



# News Notes

#1028 A weekly bulletin for residents of Auroville 23 May 2024



Drawing by Roger Anger

*There is a Permanent, a Truth hidden by a Truth where the Sun unyokes his horses. The ten hundreds (of his rays) came together—That One. I saw the most glorious of the Forms of the Gods. Rig Veda*

*The face of Truth is hidden by a golden lid; that remove, O Fostering Sun, for the Law of the Truth, for sight. O Sun, O sole Seer, marshal thy rays, gather them together,—let me see of thee thy happiest form of all; that Conscious Being everywhere, He am I. Isha Upanishad*

## Pondering



If we regard the Powers of the Reality as so many Godheads, we can say that the Overmind releases a million Godheads into action, each empowered to create its own world, each world capable of relation, communication and interplay with the others. There are in the Veda different formulations of the nature of the Gods: it is said they are all one Existence to which the sages give different names; yet each God is worshiped as if he by himself is that Existence, one who is all the other Gods together or contains them in his being; and yet again each is a separate Deity acting sometimes in unison with companion deities, sometimes separately, sometimes even in apparent opposition to other Godheads of the same Existence.

*Supermind, Mind and the Overmind Maya,  
The Life Divine, Sri Aurovindo*

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## *The Last Moment*

### **GUEST REGISTRATION SERVICE**

#### **Summer Schedule**

Guest Registration Service at Town Hall will be open ONLY in the mornings during the month of June 2024 and closed in the afternoons.

Our working hours will be 9:30 to 12:30

Monday—Saturday.

**Raji for Guest Registration Service Team**  
Town Hall

[grs@auroville.org.in](mailto:grs@auroville.org.in)



# House of Mother's Agenda

(continued from last week)

Pain is the hand of Nature sculpturing men  
To greatness: an inspired labour chisels  
With heavenly cruelty an unwilling mould.

Implacable in the passion of their will,  
Lifting the hammers of titanic toil  
The demiurges of the universe work;  
They shape with giant strokes their own; their sons  
Are marked with their enormous stamp of fire.

Although the shaping god's tremendous touch  
Is torture unbearable to mortal nerves,  
The fiery spirit grows in strength within  
And feels a joy in every titan pang.

He who would save himself lives bare and calm;  
He who would save the race must share its pain:  
This he shall know who obeys that grandiose urge.

The Great who came to save this suffering world  
And rescue out of Time's shadow and the Law,  
Must pass beneath the yoke of grief and pain;  
They are caught by the Wheel that they had hoped to break,  
On their shoulders they must bear man's load of fate.

Heaven's riches they bring, their sufferings count the price  
Or they pay the gift of knowledge with their lives.

The Son of God born as the Son of man  
Has drunk the bitter cup, owned Godhead's debt,  
The debt the Eternal owes to the fallen kind  
His will has bound to death and struggling life  
That yearns in vain for rest and endless peace.

Now is the debt paid, wiped off the original score.

The Eternal suffers in a human form,  
He has signed salvation's testament with his blood:  
He has opened the doors of his undying peace.

The Deity compensates the creature's claim,  
The Creator bears the law of pain and death;  
A retribution smites the incarnate God.

His love has paved the mortal's road to Heaven:  
He has given his life and light to balance here  
The dark account of mortal ignorance.

It is finished, the dread mysterious sacrifice,  
Offered by God's martyred body for the world;  
Gethsemane and Calvary are his lot,  
He carries the cross on which man's soul is nailed;  
His escort is the curses of the crowd;  
Insult and jeer are his right's acknowledgment;  
Two thieves slain with him mock his mighty death.  
He has trod with bleeding brow the Saviour's way.

He who has found his identity with God  
Pays with the body's death his soul's vast light.  
His knowledge immortal triumphs by his death.

Hewn, quartered on the scaffold as he falls,  
His crucified voice proclaims, 'I, I am God;'  
'Yes, all is God,' peals back Heaven's deathless call.

The seed of Godhead sleeps in mortal hearts,  
The flower of Godhead grows on the world-tree:  
All shall discover God in self and things.

But when God's messenger comes to help the world  
And lead the soul of earth to higher things,  
He too must carry the yoke he came to unloose;  
He too must bear the pang that he would heal:  
Exempt and unafflicted by earth's fate,  
How shall he cure the ills he never felt?

He covers the world's agony with his calm;  
But though to the outward eye no sign appears  
And peace is given to our torn human hearts,  
The struggle is there and paid the unseen price;  
The fire, the strife, the wrestle are within.

He carries the suffering world in his own breast;  
Its sins weigh on his thoughts, its grief is his:  
Earth's ancient load lies heavy on his soul;  
Night and its powers beleaguer his tardy steps,  
The Titan adversary's clutch he bears;  
His march is a battle and a pilgrimage.

Life's evil smites, he is stricken with the world's pain:  
A million wounds gape in his secret heart.

He journeys sleepless through an unending night;  
Antagonist forces crowd across his path;  
A siege, a combat is his inner life.

Even worse may be the cost, direr the pain:  
His large identity and all-harbours love  
Shall bring the cosmic anguish into his depths,  
The sorrow of all living things shall come  
And knock at his doors and live within his house;  
A dreadful cord of sympathy can tie  
All suffering into his single grief and make  
All agony in all the worlds his own.

He meets an ancient adversary Force,  
He is lashed with the whips that tear the world's worn heart;  
The weeping of the centuries visits his eyes:  
He wears the blood-glued fiery Centaur shirt,  
The poison of the world has stained his throat.

