



News Notes

#1089 A weekly bulletin for residents of Auroville 24 July 2025



Photo by Alexey

All things are symbols through which we have to approach and draw nearer to That by which we and they exist. Each thing that we call finite is a representative figure, a form-front, a silhouette shadowing out something of the infinite. All that defines itself in the universe—all its objects, happenings, idea-formations, life-formations—are in their turn each a clue and a symbol.

Sri Aurobindo, The Life Divine

Pondering



In everything that exists phenomenally, or, as I shall prefer to say, going deeper into the nature of things, symbolically, there are two parts of being, thing in itself and symbol, Self and Nature, res (thing that is) and factum (thing that is done or made), immutable being and mutable becoming, that which is supernatural to it and that which is natural. Every state of existence has some force in it which drives it to transcend itself. Matter moves towards becoming life, Life travails towards becoming Mind, Mind aspires towards becoming ideal Truth, Truth rises towards becoming divine and infinite Spirit. The reason is that every symbol, being a partial expression of God, reaches out to and seeks to become its own entire reality; it aspires to become its real self by transcending its apparent self. Thing that is made, is attracted towards thing that is, becoming towards being, the natural towards the supernatural, symbol towards thing-in-itself, Nature towards God.

*Sri Aurobindo,
Essays Divine and Human Writings from Manuscripts (1910-1950)*

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House of Mother's Agenda



(continued from last week)

Looking at what happens from one day to the next, the body's experience is like this.... In a certain way, at certain times, it's in the consciousness of Immortality, and then, out of influence (also out of habit now and then), it falls back into the consciousness of mortality, and that's really... For it now, as soon as it falls back into the consciousness of mortality, there's a dreadful anguish; it's only when it emerges from that, when it enters the true consciousness, that it passes. I understand why some people, yogis, spoke of the unreality of the world, because, for the consciousness of Immortality, the consciousness of mortality is an unreal absurdity. And it's like this (*Mother slips the fingers of one hand between the fingers of the other, showing an alternation between the two consciousnesses*). So now it's like this, now it's like that. And the other state, the state of Immortality, is immutably peaceful, tranquil, with... like lightning-fast waves, so rapid that they seem still. It's like this: complete motionlessness (apparently) within a tremendous Movement. But then, as soon as the other state comes, it's all the ordinary notions that come back, that is to say... really in its present state, that gives it the anguish and suffering of a falsehood. But it's still like this (*same to-and-fro gesture*)....

The only, only way out that is effective is in fact self-abandon, *surrender*. It's not expressed in words or idea or anything, but it's a state, a state of vibration, in which ONLY the Divine Vibration has value. Then—then things get back in order.

But all that, the moment you talk about it...

But note that it's constant: it happens in the night, it happens in the morning (mornings are generally very difficult), and then there are other times when... (*immense, even gesture, with a smile*) there are no more problems—all problems are over: no more problems, no more difficulties, nothing anymore.

(*silence*)

There's a background (it's mostly that), a background of unconscious Negation which is still behind everything, but everything; it's still there everywhere: you eat or breathe—you receive that Negation.... For everything to be transformed, it's still a colossal work. But when you are on the "other side," as we might call it (it's not "sides"), in the other state, it seems so natural that you wonder why things aren't like that, why they seem so difficult. And then, as soon as you're back to this other side, it's... (*Mother takes her head in her hands*)... The mixture is still there, undeniably.

Truly, the ordinary state, the old state, is consciously (meaning it's a conscious perception), it's death and suffering. And then in the other state, death and suffering appear to be... absolutely unreal—there you are.

The body seems to be very highly conscious of... (what can I call it?) a sort of stupidity. Yes, a sort of enduring and stupid goodwill. It's very conscious of that. And it's led to understand that this state was indispensable for the work to be done, that someone who... (naturally, the least bad will is out of question), that without this sort of... (it's not unconsciousness), this sort of ignorant simplicity (something like that), without that, endurance would become very difficult.

It doesn't ask any questions, but now and then, it's conscious of its state of mediocrity, and so, quite naturally, it wonders how it happens to have been chosen to do this work? And it clearly appears to be a sort of goodwill arising from its sense of insignificance.... The least sense of capacity and worth takes away all endurance. But it doesn't have that at all, so that enables it to go on.

(to be continued next week)

Mother's Agenda, October 18, 1969

<https://incarnateword.in/agenda/10/october-18-1969>

Gangalakshmi (HOMA)

Townhall Speaks

ATDC APPLICATION ANNOUNCEMENT, 24-07-2025

A. The following application has received Preliminary Design Approval—(announced for information only):

Project name: Prototype Building—Phase 1

Applicant/s: Prasad on behalf of ATDC

Location/area: Residential Zone—Sector 4

Total Estimated Cost: Rs. 31,00,000/—
Phase 1—Rs. 15,50,000/-

Area for which approval is sought: 149 Sq.m
Phase 1 Prototype Building: 75 Sq.m

Project brief: This is a prototype building intended to provide short-term accommodation for volunteers. Approval has been granted for one prototype building, Phase 1. The buildings are not meant to be permanently located in this location, and will be shifted/ demolished when development as per the Sector Plans are undertaken in this area.

Project name: The Sprout Terrace (Retroactive NOC)

Applicant/s: Akash Heimlich (Unit Executive)

Location/area: Industrial Zone

Total Estimated Cost: Rs. 1,50,000/-

Area for which approval is sought: 69 Sq.m

Project brief: The applicant constructed a terrace platform and shade cover for the cafe without obtaining approval from ATDC, in violation of the original permission granted for Utsav 1A. The applicant has since requested ATDC to regularize the situation and to apply for a retroactive approval certificate. An application was submitted for this purpose and has been approved.

Joel, Resource Person

PREPAID CARDS

Dear Unit Holders, Working Groups, and Community Account Holders, this is a follow-up to the reminder email sent on May 8, 2025.

If you would like to obtain a prepaid card for your unit expenses, please contact Rathinam or Mihong at the Financial Services Office.

The prepaid card can be used for various expenses—it can be swiped for payments, used for online shopping, or to withdraw cash from ATMs.

*Financial Services Team,
from Mass Bulletin*

ANNOUNCEMENT OF AUROVILLE WATER SERVICE (AWS) regarding the water supply and waste water tariffs

Dear Aurovilians/ units/ services, AWS needs to increase the basic water-tariff with Rs. 4 per m3 and the basic waste-water tariff with Rs. 3 per m3. This is an increase of 15%.

AWS calculates the total direct cost made for the water supply and divides this by the amount of m3 water delivered (metered). The cost is mainly electricity for borewell-pumps, boosters and grey-water delivery-pumps and has increased, last year, by 20% per unit. Furthermore, AWS has operators in the different areas who also take care of the maintenance. This will increase by 8% this year. A small part of the office overhead is allocated to the water-supply (billing etc.).

As AWS has different tariffs for water-supply and waste-water in different parts in Auroville, we will apply the 15% with a minimum of Rs. 3/—per m3. For schools the tariff will be 50% of the standard tariff (Rs.15/—m3).

The tariff changes are effective from 1 July 2025.

Toby for Auroville Water Service

ZOHO QUERY RESOLUTION SESSIONS

24 and 25 July @ SAIER Conference Hall.

As part of the ongoing Zoho implementation process, we have scheduled Zoho Query Resolution Sessions on 24 and 25 July 2025 at the SAIER Conference Hall.

These sessions are intended for users who have specific queries and require individual support.

- Each session is 20 minutes long
- Slots are available across both days
- Booking link: [Click here to book your session](#)

We encourage all Zoho users to make use of this opportunity to ensure a smooth and efficient transition.

*FAMC Finance,
From Massbulletin*

Community News

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Savi registered 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, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

The Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: **Daily 7—8am, 5—6pm.**

Access to the Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered 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 members 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.

Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in

- Tuesday 8—8:30am.

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.
- Starting from the Visitors Centre. Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir 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, or to go to the website: auroville.org

- 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.

Visiting Matrimandir with Family and Friends

Kindly note the following points regarding bringing family and close friends to the Matrimandir.

- **The Park of Unity:** Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens: 9am—3:30pm.
 - 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.
- **The Inner Chamber of Matrimandir:** Aurovilians with close family and friends (max. 3, not guests):
 - **Monday to Saturday** (Tuesday morning Closed) 8—8:35am. Arrival 7:45am at the Office Gate with prior booking to mmconcentration@auroville.org.in
- **Thursday Meditations at sunset with Savitri:** The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

Antoine
for Matrimandir Executives Team



AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

6—6:30pm, every Thursday (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this 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 use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheatre only** from 5:45pm. Guests are requested to bring along their Aurocards. **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

Velmurugan for Access team

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, JULY 2025



Exhibitions

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Glimpses of the Mother:** Photographs and texts in the Square Hall

Films: Mondays, 4pm

- **July 28 The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2** by Loretta Shartsis. Duration: 70min.

The Mother used flowers and their true essence for teaching Integral Yoga and the manifestation of new consciousness. The beauty and spiritual significance of flowers became a subject of great interest and thought as part of the practice of Sri Aurobindo's Integral Yoga, broadening the concept of spirituality. It also made the ideas of spiritual work and spiritual achievement easy for children to understand and to follow.

The Mother's loving presence affected sadhaks and students and inspired them towards conscious and beautiful activities and artistic performances. One of her profound insights was that beauty is the presence of the Divine in the physical. To live in the Divine presence, the students painted and embroidered beautiful flowers on cloths.

Sri Aurobindo helped many Ashramites to become poets. Thus, in the Ashram blossomed all the arts: poetry, music, drama, dance, drawing, and painting.

Part 2 of the beautiful film by Loretta also tells about the darshans of the Mother and Sri Aurobindo, the Ashram life, the loving care in growing flowers, and the use of flowers for concentration and imagination. Cinematography by Caren Lindfield and sensitive flute music by Jean-Christophe Bonnafous.

The complete film is available on Loretta's website Integral-Yoga-Talks: <https://www.integral-yoga-talks.com/en/videos>.

Dream Divine Series

This initiative is designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

- **Fragmentation and Degeneration—Two Inner Difficulties on the Path—A talk by Manoj Pavithran**
 - **Friday, 25 July, 4—5pm @ Sangam Hall**
Everyone is welcome.

Journeying inward brings progress, but often, it also brings a seeming setback: old habits resurface, new resistances emerge, and inner conflicts intensify. It can feel like you've regressed. Yet, there's a reason for this apparent relapse, and systematic ways to understand and overcome it. Fragmentation and degeneration are two core challenges every seeker faces. This presentation explores their dynamics and how to move through them.



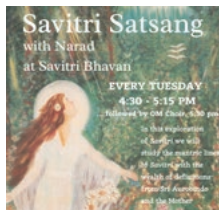
• **Building Matrimandir—A Labour of Love, Auroville 1971—2008**

- Friday, 1 August, 4—5pm@ Sangam Hall
Everyone is welcome.



Savitri Satsang with Narad @ Savitri Bhavan

- Every Tuesday, 4:30—5:15pm followed by OM Choir, 5:30pm



In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

The Mother's words on Savitri:

"Savitri, the Supreme revelation of Sri Aurobindo's vision."
 "... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."
 "... all the rest is preparation, while Savitri is the Message."
 "The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted."

OM Choir

- Fridays at 6pm @ Ashram School, Pondicherry
- Tuesdays at 5:30pm @ Savitri Bhavan, Auroville

The voice that chants to the creator Fire,
 The symbolised OM,
 the great assenting Word. Savitri

Please join us in this collective aspiration,
 in the form of a united prayer.

All are welcome, no prior singing experience required



OM is the signature of the Lord.
 OM: I implore the Supreme Lord.

Talks of Dr. Alok Pandey

on Sri Aurobindo's Essays on the Gita

- Wednesdays,
 30 July, 13 and 27 August,
 4—5pm @ Sangam Hall.
 All are welcome



Audios by Gangalakshmi

In 2013, Sri Kireet Joshi suggested that I undertake French readers on the works of Sri Aurobindo, Mother.

Ex. *The Life Divine, Savitri, The Gita, The Synthesis of Yoga, The Agenda of Mother and The Adventure of Consciousness* by Satprem.

Priya from Auroville Radio informed me that there were 500 readings, until today 25.6.2025.

With infinite gratitude for this crossing. **GangaLakshmi**

Regular Activities

- **Sundays 10:30—12pm:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** How to find the soul—Theory & Practice 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 4—5pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:30pm** OM Choir led by Narad
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shradhdhavan
- **Thursdays 4—5:30pm:** Reading Savitri in Russian with Anatoli

- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Dhanalakshmi for Savitri Bhavan

Bharat Nivas Presents

A WEEKLY STUDY CIRCLE

on The Synthesis of Yoga—Sri Aurobindo

A weekly study circle on
The Synthesis of Yoga
 - Sri Aurobindo
 By **Deepti Tewari**
4:30 pm - 5:30 pm
Every Tuesday
 Venue :
 Resource Library,
 Bharat Nivas, Auroville




Monisha

**FROM AMAZON TO GANGA:
 A Celestial Journey**



Friday, 15 August, 10:30—12pm

Submitted by Monisha

LABORATORY OF EVOLUTION LIBRARY



Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health. ... etc.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, CD & DVD, films & lectures.

- **Open** Monday to Saturday 9am—12pm
 Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building.

Kalyani

PAVILION OF TIBETAN CULTURE: EXHIBITION

on Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)

On the occasion of the 90th Birthday of His Holiness the Dalai Lama, the Pavilion of Tibetan Culture presents an exhibition on “Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)”

- **Open every day except Sunday at the Pavilion.**

Starting right from Auroville’s inauguration day in 1968, when soil of Tibet was put into the urn by a young Tibetan girl, continuing in 1971, when the Mother took 12 Tibetan children into the Auroville school and in 1973 when the Dalai Lama spent two days in Auroville and Pondicherry (on January 17, he met the Mother in the Ashram), the exchanges between the community of Auroville and Tibetans have been frequent and regular.

In December 1991, the Pavilion of Tibetan Culture became a unit of Auroville Foundation through a resolution of the Governing Board under Dr Karan Singh and Dr Kapila Vatsayan, the famous Art and Tibetan scholar.

In January 1993, His Holiness agreed to be the Patron of the Pavilion.

Later in the year, he came to Auroville to lay the Foundation Stone of the Pavilion and in January 2009, he returned to inaugurate the building.

