunteers

Mondays at 10:30am, for an interview

@ Bhumika Hall, Bharat Nivas

Dear Friends, The Farm Service is looking for volunteers to serve in the farming sector. Interested candidates (Aurovilians) may come to the Bhumika Hall (Bharat Nivas) on Mondays at 10:30am for an interview.

Gino



KUILAI CREATIVE CENTER

Seeks Volunteers

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
 - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact:

- kuilaicreativecentre@auroville.org.in
- or call us 8608473385 Selva for KCC

INSIDE AUROVILLE

Offers consulting services voluntarily in gratis (Pro Bono) for the below areas only to registered units/activities who/which do not have a qualified and experienced in-house resource.

Focus:

- **Startups:** Products and Services
- Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
- Email, Instagram, WhatsApp and LinkedIn Marketing, Business Communication and Content Writing—Guidance only

Contact Details:

Surajkiran, 9884204918 (Voice and WA),
surajkiranv@gmail.com

Balaji

AUROORCHARD:

Volunteer and Learn Farming

Nidhin

for AuroOrchard team



Foods, Goods and Services

UTS TRANSPORT SERVICE



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

SERVICE AVAILABLE

- Gardening work: fencing, cleaning, cutting, pruning, planting, digging
- Keeth Hut house building any size
- House repair: masonry, carpentry, plumbing
- Shopping service

Please contact **Ranjith**, Aurovilian:
8610997059, subramani13@auroville.org.in

Thank you, Ranjith



LIVELY DISCOUNT

8:30am to 5pm, Opposite Ganesh Bakery



We are having a summer discount sale at a lively discount on all kinds of clothing available to visit us from 8:30am to 5pm.

Rajavani for Lively Team

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



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

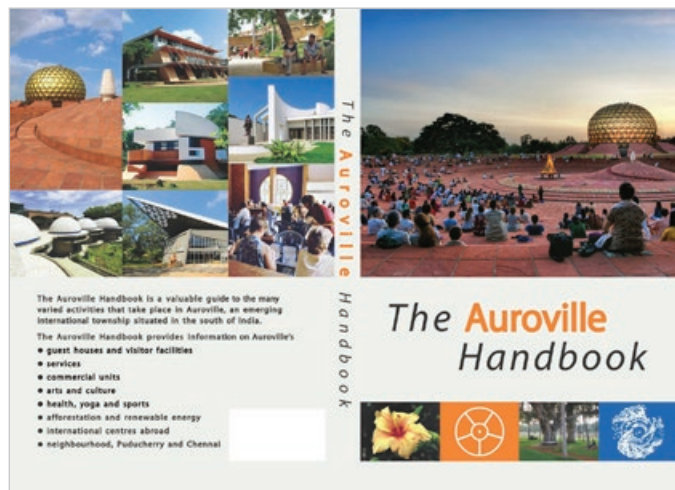
Contact Sarvam Computers

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

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Submitted by Bala

AUROVILLE HANDBOOK



Dear friends, greetings from Prisma, Auroville!

We are planning to reprint in the coming months a new version of the Auroville Handbook, which is a valuable guide to the many varied activities that take place in Auroville, an emerging international township. We will print 2000 copies, and are ready to print your full page advertisement. Meanwhile, we are happy to receive from you any suggestion, contribution or information.

Size of Advertisement: 14 x 21 cm. (Extra 3mm bleed)

- 14 x 21cm = Rs. 10,000/- (Front Inside cover)
- 14 x 21cm = Rs. 10,000/- (Back Inside cover)
- 14 x 21 cm = Rs. 7,000/- (Full page—Inside)

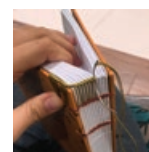
Please contact us:

- prisma@auroville.org.in
- 0413 2622296, 9442891912

Franz for Prisma

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulapalayam.



8940648542, Michel

SATURDAY FOODLINK MARKET

Saturdays, 10am—12:30pm



Dear community, we are organising a market weekly on Saturdays between 10am and 12:30pm. Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

Isabelle M for FoodLink team
+91 8300 268804 Mobile and WA,
[FoodLink basket order form here](#)

REDUCED-PRICE MAROMA PRODUCTS



for all Aurovilians in the Outlet Store

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is

- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

See you there!

Jesse for The Maroma Team

Bella Vita
OUR DAILY BREAD & MORE!

Our opening hours will be 10 am to 9 pm every day except Wednesdays

NATURELLEMENT

REACH US
Utsav Building, Auroville 605101 Tamil Nadu
0413-2972034 / 2622034 / 2623267
naturellement@auroville.org.in www.naturellement.in

10am—9pm every day except Wednesdays

Dear Auroville community, it is our great pleasure to share the opening of our new outlet Bella Vita on Monday, 1 July. You will find Bella Vita in the Utsav building, (just opposite the Vérité programs entrance.)

- Our opening hours will be 10am to 9pm every day except Wednesdays

In Bella Vita all Naturellement products will be available and an additional range of baked goods, as well as salads, ice cream and other delicacies! Since Bella Vita will be open up to 9pm, Naturellement Garden Cafe will close at 5:30pm for the next month or two. We'll keep you updated.

You are welcome to experience our new space; for a light meal, a refreshing drink, an ice cream and much more!

0413 2972034/2622034 /2623267

naturellement@auroville.org.in
<https://www.naturellement.in/>

Chitra

HAIRDRESSER

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

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



Ulrike

GOYO KOREAN SILENT RESTAURANT

Lunch: Tuesday & Friday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

@ Luminosity Auroville



- Please book for lunch/ tea ceremony minimum a day before: +919489693809, goyo@auroville.org.in

Won Ja for Taste of Korea

KINDNESS KITCHEN

Sunday 21 July

10am—Learning & Preparing, 1pm—Lunch

Let's come together to learn, cook, and enjoy a delicious North Indian meal. It will be a fun, interactive experience where we'll explore traditional recipes, share cooking tips, and savor the vibrant flavors of North Indian cuisine.

