



News Notes

#1037 A weekly bulletin for residents of Auroville 25 July 2024



Pondicherry lighthouse. Painting by Roy

The Purusha is all this that is, what has been and what is yet to be;
he is the master of Immortality and he is whatever grows by food. *Swetaswatara Upanishad*
All is the Divine Being. *Gita*

Pondering



Our consciousness sees a part and parts only of the Manifestation, — if manifestation it be, — and treats it or them as if they were separate entities; all our illusions and errors arise from a limited separative awareness which creates unrealities or misconceives the Real. But the problem becomes still more enigmatic when we perceive that our material world seems to arise directly, not out of any original Being and Consciousness, but out of a status of Inconscience and apparent Non-Existence; our ignorance itself is something that has appeared as if with difficulty and struggle out of the Inconscience. This then is the mystery, — how did an illimitable consciousness and force of integral being enter into this limitation and separateness? how could this be possible and, if its possibility has to be admitted, what is its justification in the Real and its significance?

*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

(After Satprem has read to Mother the conversation of September 30, in which she envisaged the transition from man to the new being.)

My feeling (it's a sort of feeling-sensation) is that intermediary stages are necessary.

And then, when you see how man has had to fight against all of Nature in order to exist, you get the feeling that those who will understand and love those beings will have with them a relationship of devotion, attachment, service, as animals have with man; but those who won't love them... will be dangerous beings. I remember, I once had a very clear vision of the precarious situation of those new beings, and I said (this was before 1956, before the descent of the supramental power), I said, "The Supramental will first manifest in its aspect of Power, because that will be indispensable for the safety of the beings." And it was indeed Power that descended first—Power and Light. The Light that gives Knowledge and Power.

That's something I feel more and more clearly: the necessity of intermediary phases.... It's perfectly obvious that something is going on, but it's not the "something" that was seen and foreseen and will be the ultimate outcome: what's going to take place is ONE of the stages, not the ultimate outcome.

Sri Aurobindo also said, "There will first come the power to prolong life at will" (it's far more subtle and marvelous than that). But that's a state of consciousness which is now being established: it's a sort of constant and settled relationship and contact with the supreme Lord, which abolishes the sense of wear and tear; it replaces it with a sort of extraordinary flexibility, an extraordinary plasticity. But the SPONTANEOUS state of immortality isn't possible—at least not for the time being. This structure must be changed into something else, and judging from the way things are going on, it will take a long time before it's changed into something else. It may go much faster than in the past, but even assuming that the movement is speeding up, it still takes time (according to our notion of time). And the rather remarkable thing is that to be in the state of consciousness in which wear and tear no longer exists, you must change your sense of time: you enter a state in which time no longer has the same reality. It's something else. It's very peculiar... it's an innumerable present. I don't know.... Even that habit we have of thinking ahead of time or foreseeing what's going to happen or... it hinders, it reconnects you with the old way of being.

So many, so many habits that have to be changed.

Voilà.

So I wish you a happy new year.

* * *

(In the afternoon, Mother sent the following note to Satprem, like a continuation of the morning's conversation, meaning that the integral realization, that of the new being, will only be possible when...)

Oh, to be spontaneously divine without watching oneself be, having gone beyond the stage where one wants to be divine.

The Mother, Agenda, December 31, 1966

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

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

DONATION CHANNELLING GROUP

Dear Friends, looking at the few quarterly reports we have received till now and its feedback, we felt a need to modify and simplify the earlier Quarterly Report template. The amended template is attached. It is also on the AuroNet and sent by massbulletin on 19.07.24. For those who have already sent their reports, we will revert to them if there is a need to send it again via this amended template.

We wish to remind you that this report should go to all your Donors (or at least to top five, if there are many) during this quarter, under copy to DCG. Also note that Notes at the end of this template are for your reference only-please do not send these notes to the donors/DCG.

DCG Team, Chandresh, Naren, Sandeep
dcg@auroville.org.in

Donation Channelling Group Revised format for Donations Utilisation Quarterly Reports

Version: 19.07.24

1	Name of the Project/ Activity/ Unit:	
2	Name of the parent and its trust:	
3	Report date:	
4	Report for the quarter ending (date):	
5	Person(s) responsible for project/ activity implementation:	
6	Name(s) and country (ies) of your main donors (top 5):	
7	Amount spent in the last financial year:	
8	Opening balance as on 1st of April of the current financial year (INR) (In your FS a/c+(SAIER a/c if applicable)+ Unity Fund a/c):	
9	Opening balance of this quarter:	
9	Donations received in this quarter (INR):	
10	Total amount spent in this quarter:	

11	Balance of unspent donations:	
12	Break-up of the quarter's expenditure	
12.1	Creation of Fixed assets-Immovable (Land, building, borewell...):	
12.2	Creation of fixed assets-Movable (m/cs, vehicles, furniture, computers....):	
12.3	Establishment expenses:	
12.4	Administrative expenses:	
12.5	Any other head (please specify): a. Head Name: b.Head amount:	a. b.
13	Narrative: Max 1 A4 sheet, covering: • Activities & events done • No. of beneficiaries/ enrolment of each activity/event • Outcomes • Challenges Any other information or comments Links to photos/ videos	

Notes:

- Please email this report to your main donors under copy to us. Please do not send these Notes (they are for internal purposes only). If there is a format given by your donor, please use that format, but incorporate the above information in it.
- All SAIER subunits/ schools will send these reports to SAIER who will co-ordinate and will send them to the donors and to the DCG.
- If a unit/ activity manages more than one project or activity that is donation funded, a separate report for each project or activity will need to be prepared and sent.
- For any clarifications or questions please contact Naren/ Sandeep, tel: 8870089187, dcg@auroville.org.in

Donations Received during April to June 2024

N	Entity Name	Amount (Rs)
1	Matrimandir	1,92,24,532
2	Crown Road Project	87,12,739
3	Sadhana Forest	57,16,750
4	Auroville Green Energy	39,60,250
5	Pitchandikulam Forest	21,61,117
6	Botanical Garden	18,47,552
7	Land Service	16,73,646
8	Youth Link	16,62,341

9	SAIIR General	16,00,000
10	Isaiambalam School	10,79,533
11	STEM Land	8,69,799
12	Oli School	7,75,333
13	AV Dog Shelter	5,15,559
14	Vidyamandir (Sanskritam Auroville)	4,15,585
15	Kids Care	4,05,295
16	Auroville Institute of Applied Technology	3,98,595
17	Isai Ragam	3,50,280
18	Weltwaerts	2,64,180
19	YUVABE	2,53,655
20	Thamarai	2,30,870
21	Health Centre	2,09,310
22	Kuilapalayam Creative Centre	1,59,371
23	Talam	1,24,676
24	Aurokiya	1,12,547
25	New Creation Sports	1,00,000
26	Savitri Bhavan	97,639
27	Auro Orchard Farm	93,214
28	Last School	80,000
29	Housing Micheal Gransitzki Auromodele	75,000
30	Mohanam Cultural Centre	60,651
31	Deepam	59,516
32	AV Dental Centre Education Research Rural Action	51,000
33	Auroville Language Laboratory	48,426
34	Aurogreen Farm	47,801
35	Malarchi Boarding	46,502
36	Sanskrit Research Institute	43,485
37	Udavi School Trust	43,166
38	Pavilion De France	42,384
39	Ilion	40,144
40	Auroville Radio	39,498
41	City Services Donations	37,922
42	CIRHU	37,200
43	Auroville Village Action Group	33,251
44	Aikiyam School	24,851
45	Housing General	24,145
46	Auroville Today	23,863
47	Mother's Flower Garden	23,118
48	Annapurna Farm	19,618
49	Eco Femme	18,884
50	Discipline Farm	17,350
51	New Creation Child Development	17,000
52	Seeking our Inner Being	15,984
53	Life Education Centre	15,635
54	Prisma	15,410
55	Scholarship	13,400
56	Joy of Impermanence	11,206

57	City Service UF General	8,985
58	Arul Vazhi School	7,529
59	Morning Star	7,382
60	Lilaloka	5,432
61	Unity Pavilion	5,284
62	Nature Camp	5,019
63	Purnam Center for Integrality	4,800
64	Citadine Art Centre	3,145
65	Auroville Health Services	3,088
66	Holistic / Sigrid	2,180
67	Library	1,000
68	TLC	974
Grand total		5,40,95,596

Please Note: This list requires a few changes.
New list will be included in the next issue.

Naren for Donation Channeling Group

Community News

Passing On

AUREVOIR, LAKSMAN!



Laksman's sudden departure leaves us with a profound sense of loss. At 44, he had achieved so much and embodied dedication to the Divine. Last Friday morning, he left behind his loving large family, including his wife, children, and all of us who cherished his friendship. We will deeply miss his legendary smiles, hugs, generosity, sincerity, and faithfulness.

When we arrived in Auroville as volunteers, a mutual friend introduced us to Laksman. He guided us with kindness and became an integral part of our lives. I called him 'precious' because he was always there to offer a supporting shoulder and listening ear. His unique way of sharing Sri Aurobindo and Mother's philosophy and his empathetic understanding of our struggles were invaluable. He never judged, only listened with love. There was never a problem but only solutions!