I appreciate the development occurring constantly

I pray this place will be of immense benefit to others.

*His Holiness the Dalai Lama
in the Matrimandir’s Guest Book, January 20, 2009*

Kalsang
for Pavilion of Tibetan culture



ILAINARKAL EDUCATION CENTRE

Vanakkam! In line with our motto—**Supporting the workers and children of Auroville through shared learning and holistic empowerment**—we invite you to engage with our team of resource experts. As part of our Further Learning Programs, these specialists help strengthen vocational skills—from tailoring and craftsmanship to wellness and cultural arts—and foster holistic development across our learning community. Please feel free to share this information with your teams, workers, and networks across Auroville to co-create research-based initiatives for the future of Auroville as envisaged by The Mother.

Name	Expertise	Availability
Anandou	Yoga & Wellness; Spoken English	Monday—Saturday Afternoons, 3:30—6pm
Drupad	Performing & Visual Arts Specialist	By appointment
Harshini	Women & Children Welfare Consultant	By appointment
Monika	Bharatanatyam Dance Instructor	Sundays, 3—4:30pm
Prabha	Tailoring & Textile Design Mentor	Monday—Friday, 9—3pm
R. Meenakshi	Tamil Culture, Poetry, Language & Village Social Dynamics	Thursdays Session 1: 3:30—4:30pm; Session 2: 4:45—5:45pm
Ramesh Karunakaran	Editorial Support; Tamil Language Typing & Tamil Poetry	By appointment
Sivakumar	System Design & Research in Technology and Social Entrepreneurship	By appointment
Vatchala	Library In-charge & Reading Circle Facilitator	Monday—Friday Mornings, 10am—12pm

To Enroll: Please call us at 0413 2623773 to book your slot in advance.

Sivakumar for Ilaingarkal Education Centre

SUPPORTIVE LEARNING SATELLITE: SLS TEAM

We are happy to share with the entire Auroville community that the Supportive learning Satellite (SLS) is now becoming an official unit under SAIER. Our service began in 2015 under the umbrella of the Teachers’ Center, SAIER.

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs.

Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

- Children requiring specialized education and IEP/ICP (Individual Educational or Counseling Plans)
- Students facing specific learning challenges such as ADD, ADHD, ASD, ODD, Dyslexia, Dyscalculia, and other learning difficulties

The support provided may focus on:

- Academic or behavioral aspects. Referrals for children requiring further medical support or assessment
- Advise and help to implement family support
- Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity
- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura for SLS Team

Education

SATORI: EDUCATIONAL SERVICES

- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,
satori.auroville@gmail.com

TUITION CLASSES AVAILABLE

- **Tuition classes** available from 1st to 12th grade level in all subjects.
- **Crash course** available for 10th and 12th grade level.
- **For further information** contact ashree@auroville.org.in/ 8270512606 WA only.

Ashwini

LEARNING SPACE OPENS DOORS FOR KIDS of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville. Learning Space is an initiative of SAILER, offering a space for orientation, integration, and exploration of Auroville before school enrollment. As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools. A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.



Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15 to 8:45 am
- Pick up time 3:30 to 4:40 (depending on the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near Dehashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways. For admission/visit, please make an appointment at aarambham@auroville.org.in.

Alexey for Aarambham Learning Space team

Health Care



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday (11 August onwards)
Physiotherapy & Massage with Galina: Monday—Friday	Homeopathy with Michael: TOS
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena— inquiry email: adminsante@auroville.org.in	

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.

Announcement from Santé

Santé is happy to welcome **Dr. Pavan** back and **Dr. Joseph** as a new member of the Santé team.

Dr. Pavan is an experienced general practitioner with a speciality in internal medicine: Dr Pavan has completed a fellowship at Andrew Weil Center for Integrative Medicine.

Dr. Joseph (short Dr Joy) joins as a volunteer and is an experienced general practitioner with a fellowship for Diabetes and Family Medicine, Dr Joseph is ready to see patients of all ages and has experience in pediatric care.

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

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm @ Lilaloka

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Lilaloka!

We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one.



Here's what to expect:

- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can't wait to welcome you and your baby into this circle of love and support. Let's grow together!

Rotem

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovillian born and brought up in Auroville. I have completed my Masters degree in Physiotherapy (MPT) and I am specialised in Orthopaedics. I am ready to provide home care visits at your place.



Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care, Myofascial massage (Head&Neck/ Back)

- Pain is a sign that has to be taken care of.
- Kindly get in touch with me if you need my service.

+91 7904769496 WA, auroshruthi@auroville.org.in

Sruthi Sundaram

Bharat Nivas Presents

HEALTH AND WELL-BEING VERTICAL

Saturday, 26 July, 3—5pm

@ Bhumika Hall, Bharat Nivas



Dr. N. Murugesan
Founder, Nephrologist & Specialist in NCD Prevention, Control & Reversal
Founder, Blue India Foundation

My goal is to make India the newest Blue Zone of the world.



Dr. Balaganesh Siva
Yoga teacher, Wellness and childbirth advocate



Health & Well Being Vertical
keep your salt & insulin down and live the longest a human can

03:00 pm - 05:00 pm
Saturday, 26th July 2025

Venue:
Bhumika Hall,
Bharat Nivas, Auroville

Submitted by Monisha

CHILDBIRTH AND PREGNANCY EDUCATION

Morning Star offers education to expectant parents about conscious pregnancy, childbirth and parenting. Classes are conducted



- In both English and Tamil
- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light.

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father's role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us.

If you would like more information or to join the class, please contact Savithri through only WhatsApp +918940571774 or email us at morningstar@auroville.org.in

Paula for Morning StarTeam

SUPPORTING COMMUNITY HEALTH and Well-being

We are pleased to announce two new initiatives aimed at supporting the well-being of our community:

1. PMJAY Health Insurance Card Assistance

We are offering support to help eligible community members apply for the PMJAY (Pradhan Mantri Jan Arogya Yojana) Health Insurance Card. This scheme is available to all Indian citizens aged 70 years and above, regardless of their economic background.

To apply for the PMJAY card: Please visit the Health and Healing Trust office at the Arka Wellness Center

- We will be available from 15 July every Tuesday and Thursday, 10am—12pm to assist you.
- For any question kindly contact us at 0413 263799.

Important Note: To complete the application, you must have access to a mobile phone with an internet connection, as the process requires downloading a mobile app. Additionally, the mobile number used must be the same number linked to your Aadhaar card, as it is necessary for verification and OTP (One-Time Password) authentication.

We also request all Aurovilians to bring their Chief Minister Health Insurance Card and PMJAY card (if already issued), which are essential for accessing key health services in Tamil Nadu and offer significant financial coverage for medical treatment.

2. Community Blood Donors Group

We are forming a voluntary blood donor group within the AV community to support those who may need urgent blood donations.

If you are willing to be part of this group, please email the Health and Healing Trust with your blood group and contact details. Your participation can make a real difference in times of medical emergencies.

We encourage all eligible members to take part in these meaningful initiatives. Thank you for your continued support and commitment to community well-being.

Suriya for Health and Healing Trust,
Arka Wellness Center

ADDICTION RECOVERY SESSIONS

@ Maatram

Every Tuesday, 3:30—4:30pm

@ Maatram, 1st floor, Arka

In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on **Addiction Recovery**.

Raam & Palani

AURODENT:

July Special Offers

Open to all Aurovilians and Guests

Valid until 31 July 2025

This whole month: something special for families!

- **Free Dental Check-up for Kids** (up to age 14)
- **20% on any treatment** for children
- **Parents' Bonus:** If a parent comes along with their child for treatment, they get 10% on all their own treatments too!

General check-up + Scaling now at 10% off!



For Appointment:

- +91 9629199328 WA, 0413 2622063 landline
- aurodent@auroville.org.in

Working Hours:

- Monday to Friday: 9am—5:30pm
- Saturday: 9am—1pm
- @ Auromode

Jayasutha for Aurodent

Ecology

COMMUNITY PRESENTATION:

Sea Change Programme transforming marine environmental education

Saturday, 26 July, 4—5pm

@ MMC Auditorium, Town Hall

We invite you to join the WasteLess team, for an inspiring presentation about our **Sea Change Programme**.

Come discover how our educational initiative has reached over 13,499 Tamil Nadu government school students, transforming their understanding of marine plastic pollution and nurturing the next generation of environmental advocates.



Join us to learn about:

- Our evidence-based approach to curriculum development addressing the ocean plastic crisis
- The comprehensive social impact study on student knowledge and behaviour change
- How we built strategic partnerships with government education departments
- Our vision for scaling environmental education across India

This presentation will showcase how our locally-developed educational programme was supported by the National Geographic Society to address one of today's most urgent environmental challenges. The Sea Change Programme exemplifies Auroville's commitment to creating meaningful solutions that serve both our local communities and contribute to global needs.

We look forward to sharing this journey with you and exploring together how education can be a powerful catalyst for environmental transformation.

Open to all! Warm wishes from the WasteLess team!

Ribhu and Chandrah
on behalf of the WasteLess team

Animal Care

ADOPT US NOW! We are worth it

6 weeks, female, dewormed, litter trained, extremely friendly. We deserve a forever home together or not!

Our present caretaker cannot keep us, but she is ready to contribute to any medical expenses for our vax and sterilization.

• Message or call Marga 9503332918

Submitted by Kay



Books

BOOK LAUNCH:

Humanity 2.0 by Aviram Rozin

Friday, 25 July, 6pm @ Sadhana Forest

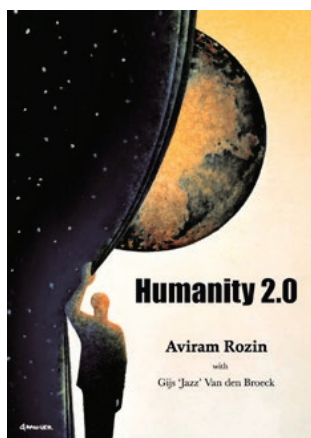
Humanity 2.0: 10 Principles for a Compassionate Society.

Based on over 20 years of building community in Auroville, and combined with the latest scientific insights, Aviram Rozin, together with Gijs 'Jazz' Van den Broeck, are happy to present to you their new book about a compassionate society.

- The book launch will take place at Sadhana Forest's weekly Friday Eco Film Club. See Cinema section for more details.
- This book is a gift for all of you, free of charge, you can download it at www.sadhanaforest.org/humanity2 or come and get a hard copy at Sadhana Forest on Friday.

Looking forward to sharing this special moment with all of you!

Aviram



International

Unity Pavilion Presents

SENCHA-STYLE TEA CEREMONY



Experience the spiritual and healing power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

Discover a new perspective on tea drinking as you embrace awareness and relaxation.

* Sessions are available as a one-on-one experience or for groups (4+ people).
* Children (5+ years) are welcome. Special Kids birthday sessions available.

Rs. 400 per person
Rs. 300 per person for Groups of 4 or more

PRE-BOOKING OR BY APPOINTMENT
Call/Whatsapp +91-9385428400 for bookings



Experience the spiritual and healing power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

Discover a new perspective on tea drinking as you embrace awareness and relaxation.

- Sessions are available as a one-on-one experience or for groups (4+ people).
- Children (5+ years) are welcome. Special Kids birthday sessions available.
- Pre-booking or by appointment: +91 9385428400 WA

THE MOTHER'S SYMBOL, MATRIMANDIR & 12 QUALITIES



ART CLASS: WITH ARTIST JANAKIRAMAN



Priya for Unity Pavilion

French Pavilion presents

@ Pavillon de France, opposite the Visitor Center

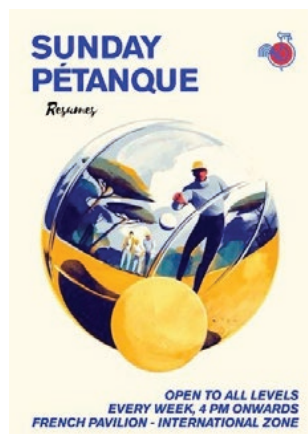
SUNDAY PÉTANQUE

Every Sunday, 4—5:30pm

Sunday pétanque is back!

Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun. Come and share a convivial moment and bond with others in a relaxed and welcoming atmosphere!

Submitted by Vivekan



BOARD GAMES

Wednesdays, 4—5:30pm



French Pavilion welcomes you every Wednesdays, 4 to 5:30pm for Boardgames.

Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.

Vivekan

Theatre, Music & Arts

CAPTURING LIFE

by John Mandeem

Selection of photos from Auroville across four decades (1980—2020)

1—10 August @ Centre d'Art Auroville

- **Opening:** Friday, 1 August, 4:30
- **Tuesday—Friday:** 2—5:30, morning by appointment.
- **Saturday:** 10—12:30 & 2—5:30

John Mandeem came to Pondicherry, South India, from California, in October 1968 as a young man of 24 and was accepted by the Mother as an Ashramite of the Sri Aurobindo Ashram.

He helped set up the first screen printing workshop in the Ashram Press. All birthday cards with the Mother's symbol in those days were screen printed there besides book covers.

He took up photography in the late 1970s and got seriously into it by the 80's, documenting Auroville in all its aspects very extensively, including the Matrimandir.

Since 1980 he was part of the Prisma Team with Franz and Tim and they did all the publicity work for Aurelec. In 1994 he took photos for the first Auroville Exhibition at the Visitor's Centre which was updated several times over the years. He was the photographer for the Auroville Today team till writers with snap and shoot cameras took over the job. He taught photography at the school in Aspiration school to many Auroville kids, all adults now, some of who ended up becoming photographers themselves.

Most of Prisma's initial publications, like the architecture books, carry his photos. Later he was involved in doing pre-press work for other Prisma projects as well as projects of the Sri Aurobindo Ashram Archives. Recently he was working with the Sri Aurobindo Ashram Archives on a new book they are bringing out.

He left for his onward journey on July 7, 2024.

Marco

TUK, TUK, HURRA

photo exhibition by Tucksouth

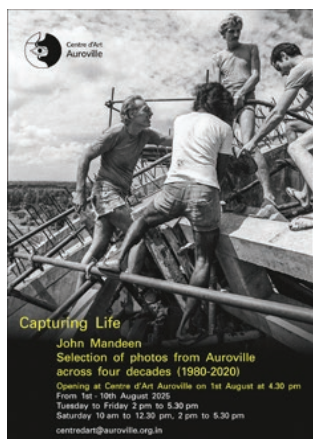
July 2025 onwards, 8am—5pm

@ Aurelec Restaurant & Art Gallery

When four Kenyans lose their jobs due to the coronavirus, they scrape together their last savings, buy two Tuk, Tucs, drive towards Cape Town, make funny videos, and raise money for Africa's Wildlife Rangers.