• Menu

Ajwain Paratha, Aaloo Methi, Jeera Rice, Dal Makhni, Punjabi Papad, Boondi Raita, Rabdi

• Hosted

- at the home of Nirmala & Naresh @ Pushpanjali, Kottakarai, Bioregion Auroville

- To RSVP fill this form: <https://t.ly/tyvGA> or WA +91 9223379171

Kindness Kitchen is an experiment in generosity and heart-felt connections. No prices, no strings attached.

Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala Naresh

ANITYA: COMMUNITY LUNCH

12:30 on Thursdays and Saturdays



Our community lunches are still happening during the summer! Contact Serena on WA to book one day in advance: +91 84897 60966

- Contribution required, (discount for AV/ NC & Volunteers)
- See you at 12:30 on Thursdays and Saturdays in our community kitchen!
Nikethana for the Anitya team



Open House every Thursday, 10:30am

Dear Friends, come join our Open House every Thursday at 10:30am. We hold these at our office in Auroshilpam, just behind Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and cloth nappies. See you soon!
Mila

ARTISTE CAFE: CRAVING SOUTH INDIAN FOOD?



2623071, 9786772209,
yatraartistecafe@gmail.com, Yatra Srinivassan

AVAM RESTAURANT NOW OPEN

7:30am—8:30pm all days

Greetings from the heart of Auroville. Avam is a new restaurant in the terrace of Townhall serving international cuisine. We're open 7:30am—8:30pm all days
Come try our food! We hope to serve the community here.



Meenakshi for Avam team

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovilian) with decades of experience.

- You may call Qutee 9443372418 for any of your requirements. Upgrade to electric transport and solar power.

B for Qutee Electric Scooter Service

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



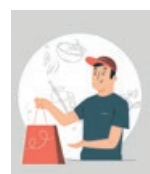
Contact us for all your procurement needs:

- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: Iyyappan

Let's simplify and optimize your sourcing process together!
Iyyappan, Surabhi Supplies

DROPZY

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



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

- Download link as shown below:

[Android](#)

[iPhone](#)

[Desktop](#)



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

Sathish Arumugam for Dropzy,
+91 8098144686, www.dropzy.in

TRAVEL NEWS FROM INSIDE INDIA

(Tuesday, 16 July 2024)

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

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

Our door is open from 9:30 till 4pm.

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30 till 4pm, landline 2623030 (Monday to Friday). Saturdays on appointment only.

He can also be contacted anytime via mobile or WA:

- +91 9894598686 and
- by e-mail: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email:

- insideindia@auroville.org.in or
- insideindia@inside-india.com

Some current offers

- **Armenia Airways** announces the commencement of its operation in India from Delhi to Yerevan weekly three days Tuesday, Thursday and Sunday.
- **Emirates** special fare from Chennai to Frankfurt, Paris.
- **Ethiopian Airlines** offer one way business class from Chennai to Africa.
- **Air India** has offered fare from Chennai to Milan, Copenhagen, London.
- **Etihad Airways** offer fare from Chennai to Paris, Milan, Brussels, Madrid, Munich.
- **Malaysian Airways**, Singapore airways & Thai airways special fare from Chennai to Seoul.
- **Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.

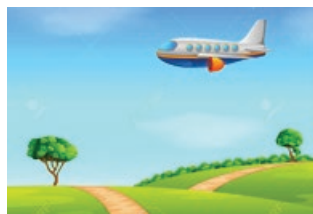
We are accepting both Indian and International debit and credit cards, as well as UPI IDs and QR code payments at our office. #Conditions apply. And of course transfers on our Financial Service Account are very welcome...

Travel Tips:

- **Srilankan Tourist Visa 30 days single entry** fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further notice. Indian Nationals can apply for E-tourist visa through the given link <https://www.srilankaevisa.lk/>
- Effective 1 July 2024, all inbound **travelers to Cambodia** will be required to submit an electronic arrival card at least seven days prior to their arrival.
- Known as the '**Cambodia e-Arrival**' (CeA), this initiative aims to expedite and modernize the entry process. The digital card replaces the traditional paper-based immigration form, health form and customs declaration, consolidating them into a single, convenient online portal.

Travelers can access the e-Arrival system through two channels:

- **Official Website:** The official government website, <https://arrival.gov.kh/>, allows for online submission of the e-Arrival card.
- **Mobile App:** The Cambodia e-Arrival app is available on the Apple App Store and Google Play Store. It offers a convenient mobile platform for completing the e-Arrival card.



- **The Embassy of India in Bangkok, Thailand**, issued a press release stating that the Government of India has announced a visa fee exemption scheme (e-Tourist visa) for ordinary Thai passport holders. The exemption applies to e-Tourist visas and will be effective from July 1 to December 31, 2024.
- **The new scheme allows Thai tourists** to visit India for up to 30 days with double entry without paying any visa fees. However, e-Tourist visas must still be applied for in advance through the designated website: <https://indianvisaonline.gov.in/evisa/tvoa.html>.
- Important Notice for travelers applying for **Schengen visa in West & South India**.
 - For families applying together, it is permitted for just 1 of the parents to book an appointment slot under their name and for the rest of the family members to accompany them on the same appointment booking/ appointment letter.
 - Your familial relation must be verified via your passport, child's birth certificate, marriage certificate.
 - As per directive received from the Belgium Consulate in Mumbai, a family would be considered as Husband, Wife & their children under the age of 25 only. Visa Application Centre's would not permit entry to additional familial relations/ accompanies such as grandparents, siblings, house help, nanny etc. unless they have their individual appointment booking/ letter.
 - Travelers from West and South India who wish to apply for a Belgium visa under the above mentioned category can walk-in to their respective Visa Application Centre in the jurisdiction of the Belgium Consulate in Mumbai and do not need to book an appointment.