In the market-place of Matter's capital  
Amidst the chafferings of the affair called life  
He is tied to the stake of a perennial Fire;  
He burns on an unseen original verge  
That Matter may be turned to spirit stuff:  
He is the victim in his own sacrifice.

(to be continued next week)

Sri Aurobindo, Savitri, A Legend and a Symbol  
Book Six: The Book of Fate  
Canto Two: The Way of Fate and the Problem of Pain  
<https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain>  
With love and gratitude, Gangalakshmi (HOMA)

# Townhall Speaks

## SUMMARY

### Revised DCG Ground Rules/ Guidelines, 21.05.24

These are in addition to Guidelines issued by the FAMC on 2 January 2024 and shared.

#### 1. Unit to Unit transfers

- a. Payments and receipts between AV entities for goods and services are to be treated as expenses/receipts and are subject to GST rules.
- b. No loans or in-kind donations can be made from one unit to another.
- c. Transfers for support to another unit can be made from their 67% through the Financial Service.
- d. FAMC to be informed of such transfers, especially recurring transfers or a large amount disproportionate to the operational expenses or income of the unit.
- e. Donation funds cannot be transferred to any personal account in financial service nor to any personal bank account in outside financial entities.

#### 2. Individual to Unit Transfers

- a. Individual wishing to donate money to a unit must do it through their personal bank account via Unity Fund if Income tax rebate
- b. receipt is required. Support to a unit may be done otherwise from individual's FS account to FS account of the unit. The unit in this case will book keep the internal fund receipt as operating income.
- c. No donation benefiting an individual can be received via Unity Fund / DCG.

#### 3. Unit to Individual Transfers

- a. Transfers from a unit/project to an individual who is not related to that unit/project will not be considered as an allowable expense.
- b. Donations for a project of Auroville cannot be received in any personal bank account in outside financial entities.

#### 4. Corpus Fund Donations

- a. Will need a letter from the donor to this effect. It can be carried over the next years.
- b. Prior permission from the FAMC is needed.

#### 5. Corporate Social Responsibility (CSR) donations

- a. All CSR MOUs have to be approved by the Foundation Office.
- b. Have to book-keep meticulously and have to share the accounts with the donor. A separate ledger for CSR donations has to be kept
- c. Completed projects will have to refund the balance funds at the end of the financial year.
- d. All information / accounts have to be complied with respect to the MOU.

#### 6. Outreach charitable work outside AV Bio-region

- a. All such projects have to be wrapped up within this year.
- b. No such new project is to be taken up.

#### 7. In-kind donations

- a. All In-kind donations (gold, jewelry, machines etc) received are to be informed to Unity Fund with their nominal value.
- b. Their assessed / invoice value needs to be taken on the ledger.

#### 8. Forms filling limits

- a. Donor Information Forms (DIFs)—To be filled for each donor giving above Rs 5,000
- b. Funds Release Form (FRF)—To be filled for each requirement above Rs 20,000.

#### 9. Release of Funds

- a. All requests for release of funds are to come to DCG via FRF. If the entity has not registered as yet, no funds will be released until the entity has registered with DCG.
- b. All compliances will be ensured before the release of funds (registering of unit with FAMC, no City Service Contribution due to the unit or executives/ project holder, no audit / GST enquiry etc.

#### 10. External Donations

- a. All external donations have to come only through the Unity Fund
- b. Units must inform their donors about this. If some donations do come directly, Units to inform Unity Fund and advise donor for future.

#### 11. Fundraising campaigns or events

This involves small amounts (less than Rs 1,000 per donor) from large number of donors. Here the Donation Channeling Group must receive one copy of the donation list per campaign or event from the Auroville entity. There will be no requirement of registering each of these donors in the donor database of the Donation Channeling Group. However, details of the fundraising event will be kept on record by DCG.

#### 12. Time for approval from DCG

Will be one week after the stabilization. If more time is needed, the applicant will be informed. Rejection will be done after consultation with the unit and FAMC.

#### 13. Donor privacy

Donor privacy will meet legal requirements.

#### 14. Annual Reports

All units to submit annual reports to the DCG and donors giving the financial information and the narrative with literature, photos, charts etc.

Naren & Sandeep,  
[dcg@auroville.org.in](mailto:dcg@auroville.org.in)

Donation Channeling Group

# Community News

*Awakening Spirit*

## BHARAT NIVAS PRESENTS

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



### By Deepti Tewari

The Mother's very last message to Auroville  
 "Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of Work."  
 27.03.1973  
 "To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga."  
 27.03.1973  
 "Programme: Research through experience of Supreme truth. A Life Divine. But no religions."  
 02.05.1970

**4:30 pm - 5:30 pm**  
**Every Tuesday**

**Venue :**  
 Resource Library,  
 Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville

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

*'To live in Auroville means to do the Yoga of Work. So all Aurovilians must take up a work and do it as a yoga.'*  
 27.03.1973

*'Programme: Research through experience of Supreme truth. A Life Divine. But no religions.'*  
 02.05.1970

## Uniting through Guru-Vani

In Collaboration with Aurodhan Pondicherry

We invite you to a serene evening of "Gurmat Raag Darbar," celebrating the artistry of Sikh Musicology. Experience the traditional Raags of Gurmat Sangeet, presented by

**Dr. Alankar Singh,**  
 Head, Department of Music & Incharge,  
 Gurmat Sangeet Chair,  
 Punjabi University, Patiala

### Accompanied by:

- **Shri Sandeep Singh,** Jalandhar (Dilruba Vaadak)
- **Shri Ravinder Singh,** Phagwara (Rabab Vaadak)
- **Shri Narinder Pal Singh,** Patiala (Tabla Vaadak)



Curated by  
**Lalit Verma**

**07:00 pm - Saturday, 25<sup>th</sup> May 2024**

**Sri Aurobindo Auditorium,  
 Bharat Nivas, Auroville**

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



Scan for Location

- Enquiry Contact: Krishna at +91 97878 80211
  - Curated by Lalit Verma
  - Parking available outside at the Bharat Nivas Main Gate
- Monisha, BN Team*

## AMPHITHEATRE—MATRIMANDIR

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

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



Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.
- **We request everyone:** please do not use cameras, laptops, cell phones, etc. No Photos.