His passing serves as a poignant reminder of the importance of wearing helmets while riding two-wheelers, as prescribed by law worldwide. In March 2024, a staggering 42.46% of fatalities were due to non-wearing of helmets. By wearing helmets, we not only ensure our own safety but also pay a meaningful tribute to Laksman's memory, recognizing that his tragic accident was not in vain. Let us honor his legacy by wearing helmets from now on, no matter the distance, and show our love and consciousness for those who care about us and those we care about. In doing so, we ensure that Laksman's passing will not be in vain, and his memory will continue to inspire us to prioritize safety and responsible behavior.

Aurevoir dear Camarade, Your beautiful friendship will forever be cherished in our hearts. We will always be part of your family.

Enjoy the peaceful space you are living in dear friend, with love and gratitude,

Doris and Sangha

REMEMBERING LAKSHMANAN

Lakshmanan Krishnan was born on 25 June, 1980, in Auroville. He grew up with his siblings Partha, Lakshmi, Renuka, and Ramu, under the care of his parents Krishnan and Soroja.

Educated in Auroville schools, he began his career at Transition School as a computer teacher and later became its executive. He married Jayalakshmi, an executive at Auroville Press, and they are blessed with two sons, Nikhil and Sharan.

Beyond his professional life, Laxman was deeply involved in social activities within Auroville, notably advocating for cleanliness and actively participating in community service through organizations like RA. Known for his ever-present smile and generous spirit, he was always willing to lend a helping hand to those in need.

During his work in Transition School he simultaneously worked in Dehashakthi as a sports teacher.

Laxman also collaborated closely with the Farewell Team, ensuring smooth operations. Additionally, he lately served in the Auroville Entry Service.

His happiness was infectious, spreading warmth and comfort to everyone around him. Within his family, he stood as a pillar of strength, offering unwavering support and love through both good times and bad.

Though he has departed from this world, his spirit remains etched in our hearts and memories.

Written by Renuka and her daughter Nila



Matrimandir News and Schedules

MATRIMANDIR ACCESS INFORMATION



Access to the Park of Unity and Matrimandir

The Park of Unity

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

- The Park of Unity is open to **Aurovilians and Newcomers** Daily, 6am—7:30pm
- **Aurovilians may bring close family and friends** to the Gardens Daily, 9am—3:30pm

Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.

Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to **Aurovilians and Newcomers**:
 - Monday—Saturday: 6—8am, 4:30—7:30pm
 - Sunday: 6am—12pm, 4:30—7:30pm

- The Inner Chamber is open to **SAVI registered Volunteers**:
 - Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
 - Any day except Tuesday & Sunday: 8—8:35am.
Arrival at 7:45am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools**:
 - Tuesday 9—11am
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
 - Tuesday 8—8:30am

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
 - Monday—Sunday, 7—8am
 - Tuesday morning, closed.
 - Daily 5—6pm

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass.
- Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre:
 - Daily 9am—5:30pm

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

*Antoine, Divya Karun,
John H., Judith, Sundar K*

Awakening Spirit

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



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

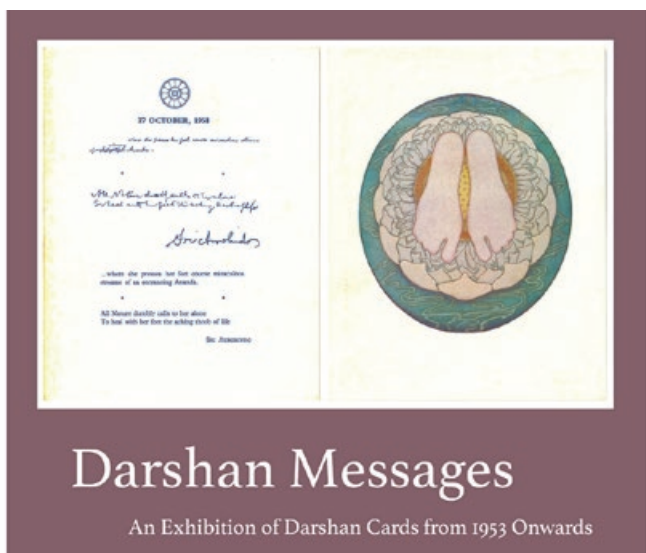
- **July 29:** The Life Divine by Sri Aurobindo, Book 1, Chapter 1, The Human Aspiration. Shraddhavan reads the text conscious, concentrated, slow and clear, with the texts on the screen. A wonderful opportunity to listen to The Life Divine with a good English pronunciation. Duration: 24min.

Regular Activities

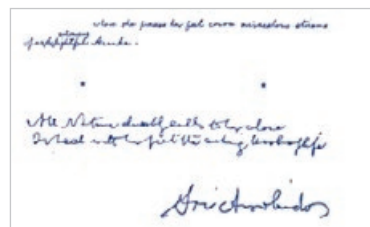
- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, 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

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 Tattwvada**
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.

The Life Divine by Sri Aurobindo, Book 1: Omnipresent Reality and The Universe. Chapter 1: The Human Aspiration, read by Shraddhavan

- Monday, 29 July, 4pm at Savitri Bhavan.
Duration: 24min.



The pursuit of God, Light, Freedom and Immortality—these four noble ideals—have always preoccupied human aspiration and the awakened thought of humankind.

Furthermore, Sri Aurobindo stated that “The earliest formula of Wisdom promises to be its last, —God, Light, Freedom, Immortality.”

He expresses that these persistent ideals, instincts and intuitions of mankind are at once the contradiction of its normal experience of earthy life and the affirmation of higher and deeper experiences which are abnormal to humanity and only to be attained by a revolutionary individual effort or an evolutionary general progression.

“Thus [is] the eternal paradox and eternal truth of a divine life in an animal body”.

Offered to human beings is the manifestation of God in Matter, which means to know, possess and be the divine being in an animal body and to convert the physical, vital and mental and the subconsciousness into the truth of the supramental consciousness.

The evolutionary and eternal knowledge—that Life is already involved in Matter and Mind in Life because in essence Matter is a form of veiled Life, Life a form of veiled Consciousness—was expressed by the Vedantic philosophy.

The main purpose of Sri Aurobindo’s quest and writings and also his spiritual point of view is that the spirit is the fundamental truth of existence and all life, mind, and body are its manifestations. And in the processes of evolution conflicts in consciousness call for changes and transformations and are essentially problems of harmony. Nature seeks harmony, and harmony is Nature’s inherent goal in her terrestrial evolution.

Shraddhavan reads the text in a conscious, concentrated, nice, slow, and clear way. The original text is given on the screen.

A wonderful opportunity to listen and to learn about The Life Divine by Sri Aurobindo and in a good English pronunciation. Duration: 24min.

It is also placed on YouTube with the title: The Life Divine by Sri Aurobindo Book 01 Chapter 01

- https://www.youtube.com/watch?v=FARAcg_dhEs&list=PLSWHQIwuNzW29JJDt11bejhWfUhoD04CU

Margrit and Dhanalakshmi
for Savitri Bhavan



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



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”.

“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 the Supreme truth. A life divine. But no religions.” 02.05.1970

Monisha, BN Team

AMPHITHEATRE—MATRIMANDIR Meditation at sunset with SAVITRI

Every Thursday 6—6:30pm (weather permitting)

After the summer time with our meditations with Sunil’s New Year Music, we restart the cycle of Savitri, Sri Aurobindo’s long mantric poem, read by Mother to Sunil’s incredible music. Enjoy the beautiful open space, in the very center of Auroville!



- Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc. No photos.
- Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and the time of the meditation. Thank you.

Surya, Velmurugan and Vinay

Education

UDAVI SCHOOL NEW PHONE NUMBER

Please note Udavi School new land line phone number
0413 3509906

The old phone number has been disconnected.

Davaselvvy

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 Sprout Cafe, starting July 16

If you are interested in learning Python then let's meet at the Sprout 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



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



Submitted by Deven

SATSANGA

on Living Loving Truth

Welcome to a Satsanga on
Living Loving Truth

A collective learning space to integrate the wisdom
from the Bhagavad Gita + Dhammapada in daily life.

4th August to 15th September

Details on: bit.ly/livinglovingtruth | devabhasha@auroville.org.in



What is Truth? What is Love?

How can we live and grow together in loving truth?

To explore such questions deeply, we warmly invite you for an online Satsanga on Living Loving Truth.