Who needs a four-wheel drive, air conditioning, or even doors? The "Tuk South" project represents the spirit, courage, and freedom of a crazy adventure.

Armed with two eight-horsepower Piaggio TukTucs and no schedule, four Kenyans, Jasper, Ivo, Josh, and Robby, hijacked their impossible camper vans from their natural habitat in downtown Nairobi and drove them 23,000 kilometers across Africa's wildest dirt roads. Along the way, they documented the lives and work of the rangers for a feature-length documentary and raised funds.



It was an odyssey with breakdowns, flat tires, many imponderables, damaged spines, and numerous rollovers.

The four guided their workhorses, named "Princess Buttercup" and "Wesley," past elephants and smoking stratovolcanoes, navigating through jungles, savannas, and the Kalahari and Namib deserts. Their destination? Cape Town, South Africa, where they arrived after two and a half years.

But is the journey over now? Not at all. In February 2025, an overseas container arrived in Argentina, containing the three-wheeled beauties from Nairobi. The plan? Of course, first down to Patagonia. And then, double-logo, up the Pan-American Highway to Alaska. This is going to be fun!

By Franz Fassbender

TOUCHING THE SUBLIME

14 July—23 August @ MAJI, Maroma

An exhibition celebrating creativity rooted in Auroville and Pondicherry. *Touching the Sublime* celebrates works of exceptional quality and depth, inviting viewers to pause, reflect, and engage with beauty in all its forms. It is a must-visit experience for anyone interested in the vibrant creative spirit of our bioregion.

About MAJI

MAJI is a cultural initiative by Maroma, a globally trusted brand that has been crafting natural wellness and fragrance products in Auroville for nearly 50 years. Through MAJI, Maroma extends its purpose beyond products—offering a platform for creative expression and artistic collaboration.

Curated by Supriya Menon Meneghetti, a ceramic artist and curator, the exhibition brings together diverse artistic voices rooted in sustainability, spiritual inquiry, and cultural harmony. Featuring ceramics, art candles, and paintings, this thoughtfully curated show offers a visual dialogue between nature and form, inner and outer worlds, tradition and experimentation.

As MAJI continues to grow, it seeks to amplify Auroville's artistic expressions while engaging in a larger global dialogue around conscious art, aesthetics, and community.

Sagarika, Gallery Manager



Dance Activities

DANCE WITH DANIEL

Open Style

- Saturday, 4:30—6pm @ CRIPA Small Hall

Hiphop

- Sunday, 5:30—7pm @ Harmony Hall, Bharat Nivas

Contacts: +91 2557732584

- Instagram: @daniel.helman.lee

Daniel Lee



NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

- **Toddlers' dance initiation** from 4 to 5 years old, every Monday, 2:30pm
- **Children' ballet class** from 6 to 8 years old, every Saturday, 9:15am
- **Tweens' ballet class** from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries: +91 9600225764

Fleur

GARBA: THE VIBRANT FOLK DANCE OF GUJARAT

1 July—30 September, Tuesdays, 4:45—6pm
@ CRIPA, Auroville



Step into an immersive experience of Garba—the vibrant folk dance of Gujarat. Rooted in the celebration of Shakti, this is a living tradition of rhythm, reverence and the collective—deeply experienced during the festival of Navratri! Connect with not just the dance but a whole culture that surrounds it.

- **Contribution:** Pay as per your comfort. Please consider the 3 facilitators, venue, props and items needed. Note that this is not a regular class but an immersion in a culture.
- More details on the following link:
<https://lightwithin.my.canva.site/garba>

+91 8870730567 WA, Megha

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- **Monday:**
7—Introduction to Tango
8—Improvers
- **Wednesday**
7:30—Guided Practice
8—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

Choose your Dance: Bachata, Kizomba, Salsa, Tango

Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

- Tuesday: Salsa class, 6:30pm
- Saturday: Workshop, 7pm

@Bakisata_dance

Tango Dance @ CRIPA

Monday

- Beginner, 6:30—7:30pm
- Intermediate, 7:30—8:30pm

Friday

- Workshop, 6:30—7:30pm
- Open practice, 7:30—8:30pm

Contact: +91 8637633696



Mani

Theatre, Music & Art Activities

AUROVILLE SINGING FESTIVAL 2025

Selection Process

We're delighted to announce that the Auroville Singing Festival 2025 will be held on 4 & 5 October @ CRIPA Hall.

If you love to sing and feel at ease performing on stage, we warmly invite you to be a part of this celebration of voices!

We would especially love to hear songs in your native language, bringing the richness of your culture and spirit to our shared space.

- The selection process begins in early August, so if you're interested in participating, [please sign up here](#).

We look forward to seeing you—and hearing your voice!

With joy and music, Shakti for AVSF Team



CREEVA: INFORMATION & UPCOMING NEWS



Weekly Art Workshops & Sessions

- **Watercolour Painting Workshop** by Sathya
 - Every Monday, 5—7pm.
- **Life Model Drawing Session:**
 - Every Tuesday, 5—7 pm.
- **Live Portrait** by Sathya:
 - Reach out to schedule a session.
- **Open Studio:** A space for everyone to explore their artistic potential: Every day, 9am—5pm,
 - Contact Abi: +91 90420 58981.

For info contact Sathya:

- +91 9486145072, sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

SVARAM ACTIVITIES

Our Social Media links

- YouTube: <https://www.youtube.com/@SvaramStreams/about>
- Facebook: <https://www.facebook.com/svaram.org>
- Instagram: <https://www.instagram.com/svaramsoundexperience/>
- Website: <https://svaram.org>

Sound Healing Session

- By Appointment Only
- Available Sessions: Solo, Duo or Group
- Book Now: <https://svaram.org/sound-healing-sessions/>



SVARAM Workshops

Check out all our Events and Workshops:

- <https://svaram.org/events/>



Aurelio
for the SVARAM Team

THE WOMEN'S CHOIR 'AUROVILLE HARMONIES'

is recruiting

You are a woman; You love to sing; Or you want to sing
Join Auroville Harmonies and discover the songs of the world.
Beginners are welcome. Rehearsals resume in mid-July.

- If you are interested, contact Antoine:
antoine@auroville.org.in, +33 620284999 WA

Antoine

KOREAN CALLIGRAPHY

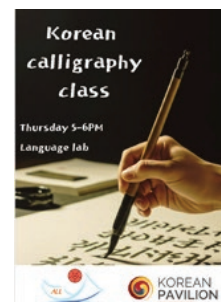
Thursdays 5—6pm @ Language Lab

Hangeul is the Korean alphabet. It was created in 1443 by King Sejong the Great and his scholars to help people read and write easily. Hangeul is known for its scientific design—the shapes of the letters show how the mouth moves when making the sounds.

It has 14 basic consonants and 10 vowels, and they are combined into blocks to form syllables. Today, Hangeul is considered one of the most logical and efficient writing systems in the world.

Discover the art of Korean calligraphy by learning the graceful forms of Hangeul consonants, vowels, and their harmonious combinations.

Mint



Sports & Martial Arts

MTB BICYCLE RACE

17 August, 6am @ Townhall parking area

Registration closes on 11 August

We are happy to announce our next event for the MTB bicycle riders in August 2025.

Join us on 17 of August at 6am at the Townhall parking area for the exciting race inside Auroville for all ages above 12 years old. The distance of the race is 18 kms. This time we have a men & women category.

- [Register now to participate in the race.](#) On race day spot registration is not available.
- The registration closes on 11 August.



Raju, +91 9443074825 WA only

AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring.

We play futsal in Dehashakti,

If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

- Mondays and Wednesday, 5pm
- Please contact Balaji: 8940224950

Boys 16yo+ are playing

- Tuesdays and Fridays, 5pm
- Please contact Beber 638563 5943



Submitted by Beber

ABHAYA MARTIAL ARTS



Abhaya Martial Arts is proud to have trained over 500 students of all genders, ages, and experience levels. We've hosted expert Muay Thai coaches, Brazilian Jiu-Jitsu (BJJ) black belts, and introduced our students to a range of transformative practices. Our team has participated in national competitions and begun awarding official belts and degrees recognized by the **Shou Dao School**—a martial arts academy acknowledged by the Olympic Committee.



Our regular classes for adults @ 5:30pm

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Muay Thai/K1 with Coach Ruben, Coach Tanguy and Coach Giacomo

Please note:

- Contribution required
- Be punctual
- Short nails, sportswear and no jewelry
- Stay home if you're unwell or have open wounds

For updates and participation: +91 9487340778 WA msg.

Brazilian Jiu-Jitsu classes for kids!

- **Tuesdays & Thursdays, 3:30–4:30pm**
for kids aged 4 to 13, @ Dehashakti Gym
- Contribution required

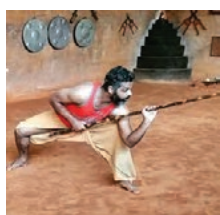
After many requests, we're thrilled to restart Brazilian Jiu-Jitsu and foundational MMA classes for children at Dehashakti Gym! Send your child in sportswear, with a water bottle—and a big smile!

Classes are led by **Monica**, an experienced assistant instructor beloved by the kids. At Abhaya, we teach Brazilian Jiu-Jitsu in a **non-competitive way**, focusing on **discipline**, **self-control**, and a solid, practical foundation in martial arts. BJJ is one of the most effective real-life self-defense systems and is proven to enhance **cognitive skills** and **fine motor development**, especially in young children.

- **For more info or to join the kids' WA group:**
+91 84480 77070 *Giacomo for Abhaya*

KSHETRA KALARI @ ASPIRATION SPORT GROUND

- **Kalari Classes 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

Bharat Nivas presents

KALARIPAYATTU REGULAR CLASS



- Monday to Friday
 - Morning: 6–7am, Evening: 5–6pm
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium
Monisha for BN Team

THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

Tai Chi Quan & Chi

- @ Dehashakti outside
- Tuesday and Friday, 6:30–7:45am

Body awareness & Relaxation

- @ Budokan Dojo, Dehashakti, Wednesday, 5–6:15pm

For more info: 8110848123 WA.



Hans

AIKIDO CLASSES

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.



The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!

Adult Aikido classes

- **Tuesday, Thursday and Saturday, 6–7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **Wednesdays, 5:30–7pm**. Welcome!

Children/ young students

- **Monday, Wednesday and Friday, 4–5pm.**

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
Cristo, Rita, Surya & Philippe for Auroville Aikido

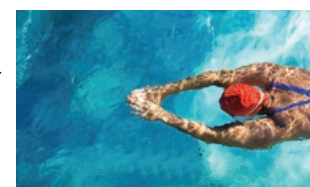
MORNING SWIMMING CLASSES FOR CHILDREN

Limited spots available!

Tuesdays & Thursdays, 6:30am–7:30am
@ La Piscine

- Group classes for Aurovillian kids aged 11 to 15 years
 - Safe and fun environment with professional guidance
- Build confidence, improve technique, and enjoy the water!

- **To enquire:**
+91 8940 288090 WA



Sonia and Ana

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book now: +91 8637633696

Package swimming class



Mani

Multiple Activities

BHARAT NIVAS JULY 2025



BHARAT NIVAS

भारत निवास पारुत्तु न्निवाणु

The Pavilion of India, Auroville

Bharat Nivas, the Pavilion of India in Auroville, offers a vibrant calendar of classes and experiences rooted in India's spirit of practice, learning, and cultural expression. All are welcome to join and co-create a space of growth and well-being.

Kalaripayattu—Ancient Martial Art of India

- @Bharat Kalari (Opp. Sri Aurobindo Auditorium)
- Monday to Friday, Morning: 6—7am, Evening: 5—6pm

A dynamic blend of movement, discipline, and inner strength. This South Indian martial art cultivates flexibility, endurance, focus, and body-mind coordination.

Open to all levels. Taught in a respectful, energizing environment.

Vinyasa Flow Yoga with Bala

- @ Progress Hall, Bharat Nivas
- Thursday, Friday & Saturday
- 5:30—7pm

Connect movement and breath in a fluid sequence to enhance strength, flexibility, and inner clarity. Open to both beginners and experienced practitioners.

Find your rhythm, balance, and calm with this mindful practice.

Auroville Tango

- @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month. No partner required. Please bring socks or dance shoes.

- Monday
 - 7pm—Introduction to Tango
 - 8pm—Improvers
- Wednesday
 - 7:30pm—Guided Practice
 - 8pm—Long Practice
- Contact:
 - Maud +91 98211 66082, tango@auroville.org.in

Study Circle: The Synthesis of Yoga

Facilitator: Deepti Tiwari

- @ Resource Library, Bharat Nivas
- Every Tuesday, 4:30—5:30pm

A weekly gathering to explore Sri Aurobindo's teachings on Integral Yoga in a collective, thoughtful setting.

Open to all levels of experience and interest.

Kala Kendra Art Gallery—Exhibition center

- @ Kala Kendra, Bharat Nivas
- Visit During regular gallery hours, open to all

Ongoing exhibitions featuring visual artists from Auroville and across India. A space for aesthetic experience, dialogue, and inspiration.

Souvenir Shop—Gifts with Meaning

- Near Sri Aurobindo Auditorium
- Monday–Saturday, 10am—4pm

A curated selection of Auroville-made items: T-shirts, bags, magnets, and coffee cups. Beautiful keepsakes and thoughtful gifts.

Bharat Nivas Café—The Pathway to Flavour

- @ Pathway Café, open daily

Serving all-day dosas—Masala, Ghee, Onion—comforting Pongal or Khichdi, and organic chai for Rs 20.

Simple food, warm hospitality, and an authentic taste of South India.

Marketplace Stalls—Auroville Made

Explore handmade products and crafts from local initiatives:

Hemplanet: Hemp-based wellness and skincare

Deepam Candles: Hand-poured artisan candles

Taste of Nature: Herbal teas, jams, snacks

La Boutique: Ethical clothing and crafts

Egai: Workshops: incense, jewellery, coconut shell

Auroville Explore: Guided tours of Auroville

Weekly Cultural Programs & Events

Bharat Nivas hosts music, dance, theatre, and guest talks every week—many at the Sri Aurobindo Auditorium and SWACHU—open to Auroville residents and visitors.