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

*Surya for Amphitheater team*



B H A V A N

## Schedule May 2024

### Exhibitions

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

### This month

- No Films,
- No Mudra Chi,
- No OM Choir

### Full Moon Gathering

- Thursday, 23 May, 7:15—8:15pm in front of Sri Aurobindo's statue

### Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 10—11:30am:** Bases of Yoga Book Reading Circle led by Debashish
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

**The Dream Divine Series: Matrimandir: Honouring Piero Ciconesi (Part 2)**

- In the Sangam Hall of Savitri Bhavan on Wednesday, 29 May, 4:30—5:30pm

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to introduce newcomers to the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and The Mother and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.



**Bases of Yoga—The Mother’s Talks: An Interactive Book Reading Circle**

- Every Saturday, 10—11am

*‘One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes’. The Mother*

During September 1954—May 1955, the Mother took up Sri Aurobindo’s book ‘Bases of Yoga’ in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of ‘Yoga’ and how we can adopt the teaching in our daily life (*This Book is part of collected works Vols. 6 and 7*).


- Free for all. Join us every Saturday 10—11am

Venue: Garden Room, Savitri Bhavan

- For more details, contact Debashish, 7678208825 WA, [b.deb253@gmail.com](mailto:b.deb253@gmail.com)

Everyone is welcome

Dhanalakshmi for Savitri Bhavan



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

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

*[Signature]*


**Calendar of regular events of May 2024**  
Every Thursday 6:00 - 6:30pm  
**Meditation**

9th & 23rd Thursday 6:30 - 7.30pm, reading  
**“The Mother’s Questions & Answers- Vol-7”**  
in English

23rd, Thursday at 6:30pm full moon, reciting  
**Sri Aurobindo’s Gayatri Mantra** for 30min

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

kshetram2014@auroville.org.in

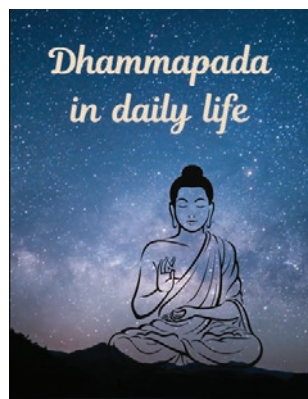


**SATSANGA ON DHAMMAPADA IN DAILY LIFE**

Ongoing till 8 June (4 Weeks)

5am—6am every day, Online Zoom Call

We warmly invite you for an on-line Satsanga to integrate the teachings of Dhammapada in our day-to-day life. We will be referring to the original verses in Pali and also Commentaries on the Dhammapada by The Mother as a guidance to integrate these pearls of wisdom offered by Gautama Buddha into our everyday life.



We request that participants commit to attending everyday for the first three days (Sunday, 12 May to Tuesday, 14 May)

and then decide whether they would like to continue or not for the remaining period of the Satsanga.

- **Why and What:** Absorb all the 26 chapters of the Dhammapada and hold space for individual and collective reflections, practices, experiments and above all—Divine Grace.
- **How:** श्रवण, मनन, नदिध्यासन (Listening, Reflecting, Self-enquiry & Embodiment)
- **Which Language:** English will be the primary means of communication and we also will listen to the original Dhammapada verses in Pali/Hindi and sometimes also Commentaries on the Dhammapada by The Mother audio in French. The reflections can be shared in any language preferred by the participant.
- **Who:** Whether you are a beginner or well-versed with Dhammapada, the format welcomes all to learn and share together.

In this collective learning journey, we will all progress together, each at his/her pace. If this interests you and you’d like to participate then please sign up on: <https://tinyurl.com/dhammapadasatsanga>

- To know more, feel free to connect with us [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

Deven

*Education*

**PERFECTING MATH**



**Perfecting Math**

For Grades: Students going to 7<sup>th</sup> and 8<sup>th</sup>

Duration: 3 June—28 June

(3 days a week—1 hour each)

**Course Overview**

	Monday	Wednesday	Friday
Week 1	Arithmetic	Algebra	Geometry
Week 2	Arithmetic	Measurements	Geometry
Week 3	Arithmetic	Graphs	Geometry
Week 4	Q.Papers	Q.Papers	Q.Papers

- [Registration form link](#)
- Last day to Register is May 26, 2024
- For queries: [snehal\\_nc@auroville.org.in](mailto:snehal_nc@auroville.org.in)
- WA/Message: +91 9529673687

Snehal



## ILAINARKAL EDUCATION CENTRE, AUROVILLE

### Further Learning Programme for all Age Group

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

R. Meenakshi for IEC

### INTEGRAL MATHEMATICS:

#### A Journey of Insight and Inspiration

#### Understanding Purusha

- 25 May, 4—5pm, Sangam Hall Savitri Bhavan

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

1. **Section 1: 'Echoes of Wisdom':** Delve into the sacred texts of ancient Sanskrit scriptures, including Vedic and Vedantic teachings, resonating with the wisdom that transcends time. Explore the same texts that ignited the intellectual flame within Sri Aurobindo, illuminating pathways to understanding mathematics in its purest form.