- More details are on: bit.ly/livinglovingtruth

Deven for Vidyamandir
and Samskritam Auroville Team

KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kuilapalayam
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
 @ AV LIBRARY
 AGE GROUP : 16~30**

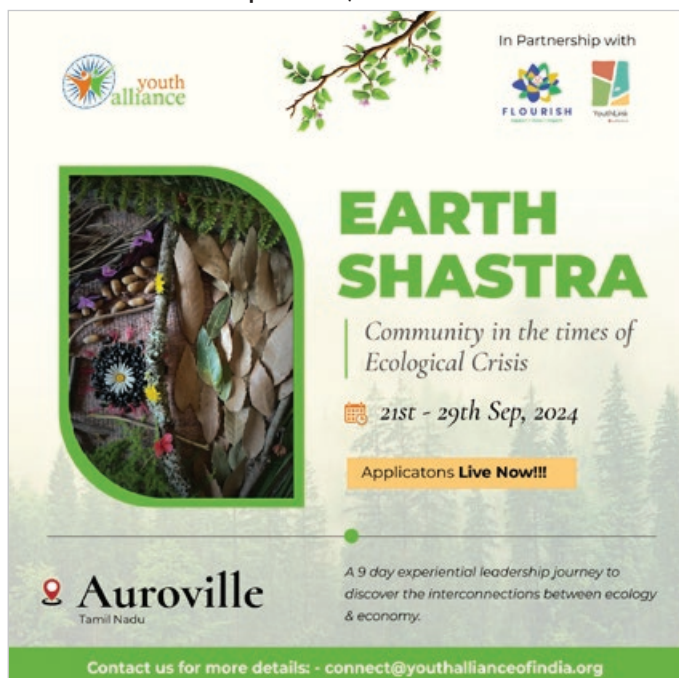


Empowering youth through open conversation, creating a safe space for self-reflection and intentional learning. Facilitated by Juan Andres and YouthLink

- **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

EARTH SHASTRA OFFERING 8TH EDITION

21—29 September, 2024 in Auroville



In Partnership with
youth alliance
FLOURISH
YouthLink

EARTH SHASTRA

Community in the times of Ecological Crisis

21st - 29th Sep, 2024

Applications **Live Now!!!**

Auroville
Tamil Nadu

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

Contact us for more details: - connect@youthallianceofindia.org

Earth-Shastra is a 9-day immersive journey that will bring together 20 young changemakers from across India and 10 from Auroville, to slow down with a community of like-hearted people and make sense of the climate emergency and converging crises of our times. The focus is to develop the capacity to understand the global and climate crisis, and the humility to start with small actions. It also involves focus on personal transformation and nurturing a deep community over the 9-days and beyond. It is a leadership experience to orient one's life path as a response towards greater harmony with oneself, others and nature. The immersive journey will involve nature connects, reflective circles, hands-on activities, content sessions and mentoring.

- This (8th) edition of Earth-Shastra by Youth Alliance (NGO based in Delhi) is being co-created with Flourish and YouthLink. This program can only accommodate a limited number of participants (max 30) due to its nature.
- Please make sure you can participate over the 9 days before signing up.
- **The last date to apply is 11th August!**

To learn more or apply, scan the QR code.

Gwjwn for YouthLink



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

Health Care

AURODENT EXPERIMENT



AURO DENT

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 experience. Note: Donations are only accepted for filling treatments during the month of July.

BOOK APPOINTMENT NOW

AUROMODE (OPPOSITE OF CSR), AUROVILLE 605101. 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

SANTÉ SERVICES, July 2024



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>

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 art-work in Kalakendra.

Please write to us at

- bharatnivas@auroville.org.in
- or contact our Trustee Janmejaya at 8249335483.

Monisha,
Bharat Nivas Team



International

CO-WORKING SPACE!

New co-working space !

- Mon 8:00AM to 12:00PM
- Tues 8:00AM to 12:00PM
- Thur: 8:00AM to 12:00PM

GOOD 20 FREE
WiFi Chairs Tea

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

Fundraiser Event

JOIN THE WASTELESS JOURNEY

An afternoon of playful exploration, community and giving.

Together, let's make a difference to empower our next generation.

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

Theatre, Music & Arts

CELEBRATE MOTHERHOOD AND BREASTFEEDING

Call for Artists and Poets
Celebrate Motherhood and Breastfeeding

Breastfeeding is a sacred act that nourishes not only the body but also the spirit, connecting us to the timeless cycle of life and the shared essence of humanity. It is a profound reminder of our common journey and the divine bond that unites us all.

Enjoy special Art Creations, given for this important week!

Open for your Submission till 31 July! Daily, except Sunday from 4:30—6pm at Auro-mode, Morningstar office (former Yoga Studio).

Special Events

- Thursday, 1 August, 4:30—6pm
 - Presentation on Breastfeeding from
- Sunday, 4 August, 11am to 12:30pm
 - Poetry and stories sharing, enjoy a beautiful morning.
 - Golden Milk will be served during this event.
- Wednesday, 7 August, 4:30—6pm
 - Presentation "Birth—entry into the physical world. significance and miracle." Warmly welcome!

Contact:

- Ulrike Urvasi, 9751513906
mothersworkforTheMotherswork@gmail.com Ulrike

BHARAT NIVAS



Carnatic Flute Recital

BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

Bharat Nivas presents

Carnatic Flute Recital

By J.A. Jayant

Mridangam
K. Swaminathan
Kanjira
S. Sunil kumar

bookmyshow

07:00 pm
27th July 2024

Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

SCAN FOR BOOKING

The Nature's Life Journey Painting & Photography Show by R. Rajendran

Bharat Nivas
Presents
The Nature's Life Journey
Painting & Photography Show by R. Rajendran

A Tribute to Late Manoj Kumar Dikshit (18 December 1974 - 16 July 2024)
Artist, Alumnus of Sri Aurobindo International Centre of Education (SAICE), Pondicherry.

04:00 pm
Sunday, 04th August 2024

Venue:
Kala Kendra,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
Parking available outside at the Main Gate

Conceptualised By
Janmejaya Mohanty (Aurovilian)

Scan for Location

Sunday, 4 August, 4pm @ Kala Kendra, Bharat Nivas

A Tribute to Late Manoj Kumar Dikshit
(18 December 1974—16 July 2024),
Artist, Alumnus of Sri Aurobindo International Centre
of Education (SAICE), Pondicherry.

Conceptualised By Janmejaya Mohanty (Aurovilian)

Vishnu Arppanam Puduvai Bharathalaya

- 7pm Sunday, 4 August
@ SAWCHU, Bharat Nivas

Bharat Nivas
In Collaboration with
AURODHAN PONDICHERRY
Presents

VISHNU ARPPANAM

PUDUVAI BHARATHALAYA

By
Kalaimamani
Dr. Abhayakaram Krishnan
&
Kalaimamani
Dr. Preetha Prabhudhas
Troupe

07:00 pm
Sunday, 04th August 2024

Venue:
SAWCHU,
Bharat Nivas, Auroville

Curated by
Lalit Verma

Scan for Location

By Kalaimamani Dr. Abhayakaram Krishnan
& Kalaimamani Dr. Preetha Prabhudhas Troupe

Colourful Bhairavi

- Tuesday, 6 August, 6:30pm @ SAWCHU

Bharat Nivas
Presents
COLOURFUL BHAIRAVI
A musical soiree by
Sri Aurobindo Ashram group of vocalists, musicians, singers.
Through the glimpses of its ten different moods and modes....



 06:30 pm - Tuesday, 06th August 2024
Venue: SAWCHU,
Bharat Nivas, Auroville
All are welcome...

Scan for Location

A musical soiree by Sri Aurobindo Ashram group of vocalists, musicians, singers.

Submitted by Monisha for BN Team

Multiple Activities

BHARAT NIVAS
भारत निवास பாரத 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

Dance Activities

afanna
STUDY
TANGO

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@auroville.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 8:30 pm

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

Auroville, cripa

CONTACT US BY

+91 86376 33696
Bakisata_dance



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*

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*

Music and Art Activities



SOUND JOURNEY

is back!

Weekly sessions at the UTSAV Building
restart on Wednesday, 3rd July 2024

See you there!



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

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



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.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

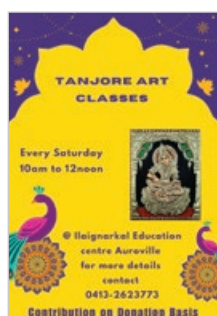


TANJORE ART CLASSES

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



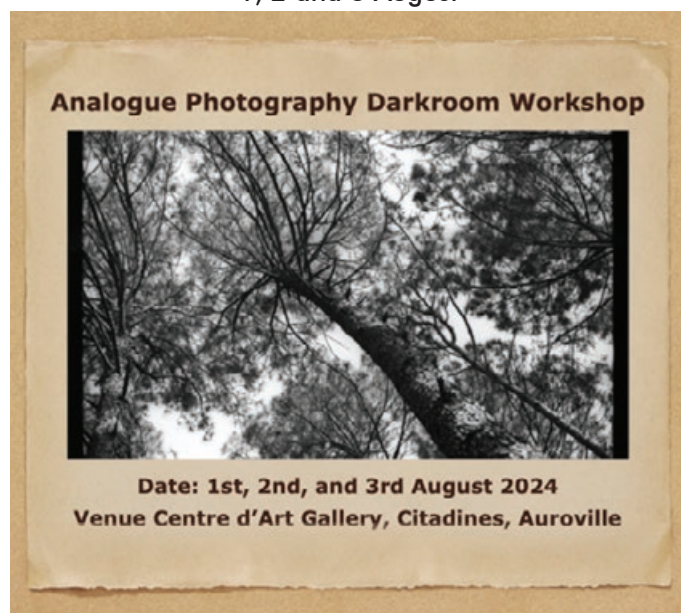
- For more details contact 0413 2623773
- Contributions on Donation Basis

Ayyanar

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 HALL IN SHARNGA PRESENTS

The Art Of Chi – Stevanovitch's method

Tai Chi Chuan Intensive



- **5 to 24 August, Monday to Saturday, 7:30 – 10:30am**
 - **Beginners: Chi and Tai Chi basics**
- Three weeks, three steps through the discovery of the Chi work and the full 24-posture form.
- Lead by Krishna, the work is essentially directed towards:
- Concentration techniques to stay focused;
 - Mastery of the body through breathing and muscular relaxation; Improvement of movement through balance and coordination;
 - Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity

- **For information and booking**, contact Krishna at 0413-2623187, taichi@auroville.org.in taichi.auroville.org, www.artduchi.com

Krishna

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 (SAI-ER) 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, Children/ young students

- **School year 2024-2025**

- **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 SAIER.