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

- Also, [this LINK will tell you](#) all that you need to know about Flight delays and/or cancellations.

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

- Finally, [this LINK can be useful too](#) in case you are traveling on your own... or not...

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

Have a great week...

*Priyal, Rima, Olivier
for Inside India New Team*

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline
0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in
newwavesauroville@gmail.com



- **Office open afternoons only**
Monday to Saturday, 2—5pm

Dhanda

RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



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

- **Contact:** + 91 8270071581/ +91 7639810621
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** @rapidcare1

For Rapid Care, Balaji & Arun

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi. Please book sessions in advance.

- **Monday to Saturday, 10am—5pm @ Creativity.**

Thai Massage

- **Monday—Saturday, 9am—5pm.**

To book massage sessions or for more information, please contact me personally.

Tailoring

We can tailor and customize any kinds of dresses, saris, blouses and kurtas.

- **Contact:** Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

FREESTORE

Invites you to Participate

We invite you again to be a part of our joyful journey together!

- You can do that by participating in our free exchange concept of items like clothes, accessories, and many more by giving what you don't use any longer and taking what you find useful. Or volunteer your services by helping us check, display beautiful items, interact, care, and create in so many unique ways.

Do join, share and care along with us at the free store.

At her service, Kamala

Voices and Notes

THE LIGHT OF THE SUPREME

As Aurovilians share internally in our online AuroNet what "Light" is and its relevance and complementarity with darkness, one brother asks:

"What about the Ray of Light invited so graciously by the Mother to enter the Chamber (of Matrimandir) and caress the Sphere, then penetrate our eye globes indirectly and without blinding deliver us a telegram of Love from the Beyond?"

This popped up: That Supreme Light is Savitri, the incarnation of the Supreme Divine Mother MahaShakti Herself, as portrayed in Sri Aurobindo's epic mantric poem Savitri—A Legend and a Symbol, and in the most recent Earth incarnation is our Mother Mirra Alfassa.

Examine carefully the Gayatri Mantra of Sri Aurobindo:

तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om Tat Savitur Varam Rūpam Jyotiḥ Parasya Dhīmahi

Yannaḥ Satyena Dīpayet

Tat = That

Savitur = Sun-god who is the Creator

Varam = Most auspicious

Rūpam = Form

Jyotiḥ = Light

Parasya = Of the Supreme (since para = Transcendental)

Dhīmahi = Meditate on (since Dhi = Intellect)

Yannaḥ = By which

Satyena = Truth

Dīpayet = Shall illumine (dipa = light)

Let us meditate on the most auspicious form of Savitri, on the Light of the Supreme which shall illumine us with the Truth. — Sri Aurobindo

https://youtu.be/qNbLVIAmKYQ?si=Gi3CZwN_SihC2JEg

To all who have been called to participate in this City of Dawn of the Kalki Avatar Sri Aurobindo and the Mother, choose not the path of fear and division, but that of faith to and oneness with the Divine in all. Why? Because greater still will be the coming challenges in this hastened and intensified transitional stages. We were amply warned by our Avatar founders, and we can clearly see the still pitiful state of this world. In the Kurukshetra War of the Gita almost all the members of the warring clans were wiped out, and it is said that Kali Yuga started after the Avatar Krishna left his physical body. We have already learned from and do not want that violent path that is still continuing to this day, as that is part of the Integral Truth of Unity in Diversity in the undivine world of Mind. We are now called to prepare for and hasten the advent of the Divine Supramental World. In our advanced Communications and Information Age, ignorance is a choice. All the spoken and written guidance of Sri Aurobindo and the Mother are now freely available on many online sites, including <https://incarnatetword.in/>.

To anyone who still chooses the path of the false-separative ego-mind, understand that you have chosen the Ignorance, pain and suffering and you will be obliterated violently by crashing circumstances.

Beyond the pettiness of the selfish self-serving ego, let us all prepare Auroville together in the spirit of oneness, joy, goodwill, collaboration and Divine Love for all the many more needed generations to come, reaching a critical mass of awakened humans, consciously working for the eventual advent of the new apex species the Supramental being, the blossoming of the Life Divine on Earth.

We continue on in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti...

Zech, 2024.07.15

Poetry

RIDER'S SONG

Cordova, far and lonely.
 Black pony, full moon,
 And olives in my pocket:
 Although I know the roads,
 I'll never reach Cordova.
 For the plain, for the wind,
 Black pony, red moon,
 And death is watching for me
 Beside Cordova's towers.
 Alas! the long, long highway,
 Alas! my valiant pony,
 Alas, that death is waiting
 Before I reach Cordova.
 Cordova, far and lonely.
 By Federico Garcia Lorca

EACH ONE IS PLAYING

Each one is playing
 A shadow boxing game.
 What does it
 Have to do with
 The person in the mirror
 Who accompanies your practice
 In a self-strengthening game?
 If you see
 Through the shadow,
 Blame and shame,
 You will know
 Who accompanies your practice,
 Who plays with you,
 Who plays you,
 Time and again.
 The air you punch at
 Tears you away from
 The revolving, unresolved
 Reactions that chain.
 The air you punch at
 Dares you
 To evolve
 And step into
 A self-exceeding game —
 Invite the person in the mirror
 To come to your side,
 Not to pose for a Selfie,
 But to pair up
 In the cosmic dance
 With ingrained drama
 In the unfolding Dream,
 Knowing that you are buddies
 In the bubbling scenes.
 With joyful Gratitude,
 Anandi Z.

Classes, Workshops & Healing Arts



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

**Alternate
Thursdays,
starting July 25,
5:15pm**

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



Thursday, 25 July, 5:15pm

@ Marc's Cafe Terrace, Auroville

Now play sessions on alternate Thursdays at Marc's Cafe Terrace, Auroville

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

- Our first BloomO! session is on Thursday, 25 July. Karoona and Naresh will be PJs, our play jockeys help facilitate. Matilde, contact@marcscoffees.com






Ayurvedic Massage Head and Foot Massage



Sound Healing

 **+91 97513 95939**

SELF-EMPOWERMENT PROGRAM

Saturday, 27 July, 9:30am—12:30pm
@ European House

Experience freedom in your life by managing your beliefs!