2. **Section 2: 'Insights Illuminated':** Navigate the corridors of knowledge as we revisit the profound commentary and insights of Sri Aurobindo. Gain clarity and depth in your comprehension of mathematics through the lens of a visionary sage, enhancing your appreciation for its qualitative dimensions.

3. **Section 3: 'Inspirations Unveiled':** Trace the footsteps of the greatest mathematicians in history and uncover the narratives behind their revolutionary discoveries. Connect with the human spirit that propels mathematical exploration, finding resonance in their journeys of insight and revelation.

Through these three enlightening sections, we invite you to integrate and nurture the qualities of insight, intuition, and intellectual depth that mathematics cultivates within the receptive mind. Join us as we embark on a quest to unravel the qualitative tapestry of mathematics, illuminating the path to greater understanding and enlightenment. **Snehal** +91 9529673687, [snehal\\_nc@auroville.org.in](mailto:snehal_nc@auroville.org.in)

## STUDY AT AIAT

### for skills of the future and integral personality development

Auroville Institute of Applied Technology offers opportunities for Aurovilians and Non-Aurovilian youths from the region, who passed 10+2 or equivalent certificates to pursue their higher Education leading to a bachelor's degree B.Voc. in professional engineering courses affiliated with Pondicherry University. These courses in emerging technologies are three years in duration, skill-centric focusing on the implementation of technologies.

The following B.Voc. courses are based on Integral Education and conducted at AIAT Campuses in Irumbai, Aurobrindavan and Udavi-C3 Land design campuses:

1. Software Development & Machine Learning
2. Electronics and Electric Technologies incl. Sustainable Energy
3. Mechatronics and Production Technologies
4. Applied Electronics and Chip Design
5. Information Technology

In a two-month internship program/year at the industrial sites students will practice in an industrial environment and will be mentored by professionals.

The integral education includes Radical Transformation Leadership, Yoga, Meditation, communication and entrepreneurship, 3<sup>rd</sup> Language (Hindi, German or French).

The syllabuses are designed by AIAT and approved by the university, focusing on major-oriented relevant minor subjects resulting in a smaller number of subjects than for a B.E. course. The main benefit of joining a B.Voc. course against B.E./B.Tech. are:

1. Bachelor's Degree after three years instead of four years
2. Internship of 6 months and project work instead of just 2 weeks
3. Specialisation during three years instead in 4th year or in 5th year of Master's degrees
4. Relevant major-oriented minor subjects
5. It costs less and is within Auroville
6. Skill-centric, project-based and industrial experience makes you job-ready/Placement
7. Participation in Auroville cultural program
8. Bus facilities
9. AIAT helps you to apply for a stipend or a bank loan.

For more information please contact:

- Auroville Institute of Applied Technology-College
- Phone or WA: 8903166923
- Webpage: [aiat.in](http://aiat.in)
- Or visit AIAT campus at Aurobrindavan

Lavkamad and Sanjeev Ranganathan

### STRUGGLING with Programming ?

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

Please WA me at 9042483649

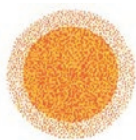
Pawan



## INTEGRAL APPROACH TO PHYSICAL EDUCATION

### One year course in Auroville

The Auroville Physical Education Board (AV-PEB, SAIER) has designed a teachers' training foundation course for physical education (PE) teachers in Auroville (AV). This comprehensive program has been designed to cover basic aspects of PE teaching in AV as well as understanding physical education in the Light of Sri Aurobindo and The Mother.



The aim is to create, in years to come, a new sports teaching squad for AV, with sports teachers having knowledge of sports science as well as practical training, with a deeper understanding of the spiritual significance of the human body. This new squad will be better equipped and more effective in implementing physical education, conducting research and in offering services to AV schools and community.

### Key Components of the Course

#### Integral Education Principles

- **Main Facilitator**
  - Praveen, Member of PE Committee of Sri Aurobindo Ashram
- **Major Topics**
  - Introduction to Integral Yoga
  - Auroville Aims and Ideals
  - Understanding the Integral Approach to Education
  - Spiritual and Mental Well-being
  - Yoga and Meditation Practices
  - Psychological Aspects of Physical Education
  - Stress Management Techniques

#### Sports Sciences

- **Main Facilitator**
  - Savitri, BSc Sports Science/Nutrition  
MSc Sports Nutrition
- **Major Topics**
  - Anatomy and Physiology
  - Biomechanics
  - Exercise Physiology
  - Sports Nutrition
  - Sports Injuries and Rehabilitation
  - Sociology of sports

#### Practical Training

- **Main Facilitators**
  - Pedro, BSc Sports Science, MSc Sports Science, PhD Sports Science
  - Ruben, Mental Health Educator, Martial Arts trainer and practitioner,
- **Major Topics**
  - Teaching Practicum in Auroville Schools
  - Pedagogy and Teaching Methodologies:
  - Teaching Games for Understanding (TGFU)
  - Lesson Planning and Implementation
  - Assessment and Evaluation Techniques
  - Classroom Management Strategies
  - Mentorship and Feedback Sessions
  - Project Implementation in Physical Education Settings
  - First aid training

#### Criteria for Participation

- The course is open to ALL and will prioritize those who wish to become PE teachers in AV.
- The foremost task from the participants for this program is:
  - Commitment to learn
  - Commitment to attend fully

### Requirement on enrolment

To begin with, the course is designed for those who can give a part time commitment six days a week, including practicum/teaching sports at various AV schools from 2:30 to 5pm Monday through Friday. Throughout the year, there will be ongoing assessment of participants' quality of work as well as at the end of the year an assessment and review in order to reach a PASS grade.