- **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

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 sportswear and no jewelry. Stay home if you are sick or if you have open wounds.**

Submitted by Giacomo

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



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

Kalpana 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**

Bioregion Activities



ENLIGHT

Light of Auroville

Township Tour

Bioregion Tour

Fireside Drumming

Cycle Tour

Pottery Workshop

Cooking Class

+91 9159468946, enlight@auroville.org.in **Anand**

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.



- 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



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

Upcoming Workshops & Camps, July 2024

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.

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*



Tours

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

Thiruvannamalai Eco & Spiritual Services

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

For more information, contact us:

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

Balu
for Mohanam Centre



EGAI means GIVING takes its inspiration from the coconut tree whose entire being contributes to the betterment of its eco-system.




Youth Programs **Products**




Workshops **Service and Learning**

Mobile : + 91 9791896488/Email: egai@auroville.org.in
www.egai.co.in

+91 9791896488, egai@auroville.org.in








Visit our store at Auromode for products and workshops
egai@auroville.org.in / +91 9791896488

Anand

TOUR TO THIRUVANMALLAI



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

To register: 9090819998 WA. Arabinda

Craft Activities



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

DIY WOODWORKING
Fri & Sat
AGE: 15+ DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

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+ Mon & Tue

WOOD JOINERY Mortise & Tenon
BEGINNER LEVEL Half-laps
Bridle Joints
Hand & Power tools

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

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

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

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



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

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

Looking for Housekeeping Work

Devi is looking for Housekeeping work. She is from Bom-mayapalayam. Skills: she is an experienced cook, taking care of the house, kids, pets and garden.

She's happy to work part-time or full-time or any weekday. If interested please call me +91 9585161245, 790420690

Giri Thirumala

Seeking Long Term House Sitting

My name is Pranathi. I've been in Auroville for the last 4 years (in my new-comer process) and I have housesat 9 houses in this duration. I would like to earnestly request the community to connect me with any long term Housesitting opportunities from 11 August (minimum 6 months to one year) with kitchen and bathroom attached, safe and economical for a young female. I would gladly send the reference letters/testimonials from my previous stewards as well.



- +91 9446762034, WA, +91 7845052034 Call
- pranathi@ecofemme.org

Pranathi

Need a Second Hand Scooter or Splendor

Hello! I am Megha. I am a long-term Savi volunteer here in Auroville. I am looking to buy a second hand splendor/scooter, which should be in good condition.



If anybody is willing to sell or has any leads, please get in touch with me. In case, anybody has an extra and is willing to lend it for a few months, that will be great too.

- 7005301749 WA, meghaj782@gmail.com Megha

Looking For My Cat Carrier

Dear friends I am looking for my cat carrier/ basket (dark blue and beige) which I think I lent to someone sometime in the last few months (February/ March).

If you have it, or know who has it, please return it to me. **Anandamayi**



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

PUPPIES NEED A HOME

Dear Community, five puppies who were born in the Kriya community are looking for caring homes. About a month old, they are trusting, healthy, and eager to spread their love. Sadly we are not able to keep them here as we already have many dogs.

- If you are interested please contact
 - Nidhin at +919566631079 or
 - Daniel +972537275369 WA preferred



Kriya Community, Submitted by Aurore

MOVIE SHOOT AND DONATIONS APPEAL

On 26 July, Friday our dogs will be the stars of a movie shoot at the beach for an Indian movie production. The lovely production team and famous actress will visit the shelter before the shoot to give donations and make friends with their canine co-stars. Unfortunately this means that we have to cancel our Mobile Vet Clinic Service in front of Solar Kitchen for this week but will be back next week to offer our services to Auroville and its wonderful animals.



We are clearing now a small piece of unused land in the old dog shelter from meters of mullu to create a small dog forest where we will place self-made dog houses which we can take to the new shelter. The area has to be fenced and together with the rest of the shelter made monsoon-rain proof. As FAMC refuses to increase their monthly funding of Rs. 50.000 and we barely struggle to get by, we ask all kind hearted Aurovilian to donate building materials, cement, fences, sand, wood, old roof sheets, metal poles and anything they can spare to help us to fix up the overcrowded shelter. We would be very grateful if some of the AV Units who could donate materials in kind would contact us. Please don't forget we have a donation barrel in front of old Pour Tous where we are collecting used cloth, newspapers, rice and other things for the shelter. Please help us to keep the shelter alive. Auroville had a dog shelter since 2005 and Auroville needs its dog shelter to keep the residents and animals safe. Please support us in any way you can! Our FS account is 251391—www.aurovilledogshelter.com

You want to volunteer? You are most welcome! Please contact Arthur through WA message: 812222266 (no calls please)

Arthur for Auroville Dog Shelter

Lost and Found

Lost Hearing Aid

Greetings all, I have lost a pair of MD-Hearing Neo hearing aids. I would very much like to hear again.

If you find them, please contact Brian at email nairbigyg@gmail.com or +91 8489440581.

Much gratitude, Brian Gygi



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 Viniith*

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

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

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

ECO FEMME IS LOOKING FOR an International Sales Coordinator!

eco femme

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you! **Maha**

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

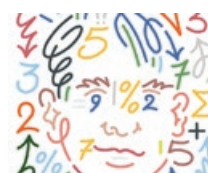
- Open mindset.
- Must understand and practice Integral yoga by The Mother and Sri Aurobindo. Doesn't believe in teaching.
- A living joyful Being.
- Understanding Mathematics is an added advantage.

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:

- kulaicreativecentre@auroville.org.in
- or call us 8608473385

Selva for KCC



AUROORCHARD:

Volunteer and Learn Farming



Nidhin
for AuroOrchard team

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

Foods, Goods and Services

NATURELLEMENT GARDEN CAFÉ OPENING



9am—7pm, from 1 August onwards

Dear friends, Naturellement Garden Café will start opening for its regular hours 9am to 7pm from 1 August onwards. You are again welcome for an early dinner!

Last orders taken at 7 sharp, but you can then stay on at your leisure.

Chitra for Naturellement Garden Café team

EXCITING NEWS

from Sudha's Kitchen!

We are open from Monday—Saturday, 8am—9pm

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.

We are warmly welcoming you to join us and taste our fresh and delicious food.

You can find more about us on:

- Instagram Sudhaskitchenav & Dropzy app.
- Contact number: +0413 3509884, +91 7094358547
- E-mail ID: Sudhaskitchen14@gmail.com

Submitted by Sudha



PATHWAY CAFE

Bharat Nivas Pathway Cafe is happy to invite you to come and try our healthy and clean food at a very reasonable price and with a 20% discount for Aurovilians and newcomers and volunteers.

The menu includes sandwiches, Burger, Vada Pau, Bread omelet, with a variety rice and air fried French fries besides the juices and Lassi.

One can get a full lunch within Rs 100. Please come and try and encourage us.

Aravind, Bharat Nivas Team



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.