Self-Empowerment Program

Avatar mini-course
Belief Management

Experience freedom
in your life
by managing your Belief





27 / 7 / 2024 (Sat)
9:30am - 12:30pm
Facilitator : Jisung
European House

REGISTRATION ONLY




Facilitator Jisung

- Register <https://forms.gle/4HcPFataQMrRQXBd9> or from the QRcode!

*For the smooth operation of the program, please arrive before 9:30am.
Jisung

CACAO MEDICINE DANCE

Saturday, 27 July, 5—7pm
@Maloka Hall, Anitya community

cacao medicine dance



Where: Maloka Hall, Anitya community
When: Sat 27th July @ 5-7pm
Register 9432244823

Join us for an enriching event that combines the sacred traditions of a cacao ceremony with the transformative experience of a medicine dance circle inspired by the lineage of the Dances of Universal Peace. The evening will begin with a heart-opening cacao ceremony, using pure, ceremonial-grade cacao to foster connection, introspection, and a sense of community. Following this, participants will engage in a medicine dance circle, embracing the circle dances' ancient roots, which promote unity, healing, and spiritual awakening.

Through guided movement, rhythmic music, and the power of collective intention, this event offers a profound journey into self-discovery, harmony, and joy. No dance experience needed; this experience is a celebration of the body's wisdom and the spirit's quest for peace and connection.

- **Contribution:** 500rs per person. Discounts available for Aurovilians and Auroville volunteers.
- **Register:** 9432244823

Submitted by Shakti

WOMEN'S FULL MOON CIRCLE

Saturday, 20 July, 5—7pm
@ Maloka Hall in Anitya community

Women's FULL MOON CIRCLE

WITH PREM SHAKTI



When: Sat 20th July Time: 5-7pm Register 9432244823
Where: Maloka Hall in Anitya community

Dear Sisters, you are warmly invited to join our Full Moon Women's Circle, a sacred gathering designed to honor the power and beauty of women coming together. Under the luminous glow of the full moon, we will share our stories, support one another, and celebrate our collective strength and wisdom. This circle is a space for healing, connection, and deep introspection, where we can embrace our true selves and find solace in the company of like-hearted women.

When women come together in a circle, we create a powerful energy that nurtures our souls and empowers our spirits. It is a time to recharge, to feel seen and heard, and to remember that we are not alone on our journeys. Whether you seek guidance, inspiration, or simply a moment of peace, our circle offers a sanctuary for all.

- **Register:** 9432244823

Look forward to sharing this special evening with you.

Prem Shakti

LEELA THERAPY

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

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

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

- For more details see www.innersightav.org or contact Kardash on 9940934875 WA.



QUIET HEALING CENTER



Watsu Yoga Round with Ellie & Fred

- Thursday, 1 August, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and offers a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.



While immersed in warm water during the Watsu Yoga Round, your body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive feeling of well-being: body and mind become free to dance!

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

Watsu Basic with Fred

- Saturday, 3 & Sunday, 4 August, 8:45am—6:30pm

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and—ultimately—for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

OBA Basic—Liquid Joy with Fred

- Saturday, 10 & Sunday, 11 August, 8:45am—6:30pm

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



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

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

OBA 1—Fluid Body with Fred

- Monday, 13—Sunday, 18 August, 8:45am—6:30pm

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



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

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

WOGA (Yoga in Water) 1 & 2 with Pooja

- Wednesday, 28 & Thursday, 29 August, 8:45am—6:30pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, and in floating position), pranayama and meditation.



Woga sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period; the difference is that you are in a warm water pool!

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

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

Watsu Basic with Pooja

- Friday, 30 & Saturday, 31 August, 8:45am—6:30pm

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and—ultimately—for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

Guido for Quiet Healing Center, +91 9488084966

www.quiethealingcenter.info/
quiet@auroville.org.in

MINDFULNESS

Miksang—a Mindful Photo Walk

• Saturday, 20 July, 8am—9:30am

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



In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment—seeing, appreciating, comprehending, expressing, sharing—that is all there is. This practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

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

- The session will be led by Helen—a mindfulness teacher with a passion for Miksang.
- For details and booking message Helen on 7094753054 or visit innersightav.org

Mindfulness for Stress Reduction (MBSR)

• 8 week course, Tuesday 5—7pm, starting 30 July

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & wellbeing benefits. It synthesises ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.



The course has been found to improve participants' ability to cope with the stresses of everyday life—giving space to respond rather than react. Research has found it can help with anxiety & depression, management of chronic pain, diabetes, lowering blood sugar levels, and reducing menopausal symptoms. It can also improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is run by Helen, an Aurovillian and qualified MBSR teacher.

- The course is run over 8 weekly sessions. Sessions will be held 5—7pm on Tuesdays for 8 weeks from 30 July to 16 September. The course will be held at Maloka, Anitya community.
- Pre-registration is required.
- Please WA Helen on 7094753054 to book or visit innersightav.org Helen

AUROMODE YOGA SPACE

July 2024 Schedule

Registration a must for all the programs. Email or WA us to know about the fee structure and other details.

balaganesh.siva@gmail.com

+91 9892699804 WA only

Day	Time	Description
Day	Time	Description
Monday to Sunday Except Wednesday	4—5pm	Fusion of Time: Body Conditioning with Bala
Monday to Sunday Except Wednesday	5:30—7pm	Vinyasa flow Yoga Asanas, Pranayama & Meditation
August 1 to 22 except Sundays	6:30—9:30am & 3:30—7pm	200 Hr Vinyasa Flow Yoga TTC

Vinyasa flow with Bala

Vinyasa Flow Yoga with Bala-July 2024

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

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

Monday to Sunday
(All days of the week)– 5 30 pm to 7 00 pm
Except Wednesday

Registration must

Please WA to know information about cost and other details

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



Fusion of Time: Body Conditioning with Bala

Fusion of Time: Body Conditioning with Bala- July 2024

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

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

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

Monday to Sunday
(All days of the week)– 4 00 pm to 5 00 pm
Except Wednesday

Registration must –Please WA to know information

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



Auroville Yoga 200hr TTC schedule

Vinyasa flow Yoga 200 hr TTC -August 2024

Timing – 6 30 am to 9 30 am – 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in International town of Auroville.