- Instagram: @BharatNivasAuroville
- Facebook: BharatNivasAuroville

Invitation to Collaborate

Bharat Nivas invites teachers, artists, wellness practitioners, and facilitators to co-create meaningful offerings.

We welcome proposals for workshops, classes, performances, and gatherings across our venues: Harmony Hall, Progress Hall, Sri Aurobindo Auditorium, SAWCHU, and open-air spaces.

If your work aligns with conscious living and creative exchange, we'd love to hear from you.

- Contact: bharatnivas@auroville.org.in

Monisha, BN Team

IT MATTERS ACTIVITIES, A/C ROOM

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED

LOCATION:
Auroville Main Road
Kullapalayam

@ It Matters, Auroville Main Road

More info on instagram: @auroville.curated

Workshop pre-registrations*:

- itmatters@auroville.org.in or +91 9344087925 WA

Date	Workshops in July*
26, Saturday, 10am—1pm	Me, Myself & I (Writing & Self Exploration) with Navni. Free contribution Rs. 1 to 2000

*Pre-registration for Workshops required

Bhakti & Sandra

Bioregion & Nature Activities

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!

Be a part of a weekly farm tour to learn where your food comes from.

- Free guided farm tour only on Saturdays, 11:30am.

For the larger group (5+) and private bookings, there is a separate charge.

- Please email us at: solitudepermaculture@gmail.com



Education at Solitude Farm

Education at Solitude Farm is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

- 3 days Intensive Permaculture Weekend Workshop
 - View schedule and book here: <https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

Mini Permaculture Workshop

- Please email us: solitudepermaculture@gmail.com for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

- *Introduction to permaculture through local food:* Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!
- *Handmade Soap-Making:* By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

Farm Fresh Basket Service

A long term commitment to your health!

A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

- Please email us at solitudepermaculture@gmail.com to book your basket.

Krishna
for the Solitude farm & café
[Krishna's newsletter!](#)



LUNCH SCHEME @ SOLITUDE

Experience a wholesome lunch scheme at Solitude Farm—freshly prepared straight from our farm every day. Enjoy traditional grains such as millets and red rice, heritage greens like local spinach, and a variety of seasonal fruits and vegetables rich in Ayurvedic benefits.



All food is grown without chemicals and follows time-tested methods that have supported communities for generations.

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing life-style conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots.

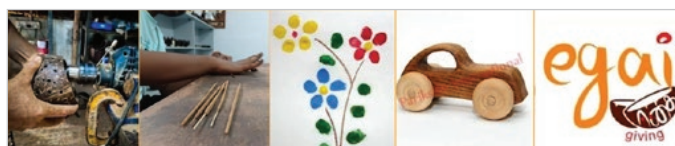
Come, eat well, and feel well.

- Booking: solitudepermaculture@gmail.com

Solitude farm & café, Krishna

EGAI GIVING

Arts and Crafts



Toys Workshop: Craft simple toys made of wood and bamboo.

Finger Painting Workshop: Tap into your inner child and learn how to paint with your fingers.

Coconut Shell Workshop: Make and take earrings, keychains, bowls, and pendants.

Incense Workshop: Come and make your own agarbatties.

Products



We make craftwork out of eco-friendly materials such as coconut shell. All our products are unique by design and sustainable.

- Contact Anand: +91 9791896488,
egai@auroville.org.in

Anand

ENLIGHT



ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji
for Enlight Team

MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

mohanamprogram@auroville.org.in

Call/WA: 8300949079

Office: 10am—4pm,
Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.

Make & Take Workshop @ Mohanam Campus

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewellery	2 hours
Dreamcatcher	2 hours
Henna	2 hours



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

- The Make & Take workshops can be booked for any day Monday—Saturday, 10am—12:30pm or 2—5pm.

Auroville Bioregional Experience with Mohanam

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluvelli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

Activity	Time	Description
Cooking Class	Monday to Saturday, 10am—12:30pm	Learn to cook traditional South Indian food and snacks.
Saree Draping	Monday to Saturday, 10am—4pm	Learn how to drape a saree and model your look in an optional photoshoot.
Siddhar Ongara Five Elements Chanting	Every Saturday, 3:30—4:30pm	Chanting calms the mind, boosts energy, and fosters inner peace—join our class to experience its transformative power.



Tours inside Auroville with Mohanam

Tour Activity, Time	Description
Auroville Northwest Tour Monday to Saturday, 10:30am—1pm	Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville.
Mohanam Campus Tour Monday to Saturday, 10am—4pm	Visit Mohanam Bio-region Cultural Centre to experience Tamil culture with all your senses—taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.

Gingee One-Day Experiential Tour

One-Day Symposium on Gingee and Pondicherry: Its History, People, and Connections.

Discover the deep-rooted cultural and historical ties between Gingee and Pondicherry in this immersive one-day symposium Led by Prof. A. Chellaperumal, Tagore National Research Fellow, the day offers a unique blend of heritage exploration, sacred sites, village traditions, and artisan interactions. With the theme *Sustainably Rooted in History & Spirit*, the journey unfolds from millet breakfasts to fort hikes, temple visits to village lunches, ending in quiet sunset reflection.

Come experience the people, stories, and spirit that connect these timeless landscapes.

Thiruvannamalai Eco & Spiritual Services

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

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening/ spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

For more information, contact us:

- mohanamprogram@auroville.org.in,
- +91 8300949079

Balu
for Mohanam Program

SADHANA FOREST: Plant based Saturday Every Saturday

Join us every Saturday for a day of connection, learning, and delicious plant-based food!

Whether you're curious about sustainable living, enjoy spending time with cows, or want to explore new recipes, we'd love to have you with us.

Schedule:

- 09:00 Breakfast
- 10:00 Cow Connection
- 11:00 Plant-Based Cooking Class
- 12:30 Talk on Diet & Nutrition
- 18:00 Dinner

You're welcome to join for the whole day or just a part of it, all offered to you as a gift from Sadhana Forest free of charge.

Aviram

AUROVILLE BAMBOO CENTRE EVENTS

Bamboo Centre Campus Tour

Bamboo Centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.



- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

Special Bamboo Lunch for Groups in week days

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

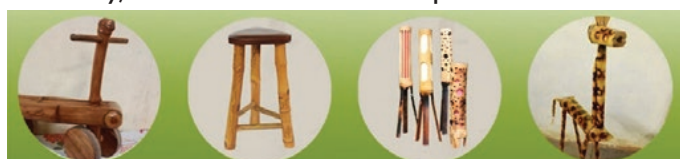
Trainings and workshops

- Every day except Sunday

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people. Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

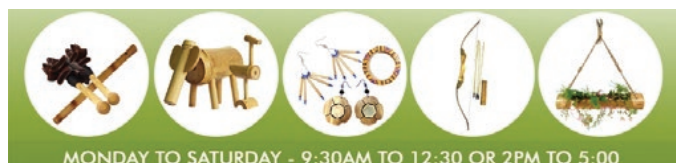
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops:



- 9am—12:30pm, 1:30—5pm
- Registration one day in advance.
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops:



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

- Walk-in registration available
- 9am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen and take home your own hand-made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
- 10am—12:30pm or 2:30pm—5pm
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

Upcoming Workshop: Musical Installation

- 25 & 26 July, 9am—5pm

This workshop explores the intersection of sound, scale, and sustainability by building a large-scale xylophone using bamboo.

The Bamboo Music Installation workshop will take place over 2 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
- www.aurovillebamboocentre.org

Balu for Bamboo Centre Team

WELLPAPER WORKSHOP

Wellpaper



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.

Wellpaper: +91 9385744722, 0413 2969722

Viji

Help Needed

MORNING STAR

Help Us Build a Place for Respectful Maternity and Women's Wellness Care

Construction at the Morning Star site is in full swing! This center for community-based natural birthing and women's wellness is deeply rooted in Auroville's values: honoring conscious birth for women of all nationalities, including fathers in the sacred moments of pregnancy and birth; supporting health for women throughout the lifespan—all in a sustainable, beautiful building surrounded by trees and gardens.



To manifest and sustain Morning Star, we are seeking your support—from within Auroville, across India, and around the world. This is your chance to be part of a meaningful step toward the future of humanity. Every contribution—big or small—makes a real difference.



How You Can Contribute

1. Aurovilians (Indian Nationals Only)

You can contribute directly through a Financial Service (FS) transfer:

- Send your FS Transfer to Auroville unity fund FS account 240001. Project Name: Morning Star

Once done, please inform us so we can acknowledge and account for your donation properly.

2. Indian Nationals (Outside Auroville)

Please donate via the Auroville online donation portal:

- <https://auroville.org/page/donations>

Select your preferred payment method. In the Project/ Remarks field, enter: Morning Star

3. Foreigners Residing in Auroville (Non-Indian Nationals)

Due to FCRA regulations, direct FS transfers are not allowed. Please follow these steps:

- Write a cheque addressed to: Auroville Foundation
- Submit it to us or to the Unity Fund at the Financial Service
- Provide a copy of your passport

The Unity Fund team will process and route the donation to our project in compliance with FCRA regulations.

4. Foreign Donors (Outside Auroville)

Donations can be routed through any of the AVI centers. Please check the Auroville International Centres for more information: http://auroville-international.org/avi_centres/

Our fundraising partners: AVI-USA

- <https://give.aviusa.org/page/MorningStar>.
 - Donations via Auroville International U.S.A. are tax-exempt.

AVI-UK:

- <https://aviuk.org/fundraising/donate/>
 - Tax-exempt donations via Auroville International U.K. Please mention: Morning Star

All donations are processed through the Auroville Unity Fund in accordance with FCRA rules of India ensuring compliance, full transparency and proper usage.

Need Help?

Our fundraising coordinator, Balaganesh Siva, is happy to assist with any questions about the donation process.

- balaganesh.siva@gmail.com
- +91 98926 99804 WA/ Call

Let's build this dream together and bring conscious, respectful care for women, babies, and families—not only to Auroville, but to the world.

Paula for The Morning Star Team,
www.aurovillemorningstar.org

Office Spaces

Kinisi Cowork

Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings.

- **Opening hours:** 7am—11pm
- **Flexible Passes & Validity:**

- 1 Day Pass
- 5 Days Pass (Valid 14 Days)
- 25 Days Pass (Valid 60 Days)
- 60 Days Pass (Valid 120 Days)

- **Conference Room:** As Booked (4 hrs)

- **Amenities:** Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).

- **Community & Connection:** Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.

Ready to join? Learn more and book your spot:

- +91 9429690049, hello@cowork.kinisi.in
- CSR Campus, Auroshilpam, Auroville—605101
- cowork.kinisi.in



Laure

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.

Contact Mr. Pandian

at Auromode in person, +91 9943390391 or pandian@auroville.org.in

Pandian

Aurelec Spaces Available

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, 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



Looking For

Looking for Humvee

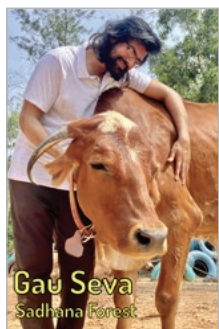
Due to neck issue, I need to look for a better vehicle to transport myself and my two children. A humvee would be great, so if you have one that you don't use, even if it required some work, please contact me.

Fanny, 8940231613 WA



Honorary Voluntary

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

Aviram
for Sadhana Forest team

VOLUNTEERING @ ECOSERVICE

Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.

**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.

B for Ecoservice, 7598911090 WA



AARAMBHAM LEARNING SPACE

Looking for a volunteer caretaker

Aarambham Learning Space is looking for a volunteer caretaker. Simple place to stay & lunch provided in exchange for physical work few hours a day.

For details please contact:

- aarambham@auroville.org.in
- +91 83002 88303, WA messages



Looking for a long-term volunteer Facilitator

Our expectations

- responsibility and punctuality
- ability and preferably some experience of work in the education field (age from 6 to 12)
- good communication skills with kids and adults
- ability to move around Auroville
- interest and motivation
- optimism and good energy

We can provide lunch and some additional bonuses to come as you will stay with the team longer.

If interested, please contact:

- aarambham@auroville.org.in
- +91 83002 88303, WA messages

Alexey

Work Offering

AIAT'S INTERNSHIP COLLABORATION OPPORTUNITY:

Software development & IT

Students from the "Software Development & Machine Learning" program at Auroville Institute of Applied Technology (AIAT) are eager to collaborate on meaningful community-based projects as part of their annual internship.



We invite Auroville Units and Activities to engage with our students on real-time initiatives, whether long-term or short-term that not only align with software development and IT-related areas but also contribute positively to the community.

Our experienced staff, with decades of industry expertise, are actively involved in guiding the students and overseeing the quality of project outcome.

If you have a project that could benefit from enthusiastic student involvement and support the collective growth of Auroville, please reach out to us at:

- amarnath.t@auroville.org.in,
+91 9994216702 WA

We look forward to building meaningful collaborations that support both student learning and community development.

Amarnath

AMMA IN SEARCH OF FULL-TIME WORK

My trustworthy Amma, Lakshmi from Bommayalalayam, is in search of full-time work. She has her own scooter and mobile phone. Please contact her daughter, Ramya, to discuss opportunities: +91 9345732911, Forest

Work Opportunities

eco • femme

is looking for a communications lead

Eco Femme is seeking a dynamic and passionate Full-Time Communications Lead to drive our growth and brand awareness. We are looking for an experienced candidate in marketing strategy, leadership, and project management to guide our team to meet organizational and programme goals.

Proven experience required

- Minimum 1 year of experience leading a team, including cross-functional coordination
- Marketing strategy development and implementation
- Basic understanding of performance marketing and analytics
- Platform-specific expertise in Instagram, Facebook, LinkedIn, YouTube, Google Business, website, and email marketing
- Project management/ campaigns

We are based in Auroshilpam.

Starting date: Immediate. This position requires the candidate to be present at our office on a daily basis.

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

Mahalakshmi Prabhakar, +91 7094278777

COLOURS OF NATURE: LOOKING FOR A GARDENER

We are looking for a gardener to take care of our garden. Basic experience in gardening is preferred. Interested person may contact us at 0413 2622587 landline.