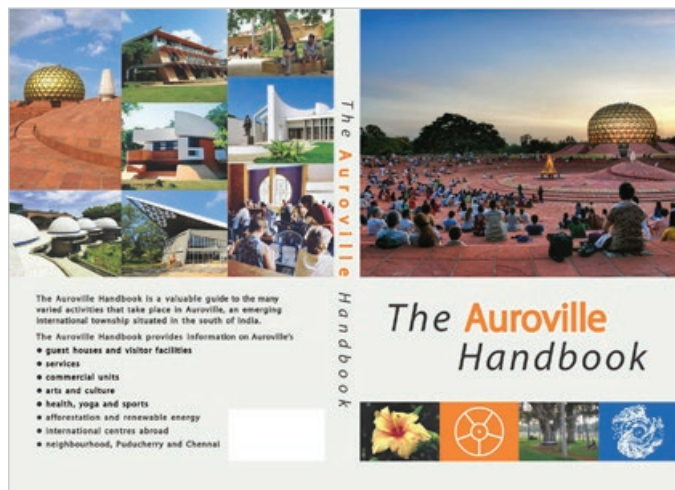
Contact Sarvam Computers

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:

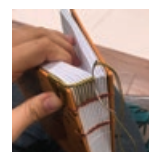
- prisma@auroville.org.in
- 0413 2622296, 9442891912

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



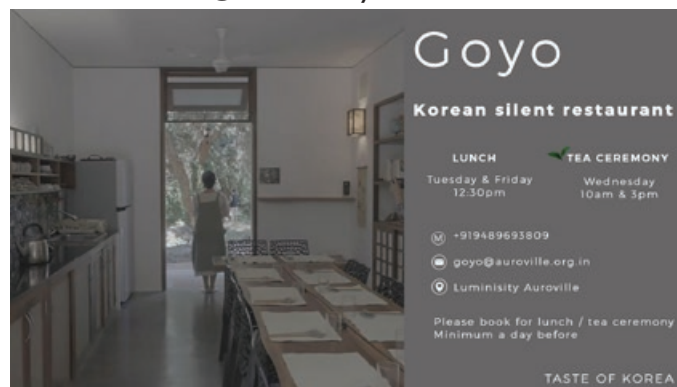
Ulrike

GOYO KOREAN SILENT RESTAURANT

Lunch: Tuesday & Friday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

@ Luminosity Auroville

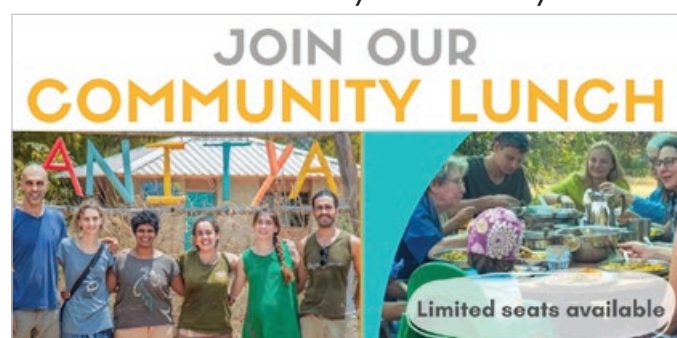


- Please book for lunch/ tea ceremony minimum a day before: +919489693809, goyo@auroville.org.in

Won Ja for Taste of Korea

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

ECO FEMME



Monday to Friday 9 am to 5 pm
Auroshilpam 605 101, Auroville

ecofemme.org



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, 23 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

- Oman Airways** special baggage allowance for students from India to London, Paris, Frankfurt, Munich, Milan and Moscow.
- Air India** has offered fares from Chennai to Milan.
- Malaysian Airways** and Thai airways special fare from Chennai to Seoul.
- Oman Airways** business class offers are available on selected classes from Chennai to all Oman airways network except domestic and codeshare flights.
- Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.
- Fly from New Delhi to Sao Paulo & Buenos Aires with special fares on **Ethiopian Airlines**.

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 modernise the entry process. The digital card replaces the traditional paper-based immigration form, health form and customs declaration, consolidating them into a single, convenient online portal.

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 one of the parents to book an appointment slot under their name and for the rest of the family members to accompany them on the same appointment booking/ appointment letter.
 - Your familial relation must be verified via your passport, child's birth certificate, marriage certificate.
 - As per directive received from the Belgium Consulate in Mumbai, a family would be considered as Husband, Wife & their children under the age of 25 only. Visa Application Centre's would not permit entry to additional familial relations/ accompanies such as grandparents, siblings, house help, nanny etc. unless they have their individual appointment booking/ letter.
 - Travelers from West and South India who wish to apply for a Belgium visa under the below mentioned category can walk-in to their respective Visa Application Centre in the jurisdiction of the Belgium Consulate in Mumbai and do not need to book an appointment.

Several 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*

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

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



Dhanda

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

OPEN LETTER

from the Felicity and Happiness Community

Dear community, we, the residents of Felicity and Happiness, two communities on the old Auroville Road, offer you this update. Through this update we hope to report what we are confronting and to present a message of hope as well. As you may know, portions of lands in these communities have been recently exchanged. We do not add any notes, comments, commentary, observations or impressions to our letters—we merely reproduce two letters as-is:

Earlier in July, requesting support when the situation reached a crisis point, we offered this letter to the (GB) Working Committee and the Secretary, Auroville Foundation:

To: the respected members of the Working Committee,
CC: Foundation Office, Secretary of Auroville

We, the residents of Felicity and Happiness communities, are writing to inform you of the challenges we are currently facing and request your assistance. Felicity and Happiness are two outlying communities on the old Auroville Road, with about 20 to 30 residents.

The issue started in March of this year when we learned abruptly that a parcel of land in our communities had been exchanged to consolidate land in the master plan area. The prime parcel of land is approximately an acre and a half and faces the old Auroville Road.

We learnt that this parcel of land had our water line, water tank, electricity line, and our only access road so that we would lose access to these basic amenities and our residences. At the outset, we were informed that this exchange had already been legally exchanged and that no dialogue or alternatives were possible. As it impacted our day-to-day lives in an immediate way, it naturally caused us alarm, as you may be able to imagine. Over the last few months, we have done our best to dialogue with the land board, but we have not succeeded.

We had a glimmer of hope initially, as the land board indicated that we would not lose access to our water and electricity. The land board assured us verbally and multiple

times that they would update the legal document and keep the electric line and the water access out of the exchanged land parcel. Receiving this assurance, we accepted the situation as it was. This was two months ago.

We were also assured that the land board would build a new access road and a new entrance for these two communities—something that has not been completed so far.

We want to point out that the land board has fenced off the land using its resources and workforce on behalf of the new private owner, but it has not completed the new access road for us, citing a lack of resources. We find this hard to believe.

Our situation has reached a critical point. Just yesterday, the new landowner abruptly closed off access to Felicity, installing a new chain link fence and a lock on our gate. Furthermore—the new owner summoned the police to warn us against entering their land when we used the access road. We are currently unable to reach our homes—after the recent rains, the new and incomplete access road has become inaccessible. This is an urgent matter that requires immediate attention.

In addition to this—shockingly, we learned from a conversation between the new landowner and one of our residents that they plan to fence off our water line, water tank, and electricity line. This is a direct contradiction to the assurance we received from the land board, which promised to renegotiate the land exchange with the private owner to ensure we retained access to water and electricity. If these vital community services are fenced off, we will not only be left without access to our homes but also lose our water and electricity supply.

We are writing to you because we have exhausted all other avenues. We have had numerous meetings with the land board and do not see how another meeting with them would resolve this issue.

In our experience and opinion, the land board has either repeatedly and wilfully misled us for reasons we cannot comprehend or is simply incompetent and unable to match its words with its actions.

We want to share that the land-board has repeatedly engaged with us in a dis-tasteful and un-mannerly way. Land board members have been dismissive and contemptuous of our concerns—our calls are not received, and our emails are not acknowledged or responded to. In our few meetings with them, we have been informed that we have no standing and that the land board has the right to proceed as they see fit. We have been informed that we should not be in the way of the development of Auroville and that our concerns amounted to a violation of the purpose of Auroville. These actions have left us feeling unheard and disregarded. We want to be clear that if these exchanges are the will of Auroville, we do not stand in the way—we would like the city to be built as much as any of you.

What concerns us is the opaque and insolent outlook of formal bodies—who or what do you serve by refusing to engage in a sane and rational way? Do wilful misdirection, incompetence, and an insulting disposition befit a senior office of Auroville?

Why is it that we, the residents of these communities—many of whom have dedicated their lives to this land—are in a position where there has been an enduring situation for months where we are uncertain, and we have to negotiate for basics such as water, electricity and access to our residences? Do we not squander our life energies by not being able to process these issues reasonably?

What this experience has done is that it has rallied the residents against these offices. With each passing experience, we are convinced that there are better ways to develop Auroville—where we had our doubts, we now have the conviction that this is not the way. You have done well to rouse us and to rally us against your vision of development. We are documenting these experiences, registering the facts, and will broadcast what is happening here so that everyone can learn how power and authority are being abused

in the name of the development of Auroville.

We are writing to you with the hope that you can support us in this situation. We urgently need to either renegotiate the parcel of land with the new landowner so that these communities retain access to water and electricity OR we need to come to the conclusion that we will no longer have access to water and electricity so that we can start working on alternatives. We are determined to find a solution to this situation and restore normalcy to our lives.

We thank you for reading this letter and for giving the issue your care and concern.

With concern,
Residents of Felicity and Happiness

A week later we received this positive response from the Working Committee:

Dear Felicity and Happiness residents, just a quick update on the exchange: Mrs Meenakshi told us today that the re-registration of the Felicity exchanged land is in process and will be completed in a few days. She says she has contacted the new owner Mr Veerapan and he has agreed that his land will be re-registered according to the current fence line which excludes your water- and electricity infrastructure.