Discover the joy of a disciplined, sustainable & injury practise and gain tools to teach others.

Introduction to Kalaripayatu, Sound healing, Karma Yoga and more.

Internationally recognised Yoga

Alliance, USA accredited Certification.

200 hours–22 days– August 1 to 22, 2024

Contact – balaganesh.siva@gmail.com/WA + 91 98926 99804



Submitted by Bala

ACROYOGA

- For guests and beginners on appointment only,
- Monday, Wednesday, Friday, 1am—12:15pm or 3—4:15 pm
- Contact +91 9047722740 WA



Damien

FREEDOM OF THE BODY

16, 17, 18 August, 9am—1 pm, @ Harmony Hall
Bharat Nivas

We would like to thank all the participants who attended the wonderful 'Freedom of the Body' workshop at Harmony Hall in June. It was truly an amazing transformational experience for everyone. We experienced a dialogue with the cells through deep meditation, deep relaxation and natural spontaneous dance. Many visualizations and exercises helped us to connect with the cells, listen to them and explore cellular memories. Cellular consciousness is definitely the last great and urgent adventure, as Mother said. It was a great joy for Thierry and I to welcome you, to share with you, to guide you in this adventure, with Mother's presence and blessings.



Special thanks to Bianca and Sajiv for their great support with the organization.

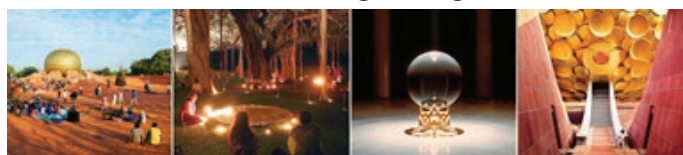
- **The next and new workshop Freedom of the Body** will be held 16, 17, 18 August, 9am—1 pm, @ Harmony Hall Bharat Nivas

It will be a joyful and wonderful experience in the powerful energy of Sri Aurobindo's birthday and Mother's blessings. The workshop is open to all. It is always a new experience with different programs.

- **Registrations** are open. Please contact CIRHU/ Bianca at: cirhu@auroville.org.in/ +918300387288

Philippe and Thierry,
Surya Performance Lab

A SATSANG on the Integral Yoga



Tuesdays and Thursdays, 5:30—7pm

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville." —The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, or at an agreed upon venue in Auroville
- **By appointment only:** please call 8300191193



[Please click this link for details](#) or scan the above QR Code
Also check Zech's Weekly Sharings:

- <https://zechjoya.blogspot.com>

Or scan the QR Code on the right

Zech



VÉRITÉ

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

or programming@verite.in, www.verite.in



Workshops, Pre-registration required

Face & Eye Yoga: Face your Self with Mamta

- **Saturday, 20 July, 2—4:30pm**

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

Food is Medicine: Lifestyle Health Practices with Parvathi

- **Saturday, 20 July, 2—4pm**

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

Sivananda Yoga: Masterclass with Mani

- **Saturday, 27 July, 9:15am—12pm**

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

Food is Medicine: Lifestyle Health Practices with Parvathi

- **Saturday, July 27, 2—4pm**

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

Ramya for Verite Programs

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Face & Neck Massage	Mamta
Biodynamic Craniosacral Therapy	Mila
Food is Medicine: Lifestyle Health Practices Consultation	Parvathi
Birenda Massage	Radhika
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga, Breath & Meditation Practice for Beginners	7:30am—8.30am	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30am—8.30am	Mani
	Open Heart Space Meditation	5—6pm	Samrat
Wednesdays	Pranayama & Meditation	7:30am—8.30am	Radhika
	Kirtan Songs for Your Soul, contributions are voluntary	5—6pm	Mamta
Thursdays	Gentle Hatha Yoga	7:30am—8.30am	Ramya
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Restorative Yin Yoga	7:30am—8.30am	Radhika
	Face & Eye Yoga	5—6pm	Mamta
Saturdays	Sivananda Yoga	7:30am—8.30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 20 July	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 20 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 27 July	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 27 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Taste Of Yoga @ Vérité



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

Kathir for Vérité Programming

BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville

Bharat Nivas presents

Integral Healing

Light of Ayurveda and guidance of Mother and Sri Aurobindo

5:45 pm— 6:55 pm
Every Wednesday
From 01 May 2024

Venue:
Bhumika Hall,
Bharat Nivas, Auroville

Workshop by DR. GEETA AUROPREMI

- Brief introduction of Ayurveda
- Swasthya, Aswasthya
- Dosha, prakriti
- Some herbs
- Lifestyle

₹.550 for guest / ₹.350 for Volunteer (savi Id)

Enquiry Contact: Monisha at +91 84893 47454
Parking available outside at the Bharat Nivas Main Gate

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle

Enquiry Contact Monisha +91 8489347454 **Monisha**



Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h

Experiences of previous participants

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

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

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

- Limited seating.
- **Location will be shared after your reservation under +49 1638041124 WA** **Submitted by Nadim**

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, July

For any details and queries, you can contact us at arka@auroville.org.in & 0413 2623799



Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment: 0413 2623767 antarcalli@yahoo.fr
Chinese Fire Cupping and Moxibustion Therapy	Chun	Monday to Saturday by Appointment 8098900708

Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday, 5:30—6:30pm, by Appointment: 7867998952

Ramana for Arka

TAO OF TEA



The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.)

Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available.) Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a “once-in-a-lifetime” experience that will completely change your perspective on tea-drinking, especially if you are a tea lover.

The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- **Venue:** To be decided when you call to confirm your appointment. The ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/WA +91 9385428400

Submitted by Isha

SOUND THERAPY & SELF HEALING,

2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



• First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body’s consciousness.

• Second, by performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

- If this resonates with you, then please contact 9385428400 call/ WA to book your session today!

- Donation Based

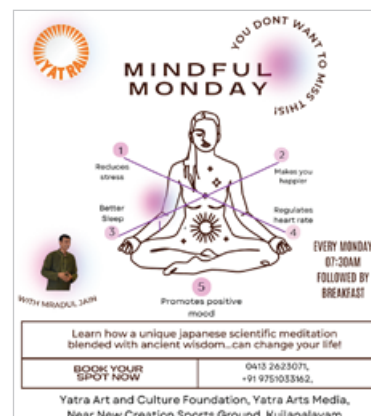
Submitted by Isha

MINDFUL MONDAY

Every Monday, 7:30am,
followed by breakfast

You don’t want to miss this! Learn how a unique Japanese scientific meditation blended with ancient wisdom... That can change your life! Reduces stress, better sleep, makes you happier, regulates heart rate, promotes positive mood.

Book your spot now: Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kullapalayam



- 0413 2623071, +91 9751033162 *Yatra Srinivassan*

TRADITIONAL MANTRAS AND STOTRAS

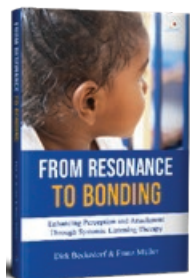
Chanting Classes

@ Serendipity Community with Sonia Novaes
Fridays, 5pm, Regular Class



serendipityauroville@gmail.com +91 8940288090 *Sonia*

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguagelab.org or a WA message to +91 98430 30355. *You don't need to be a teacher; you simply should enjoy conversing with others and offer yourself for conversation practice. Incidentally, age no bar!*



Our first full-length publication

We are thrilled to announce that the long-awaited printed copies have finally arrived!!! They are now on sale at the Lab and will be available soon at other outlets, and at the Auroville Library. Please come to the Lab, have a look, and pick up your copy!

- Order through our website: <https://books.aurovillelanguagelab.org/>

You can access the detailed Table of Contents, as well as 2.5 chapters [of the actual book for free here](#), before deciding to buy the paperback or order through Amazon.

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on "Resonance in the Womb" full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb. The book holds deep insights for anyone working in the field of education.

We are delighted to announce that our website has been updated and is now online. We warmly invite you to visit and explore the new features and services we have added.

Tomatis

Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/alfred-tomatis-method/>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New Language Courses at ALL

- Registration for all classes: info@aurovillelanguagelab.org, +91 9843030355 WA

Intensive German class with Ben, level A2

- Mondays and Wednesdays, 10:30am—12pm
- (drop-in possible)

We'll concentrate on an effective way to improve your German skills, with a focus on free speaking, especially for those who want to go abroad and feel more secure with conversation and comprehension.

French conversation for beginner and intermediate

- Saturdays, 20 July, 9—11am

We're delighted to welcome Yanis, of Romanian and French origin, who will offer French conversation for beginner and intermediate levels. Yanis is 23 years old and loves meeting people. He's very dynamic, creative and extremely motivated to teach French conversation. It would give him great pleasure to help people learn to speak French. We will have a first session for Yanis to meet all those interested, on Saturday 20.07.24, from 9—11am. Whatever your level of Spoken French, come, and we'll see

if the group can be managed together, or divided into two levels. This French Conversation class will be once a week, on Saturdays. See you on the 20th!

Spanish Beginner Class with Mila

A journey of language and culture with our dynamic Spanish beginner class, guided by our long-time language teacher from Spain. The class has started; hurry and join.

- Mondays & Wednesdays, 2:30—3:30pm

Tamil Reading & Writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. His daughter is fine now, (many in Auroville know the story), so he is happy to re-start teaching at the Lab. He will offer one class of Intermediate Tamil as well as another class specifically focussed on learning to read and write Tamil. Both classes will be an hour each and will start this coming Saturday (13.07.24).

- Saturdays, 9—10am and 3—4pm
- The classes have not started yet. Registration is still open.
- Murugesan is also available for **individual private** classes in Tamil on Saturdays. All sessions to be booked in advance.

Tamil Beginner Course with Saravanan

Catch up on Tamil sounds, learn basic grammar, and gain confidence in conversational Tamil. Our fun, interactive lessons and supportive environment make it easy and enjoyable. The class has started; it is a very nice group; join now else you'll have to wait for the next round.

- Tuesdays and Fridays, 9:30—10:30am

Experience the magic of Persian Language and Poetry

Explore the rich culture of Persia with Anita, from Iran, who studies ancient history and myths. Learn about famous poets like Rumi and Khayyam, and discover the stories of the ancient Zoroastrians. Listen to the lilting beauty of Persian and take your first steps to learn it. All are welcome to join this two-month course and also drop in per session.

- Saturday 10—11:30am

New Beginner Hindi with Kaushal

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 month) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

- The class has not started yet. We are waiting for a group of five to start. Registration is still open.
- Wednesdays, 2—4pm
- Duration 16 hours, over two months

New Beginner Sanskrit with Kaushal

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation, and chanting of selected mantras.

- The class has not started yet. We are waiting for a group of five to start. Registration is still open.
- Thursdays, 2—4pm
- Duration 16 hours, over two months

To join or enquire

- Please fill our form at <http://register.aurovillelanguagelab.org/>
- Or drop us an email: info@aurovillelanguagelab.org
- call us at 2623661, text or WA at +91 9843030355 or come visit us!