Manikandan for the Colours of Nature, Auroshilpam

CONTENT CREATION, RETREAT LOGISTICS, proofreading, website updates

Hello, I am looking for people who can support the different areas of my work—content creation, retreat logistics, proofreading, website updates etc.

- Some roles are ideal for interns or volunteers,
- and others could be paid.

If you feel you can contribute to the field of Vedic Astrology, or know someone who might be a good fit, please take a look at this page: <https://www.allthingsvedic.in/work-with-us>. You'll find all the details there, along with a short form to be filled.

Vikram Devatha
9843948288,
Submitted by Megha

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Seeking for qualified candidates: Assistant professor

Auroville Institute of Applied Technology (<https://aiat.edu.in/>) is currently seeking qualified candidates for the position of Assistant Professor in the field of Electrical and Electronics background. Applicants must hold a Master's degree in a relevant discipline.

- Interested candidates are invited to send their CV to info@aiat.edu.in.

Looking for a Hindi language teacher

Auroville Institute of Applied Technology (AIAT) is currently inviting applications for the position of Hindi Language Teacher. Candidates with a Master's degree in Hindi or a related field will be given preference.

- Qualified and interested individuals are requested to send their CV to info@aiat.edu.in.

Amarnath

Foods, Goods & Services

PT PURCHASING SERVICE

Pour Tous பூர் தூஸ் For All

Canteen is now offering an In-Kind Lunch Scheme (Tiffin Service)

We are happy to announce that PT Purchasing Service—Canteen is now offering an in-kind lunch scheme (Tiffin service).

- If you are interested in subscribing to the monthly lunch scheme, please send an email to: ptps@auroville.org.in.

PT Purchasing Service has extended its closing time to 5:30pm

Office: 0413 2622152/ 2623091

Email: ptps@auroville.org.in

WhatsApp: +91 9786526171

Aspiration, Kuilapalayam, Auroville, Tamil Nadu

From Mass Bulletin

NATURELLEMENT GARDEN CAFE DISCOUNT: Extended for July

Our 50% discount on Thursdays during May and June for Aurovilians, Newcomers and Savi volunteers has received such great feedback that we are now extending it for July as well.



Martina for Naturellement

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

Auroville Bakery Cafe is excited to announce the opening its new branch in Town Hall!

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe.

The Cafe will also host an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants.

In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.

We warmly welcome you to join us from this Monday onwards!



Auroville Bakery & Cafe Team,
from Mass Bulletin

GOYO KOREAN SILENT RESTAURANT

@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm



Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo

RIGHT PATH CAFE



- Cafeteria is closed on Tuesday evenings instead of Monday evenings! Please join us on Monday nights for our full range of dishes, including Korean, Dosas, etc.
- Also, the Cafeteria is now on Dropzy! Please check our Takeaway menu!

Special offers at Cafeteria Visitors Centre

- Every day, 7:30—9am 50% Discount for Aurovilians on our organic breakfast items!
- Every Thursday 50% Discount for Aurovilians on Korean dishes
- Every Friday 50% Discount on non-veg dishes

Reminder! Cafeteria uses chiefly organic products and Auroville grown food.

We offer

- Monthly and half monthly organic lunch scheme options
- 30% Discount to Aurovilians and 10% discount to volunteer Aurocard holders on all our menus.

Kyonghyon Lee for Right Path Cafe

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

Pavithra
for Auromode Restaurant



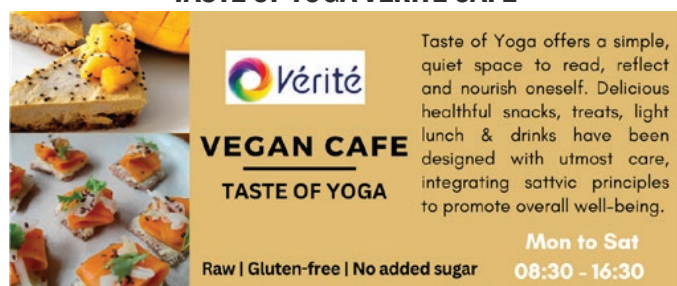
NEEM TREE CAFE OFFER

Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- We are open every day **Monday to Saturday** @ Mahalaxmi park (Near Solar Kitchen). Sunday is holiday.
 - Our prices are 20 to 200 only inclusive all taxes
- Come and enjoy!

Parthasarathy Krishnan

TASTE OF YOGA VÉRITÉ CAFÉ



VÉRITÉ
VEGAN CAFE
TASTE OF YOGA

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

Raw | Gluten-free | No added sugar

Mon to Sat
08:30 - 16:30

Kathir
for Vérité programming

THE SPROUT TIMINGS

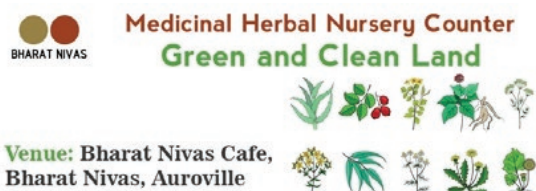
Daily, 7am—4pm



Monica for The Sprout team,
www.thesprout.in

BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



BHARAT NIVAS
Medicinal Herbal Nursery Counter
Green and Clean Land

Venue: Bharat Nivas Cafe,
Bharat Nivas, Auroville

Green and Clean Land: Indoor and Outdoor Plants for your House and Garden. Your journey into holistic well-being begins here! Nourishing and preserving bio-diversity for environment protection in collaboration with Martuvam Healing Forest.

We warmly invite you to bring Auroville's native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity. Offer your contributions with a minimal donation and become a part of this collective effort to promote nature's gift for a better tomorrow. Let's grow and give, together!

Souvenir Outlet



Monisha

DOWNLOAD OR ACCESS DROPZY APP

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version:
<https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>



Sathish

ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFÉ

Bharat Nivas Café has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20. Please, come and enjoy, welcome to Bharat Nivas café.

Arabinda for Bharat Nivas team

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- **For more info:**
call/ WA +91 83002 68804 or pass by.

Isabella for FoodLink

TAMIL NADU BASMATI RICE @ SIDDHARTHA FARM

At Siddhartha Farm, we have introduced Tamil Nadu Basmati rice, which we have been successfully cultivating here. It is now available at the following outlets: PourTous Distribution Centre (PTDC), PourTous Purchasing Service (PTPS), Farm Fresh, and Hers.



- This aged, semi-polished Basmati raw rice is available in both whole grain and broken grain forms.
- Direct bulk orders are welcome, with a 25% discount offered on the following minimum quantities:
 - Whole grain rice, 25 kg
 - Broken grain rice, 15 kg
 - Door delivery within Auroville will be provided as part of our service.

If there is a positive response from the community, we look forward to continuing its cultivation.

- For pricing and orders, please contact us at:
siddhartha.farm@auroville.org.in, +91 8838012456

Available for immediate supply.

Suha from Siddhartha Farm

ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly.



Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

- We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates.
- Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. Davide

LIVING ROOM CAFÉ : OPEN EVERY DAY, 8AM—9PM

Come enjoy delicious meals and coffee in our cozy space, located on The Crown across from the Auroville Library.



We serve breakfast, lunch, and dinner for Aurovilians, newcomers, volunteers, and guests. We look forward to seeing you!

Debo for The Living Room Cafe Team

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and Millets Pongal, Coffee

Rs.99

Submitted by Shiva



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 Certificate 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/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service



KINISI E-MOBILITY

At Kinisi we are passionate about making sustainable, electric transport accessible and convenient for everyone in Auroville. Whether you're a guest, long-term volunteer, newcomer, or Aurovilian, we have tailored solutions to get you moving quietly, cleanly, and efficiently.



Our Services Include:

- E-Cycle, E-Scooter & E-Bike Rentals:
- Flexible pricing depending on the duration of rentals for guests. <https://app.kinisi.in/>
- Special discounted rates for SAVI registered for long-term volunteers—ask about our volunteer scheme! <https://app.kinisi.in/volunteer/>
- KIM Scheme: Exclusive benefits for Aurovilians and Newcomers. <https://app.kinisi.in/kim/>

Repair & Service:

- Comprehensive repair and maintenance for all models of e-cycles, e-scooters, and e-bikes—no matter where you bought it!
- General Service, Battery, Motor, and Controller check, parts replacement, and recycling services.

Contact Us:

- +91 8300460679/ 680, info@kinisi.in
- <https://bit.ly/2Jl4Q9Z>, <https://kinisi.in/>

Debo



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services, we are honored to serve the diverse and vibrant needs of this incredible community.

Rajesh for ITS



SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592
Office cell: 8610915429
sunrisetaxi@auroville.org.in
www.aurovillesunrisetaxi.in



Sathish for Sunrise Taxi

SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering cost-effective travel options by arranging shared trips between Chennai and Auroville. Additionally, we provide local trips within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256, its@auroville.org.in

Rajesh.D for Shared Transport Service



Open 24 X 7: Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: uts@auroville.org.in *Lakshmi for UTS*

RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



Services offered

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, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

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

SARVAM COMPUTERS offers reliable service

Sarvam Computers is located in Utsav Complex. 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 *Bala*



inside india
DREAMS & MEMORIES

Vanakam, Bonjour and Hello from Inside India. We're excited to announce that Inside India is now **open on the 1st and 3rd Saturdays of every month.**

Itineraries & ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across **India and Sri Lanka**. Write to us at tours@insideindiaauroville.com to start planning.

- **We are open** Monday to Saturday, 10am—5pm, @ our Kalpana Office in Auroville.

We also offer **Auroville Tours, Bicycle Tours** in the bio-region, and more! Get in touch to know what's on offer.

Cycling tours in bio-region on request

We are now offering cycling tours on request for all levels. Off-roads, single track and half-day tours are now available. Does this pique your interest? Reach out to us.

Exciting Airline Offers

- **Air India:** From Chennai to London, Milan.
- **Ethihad Airways:** From Chennai to Madrid, Rome, Milan.
- **Gulf Airways:** From Chennai to Milan.
- **Srilankan Airways:** From Chennai to Jakarta.
- **Malaysian Airways:** From Chennai to Seoul.

Important Update: UK Visas Go Fully Digital

Starting July 15, 2025, the UK will issue all new visas as eVisas—secure digital records linked to passports, replacing traditional visa stickers. This change especially affects international students, who must

- Register with UKVI
- Keep passport details updated
- Carry their visa decision letter when travelling

The eVisa will be required for identity verification by **universities, landlords, and employers**. Students are advised to complete the official checklist to avoid travel or registration issues.

We are booking tickets for Rail Europe

(Foreign national India PAN card is mandatory)

We are pleased to inform you that we are now offering booking services for Rail Europe — a convenient and efficient way to travel across the European continent by train.

Rail Europe provides access to an extensive network of trains that connect travellers to over 30 countries across Europe.

Passenger Advisory Notice for All Travellers

Passengers are advised to:

- Check flight status regularly with their airlines
- Allow extra time for connections and airport procedures
- Stay informed through official airline and airport channels

Have any questions? Need more support on your next flight? We're just a message away!

Shaheen for Inside India Team

SERVICE AVAILABLE

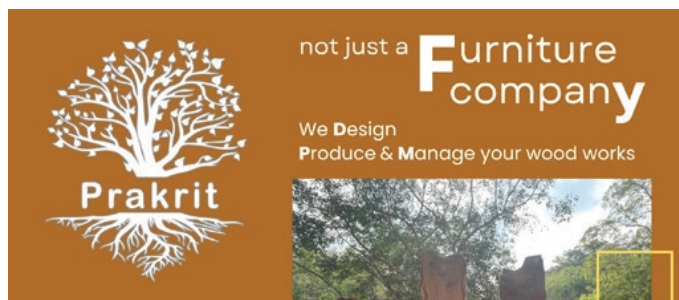
- **Gardening work:** fencing, cleaning, cutting, pruning, planting, digging, Keeth Hut house building any size,
- **House repair:** masonry, carpentry, plumbing, Shopping service.

Please contact Ranjith, Aurovilian:

- +91 8610997059, subramani13@auroville.org.in

Ranjith

PRAKRIT



Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

Head over to our website www.prakrit.org.in to check out our portfolio of projects done in collaboration with various architects and businesses over past years. Reach out to us for enquiries and collaborative opportunities.

Mehul for Prakrit,
+91 9634424066

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.

Thai Massage & Tailoring: We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact:
- 8098845200 WA/ ph.,
rupavathijoy@gmail.com

Rupavathi

AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store (auroville.com) in Aurosarjan Complex

Hands-on workspace for AV units and individuals to work on specific AI projects. Bring your problem, attempt a solution, and get support. Technical expertise not required. Drop-ins welcome, but advance notice appreciated. A collaborative space to explore and work on AI projects.

Please join the AV GenAI User Group on WhatsApp to be updated on any changes in Location and Timing.

- WhatsApp: <https://chat.whatsapp.com/BY0sY138DwFFdAffBsCRJ>

AL Majumdar,
+91 9843941207 WA

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 9843846458 WA, Phone,
lyyappan

FREE STORE WORKING HOURS

Mornings: Monday to Saturday, 9am—12:30pm

Afternoons: Tuesday & Thursday, 2:30—4:30pm

You're welcome to bring clean items to the Freestore.

We kindly ask that you come during open hours when someone is around, and avoid leaving things outside the door.

Kamala
for the Free Store team

Voices & Notes

THE GODS ARE AWAKENING

'It was the hour before the Gods awake.

Across the path of the divine Event

The huge foreboding mind of Night, alone

In her unlit temple of eternity,

Lay stretched immobile upon Silence' marge.

Almost one felt, opaque, impenetrable,

In the sombre symbol of her eyeless muse

The abysm of the unbodied Infinite;

A fathomless zero occupied the world.'

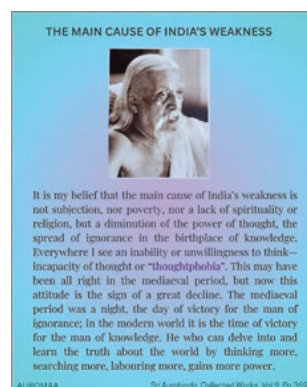
Sri Aurobindo.