### Support for Aurovilians and Newcomers

In order to make it possible for as many participants as possible to attend this course AVPEB will work towards ensuring material support for the participants. We would like no aspirant to miss this opportunity due to a financial constraint or concern.

At the end of this course each participant will be able to integrate the new PE teaching squad in AV and be a teacher on par with the other teachers of AV.

### Contact

All those you feel called and those who would like to know more, please [click on the link to fill the form](#)

*Nilima for SAIER*

### SUMMER CAMP

#### at our Kulai Creative Centre—May'24

Need your support!



At our Kulai Creative Centre, we conducted a Summer Camp each year in May for our students who are participating in various Activities throughout the year. And we wish to delight them by conducting many types of fun activities and outings during their summer holiday breaks including lunch and snacks, while their parents are still working.

Most of the children are from our AV Bioregion. These children will range in age from 10 to 17.

- Trip to Kodai for Four Days (A Hill Station in South India)
- Visit to Matrimandir and Many other places in Auroville.
- Eye care sessions by Aurokiya Eye Care.
- Many fun games and activities
- Free lunch and free snacks

Any sort of support is welcome! **For your support:**

- <https://aviusa.org/?form=Kulai>
- <https://auroville.org/page/donate-from-india>
- **From Auroville: FS account 240051, Kulai Creative Centre Collection**

**For contact:** +91 8608473385,

- [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) or
- [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

*Selva from KCC*

## AUROVILLE SCHOOLS STEAM ADVENTURE

Drawing inspiration from the successful Arts and Craft Camp that saw Auroville teachers come together and co-create a nourishing and learning experience for our children, we are organizing 'Auroville Schools STEAM Adventure' for all the students of Auroville. Parents can enroll their children by filling the appropriate google form below:



• [https://docs.google.com/forms/d/1Qp0agsBwtFjzbPH9VSfOZ0Xp40ay7\\_a-0QNiVI6i0q8/edit](https://docs.google.com/forms/d/1Qp0agsBwtFjzbPH9VSfOZ0Xp40ay7_a-0QNiVI6i0q8/edit)

Features:

- Dive into a week of dynamic STEAM activities
- Hands-on exploration ignites creativity and curiosity
- Led by passionate Auroville school educators and senior students
- Join us for lots of fun



- For any queries write to [saiier@auroville.org.in](mailto:saiier@auroville.org.in)  
Anupama, Radhakrishna, Yasmin, Anna, Poovizhi and Nilima.

## VOLUNTEERS FOR SUMMER PROGRAM For Kindergarten Children

6 to 31 May, Mondays, Wednesdays and Fridays

We would like to invite the volunteers who are interested in taking part in the summer program from 6 to 31 May 2024 for 3 alternative days in a week (Monday, Wednesday and Friday).

The timings will be 9am to 12pm in Nandanam Kindergarten and Centerfield Kindergarten.

Meeting will be held on Thursday, 25 April at 1:30pm at Nandanam Kindergarten to discuss the details of the program and overview

K.Lakshmi

## AUROVILLE LIBRARY

### Summer Opening Timings:

- **Mornings:**  
Monday—Saturday: 9am—12:30pm
- **Afternoons:**  
Tuesday, Thursday, Saturday: 4—6:30pm

### Book Reading Circle with Debashish

Book Reading Circle with Debashish will resume on Tuesday,

- 21 May, at 6:30pm at the Auroville Library.  
0413 2622894, [avlib@auroville.org.in](mailto:avlib@auroville.org.in).  
Kristen, for the Auroville Library

### SUMMER CAMP WITH ENLIGHT

Every Saturday, 10am—5pm, May and June



Summer Camp: Age 10-15

One Day Program: Meet and Greet. Coconut shell craft, Lunch break, Drumming, Dance

- One Day Prior Booking Required
- Contact Anand:  
[enlight@auroville.org.in](mailto:enlight@auroville.org.in), +91 9159468946

Arun, Anand and Balaji

## Health Care

### AUROKIYA INTEGRAL EYE CENTRE

Arka, Auroville

#### Therapeutic Eye Compress Sessions (For) Digital Eye Strain & Dry Eye

- Digital screen exposure reduces Meibomian (tear) gland secretion, leading to tear-film instability and Dry Eye. Dry Eye damages the eye surface causing eye strain, itching, irritation, redness, watering or headache



- Therapeutic Eye Compress offer protection and relief from Digital Eye Strain and Dry Eye

Consult us for More Information

- [aurokiya@gmail.com](mailto:aurokiya@gmail.com), [www.aurokiya.com](http://www.aurokiya.com)

Arosugan  
for Aurokiya Eye Care

**SANTÉ SERVICES, MAY 2024**



**Working Hours**

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

**Tests and Sample collection**

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

**For emergencies**

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

**Appointment**

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

**Santé Services Schedule**

<b>Doctor Consultation</b> with Dr.Senthil: Monday to Friday	<b>Nurse Care.</b> Thilagam, Ezhil, Archana, Sandhya. Daily, No appointment necessary
<b>Ayurveda</b> with Dr.Be: Monday/ Tuesday/ Wednesday/ Friday	<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday
<b>Acupuncture</b> with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday	<b>Physiotherapy</b> with Arun Monday to Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena: Inquiry through email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>	<b>Soundbed Session</b> with Sandhya/ Thilagam: Monday to Saturday

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

Dasha for Sante Services, [sante@auroville.org.in](mailto:sante@auroville.org.in), <http://sante.auroville.org.in>

**MAATRAM**

**Closing For The Month Of May**

Maatram will not conduct any OCH sessions (Open Consultation Hours) as we will remain closed for the month of May 2024. Megha



**AURODENT  
Dental Clinic**



Dental Clinic  
Auromode, Auroville.  
**For Appointment please contact us**  
Email: [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)  
Phone: 0413-2622063 What’s up: 9629199328  
**Working hours**  
Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sudha

**AYURVEDA TIPS FOR THESE FEW RAINY DAYS**



Dry summer is the season that naturally increases Pitta (fire and water elements) with more impact on the fire element of Pitta (heat, sharpness of the sunrays) and Vata (air and ether elements) with more dryness and roughness. Body struggles to keep its inner temperature to a cool 35-36°C when outside temperature can rise well above.