This is for your information. We will inform you when the registration has been completed.

Thank you and with greetings,
Tine and Govind,
Working Committee and ATDC

We will write again and let you know how the story turns out.

With greetings,
Pranav, Anadi, Gopirajan, Muna,
Iyappan, Jayamoorthy, Rolf and Romel,
Residents of Felicity and Happiness

ANACARDIUM OCCIDENTALE

Botanical name of Cashew is *anacardium occidentale*. In 16th century cashew was introduced from Brazil to India and had previously the name goa almond.

In Goa they prepare famous liquor from cashew apple, it has the name Kaju Feni. Today India is the largest exporter of cashew nuts, other exporters are Brazil, Vietnam, West India etc..

Cashew is good for reclamation of sand dunes. But Monoculture of it is bad for Biodiversity. Plantations of Cashew around Auroville use chemical pesticides. That is bad for human health and environment health.

Once an old man used the poisonous liquid in cashew plantation near Aurelec. Together with the old man was a small boy. Dr. Veena tried to explain to the old man that for a small boy it isn't nice to be in a poisonous atmosphere. Instead of an answer, the old man put the poisonous stream in her face. Behaviour of poisoned people isn't normal.

Boris

THE GREATEST SEAT OF KNOWLEDGE

Auroville must wake up and step up to its True Role and Purpose as one of the most modern and progressive Gurukula of Mother India the Guru of Nations according to the Divine Action, Revelations and Supramental Vision-Goal of its Avatar founders Sri Aurobindo and the Mother. The following declaration from the Mother in 1953 for SAIUC/SAICE applies also to their Auroville:

"I am perfectly sure, I am quite confident, there is not the slightest doubt in my mind, that this University, which is being established here, will be the greatest seat of knowledge upon earth.

It may take fifty years, it may take a hundred years, and you

may doubt about my being there; I may be there or not, but these children of mine will be there to carry out my work.

*And those who collaborate in this divine work today will have the joy and pride of having participated in such an exceptional achievement."*¹

And that is why from its 1968 inauguration, 1988 happened and Auroville is now under the administrative governance and protection of the Ministry of Education of the Government of Mother India. No coincidence, decreed by the Supreme. Look at what the Mother revealed in 1967:

*"There was a rather interesting phenomenon (it was yesterday or the day before), amusing little details: now the last member of the Government of India has been converted, so to speak. All the members of Government (the Central Government—I don't mean the whole country, but of the centre), all the members of the Central Government are ... (what should I say?) I could almost say "apprentice disciples of Sri Aurobindo," with a great goodwill to serve."*²

Ever hastening and intensifying interconnected events are already clearly pointing to that Integral Supramental Gurukula direction. Sri Aurobindo's Five Dreams³ and the Mother's Three Core Ideal Vision-Goals⁴ are manifesting.

Here's a very revealing speech of our Governing Board Chairman in 2022 to understand the important role of the Government of Mother India in Auroville:

- <https://www.youtube.com/watch?v=XjIAoE5i66Q>

And we add the Mother's Vision of this Ideal City: *"What I myself have seen... was a plan that came complete in all details, but that doesn't at all conform in spirit and consciousness with what is possible on earth now (although, in its most material manifestation, the plan was based on existing terrestrial conditions). It was the idea of an ideal city, the nucleus of a small ideal country, having only superficial and extremely limited contacts with the old world. One would already have to conceive (it's possible) of a Power sufficient to be at once a protection against aggression or bad will (this would not be the most difficult protection to provide) and a protection (which can just barely be imagined) against infiltration and admixture... From the social or organizational standpoint, these problems are not difficult, nor from the standpoint of inner life; the problem is the relationship with what is not supramentalized—preventing infiltration or admixture, keeping the nucleus from falling back into an inferior creation during the transitional period."*⁵

The Hero Warriors' prayer amidst the ever hastening and intensification of the evolutionary Play:

*"O Divine Mother, Sweet Mother, Make of me the hero warrior I aspire to become, so that I may fight successfully the great battle of the future that is to be born against the past that seeks to endure, so that the new things may manifest and we be ready to receive them."*⁶

We continue on in the Spirit of Divine Love and Oneness in Multiplicity, in the Truth of our Unity in Diversity, working proactively and collaboratively according to our unique capacities and clearly acknowledging our still current human limitations. Thus in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti⁷, our Supreme Powerholder and Guide, we consciously prepare this City of Dawn for all the many more swiftly evolving generations who will continue on towards the Divine Manifestation of the new apex species the Supramental being who will usher in the Life Divine for all...

¹ <https://incarnateword.in/cwm/12/students-prayer>

² <https://incarnateword.in/agenda/08/may-6-1967>

³ <https://incarnateword.in/compilations/a-call-to-the-youth-of-india/five-dreams>

⁴ <https://auroville.org/page/core-documents>

⁵ <https://incarnateword.in/agenda/02/july-18-1961>

⁶ <https://incarnateword.in/cwm/19/4-january-1952>

⁷ <https://incarnateword.in/cwsa/32>

A SPIRITUAL "RELIGION OF HUMANITY":

The Hope of The Future

"The Gnostic Cycle—Towards the Supermind", a seminal compilation from Sri Aurobindo's works, was a call to celebrate the new millennium with the highest teachings. I published the book under the umbrella of the Centre for Indian Culture, with a grant from the Government of India. The new volume continued "Immortal India—Towards the Ideal Society", published in 1997 under the sponsorship of the Sri Aurobindo 125th Birth Anniversary Group, Auroville. Simultaneously with "The Gnostic Cycle—Towards the Supermind", on request of the Working Committee I published "Auroville Prosperity", the foundation for my three books on Auroville during Mother's years. One thousand copies of "Auroville Prosperity" were made available, free, in the amphitheater, to be collected after the dawn-fire meditation. This is how we entered the year 2000, in Auroville.

The following is taken from the fifteen pages Summary of the book, bringing together concise statements by Sri Aurobindo as a guide to the subsequent chapters.

A spiritual religion of humanity: hope of the future

The religion of humanity, mind-born child of the thinkers of the eighteenth century, tried to give itself a body in Positivism, but on a too rationalistic basis. The aim of the religion of humanity was formulated by a sort of primal intuition: to re-create society in the image of three kindred ideas, liberty, equality, brotherhood. None of the three has really won, because in an intellectual age the ideal of humanity had to mask its true character of religion. It has labored to establish a political, social and legal liberty, equality and mutual help in an equal association. Yet these aims can only be secure when founded upon a change of the inner nature and way of living. Love, mutual recognition of human brotherhood, a living sense of human oneness: the religion of humanity remains unaccomplished, till these are brought about.

Brotherhood is the key to the triple gospel: the union of liberty and equality can be achieved only by human brotherhood. But brotherhood exists only in the soul, and by the soul. When the soul claims freedom, it is the freedom of its self-development, and the divinity in all beings. Equality is the claim for freedom equally for all, the recognition of the same godhead in all human beings. Brotherhood is the founding of equal freedom of self-development on a common aim, a common life founded upon the recognition of this inner spiritual unity. For freedom, equality, brotherhood are eternal attributes of the Spirit. The practical recognition of this truth is that to which the religion of humanity must arrive.

A spiritual religion of humanity is the hope of the future. It is the growing realization that there is a divine Reality in which we are all one, and the human race and being are the means of its self-revelation. Oneness with our fellow-beings will become the principle of our life, of a deeper brotherhood, an inner sense of unity and equality. It is the realization that one's individual life is complete only in the life of one's fellow-beings, and that only in the free and full life of the individual can the perfection of the race be founded.

Paulette

Poetry

'TIS A FEARFUL THING

'Tis a fearful thing
To love what death can touch.

A fearful thing
To love, to hope, to dream, to be-

To be,
And oh, to lose.

A thing for fools, this,

And a holy thing,

A holy thing,

A holy thing

To love

For your life has lived in me,

Your laugh once lifted me,

Your word was a gift to me.

To remember this brings painful

Joy.

'Tis a human thing, love,

A holy thing, to love

What death has touched

Judah Halevi, 11th century

A MAGNET BAR

A magnet bar

Having equal powers

To attract or repel

Sticks not to one pole

But stays equanimous

Only when left alone.

When it meets another

Of its kind,

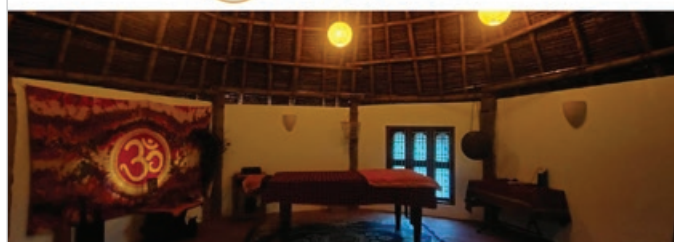
It either attracts or repels —

It all depends

On orientation.

With joyful Gratitude,
Anandi Z.