Savitri—A Legend and a Symbol

<https://incarnateword.in/cwsa/33/the-symbol-dawn>

My commentary below as per ongoing discussions on the above and the [dangers of 'thoughtphobia' as Sri Aurobindo has coined:](#)

And that thought power in all its levels (from being born as a human being with our base gross mind, to higher mind, illumined mind, intuition, over-mind) up to the Mind of Light, integrated with conscious action/works and total devotion to the Supreme, the inseparable Jnana-Karma-Bhakti of the Integral Supramental Yoga, are the qualities to be fully developed here in the Avatar's Auroville, an envisioned and



direct-actioned, purpose-oriented and driven Deva Sangha, a city-wide Gurukulam of would be gnostic beings. This accelerated collective dynamic process of the Triple Transformation continues on for a few more generations until the Supramental Consciousness-Force that has already been brought down by the Dual Avatar and active on Earth since 29 February 1956 emerges fully in Spirit and Matter as the new apex species the Supramental being.

Thus we observe all the archetypal players from all over the world carrying all sorts of programmings ([social, moral, cultural, racial and hereditary appearances](#)) assembled and protected here in Auroville, in the womb of the Guru of Nations, Mother India who is Bharat Mata, churned in the cauldron of the transitional stages prior to the Divine Event, the Divine Manifestation of the Supramental being. Without this full understanding...

To read in full, please continue here: <https://zechjoya.blogspot.com/2025/07/the-gods-are-awakening.html>

Note: for readers of the printed version, please scan the QR Code to access the full post and links or go to this blog-site to access the post of the same title: <https://zechjoya.blogspot.com/>

Zech

THANK YOU AUROVILLE!

I thank Auroville and all its protagonists for everything they have helped to bring to light in me and everything they are helping to activate in the current planetary field. I thank the subtle presence that has guided every experience of growth, healing and transformation I've had here with my son in recent months. Thank you for the pressure, the inspiration and the revelation.

I thank the space of stability and cultivation of body awareness, the Dojo and its teachers. I thank the music teachers who sow the seeds of listening, responsibility and vibratory creativity in the children. I thank the families, the parents, who act in the search for a daily environment of love and truth, to nourish a red thread of free progress in the new generation. I thank the Tamils and their bewitching language, and the colorful, laughing, humble and attentive women who take care of the houses.

I thank the Dog Nation, for their loyalty, their magic, their intelligence at work in the city, and their sacrifice in this adverse environment. And the Animal Lovers, the guardians of their well-being, who passionately direct our gaze and more sensitivity to their condition.

I thank those who planted the forests and those who protect them, those who sow and cultivate, those who garden in peace, thanks to all the stewards of light nourishment, who bring back and nurture the foundations of life. Thank you for the birds, peacocks, insects, wild pigs and turtles, thank you for the giant trees and psychic flowers, once again at home on the red earth, gorged with water, shade and a mild climate, at the very heart of the auroral urban encampment. Thank you to all the natural elements, human and non-human, native and imported, for showing us the possible path of mutual support, of effective collaboration in the process of regeneration and territorial reconciliation.

I thank the healers, the meditators, those who pray and those who sing to the gods, those who read Sri Aurobindo and those who seek the meaning of the teaching, and those who courageously pass on the fruits of their long study, all those who smooth the atmosphere of grace and magnetize pure radiance, who bring liberation beyond the games of power, superficial sensoriality and gravedigging money.

I thank the institutions that allow the great dance of consciousness to continue, the creeping and residual shadows to be uncovered, the confrontations from the distant memories and underlying archetypes of our humanity, to resurface —on the guarded stage of Mother of a Thousand Mirrors, in the wombs of her experimental jewel, blessed, destined and offered to supramental consciousness.

I thank Sri Aurobindo and all his high spiritual relations, for having delivered a codex, a path, without form, and yet full of all forms.

As one of the resident sages put it, one certainly has to spend time here to understand and experience what's at work.

Thank you, Friends! What a blessing to have been able to live among you. If it is here, in the eternal, borderless diamond of the Aurovilian project that vibrates in the hearts of its sincere followers and servants, that the possibility of avoiding a third world war is at stake, as Mother suggested, then we must certainly continue...! Continue to honor, nurture and mutualize the existence of this adventure, which in itself IS already the vessel of the matrix Unity of all our dimensions.

Mukhande

AUROVILLE FARMS PRODUCE

April - June 2025



With gratitude to the people, animals and the land of Auroville that co created this food that we might eat

Meanwhile we go on growing... Here is what Auroville farmers produced in the last three months April to June 2025

How can we create and maintain a system of Auroville food standards in alignment with our highest aspirations?

We Auroville farmers want to ensure that the food produced on Auroville farms is of the highest standard. For us this means that it is grown in ways that do not harm either individual health or our environment. That animals are well cared for and human beings are physically and spiritually nourished. Most of us try to do this, but we also recognise the physical, social and economic constraints that often make certain choices difficult and sometimes impossible given our current systems. In the past few months, we have received a lot of feedback from community members regarding the quality of Auroville grown produce; the high prices and stark difference physically compared to the same things in Puducherry market, the lack of certain produce grown in Auroville—and so on.

Addressing these concerns requires both the farms and the community to interact and come to a common ground on the standards of food required by the community. We also need to understand and decide on what we are willing to invest individually and collectively to maintain these standards.

These questions are not new, and farmers have been debating them for many decades. We think it is high time now to address this issue openly in the community. Because food, which is a basic need for everyone, has become a market commodity in Auroville. While progressive governments and food movements internationally are emphasising decapitalisation and de-commodification of food, we seem to be moving in a completely different direction. Today, healthy food is available only to those who can afford it rather than everyone who needs it. Which has huge repercussions for Auroville farming as a service to the community.

We need community support in taking this conversation forward. We need people who are interested and passionate about this subject. People willing to put energy into exploring possibilities, to improve transparency and shape our Auroville food system.

Would you like to work with us to create food standards for Auroville grown food and a system that maintains them? Which is in alignment with the overall aspirations of the Auroville experiment, and grounded in current social-economic realities of our community?

Priya

AUROVILLE RADIO TV

Dear Aurovilians, your favourite radio is always working for you. Stay tuned!



Last published podcasts

- [Marlenka's weekly Offering—Ep.145](#) (Literature)
- [Soul Tracks Se.6, Ep.17: The Many Faces of Psychedelia](#) (Music)
- [Mom Talk, Physio Talk: One Person's Two Worlds](#) (Education)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.501](#) (Integral Yoga)

Latest Youtube video

- [Turn Your Lights Down Low—Cover by John—Auroville Singing Festival 2025](#)
- [Joy of Working in the Rising Sun—Cover by Anandi—Auroville Singing Festival 2025](#)
- [Jean Yves talks about "The Context" in Integral Education | IEPG 5—Day 2 | SAIER](#)
- [Matiprasad talks about The Quest in Integral Education | IEPG 5 On Research—Day 1 | SAIER](#)

...and more! on www.aurovillerradiotv.org

For more information write to radio@auroville.org.in

Sai Priya
for Auroville RadioTV Team

Poetry

DISTANCE

You sit afar
But your eyes and heart
Have come near and dear

With joyful Gratitude,
Anandi Z.

Classes, Workshops & Healing Arts

QUIET HEALING CENTER



www.quieth healingcenter.info, quiet@auroville.org.in

+91 9488084966, Mobile & WA

Watsu® Yoga Round with Ellie

- Sunday, 3 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 being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant.



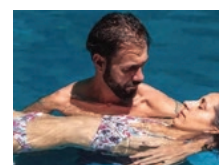
When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

Watsu® Basic with Roberto

- 4—5 August, 8:45am—6:30pm, 16 hours

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



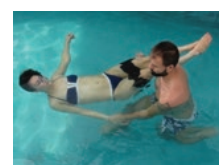
In this course, you'll practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of moving someone in water. You'll experience floating other people and being floated on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.

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

WaterDance Fundamental with Roberto

- 8—13 August, 8:45am—6:30pm, 50 hours

In this course, we'll focus on three fundamental aspects of WaterDance: grounding, posture of both giver and receiver, and the breath.



The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other basic surface and underwater movements.

Throughout the course, you'll also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will be given for integrating fears or apprehensions to go under water.

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

Woga® (Yoga in Water) Classes

- Thursday, 14 & 28 August, 4:30—6pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in water, which is waist-to-chest high. Classes 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 (35°C).



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!).

Woga® (Yoga in Water) Course 1 & 2 with Pooja & Tamara

- 16—17 August, 8:45am—5pm, 12 hours

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

Woga® Instructor Training Course with Pooja & Tamera

• 19—24 August, 8:45am—6:30pm, 42 hours

During this 6-day course, you'll gain a fundamental understanding of Woga, enabling you to harness the benefits of yoga in warm water. The program includes learning a diverse range of Woga exercises, as well as receiving didactic resources for conducting Woga classes or integrating Woga into your aquatic fitness classes. After successful completion of this course, you'll be certified as a professional Woga® Instructor.



• **Prerequisites:** Woga® 1 & 2 plus certified instructor in aquatic sports or any type of bodywork, or long-time bodyworker in any kind of activity.

Watsu® Basic with Pooja

• 25—26 August, 8:45am—6:30pm: 16 hours

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C).

This basic course introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.



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

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

Watsu® Yoga Round with Sheida

• Saturday, 30 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 being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant.



When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

Guido

HYBRID/ ONLINE WORKSHOP: Radical Transformational Leadership for Here and Now 2025

Everybody can choose to be a radical transformational leader and contribute to addressing our challenges be it in our society, home or workplace. Our challenges of today need new transformations that source our inner capacities, and new design to make a difference.

RTLWorks and the RTL in Auroville have joined hands for this online pan India, Africa, Asia-Pacific online program to invite you to a unique four-part online training series. Radical transformational leadership capacities—principled action, strategic design, creative thinking, generative conversations and results are required to build a world based on the values of dignity, fairness and compassion. These new capacities bring alignment of principles, purpose and practice in individuals and organizations for our humanity. This series of workshops will provide you with templates and tools to lead your work and projects to expand your reach and impact in the world.

Note: It consists of a series of 4 hybrid/ online workshops over 9 days, spaced apart by four to five weeks each. New capacities are introduced in each session and practiced in-between sessions to put these in action including weekly peer learning and coaching calls between each workshop session.

All participants must commit to participating in all the days in the four sessions.

- **Session 1:** 20—22 September, Saturday, Sunday, Monday
- **Session 2:** 18—19 October, Saturday, Sunday
- **Session 3:** 22—23 November, Saturday, Sunday
- **Session 4:** 20—21 December, Saturday, Sunday

The program will be held 8am to 5pm in person in Unity Pavilion or participants can attend online

- **To register:** [please fill in the form here](#) or email stewardship4newemergence@auroville.org.in by 23 August.

This program is offered free of fees for Aurovilians and newcomers however we suggest a contribution of 2,500Rs to cover basic costs incurred in the 9 day program such as hall rent, and equipment. For those in Auroville associated through volunteering or partnership a contribution of 3,500Rs is suggested, please contact us for payment details. Please transfer this to account **252975** at the financial services. If the above is a challenge for you, please email us for a scholarship. All the facilitators and resource people are working in service pro bono. Please feel free to contact us for any assistance or queries at

- Saranya: saranyaa2991995@gmail.com +91 8098938696
- Vishnu: vishnuwaiting4urmail@gmail.com +91 8300328846

<https://www.radicallytransform.org/>
Saranya and Vishnu

SHIATSU COURSE

@ Budokan

Aware and conscious Touch, free flowing Energy & meaningful connection. Explore Shiatsu (Japanese: "thumb pressure") as an Art of Touch and Connection. Study the 12 Meridians of Traditional Chinese Medicine and their link to holistic balance, the Five Elements and the deeper energetic layers of our being. Here is your invitation.

Intro to Shiatsu (Free & Optional)

Getting a sense: Saturday, 26 July 3—4:30pm

Join one or both Workshops:

Sinking and 'Synch-ing' deeper

Workshop 1: Foundations & The Five Elements:

- Wednesday to Friday, 23—25 July

Workshop 2: Foundations & The Layers of Meridians

- Wednesday to Friday, 30 July—1 August
- Tuesday to Thursday, 5—7 August

Timings for all workshop days: 9:30am—3:15pm

- Saturday, 9 August, 1—5pm
for Special Practise Afternoon.

Shiatsu is practised fully clothed on mats. The course is suitable for everyone curious about our energetic body, the magic of touch, self discovery and practise.

Facilitated by: Ulrike Urvasi, Quantum Shiatsu, 20+ years of Shiatsu practice & teaching

For more info and registration:

- Ulrike Urvasi. +91 9751513906
- shiatsuindia@gmail.com

Ulrike Urvasi

UPCOMING MINDFULNESS OFFERINGS

with Helen

Mindfulness for Stress Reduction—1 week course

- Monday, 28 July—Saturday, 2 August
- 7:15—9:15 Monday—Friday & 9am—3:30pm Saturday
- @ Radiance, Aurodam

The Mindfulness Based Stress Reduction (MBSR) course is recognized as the gold standard in mindfulness meditation. Drawing from practices of vipassana and zen it synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, positive psychology & Mind-Body Medicine, and provides practical tools to look within.



We learn to observe our internal experiences with gentle curiosity. This awareness helps us recognise our reactive patterns to everyday stresses, how these reactions manifest in our bodies and mind, and the impacts it has on ourselves and those around us. The course teaches practical tools and techniques that can help us to soften our inner knots and offer the possibility of making healthier choices for improved wellbeing.

The course has been found to help with anxiety, stress, depression, management of chronic pain, diabetes, blood sugar levels, immune functioning & menopausal symptoms. It can also improve emotional regulation, increase focus & build resilience.

All are welcome—whether you're new to meditation, wanting to learn new tools to deepen your practice or looking to integrate mindfulness into your work, or just curious. The course is guided by Helen, a qualified MBSR teacher certified in Trauma Sensitive Mindfulness.

- Booking is required. To book contact Helen on 709475305 WA.
 - For more details: <https://www.innersightav.org/1weekmbsr>
- Individual and group mindfulness sessions with Helen are also available on request.
 - To book contact Helen on 709475305 WA or see innersightav.org

Potential of Kindness—Loving Kindness Meditation

- Monday, 4 August @ Radiance
- 2 slots for practice: 7:30—8:30am and 5:30—6:30pm

As part of our research on the Potential of Kindness we're hosting a Loving Kindness (metta) meditation practice. We're curious to see what—if anything—shifts within when we practice this ancient meditation on loving kindness.