Please Note: Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is completed, thank you!

Language Courses at ALL

Lan- guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11am—12pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11am—12pm	Monday & Wednesday
	English Pre-Intermediate Youth Group 8-Hour (4 weeks)	3—4pm	Monday & Wednesday
	English Pre-Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Monday & Wednesday
	English Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Tuesday & Thursday
	Conversation Intermediate Started 9 April 8-Hour (4 weeks)	3—4pm	Tuesday & Thursday
	Beginner English for children between five and seven	11am—6pm	Saturday
	Facilitating English Teacher Training 8-Hours (4 weeks)	5—6pm	Monday, Tuesday & Wednesday
French	Conversation, Beginner 8-Hour (1 months)	9—11am	Saturday
German	Level A2, Intermediate	9:30 to 11:30	Monday & Wednesday
Persian	Persian Language and Poetry	10—11:30am	Saturday
Sanskrit	Beginner	2—4pm	Thursday
Hindi	Beginner	2—4pm	Wednesday
Tamil	Spoken Beginner	09:30—10:30am	Tuesday and Friday
	Spoken Intermediate (TBA)	11am—12pm	Saturday
	Reading & Writing	9:30—10:30	Saturday
Spanish	Beginner	2:30—3:30	Monday & Wednesday
	Intermediate	To Be Announced	TBA
Italian	Beginner	To Be Announced	TBA
	Intermediate	To Be Announced	TBA

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

English

The Language Lab is happy to provide a dynamic English program.

- **English Pre-Intermediate**, Mondays & Wednesdays, 4—5pm,
- **English Intermediate**, Tuesdays, Fridays, 4—5pm.
- Additional timings available, contact the Auroville Language Lab to schedule what works for you!

This includes

- **English Language Teacher Training**: learn how to incorporate student-driven content into a creative and holistic lesson plan. Mondays, Tuesdays, 5—6pm
- Have you ever wondered how 'cards' can often make sense of certain situations and help guide you forward? Do you wish you could read them yourself instead? Come learn the **art of card reading in English or French**. Private classes to be scheduled with Taranti.
- **Beginner English for children** between five and seven. Saturdays 11—12pm. Let's play, have fun and learn together!

New Beginner English Class

Rupam will offer a new class for complete beginners: Let's start with the ABC of English!

Discover the Fun in Learning English through Theatre by Rupam

- Explore Shakespeare, other playwrights, short stories, and poetry with us. Enhance your English communication skills through fun and interactive sessions.
- Monday and Wednesday, 11am—12pm, age: 12+

Ongoing English Classes

The English Pre-Intermediate Youth group, general Pre-Intermediate, and Intermediate courses taught by Taranti and Rupam continue. Please see the schedule below.

The Language Lab is open

- Monday—Friday, 9am—12pm & 2pm—7pm
- Saturday, 9am—12pm & 2pm—5pm
 - **Location**: International Zone, after Unity Pavilion & Pump House.
 - **Phones**: 2623661 (Lab), +91 9843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
 - **Email**: info@aurovillelanguage.org and tomatis@aurovillelanguage.org

Submitted by Mita

Cinema

MANIFEST DANCE-FILM FESTIVAL '24

FRI 26 - SUN 28 JULY

PONDICHERRY

ALLIANCE FRANCAISE

9 AM - 9 PM

FREE AND OPEN TO ALL

VASCO BRANDING PARTNER

Friday, 26—Sunday, 28 July
@ Alliance Francaise, Pondicherry. 9am—9pm
Free And Open To All

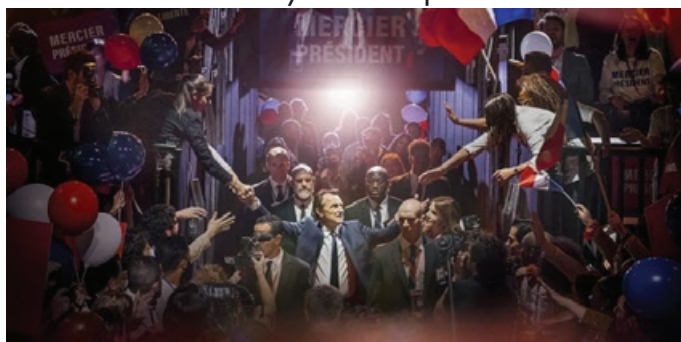
Submitted by Ashavari

THE FRENCH PAVILION

In collaboration with Aurofilm present:

Second Round/ Second Tour (2023)

A Film By Albert Dupontel



Saturday, 20 July, 4:30pm @ Cinema Paradiso

In French with English Subtitles, duration: 90min

Second Round, an audacious and at times hilarious savaging of modern politics and media from the multitalented French actor, writer, and director Albert Dupontel.

After the humiliation of being demoted from covering politics to reporting on soccer, disgraced journalist Nathalie Pove (Cécile de France) is unexpectedly hauled back into current affairs to cover the upcoming presidential election. Weary, cynical, and feeling like she has seen it all before, even Nathalie cannot believe what she uncovers about the frontrunner, a populist with little political experience, but with deep family connections and even deeper hidden secrets.

Dupontel is something of a troublemaker in French cinema, with his blend of caustic humour, irony, and cynicism. In **Second Round**, his provocative approach to satire is as heightened as ever, delivering an intensely clever, original, and cutting comedy reminiscent of *The Thick of It* and *Veep*.

- [Trailer is here](#)

Submitted by Vivekan

AUROFILM



Aurofilm presents at Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday, 19 July, 8pm, Pebbles**, in the presence of the filmmaker P.S. Vinothraj (to be confirmed), An award-winning film from Tamil Nadu, 2021
- **Friday, 26 July, 8pm: Home**,

Directed by Ursula Meier, 2008, Switzerland/France

With: Isabelle Huppert, Olivier Gourmet

Synopsis: Marthe and Michel live with their three children in a house next to an uncompleted highway. They use the deserted road as a recreation area. As it has been ten years since the highway was abandoned, they believe that it will not be completed. One day, without warning, construction workers begin to upgrade the road and the highway opens to traffic...