However in these past few days the sudden rain falls brought coolness in the air having a direct incident on the water element of Pitta that then ferments and shows signs of acidity, inflammation of joints, bloating or strong body odour and some bitterness, impatience, frustration, anger in the mind.

Vata gets cold and makes the joints more painful, digestion and bowel movements irregular and mind might be imbibed with anxious thoughts, worries or lack of concentration, disturbed sleep at night at Vata time (between 2am to 6am).

We can help ourselves with the following recommendations while the weather remains cool and humid:

**With the Food**

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

**Some Immunity Enhancers**

- Giloy/Guduchi** (Tinospora cordifolia), a very good immune regulator; 1tsp of powder morning and evening in warm water
- Amalaki** (amla): full of vitamin C; consumed fresh if available or in powder
- Turmeric:** Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- Tulsi** (Ocimum tenuiflorum/sactum): for the lungs, fresh leaves in warm water
- Ashwagandha** (Whitania somnifera): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- Ginger—Turmeric—Black pepper powders** (Be No1): improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
- Tulsi—Cinnamon—Amla—Ginger—Turmeric—Black pepper powders** (Be No3): as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it’s preventive, 3 times a day before food if there are symptoms

- Saffron, aloe vera, licorice herbal infusions
- Chyavanprash Avaleha: 1 tsp in the morning with breakfast

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

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

Let's be all well, happy and healthy.

Be at Santé Clinic

*International*

**New co-working space !**

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

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

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

- Good WiFi, 20 Chairs, Free Tea Marie, +33 695524430, [europa.house.auroville@gmail.com](mailto:europa.house.auroville@gmail.com)

*Art For Land*

**VIVRE ENSEMBLE  
LIVING TOGETHER**  
Art For Land  
**SUMMER EXHIBITION**



Adil Writer | Anamika Borst | Audrey Wallace - Taylor  
Ben Van Vliet | Kratu Carlotto | Loretta Shartsis | Marie Claire Barsotti  
Pierre Legrand | Veronique Menanteu

**Summer Exhibition @ Unity Pavilion**

*Multiple Activities*



**BHARAT NIVAS**  
भारत निवास ભારત નિવાસ  
The Pavilion of India, Auroville



**REGULAR WORKSHOP, CLASS & EXHIBITION**

- MONDAY TO FRIDAY**  
06:00 AM - 07:00 AM  
**KALARIPAYATTU CLASS** at Bhumika Hall
- TUESDAY & THURSDAY**  
06:30 PM - 08:30 PM  
**FENCING CLASS** at Harmony hall
- MONDAY, WEDNESDAY & FRIDAY**  
06:30 PM - 09:30 PM  
**TANGO CLASS** at Harmony hall
- TUESDAY**  
04:30 PM - 05:30 PM  
**THE SYNTHESIS OF YOGA** at Resource Library
- FRIDAY**  
11:00 AM - 12:00 PM  
**SAVITRI STUDY CIRCLE** at Resource Library
- WEDNESDAY**  
05:45 PM - 06:55 PM  
**INTEGRAL HEALING** at Bhumika Hall
- MONDAY TO SATURDAY**  
09:30 AM - 12:30 PM  
**RESOURCE LIBRARY** at 1<sup>st</sup> Floor - Bhumika Building

**EXHIBITIONS - MONDAY TO SUNDAY**


- 09:00 AM - 05:00 PM  
**THE DAWN OF AUROVILLE - PHOTO EXHIBITION** at Kala kendra
- 09:00 AM - 04:30 PM  
**WILDLIFE ART GALLERY** at Old LOE Building (old post office)
- 09:00 AM - 04:30 PM  
**THE CITY THE EARTH NEEDS** at India Space

Enquiry Contact: Krishna at +91 97878 80211

*Theatre & Dance Activities*

**DANCES OF UNIVERSAL PEACE**  
Sunday, 26 May, 5:30—7pm  
@ Tibetan Pavilion

**Dances of Universal Peace**  
**Dance your prayers for peace**  
5:30 - 7:00 pm, Sunday May 26, Tibetan Pavilion



Dances of Universal Peace combines simple dance steps with sacred songs from around the world. All welcome. No prior experience needed. By donation

Tushita Gandhi, 9408684680

**DANCE CLASSES BY MANI**

**Salsa Dance Class**



**Choose your Dance**

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

Register Now  
 +91 86376 33696

**SALSA DANCE CLASS**

Tuesday salsa class 6:30 pm  
 Saturday workshop 7:0 pm

Bakisata\_dance

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

**Tango Dance**



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

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

Auroville, cripa

**CONTACT US BY**  
 +91 86376 33696  
 Bakisata\_dance

**TANGO DANCE**

Submitted by Mani

**A CALL TO CO-CREATE**

**Multidisciplinary Improvisation Lab**

Thursdays, 5—7pm @ Cripa Small Hall

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

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



**A CALL TO CO-CREATE  
 MULTIDISCIPLINARY  
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- Recognition of equal value in every movement, sound, and word
- Emotional storytelling through embodied movement and music.