This is a free event. All we ask is that you complete a short survey (before and after the practice) to help us discover if and how practicing Loving Kindness Meditation creates positive shifts in how we feel.

There will be 2 slots for practice, 7:30—8:30am and 5:30—6:30pm on Monday, 4 August. This includes time for completing the surveys and also for a 30 minute guided practice.

Places are limited so you need to register, letting us know which time slot you would like to attend. There is also an option to participate at home using a recording of the practice.

- To register WA Helen on 7094753054.

Helen & Nikethana

BODY RESONANCE:

Expression by Yumiko Yoshioka

10—17 August @ CRIPA, Auroville



Reconnect with your body, mind, and soul through the transformative power of organic movement led by Yumiko Yoshioka, renowned Japanese Butoh dancer, choreographer and teacher based in Berlin.

She created the 'Body Resonance' methodology, which explores the body as a living archive of memories and sensations. This approach bridges the internal and external worlds through organic movement, reflecting her profound understanding of the importance of deepening consciousness of the body. Her method not only enhances dance and expression but also illuminates daily life, opening individuals to the deeper layers of their inner world and re-discovering subtle beauty in each moment.

Open to all those who wish to reconnect with their bodies and discover new ways of expression. Yumiko's workshops are attended by all genders and age groups from 20s till 70s. Many professional dancers, actors, performers, therapists, healing practitioners join to learn and integrate the techniques into their practices.

- Aurovilians and Newcomers wishing to join the workshop, please send an email to: av.bodyresonance@gmail.com.
- Guest registration details at: <https://bodyresonance.wixsite.com/info>

Hosted by Auroville Consulting
in partnership with CRIPA. Raghu

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.

- For more details see www.innersightav.org or Kardash +91 9940934875 WA.
- Please note updated timings:
 - Mornings: Monday & Wednesday,
 - Afternoons: Tuesday & Thursday
 - Full Day: Alternate Friday or Saturday

Kardash

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

✓ Friday - 5 pm (regular class)

✓ Drop-in classes available

for individuals or groups - book your session

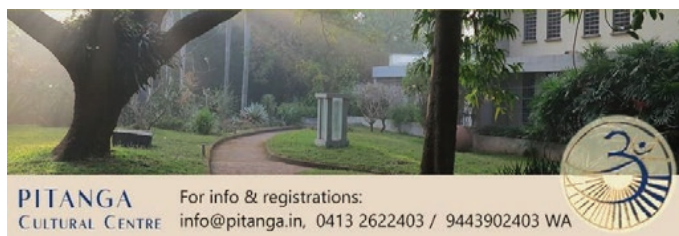


Info: serendipityauroville@gmail.com | +91 8940288090

Friday, 5pm (regular class) @ Serendipity Community
+91 8940288090, serendipityauroville@gmail.com

Sonia

PITANGA CULTURAL CENTRE



Program, July 2025

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Mon-day	Yoga Therapy	8am—9:30am	Gala
	Listening Within	4pm—5pm	Mike
	Hatha Yoga	5:30pm—6:30pm	Priyamvada
Tues-day	Hatha Yoga	7:30am—8:30am	Priyamvada
	Yoga: Restore & Relax	4pm—5:30pm	Florina
Wed-nesday	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—7pm	Florina
Thurs-day	Prana Kriya	7:30am—9am	Florina
	Aviva Exercise—for women only	4:30pm—5:30pm	Suriyagandhi
	Yoga: Restore & Relax	5:30pm—7pm	Florina
Friday	Pranayama, for former "The Art of Living" course participants	6:45am—8am	François & Namrita
	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—7pm	Florina
Satur-day	Breathing & Mudra	8am—9:30am	Gala
	Hatha Yoga	4pm—5pm	Priyamvada

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults	3pm—5pm	Gala
Friday	Neurographica®—Art Therapy for families	3pm—5pm	Gala
Saturday	Odissi Dance—advanced	5:15pm—6:30pm	Rekha

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine)
	Chiropractic
Auromira	Shamanic Healing
Juan	Thai Yoga Massage
Patricia G	Shiatsu, for Auroville residents only Contact directly via WA message to schedule an appointment : +91 9487230399

Youth Activities

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4pm—5:15pm	Lisbeth, Florina

New Activities

- **Listening Within:** A guided exploration by Mike
 - Mondays 4—5pm

Through stillness and silence we will listen deeply into our bodies. Tuning into the natural workings of our being, feeling its physical/ subtle rhythms taking place in our bodies. Letting go of any sort of technique/ method or meditation we will attempt to tune directly into Presence.

Instead of "doing" something, our intention will be to listen directly into the depths that govern our life,

By listening deeper and deeper within... "In absolute silence sleeps an absolute Power". Sri Aurobindo

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know!

If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!

Andrea for Pitanga Team
2622403/ 9443902403 WA
info@pitanga.in

WORLD GAME SUMMER SPECIAL



World Game Summer Play!

Here is an opportunity to create 'your World' in a box filled with sand. This simple activity, known as 'Sandplay' opens up imagination and intuition, and reveals your own unique living soul.

What people say: "It was a very fluid, immersive and spontaneous experience, with all that one can choose from, play with and place in one's world. What was being built revealed a lot about my life trajectory and future orientation."

The duration of a session is 1.5 hours. It can be individual or together with a good friend. (A parent and child are welcome too.)

- Click to know more: [Adults](#) or [Children](#)
 - <https://spiritandnature.org.in>
- Contact Aikya: +919488084952 WA
 - spiritandnature@auroville.org.in

Submitted by Aikya

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	- Yoga of Mother and Sri Aurobindo - Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) - Mother's Flower Medicine (vibrational remedy) - Individual Sessions and Groupwork - Psychosomatic Therapy and Breath Therapy - Consciousness/ Energy/ Body Work based on Integral Yoga Only by appointment baritam@auroville.org.in
Pepe	- Body Logic - Soft Massage - Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana TOS	- Cranio-sacral - Lomi Lomi - Kahuna massage - Barefoot body massage Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English & French</i>	Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I ching oracle - Inner/subpersonalities forces awareness Monday to Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Saturday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice By appointment only, +91 7904769496 auroshruthi@auroville.org.in

Classes

Teachers	Classes	When
Damien TOS	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

Services

Aurokiya: Eye care center

- Monday to Saturday, 9am—12:30pm, 1:30—5pm
- +91 8012305151, aurokiya@auroville.org.in

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

- By appointment, +91 9087709434
maatram@auroville.org.in

Convalescence Facility: Post-surgical and care facility

- For aurovilians only, Max. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

- +91 9442224680, ambulance@auroville.org.in

Svasti: Homeopathic consultation

- By appointment, +91 9428429642
adititva@auroville.org.in

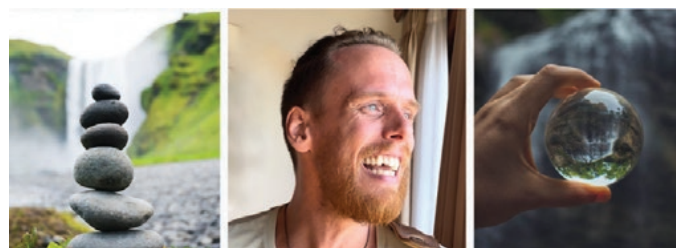
Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

INTEGRAL UNFOLDMENT

Transformational Coaching



Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

Whether you're navigating life changes, seeking purpose, or feeling called to reconnect deeply with yourself, I offer 1:1 sessions grounded in presence, parts work, and embodied wisdom.

Curious to explore what's unfolding in you? Let's have a conversation...

David Evans

By Dave (JOI Anitya), +44 7564119728 WA

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday only by appointment call or WA: 9443635114.

Meha for Auromode SPA



BODY AWARENESS & RELAXATION

with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info:

8110848123 WA, Hans

VÉRITÉ PROGRAM, JULY

www.verite.in

Yoga & Other Classes

0413 2622045, +91 9363624083 WA

programming@verite.in



Days	Drop-in Classes	Timings	Presenters
Mon-days	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yin Yoga: Deep Stretch & Relaxation	9:15—10:15am	Jivitesh
	Pranayama and Dharana	3:30—4:30pm	Kalidas
	Yoga Asana: Deep Stretch & Relaxation	5—6pm	Radha
Wednes-days	Pranayama & Vocal Toning	7:30—8:30am	Nikki
	Surya Namaskar: Yoga Foundation	9:15am—10:15am	Jivitesh
	Deep Sound Bath	5—6pm	Satyayuga
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Connect to the Inner Self: Stretch, Meditate & Journal	9:15—10:15am	Jivitesh
	Pranayama & Dharana	3:30—4:30pm	Kalidas
	Yoga Asana	5—6pm	Radha
Fridays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Breathwork Foundation: Learn, Practice & Integrate	5—6pm	Jivitesh
	Taralaya Flow Dance (No Class on 4)	5—6:30pm	Vera
Satur-days	Deep Sound Bath (No Class on 5)	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Treatments and Therapies

By appointment: treatments@verite.in

+91 413 2622 606, +91 9363624083 WA

Therapist	Therapies (by appointment only)
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
	Thai Yoga Massage
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
	Head Massage with Hair Care
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage
Marion	Chakra Balancing
	Access Bars: Energetic Head Massage

Workshops

Why Yoga Works: An Experiential & Scientific Exploration with Dharani

- Saturday, 26 July, 9:15am—12pm

Explore how mindful movement, breath, & attention influence our musculoskeletal, nervous, respiratory, circulatory & endocrine systems. Gentle yoga practices, simple scientific models, & guided reflection to bridge intellectual understanding with embodied awareness. Open to all; no prior knowledge of anatomy or physiology required.

Breathe to Restore: Exploring Pranayama for Holistic Well-Being with Dharani

- Friday, 1 August, 9:15am—12pm

Explore pranayama (yogic breath) through traditional wisdom, modern scientific research, & guided practice. Experience how balancing, energizing, & calming breaths affect the brain, heart, & nervous system. Learn accessible tools to integrate into your daily life. Open to all — no prior experience needed.

Exploring the Various Yogic Tools for Enhancement in Breathing Capacity with Mani

- Saturday, 2 August 9:15am—12pm

A structured sequence of breathing techniques, as designed by the Gitananda yoga tradition, to enhance the efficiency and capacity of the lungs. The series includes kriya, asana, nada pranayama and mudra, and can, with regular practice, substantially increase the vital capacity of the lungs. We begin with Surya namaskar (sun salutation), followed by sectional breathing techniques in four stages (low, mid, upper and complete chest breathing and chanting), and conclude with guided relaxation. Suitable for all levels of practice.

Introduction to Shamanic Practices with Auomira

- Saturday, 2 August, 9:15am—12:15pm

Explore the ancient practice of shamanic journeying—a powerful tool reconnecting us to Nature for healing, guidance, and self-discovery. Whether you're a complete beginner or an experienced practitioner, you'll gain practical insights to deepen your self-inquiry practice. This highly experiential workshop includes guided meditative live drum journeys, along with a step-by-step approach to ensuring successful and safe practice. You'll leave with a deeper understanding of shamanic practices and the tools to continue your journey with clarity and confidence.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

- Saturday, 2 August, 2—4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.

Aparna & Anandhi

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits: By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness. 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.

- Contact 9385428400 call/ WA to book your session today! Donation Based



Submitted by Isha



NEWS FROM

Auroville Language Lab, 24 July

Tomatis

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguage.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguage.org. Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

- **Resonance, the book!**

Check it out at <https://books.aurovillelanguage.org>

- **To enquire or register:**

- tomatis@aurovillelanguage.org
- or call 0413 2622467 or 3509932

Courses

- **Current Schedule of Classes as of 25 July**

- <https://aurovillelanguage.org/current-schedule/>

French Classes

French classes with Jean Francois restarting!

Jean Francois is back at the Language Lab with a new and exciting course cycle in French. Tailored for all levels from beginner to advanced, his classes will begin in August.

New! Beginner French

This 16-hour, 2-month course, is ideal for those who want to discover the French language. The classes are highly interactive, covering vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, in a simple way.

- Course starts on 4 August.
- Classes on Mondays and Wednesdays, 2:30—3:30pm.

New! French Conversation (Pre-Intermediate level)

This 16-hour, 2-month course, is ideal for those who possess a little knowledge of French but are not yet comfortable conversing. The course will focus on day-to-day topics and will be a good mix of grammar, verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Course starts on 5 August.
- Classes on Tuesdays and Thursdays, 2:30—3:30pm

French classes with Auroasha are continuing as usual. Open to all adult beginners.

- Wednesdays and Fridays, 3—4:30pm, started 7 May
- For more information or to register, please contact the Language Lab at info@aurovillelanguage.org

Japanese for Beginners—last call

We are pleased to announce the launch of a comprehensive Japanese course for beginners, designed to follow a structured syllabus using the renowned textbooks "Minnano Nihongo—Books 1 and 2". This program spans 1.5 years, with classes held once a week for 1.5 hours. Students will be required to purchase the textbooks. The course will be taught by Naoko d'Anjou, a professionally trained instructor in Japanese language education. We are fortunate to have her expertise guiding this class.

This is the last call for anyone who is prepared to fully engage with the coursework. In addition to weekly classes,

students will be expected to complete assignments and dedicate time for self-study and review outside of class. The course will be conducted entirely in Japanese, without translation, to create an immersive learning environment.

This program places a strong emphasis on mastering Japanese sentence patterns, oral communication, reading, writing, and kanji. Our goal is for students to reach JLPT N4 proficiency within six months and JLPT N5 within one year. Consistent pre-class preparation and post-class review are essential.

- If you are ready to commit to this 1.5-year journey and are serious about learning Japanese, please send an email to info@aurovillelanguage.org with the subject line: *Japanese*.
- The course will start at the beginning of August.
- Course Objectives: Learn beginner Japanese using "Minnano Nihongo—Books 1 and 2"; Study kanji alongside grammar and vocabulary; Focus on sentence patterns, oral practice, reading, and writing; Achieve JLPT N4 level in 6 months, and N5 in one year; Commit to weekly self-study and review

English Classes

New! Next-Gen English: AI, Projects & You

Ready to take your English to the next level? Join us for a fun and flexible language course where learning is anything but boring! Get customized English classes designed around your communication goals. Contact the lab to learn more.