Classes, Workshops & Healing Arts



Ayurvedic Massage

Head and Foot Massage



Sound Healing



+91 97513 95939

SELF-EMPOWERMENT PROGRAM

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

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




Experience freedom in your life by managing your beliefs!
Facilitator Jisung

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

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

Submitted by Jisung

AWARENESS Through the Body

Awareness Through the Body

intro & exploration



with Vega & Honor

3rd August (Sat) 9.30am - 12.30pm

advance registration required:
dancingtree.smile@gmail.com
whatsapp: 9159856148

[ATB registration. 3rd August, 2024, Google Forms](#)

Submitted by Vega

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.

Kardash

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 body-work 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).

WOGA (Yoga in Water) Class w/ Friederike & Tamara

- Friday, 9 August, 4:30—6pm

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.

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

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

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).

Baby Watsu Class with Friederike

• Monday, 12 August, 9:30—11am

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

Please bring towels and closed swimming pants for your baby.

• For babies between 2 and 12 months with their parents.

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

CACAO MEDICINE DANCE

Saturday, 27 July, 5—7pm

@Maloka Hall, Anitya community



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*

ACROYOGA

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



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

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 Karakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

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

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

Monday 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



July 2024 Schedule

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

Submitted by Bala

BHARAT NIVAS PRESENTS INTEGRAL HEALING

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)

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

Enquiry Contact Monisha +91 8489347454 Monisha

REGENERATION LISTENING CIRCLE:



Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h

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

Submitted by Nadim

MINDFULNESS FOR STRESS REDUCTION (MBSR)

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

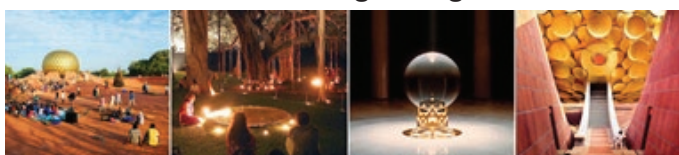
The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & well-being benefits. It synthesises ancient Eastern spiritual practices with emerging findings from neuroscience,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

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 re-discovering 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



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

ARKA

Wellness Center & Multipurpose Hall
Regular Activities, July

For any details and queries, you can contact us
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

Submitted by Ramana
for Arka

VÉRITÉ

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

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



Regular Events—August 2024

Classes

- Contact 0413 2622045, +91 9363624083 WA or email programming@verite.in

Hatha Vinyasa Yoga with Andres

- Monday, Wednesday & Friday 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

Deep Sound Bath with Satyayuga

- Monday, Thursday & Saturday 5—6pm, (no class on 10 August)

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

Sivananda Yoga—with Mani

- Tuesday 7:30—8:30am & Saturday 5—6pm

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), Increasing the pranic energy level, Channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally conclude with guided relaxation.

Vinyasa Yoga—with Ramya

- Tuesday 9:15—10:15am & Thursday 7:30—8:30am

Vinyasa yoga is characterized by stringing yoga postures together so that you flow from one posture to another with the movements being synchronized by breath. Vinyasa means to 'Move with the Breath', which is essentially the core of a Vinyasa class. So here you coordinate movements with breath to flow from one pose to the next. Vinyasa flow yoga will be moderate to high on intensity, helps build strength and stamina and help in weight loss. It helps to improve range of motion and cardiovascular health. It helps with stress relief as it can be a moving meditation.

Open Heart Space Meditation with Samrat

- Tuesday 5—6pm

It is a simple practice of becoming aware of the reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go of each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment.

Kirtan—Songs for Your Soul—contributions are voluntary with Mamta

- Wednesday 5—6pm, no class on 14 August

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

Face & Eye Yoga with Mamta

- Thursday 5—6pm, no class 15 August

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.

Yoga Breath & Meditation Practice for Beginners with Mamta

- Friday 9:15—10:15am

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

Free Flow Dance & Movement with Vega

- Friday 5—6:30pm, no class 9 August

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

Treatments and Therapies

- By appointment: +91 413 2622 606, +91 9363624083 WA, treatments@verite.in

The Face & Neck Massage with Mamta at Verite

The Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce a deep relaxation for body & mind.

Biodynamic Craniosacral Therapy—with Mila

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

Nutrition and lifestyle modifications consultation to transform health through personalized guidance. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your particular constitution and help prevent health complications.

Healing Facial Therapy: An 8 step Skin Care Treatment with Indigenous Herbs with Parvathi

The Healing Facial Therapy is a treatment which helps to cleanse the facial skin, remove dead cells, improve skin collagen, reduce wrinkles, treat acne and boosts the skin to glow, smoothness and softness. The indigenous herbs used in this treatment are natural products chosen to suit your skin type/dosha.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific “reflex points” of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep.

Integrated Energy Healing & Holistic Foot Reflexology

These sessions combine elements of Pranic Healing (energetic cleansing), Reiki (“divine healing” through innate intelligence), & Reflexology to internalize, integrate, & circulate channeled energy.

Energy Healing Reiki with Vyshnavi

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner’s hands. Practitioners gently place their hands on or near the client’s body to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Workshops, Pre-registration required

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 w/ 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.

Awareness Through the Body: Exploration of the Element Space with Amir

- Saturday, August 3, 9:15am—12pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In this session, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way.

Food is Medicine: Lifestyle Health Practices w/ Parvathi

- Saturday, August 3, 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.

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
Healing Facial Therapy: An 8 step Skin Care Treatment with Indigenous Herbs	Parvathi
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	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Vinyasa Yoga	9:15—10:15am	Ramya
	Open Heart Space Meditation	5—6pm	Samrat
Wednesdays	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan: Songs for Your Soul. Contributions are voluntary (no class 14 August)	5—6pm	Mamta
Thursdays	Vinyasa Yoga	7:30—8:30am	Ramya
	Face & Eye Yoga (no class 15 August)	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga Breath & Meditation Practice for Beginners	9:15—10:15am	Mamta
	Free Flow Dance & Movement (no class 9 August)	5—6:30pm	Vega
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Sivananda Yoga	5—6pm	Mani
	Deep Sound Bath (no class 10 August)	5—6pm	Satyayuga

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 27 July	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 27 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 3 August	Awareness Through the Body: Exploration of the Element Space	9:15am—12pm	Amir
Saturday, 3 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 10 August	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr. Geeta
Saturday, 17 August	The Path of Yoga Nidra: Insights and Practice for Deep Relaxation	9:15am—12pm	Ramya
Saturday, 17 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 24 August	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 24 August	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 24 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 31 August	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



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

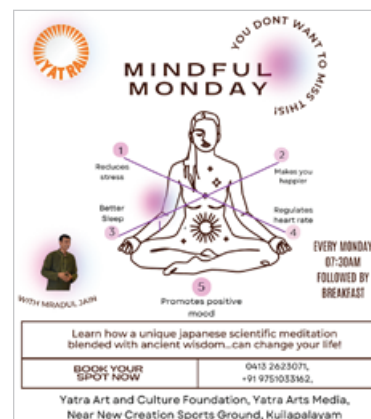
Submitted by Isha

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, Kulapalayam



- 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

It Matters

Schedule from 25 July to 3 August

- **Location:** It Matters, Auroville Main Road next to Progress Transport Service
- **Info:** Instagram [@auroville.curated](#) or on itmatters.auroville.org/activities
- All activities are Rs./600 for guests, Rs./150 for Aurovilians/ Volunteers. Discount vouchers available.



Date	Activity
25 July, Thursday, 5:30—6:30pm	Mandala Drawing with Thamizh
26 July, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
27 July, Saturday, 2—4pm	Intuitive Painting with Chetana Deorah*
27 July, Saturday, 4:30—5:30pm	Psychology and Mantric Poetry with Matthias
29 July, Monday, 5:30—6:30 pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
30 July, Tuesday, 5—6:30pm	Energy and Spiritual Science with Louis-Patrick
31 July, Wednesday, 5:30—6:30 pm	Connection Between Persian Poetry, Astrology and Archetypes with Anita
1 August, Thursday, 5:30—6:30pm	Mandala Drawing with Thamizh
2 August, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
3 August, Saturday, 2—3.30pm	Sencha style Tea Ceremony with Isha
3 August, Saturday, 4:30—5:30pm	Psychology and Mantric Poetry with Matthias

* extra fees for material may be applicable, please check website
Bhakti and Sandra



• **One to One lessons—Small groups:** Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.

• **Clases particulares—Pequeños grupos:** Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resonar contigo misma, alineando cuerpo, mente y espíritu. **Rachel**

DETOX YOUR MIND & BREATHE HEAL YOUR BODY

- **Scientific Meditation with sound healing for distress Mind Body and Soul.** Experience exclusive sound frequencies created by a Japanese Scientist.
 - **Monday, Wednesday, Friday, 7—8:30am**
 - Advance registration required
- **One To One Health & Wellness Therapy.** Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development
 - Pre appointment is required
- **Analysis of Multiple Intelligence using Scientific Neuroscience Tools.** Eligibility: Anyone from 6 years to 60 years of age: pre appointment is required
- **Conscious Circle & Chanting**
 - Tuesday, 6:30—7:30pm
 - Reserve your space in advance



Yatra Srinivasan,
Near New Creation Sports Ground,
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>, <https://www.yatraartsmedia.org/>

Languages

BOLSTERING ENGLISH

Native English speaker happily offers facilitation for English reading, speaking and composition.