THURSDAYS 5PM TO 7PM CRIPA SMALL HALL  
 DISCOVER THE BOUNDLESS POTENTIAL OF COLLABORATIVE IMPROVISATION

Discover The Boundless Potential Of Collaborative Improvisation  
 Krishna

**CIRHU AND SURYA PERFORMANCE LAB PRESENT:**

**Freedom of the body**

7, 8, 9 of June 2024

An experiential immersive workshop designed and guided By Philippe Pelen and Thierry Moucazambo From Surya Performance Lab **Dialogue with the Cells**

*Thanks to the vision of The Mother and Sri Aurobindo*

*A path to follow from the mind to the heart and from the heart to the body, through deep relaxation, frequencies, meditation, Pranayama, yoga, visualization, and a spontaneous natural dance.*

*A joyful experience for a transformation of the body.*

The first experiential event was done in April for CIRHU. After the great success of this event with very deep and thoughtful feedback & testimonies, we decided to offer this workshop to the Auroville community and guests. It is open to everyone: Aurovilians, Newcomers, Volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who attended the first event and wanted to experience the deeper inner-self in their practice.



- **Location:** Harmony Hall, Bharat Nivas
- **Time:** 9am—1 pm. Please come at 8:45am
- **Contribution:** Guests: Rs. 5000, Aurovilians, Newcomers, Volunteers: Rs. 1500
- **Contact:** [cirhu@auroville.org.in](mailto:cirhu@auroville.org.in) or +91 8300387288 WA for registration. Registration is mandatory.

*'...all the cells of the body were athirst for that Light which wants to manifest...' The Mother*

For better integration and understanding, it is essential to follow the 3 days of immersive, experiential event. This experience is designed as a path of awakening.

*'The unity of heart and body is the foundation of all true spiritual realization.' Sri Aurobindo*

At this stage, our body becomes the field of exploration and experimentation, a conscious living laboratory.

*'Every cell of our being is a sacred temple where divinity resides, and personal transformation begins by honouring this sacred presence within us.'—The Mother*

- **Each participant should wear light, flexible clothing suitable for movement and bring a yoga mat or towel.**

**Some testimonies**

**Shivakumar:** A Profound Shift in Perspective. While the 'Freedom of the Body' workshop concluded weeks ago, its impact continues to resonate within me, sparking profound changes in how I perceive myself and my connection to the physical realm. Your guided exploration of cellular consciousness, allowing us to enter and exit the body at a cellular level, was truly unique.

**SIV:** After 19 years with Auroville, this was the first time I ever did anything related to the cellular realms of the body. I now understand that I have to develop the capacity to go inside. How I do not know yet. For years I have been wondering about what this inner world is like when you live in it. Now I understand more about what it means. To me this is Huge!

**Ocean:** Having spent almost 18 years on my path of self-discovery, learning about myself, human interactions and reality we live in, in search for the Truth and unity, only this time I was able to tap into something so close to myself, yet never explored before, giving a feeling of coming home. Although I made an attempt to understand the 'Mind of the Cells', I was not able to experience it myself but rather touched the subject intellectually. It all changed in your workshop... I found myself tapping into something very precious and I would call extraordinary, an intimate connection with myself. It almost felt like entering through a new door. And you gave us the key! Introducing us into the world of our cells, not mentally but by our perception and awareness with ease.

### Philippe Pelen and Thierry Moucazambo

They are dancers, performers, choreographers, directors and energy healers from Reunion Island, a French multi-cultural island in the Indian Ocean, where they founded the Talipot Theatre.

Coming from an island with memories of slavery and colonization, they developed a methodology, a process they called 'decolonization of the body, of the cells, of the imagination and the mind.'

Their exploration of the actor-dancer's body has organically evolved into a transformative energy healing.

They teach their method in different universities around the world, in different spiritual and artistic groups. They have also lectured at UNESCO, created and directed 34 shows and performed in 83 countries with artists from all over the world.

Inspired by the teachings of Sri Aurobindo and The Mother, they are deeply into the Yoga of the Cells and dialogue with cells. They have been trained by Bhaga from the Auroville Laboratory of Evolution, by Barbara, and different mentors, scientists in the world and many special "First people" leaders in South Africa, New Caledonia, and Australia.

In Auroville, they founded the Surya Performance Lab and created many shows.

Philippe and Thierry,  
Surya Performance Lab  
8903869078

### AUROVILLE TANGO

@ Harmony Hall,  
Bharat Nivas

New batch starts the first week of each month

- **Monday**
  - 7pm—Introduction to Tango,
  - 8pm—Open Source
- **Wednesday**
  - 7:30pm—Guided Practica,
  - 8pm—Long Practice

No partner required.  
Bring socks or dance shoes.  
And plenty of joy!

- +91 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in)

Submitted by Maud

### New Creation Dance Studio

Sweatout & Smile

ZUMBA

Every Mondays!

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

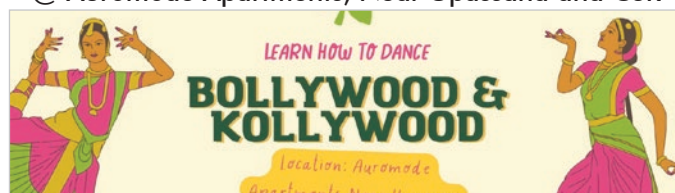
For regular classes DM: 8281746763

Submitted by Vega

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmedt! For more information and to reserve your spot, contact: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +919446762034 WA only

Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. Balaganesh SIVA

### Music and Art Activities

#### CREEVA ART ACTIVITIES

Centre for Research Education  
Experience In Visual Arts



#### Our Art Activities:

- **Watercolor Landscape** by Sathya  
Wednesday 5—7pm.
- **Figurative Drawing Session**  
Friday 5—7pm.
- **Root Of Art** by C. Sivacoumar to know the basic value of art, contact: +91 8870129626  
Saturday 4:30—6:30pm.
- **Portrait by Sathya.** All art lovers! Looking for a unique and personalized portrait experience? I'm offering live portrait sketches and paintings done within about 30 minutes of your sitting. Capture your essence in a beautiful artwork. Let me know to book your session.