Surya for Aurofilm team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 26 July

Last Chance to See: Blue Whale

2009/ 59 Minutes/ Stephen Fry and Mark Carwardine

Last Chance to See: Blue Whale is a gripping documentary that explores the majestic and endangered blue whale. With stunning visuals and expert insights, it highlights the whale's critical role in marine ecosystems and the urgent threats they face. This film underscores the importance of conservation efforts to protect these gentle giants and our planet's natural heritage.



Submitted by Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
22 July 2024—28 July 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall. *Watch out, now some days are mixed up from the usual!*

Indian—Monday 22 July, 8pm
8 A.M. Metro

India, 2023, Writer-Dir. Raj Rachakonda w/ Saiyami Kher, Gulshan Devaiah, Sandeep Bhardwaj, and others, Drama, 116mins, Hindi w/ English subtitles, Rated: NR (PG)

Iravati is a simple Maharashtrian homemaker and a closeted poet dealing with a traumatic childhood event that results in panic attacks, preventing her from travelling by train. As her husband fails to join her on a trip to Hyderabad to look after her younger sister about to deliver a baby, she must navigate through a new city by herself as she deals with episodes of panic. Oddly talking to a stranger, a office goer, Preetam helps.

Potpourri—Tuesday 23 July, 8pm
Rentaneko (Rent-a-Cat)

Japan, 2012, Writer-Dir. Naoko Ogigami w/ Mikako Ichikawa, Reiko Kusamura, Ken Mitsuishi, and others, Drama, 110mins, Japanese w/ English subtitles, Rated: NR (PG)

Sayako is a young somewhat, raised by her late grandmother, now lives alone. Her somewhat quirky demeanor sets her apart from her local community. Her outstanding character is that she attracts cats. Cats of all types fills her house. For the love of cats, she starts a business of renting out cats to lonely people. A delightful story!

Selection—Wednesday 24 July, 8pm
Shekvarebuli Kulinaris Ataserti Retsepti
(A Chef in Love)

France-Georgia-Ukraine-Belgium-Russia-Germany, 1996, Writer-Dir. Nana Dzordzhadze w/Pierre Richard, Nino Kirtadze, Micheline Presle, and others, Comedy-Romance, 100mins, French-Georgian-Russian w/English subtitles, Rated: PG-13

The story of Pascal Ichak, a larger-than-life French traveler, bon vivant, and chef, who falls in love with Georgia and a Georgian princess in the early 1920s. All is well until the arrival of the Red Army of the Caucasus, as the Soviet revolution that has swept Russian comes to Georgia. Told as a flashback from the present, as a French-Georgian man whose mother was Pascal's lover translates his memoirs for Pascal's niece.

Interesting—Thursday 25 July, 8pm
Revealed: How To Poison A Planet

Australia, 2024, Dir. Katrina McGowan w/ Matthew Simms, Theresa Ardler, Gary Douglas, and others, Documentary, 95mins, English w/ English subtitles, Rated: NR (PG)

Investigates toxic chemicals that have sparked an international health and environmental catastrophe and examines a decades-long battle between some of the world's largest chemical companies and the contaminated communities fighting for justice. *You do not want to miss!*

International—Saturday, 27 July, 8pm
Le Bleu Du Caftan (The Blue Caftan)

France-Morocco-Belgium-Denmark, 2022, Writer-Dir. Maryam Touzani w/Lubna Azabal, Saleh Bakri, Ayoub Misioui, and others, Drama-Romance, 124mins, Arabic w/ English subtitles, Rated: NR (PG-13)

Halim and Mina run a traditional caftan store in one of Morocco's oldest medinas. To keep up with demanding customers, they hire a talented young man as an apprentice. Slowly Mina realizes how much her husband is moved by his presence.

Children's Matinee—Sunday, 28 July, 4pm
The Black Stallion

USA, 1979, Dir. Carroll Ballard w/ Kelly Reno, Mickey Rooney, Teri Garr, and others, Adventure-Sports, 118mins, English-Arabic-Italian w/ English subtitles, Rated: G

While traveling with his father, young Alec becomes fascinated by a mysterious Arabian stallion who is brought on board and stabled in the ship he is sailing on. When it tragically sinks both he and the horse survive only to be stranded on a desert island. He befriends it, so when finally rescued, both return to his home where they soon meet Henry Dailey, a once-successful trainer. Together they begin training the stallion to race against the fastest horses in the world.

Black & White Classics @ Ciné-Club
Ciné-Club Sunday 28 July, 8pm
Stranger Than Paradise

USA, 1984, Dir. Jim Jarmusch w/ John Lurie, Eszter Balint and others, Comedy-Drama, 96 mins, English w/ English subtitles, Rated: NR(R).

A self-styled New York hipster is paid a surprise visit by his younger cousin from Budapest. From initial hostility and indifference, a small degree of affection grows between the two. Along with a friend, they eventually end up visiting their aunt in Cleveland and then proceed to Florida where they lose all their money gambling before unwittingly gaining a fortune.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

Nina, MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

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

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

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 offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Roy & Agnijata, News & Notes,

Media Centre, Town Hall,

NewsAndNotes@auroville.org.in

Editors' Note



Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery is rain on Friday.

Light and Peace,

Roy and Agnijata

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Bus passes

- Rs.800: **For All** (10 single trips)
- Rs.850: **One-Way** Monthly (Workers/Volunteers)
- Rs.1200: **Student** Monthly pass

AV account/ Cash/ UPI Transfer:

- Rs.100: **One way trip**—for all
- Rs.200: **Round trip**—for all.

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join WhatsApp group

of **Auroville Bus** to get the regular updates of the bus:

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>