Individual or small group sessions are for those connected to Auroville who already can read, write and speak English with adequate comprehension, and who wish to practice for presentations or performance or simply for clearer conversation. We can include rhythm, nuanced expression, and some dialects, if wished.

- Also inviting anyone at any level for SAVITRI.
- Scheduling is as-you-wish: long or short session(s); long or short intervals between sessions.

Patricia, 0413 2623750, pat@auroville.org.in



NEWS FROM AUROVILLE LANGUAGE LAB

Please remember to put your mobile phones on flight mode and switch off all wireless and blue-tooth devices before you enter the Lab. We are a wireless-free space!



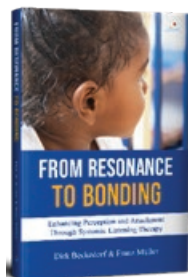
Evening Programs!

From 1 February 2024, we launched a new experiment. The Language Lab extended its opening hours from 5pm—6pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

This program is free of cost to everyone: Aurovilians, New-comers, Volunteers, Guests, and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests, are welcome to join. Come share your language with others!

People have started to come back. **Sanskrit Chanting, Spanish, French and English Conversation Practice sessions** are happening on Mondays, Tuesdays, Wednesdays and Thursdays, 5-6pm. For the English conversation sessions, the focus continues to be on the Auroville Charter and The Dream. All are welcome for these sessions.

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, 9:30 to 11am

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 with Yanis beginner and intermediate levels

- Friday, 4:20—5:20pm & Saturday, 10—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. Whatever your level of Spoken French, come, and we'll see if the group can be managed together, or divided into two levels.

Level Up! Intermediate German Course with Ben

- Tuesday: 9:30 to 11am

Open to all who want to improve their speaking skills, prepare for the A1 or A2 exams, or refine their understanding of grammar. Professional practice books are provided.

Spanish Beginner Class with Mila

- Mondays & Wednesdays, 2:30—3:30pm

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.

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

- Tuesdays and Fridays, 9:30—10:30am

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.

Experience the magic of Persian Language and Poetry

- Saturday 10:30—12pm (Note the change in timing!).

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.

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 and Intermediate	4:20—5:20pm)	Friday
		10—11am	Saturday
German	Intensive German Class	9:30—11am	Monday & Wednesday
	Intermediate (A1-A2)	9:30—11am	Tuesday & Saturday
Persian	Persian Language and Poetry	10:30am—12 pm	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**
 - Monday & Wednesday 3 to 4 pm (Youth Group) and
 - 4 to 5 pm (Adults),
- **English Intermediate**
 - Tuesday & Thursday 3 to 4 pm (Youth Group) and
 - 4 to 5 pm (Adults).

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. Schedule for an appointment.
- 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@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

Submitted by Mita



MANIFEST DANCE FILM FESTIVAL '24



Friday, 26—Sunday, 28 July

@ Alliance Francaise, Pondicherry. 9am—9pm

Free And Open To All

Submitted by Ashavari

AUROFILM



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

- **Reminder:** Friday, 26 July, 8pm, **Home**, 2008, Switzerland/France/Belgium and
- **Friday, 2 August, 8pm, The Boy and the Heron** Directed by Hayao Miyazaki, Japan, 2023

Synopsis: After the disappearance of his mother in a fire, Mahito, a young boy of 11, must leave Tokyo to live in his family's estate in the countryside with his father. There he meets a gray heron who, little by little becomes his guide and helps him through his discoveries and questions to understand the world around him and break through the mysteries of life...

Overview: The twelfth film by Japanese animation master Hayao Miyazaki is a little marvel. Carried by an animist thought embodied by this master heron, the story loses all rational coherence to better introduce the young apprentice, and the spectator, to another vision of the world. Curiously, its original Japanese title is "And how do you live?"

The film will be introduced by Abhijit, and presented in its English version, with the voices of: Christian Bale, Dave Bautista, Gemma Chan, Willem Dafoe, Karen Fukuhara...
Duration: 2h.04'

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, 2 August

Cuba—The Accidental Eden

2011/ 53 mins/ Doug Shultz

This small island's varied landscape, its location and its place at the center of Cold War politics have all combined to preserve some of the richest and most unusual natural environments of the hemisphere.

Submitted by Aviram





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
29 July 2024—4 August 2024

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

Indian—Monday 29 July, 8pm
Dostojee (Dear Friend)

India, 2021, Write-Dir. Prasun Chatterjee w/ Asik Shaikh, Arif Shaikh, Jayati Chakraborty, Drama, 111mins, Bengali w/ English subtitles, Rated: NR (G)

This award-winning film set in the 90s, tells the story of two boys, neighbors and dear friends from a village in Murshidabad, West Bengal, in India-Bangladesh border. Shafikul a son of a Muslim weaver, and Palash, son of priest. At the backdrop of communal tension, the boys live their life in full—splashing in the pond, trying to domesticate a caterpillar, grooving to popular music. Their lives form the throbbing heart of this film, until something terrible happens and the story takes a poignant turn. *This is a much-acclaimed heart-warming film; a must see!*

Potpourri—Tuesday 30 July, 8pm
The World According to Garp

USA, 1982, Dir. George Roy Hill w/ Robin Williams, Mary Beth Hurt, Glenn Close, and others, Comedy-Drama, 136mins, English w/ English subtitles, Rated: R

Based on the John Irving novel, this film chronicles the life of T S Garp, and his mother, Jenny. Jenny, a nurse during World War II, conceived Garp with a dying pilot, and raised him alone. Garp grows up to become a successful fiction writer, but not nearly as successful as his mother, who wrote a feminist-themed nonfiction. Rich and famous, Jenny starts a center for troubled women, while Garp marries and has children. He remains a constant, if somewhat critical, observer of the strange community that forms around Jenny.

Selection—Wednesday 31 July, 8pm
Hacksaw Ridge

USA, 2016, Dir. Mel Gibson w/ Andrew Garfield, Sam Worthington, Luke Bracey, and others, Biography-Drama, 139mins, English w/ English subtitles, Rated: R

The true story of Desmond T. Doss, the conscientious objector who, after the Battle of Okinawa, was awarded the Medal of Honor for his incredible bravery and regard for his fellow soldiers. Following his upbringing and how this shaped his views, Doss's trials and tribulations after enlisting in the US Army, trying to become a medic, as the story unfolds.

Interesting—Thursday 1 August, 8pm
Tantura

Israel, 2023, Writer-Dir. Alon Schwarz w/ Avigdor Feldman, Yoav Gelber, Teddy Katz, and others, Documentary-History, 94mins, Hebrew-Arabic-English w/ English subtitles, Rated: NR (R)

In the war of 1948 hundreds of Palestinian villages were depopulated. Israelis call it "The War of Independence". Palestinians call it "Nakba". The film examines one village—Tantura and why "Nakba" is taboo in Israeli society. *A hard-hitting film depicts part of history that has its ripple effect in the present.*

International—Saturday, 3 August, 8pm
Young Woman and The Sea

USA-Hungary-Italy-UK-France, 2024, Dir. Joachim Rønning w/ Daisy Ridley, Tilda Cobham-Hervey, Stephen Graham, and others, Biography-Drama, 129mins, English w/ English subtitles, Rated: PG

The daughter of a German butcher from Manhattan, Ederle was a competitive swimmer who won gold in the 1924 Olympics when she decided to attempt crossing the channel. She undertook the feat after first swimming 22 miles from Battery Park in New York to Sandy Hook, NJ, setting a record that stood for 81 years. She signed a contract with two newspapers and sold her story, thereby financing her quest. There was a race among women who would be first to cross as only five men had done so before.

Children's Matinee—Sunday, 4 August, 4pm
Toki O Kakeru Shōjo
(The Girl Who Leapt Through Time)

Japan, 2006, Dir. Mamoru Hosoda w/ Riisa Naka, Takuya Ishida, Mitsutaka Itakura, and others, Animation-Adventure, 98mins, Japanese w/ English subtitles, Rated: PG

A high-school girl named Makoto acquires the power to travel back in time and decides to use it for her own personal benefits. Little does she know that she is affecting the lives of others just as much as she is her own.

Black & White Classics @ Ciné-Club
Ciné-Club Sunday 4 August, 8pm
Oh Boy (A Coffee in Berlin)

Germany, 2012, Dir. Jan-Ole Gerster w/ Tom Schilling, Katharina Schütler, and others, Comedy-Drama, 86 mins, German w/ English subtitles, Rated: NR.

The movie is about a young and unemployed grad-school dropout and his meanderings through the German capital. Berlin remains a popular nesting ground for aimless youth, the paradigmatic lost boy in his carefree habitat, alone in a big city. A cinematic elegy that feels formulaic but is still budding with the special kind of poetic love a filmmaker share with his favorite city.

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

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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

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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>