Private and group classes for English

- **Rupam** : Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.
- **Vismai**: offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual's level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

Intermediate English w. Ashwini

- Wednesday and Thursday, 4:30—5:30pm

Ashwini will take on a new group of students and work through her proven English lesson plans that she has been giving for over a decade. Head on over to the Lab's online form and complete your registration now so that we can keep you posted! <https://aurovillelanguage.org/registration/>

Coming soon! Pre-Intermediate English w. Ashwini. There are plans for taking on a new batch of beginner English students some time mid-July (depending on registration take-up). Keep an eye out for confirmed dates in upcoming News & Notes and the Lab's online course schedule here > <https://www.aurovillelanguage.org/current-schedule/>

Other Languages

Spoken Hindi for Beginners w. Ashwini

- **Registration Open!** New class starting in June with specific dates to be confirmed, Wednesdays and Fridays, 5:30—6:30pm.

Brush up your language proficiency with this 12-hours Hindi crash course. We will fast-track our way to acquiring an essential vocabulary for everyday conversations using techniques to speak effectively and confidently. This will be supplemented with quick and widely applicable grammar tips.

Beginner Spanish Course with Mila

New classes starting in August with specific dates to be confirmed, Mondays and Wednesdays, 2:30– 4pm. Please contact the Language Lab at info@aurovillelanguage.org to learn more

Tamil Beginner w. Saravanan

- *Registration still open!* Next course starting in July, Tuesdays and Fridays, 9:30—10:30am.

Especially suitable for those who have gone through a beginner level, this course will help you apply the fundamentals acquired earlier while gaining confidence in conversational Tamil. Our fun, interactive lessons and supportive environment will make it easy and enjoyable.

Call for Arabic Language Teacher

We are seeking a dedicated Arabic teacher with a native-level command of the language for one-on-one lessons. If you are enthusiastic about sharing your expertise, we would love to hear from you! Please send a brief cover email outlining your experience to info@aurovillelanguage.org.

New! Hangeul: The calligraphy of Korea's Ingenious Alphabet

- Thursday, 5—6pm

In collaboration with the Korean Pavilion, Mint is offering one-hour calligraphy sessions as part of our free evening programs. Started July 24. Drop-ins welcome!

Hangeul is the beautifully designed Korean alphabet, crafted in 1443 by King Sejong the Great and his dedicated scholars. Their mission? To create a writing system that was simple, accessible, and easy for everyone to learn. What sets Hangeul apart is its scientific brilliance — each letter mirrors the shape of the mouth and tongue when producing its sound. With just 14 basic consonants and 10 vowels, these characters combine into neat syllabic blocks, making reading and writing both intuitive and elegant. Today, Hangeul is celebrated as one of the most logical and efficient scripts in the world.

Step into the world of Korean calligraphy and experience the beauty of Hangeul firsthand — from the graceful curves of its vowels to the structured strokes of its consonants, and the harmony they create together.

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time:

- Mondays 5—6pm:
 - French with Isabelle, 1st, 3rd and 5th week of the month
 - French w. Coco and Gaspard, 2nd and 4th week of the month
- Tuesdays, 5—6pm: Spanish with Gloria
- Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- Thursdays, 5—6pm: Korean Calligraphy with Mint

We are still looking for native speakers to facilitate German, Italian and English conversation. Actually, any weekday from 5—6pm is open for people to offer their language.

Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website and at the Lab, where you are welcome to come and watch them. All are welcome.

Communication with the Lab

Service through our BSNL phone numbers: 2623661 (Lab) and 2622467 (Tomatis).

- For language-related matters: +91 9843030355WA.
- For Tomatis please use 0413 3509932.

Current Schedule of Classes

24 July

Language	Level	Time	Days of Class
English	Next-Gen English: AI, Projects & You	10:30–11:30am	Tuesday & Thursday with Rupam
	Creative Writing	9:30–10:30am	Monday & Wednesday Monthly, with Rupam
	Intermediate with Ashwini	4:30–5:30pm	Wednesday & Thursday
	Kids with Ashwini	5:30–6:30pm	Wednesday & Thursday
French	Beginner—Adults	3–4:30pm	Wednesday & Friday with Auroasha
	Beginner Starting August 4th	2:30–3:30pm	Monday and Wednesday with Jean Francois
	Intermediate Starting 5 August	2:30–3:30pm	Tuesday & Thursday with Jean Francois
Tamil	Beginner	9:30–10:30am	Tuesday & Friday with Saravanan
German	Beginner Intensive	8:48–10:15am	Monday to Friday with Benedict
Hindi	Spoken – Beginner	5:30–6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	TBC with Karuna

Mita, Mano, Louis & Vismai
for Auroville Language Lab

SANSKRIT CONVERSATION

online course

21 July to 10 October, 2025



Dr. Anuradha Choudry

ॐ

All are welcome to join an online course on

संस्कृत सम्भाषणम्

SANSKRIT CONVERSATION

This online course on Sanskrit Conversation will be offered through the NPTEL website and the SWAYAM platform.

All are welcome join an online course on संस्कृत सम्भाषणम् Sanskrit Conversation from 21 July to 10 October, 2025

About the Facilitator

- **Dr. Anuradha Choudry** teaches Sanskrit, Indian Psychology, French and Language Sciences at IIT Kharagpur. She is an alumna of Sri Aurobindo International Centre of Education, Puducherry.

This online course on Sanskrit Conversation will be offered through the NPTEL website and the SWAYAM platform.

To know more and register, visit

- onlinecourses.nptel.ac.in/noc25_hs209/preview

To join a local practice group in Auroville

- vidyamandir@auroville.org.in

Vidyamandir Team, Auroville

LEARN

English and Hindi

- Learn spoken/ written English and Hindi language for fluency and confidence!
- For more information contact Ashwini: 8270512606.

Ashwini, Aspiration



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
28 July—3 August

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.

Indian—Monday, 28 July, 8pm
Barah by Barah

India, 2024, Writer-Dir. Gaurav Madan w/ Aashit Chatterjee, Bhumi Dube, Harish Khanna, and others, Drama, 118mins, Hindi w/ English subtitles, Rated: NR (R)

Sooraj, a death photographer at Varanasi's Manikarnika Ghat, watches his profession fade as smartphones replace ritual. His wife Meena urges him to seek life beyond death, while his sister Mansi returns, stirring old tensions. As the city transforms, Sooraj must choose between legacy and renewal in a world slipping away. *This debut feature shot on 16mm, is acclaimed for its direction and cinematography.*

Potpourri—Tuesday, 29 July, 8pm
The Misfits

USA, 1961, Dir. John Huston w/ Marilyn Monroe, Clark Gable and others, Romance-Western, 124 mins, English w/ English subtitles, Rated: NR (R).

While filing for a divorce, Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strikes up a business capturing wild horses.

Selection—Wednesday, 30 July, 8pm
The Affair of the Necklace

USA, 2001, Dir. Charles Shyer w/ Hilary Swank, Simon Baker, Jonathan Pryce and others, History-Drama, 118mins, English w/ English subtitles, Rated: R

In pre-revolutionary France, Jeanne de Valois-Saint-Rémy, an orphaned noblewoman, plots to reclaim her family's honor by deceiving Cardinal de Rohan into buying a lavish diamond necklace, believing it's for Queen Marie Antoinette. With help from her husband Nicolas and the seductive Rétaux de Villette, Jeanne's scheme spirals into scandal, shaking the monarchy and igniting public fury.

Interesting—Thursday, 31 July, 8pm
Layari Notes

India-Pakistan, 2015, Dir. Maheen Zia & Miriam Chandy Menacherry, Documentary, 70mins, Urdu-English w/ English subtitles, Rated: U (G)

In Karachi's most volatile district Lyari, rock icon Hamza Jafri—known since the 1990s for fearless lyrics—travels in an armed vehicle. He opens a music school in the heart of the city as artistic spaces shrink. Over three years, four girls from Lyari find their voice, defying curfews and cycles of violence to embrace music and friendship in a fierce quest for self-expression. Their journey reveals how creativity becomes a form of quiet resistance to shattering the silence imposed by fear. *This film is shared with us by the director Miriam Chandy Menacherry, who will be present in person for a brief Q&A. Do not miss this amazing opportunity!*

International—Saturday, 2 August, 8pm
Bob Trevino Likes It

USA, 2024, Writer-Dir. Tracie Laymon w/ Barbie Ferreira, John Leguizamo, French Stewart, and others, Comedy-Drama, 101mins, English w/ English subtitles, Rated: PG-13

Lily Trevino, a young woman estranged from her father, accidentally befriends a stranger named Bob Trevino online sharing her dad's name. As their unlikely friendship deepens, Bob's quiet kindness helps Lily heal from a painful past. Inspired by a true story, this poignant tale explores chosen family, emotional resilience, and the unexpected ways connection can transform a life. Sometimes, it takes a stranger to show you what love should feel like. *A good watch!*

Children's Matinee—Sunday, 3 August, 4pm
Elio

USA, 2025, Dir. Adrian Molina, Domee Shi, Madeline Sharafian w/ Yonas Kibreab, Zoe Saldana, Remy Edgerly, and others, Animation-Adventure, 98mins, English w/ English subtitles, Rated: PG

Elio Solis is just an ordinary 11-year-old—until aliens mistake him for Earth's ambassador and whisk him away to the Communiverse, an intergalactic council of wildly diverse civilizations. Guided by his eccentric aunt Olga and befriended by the warm-hearted alien Glordon, Elio faces cosmic diplomacy, unexpected threats, and the challenge of finding where he truly belongs. Curious how one kid handles the universe? Come explore his unforgettable journey.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday 3 August, 8pm

Uwasa No Onna (The Woman of Rumour)

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kinuyo Tanaka, Tomoemon Otani, and Others, Drama, 83 mins, Japanese w/ English subtitles, Rated: PG.

Yukiko's mother runs a lodging house for courtesans in Kyoto. When her fiancé learns this, he ends their engagement. Yukiko despises what her mother does until one of her mother's clients shows interest in her and starts to woo her.

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. We kindly request you to set up a recurring contribution for "MMC-CP" or "Film-maker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

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

Cinema

ECO FILM CLUB: Every Friday @ 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.

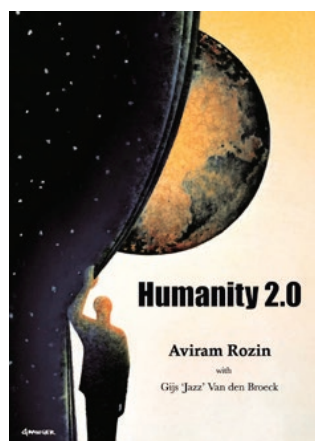


- For more information about the bus service please contact Sadhana Forest at 8525038274.
- Note: Families and children are welcome! Dinner for children will be served at 19:00. :)

Friday, 25 July Sadhana Forest: 20 Years On

2024/ 9 minutes/ Sadhana Forest

This short film offers a recap of the work of Sadhana Forest in the past 20 years and its vision for the future. The film will be followed by the presentation of the new book: *Humanity 2.0—10 Principles for a Compassionate Society*



Aviram



Appeal to Support MMC-CP Multimedia Center Auditorium - Cinema Paradiso

MMC-CP is one of Auroville's most active venues, hosting booked events and free community screenings. We're thankful that rental and personnel maintenance are covered, but our modest monthly budget—for generator, aging equipment, and networking, etc stopped since Oct 2024. Booked programs that once created a surplus have reduced, as several activities scaled down or closed. New costs like accounting, audits, and generator fuel (₹5K-6K/m for free screenings) add pressure.

Can You Help?

Auroville units can easily set up to contribute via the Unity Fund to MMC-CP FS A/C 105106. Just ₹3,000/month from 10 contributors sustains us. One has stepped up—nine more needed. Individual donors, especially Indian nationals, too can easily set up to contribute any amount via the Unity Fund. Thanking you in advance, MMC-CP Team

Nina for MMC/ CP

NEW MOON MOVIE

Thursday, 24 July, 5pm

@ Multimedia room, Centre d'Art, Citadines

Every New Moon day Art movie screening at Centre d'Art, Citadines. This month it will happen on Thursday, 24 July, 5pm, in the Multimedia room.

Kusama: Infinity by Heather Lenz

2018, 76min, original version with english subtitles

Kusama: Infinity is a 2018 American biographical documentary film that chronicles the life and art of Japanese contemporary artist Yayoi Kusama, now one of the best-selling artists in the world, who overcame sexism, racism, and a stigma of mental illness to achieve international recognition relatively late in her career. Everybody is welcome.

Marco



CINEMA PARADISO

Lyari Notes



Cinema Paradiso Presents
On Thursday, 31 July 2025 @ 8pm @ MMC Auditorium, Auroville
Maheen Zia & Miriam Chandy Menacherry's



Layari Notes
India-Pakistan, 2015, Dir. Maheen Zia & Miriam Chandy Menacherry, Documentary, 70mins, Urdu-English w/ English subtitles, Rated: U (G)

In Karachi's most volatile district Lyari, rock icon Hamza Jafri, known since the 1990s for fearless lyrics, travels in an armed vehicle. He opens a music school in the heart of the city as artistic spaces shrink. Over three years, four girls from Lyari find their voice, defying curfews and cycles of violence to embrace music and friendship in a fierce quest for self-expression. Their journey reveals how creativity becomes a form of quiet resistance to shattering the silence imposed by fear.

This film is shared with us by the director Miriam Chandy Menacherry. She will be present in person for a brief Q&A.

Join us in celebrating music that dares to speak. Do not miss this!

Nina for MMC/ CP



About N&N

NEWS AND NOTES GUIDELINES

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

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.

The aim of New and Notes is to support any idea, that can shift Auroville as a community towards solutions:

- *If you see the problem and can share creative and constructive ways of sorting it out, we will print your article.*
- *If you are unsatisfied how the things are going on and simply want to express your frustration, we will not.*

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- Width 9.5cm x Height 4cm

We maintain the right not to publish posters that are bigger than that or have text too small to be read in printer version or to publish them cut, or in icon size, or reformatted in a best way to fit the style of the newspaper.

Katiya (AgniJata) & Alexey
News & Notes, Media Centre, Townhall,
NewsAndNotes@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:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7):

- 108

Accessible Auroville Public Bus

avbus@auroville.org.in



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

Below link to join WhatsApp group of Auroville Bus

to get the regular updates of the bus:

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