**Open Studio** is a creative space where individuals can explore various forms of visual art, such as Printmaking, Drawing, Painting, Recycled art, Installation, Collage, Sculpting, and more. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be available if you need assistance.

- The studio is open from 12:30 to 4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in advance, contact Abi +919042058981.

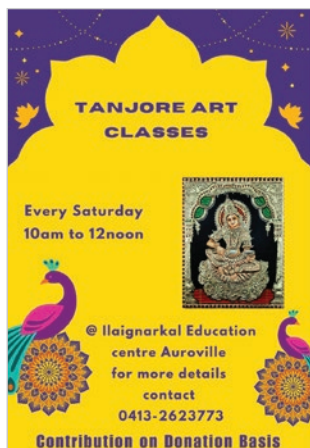
CREEVA Studio, Creativity Community  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in),  
+91 9486145072 WA, Sathya

### TANJORE ART CLASSES

Every Saturday, 10am—12noon  
@ Ilaignarkal Education center

Tanjore Paintings Hold Cultural And Religious Significance, originating In Tamil Nadu, India. They Depict Hindu Deities And Mythology With Vibrant Colors and Intricate Details. The Use Of Gold Leaf Adds Opulence, Reflecting the Region's Artistic Heritage. These Paintings Serve Representations Of South Indian Art, Preserving Traditional Techniques and Contributing to The Rich Tapestry Of India's Cultural History

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



Ayyanar

### LIGHT FISH

#### Professional Photography Studio

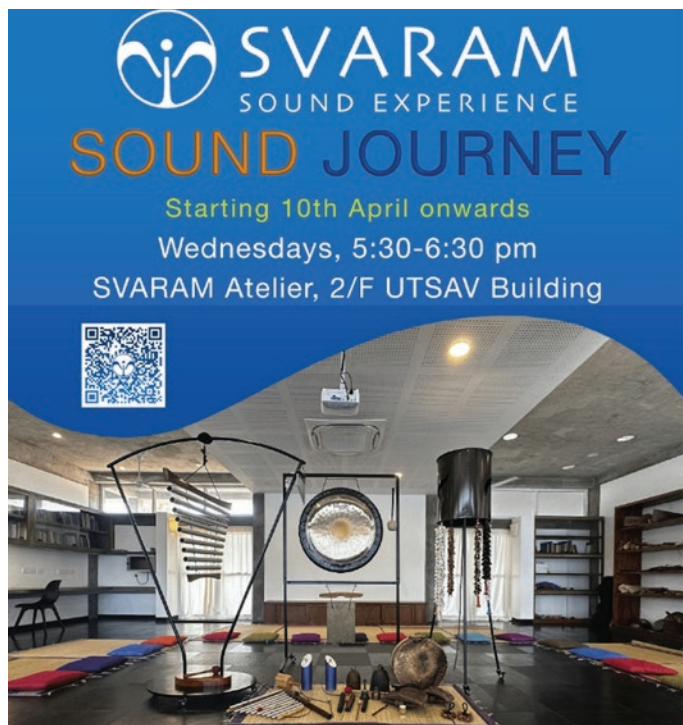
#### Photography Services

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



Samvit Blas, Light Fish,  
9442526287,  
[sales@light-fish.com](mailto:sales@light-fish.com)

### SVARAM SOUND EXPERIENCE



We are inviting you to an especially curated Sound Journey Pre-registration required . Maximum 20 participants Please scan the QR Code below for details or email us at [svaramprograms@auroville.org.in](mailto:svaramprograms@auroville.org.in)

Timon for SVARAM

### EXPLORE

#### WaterColor Techniques

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

Submitted by Arun



## The Sound of Bamboo

Various Styles of the Indian Flute



#### Group Classes With Michael

@ Kalabhumi Music Studio, Every Friday  
Beginner: 11am—12pm,  
Advanced: 12noon—1pm

Drop in is possible at any time, flutes available to borrow or buy.

- **Contribution:** Guests: Contribution required, Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- **Connect:** [michael@sound-of-bansuri.com](mailto:michael@sound-of-bansuri.com) +91 9150567003 WA
- **More Info:** [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)
- **To Donate:** <https://pay.auroville.org/divine-arts>
- **Learn More About Divine Arts:** <https://auroville.org/page/divine-arts> Michael

### Sports & Martial Arts

#### SWIMMING CLASS BY MANI

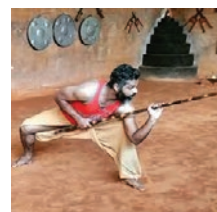


Mani

#### KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- **Kalari Class for Beginners**
  - Morning classes: 6:30—7:30am Monday, Wednesday, Friday
  - Evening classes: 5—6pm, Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
  - Morning classes 6:30—7:30am Tuesday, Thursday, Saturday
- **Kalari Massage Available**
  - By appointment, 9042009200, Maneesh



Where Body Becomes Eyes,  
Maneesh For Kalari Team



### ULTIMATE FRISBEE

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

No prior experience needed!

Selvi for Ultimate Frisbee Auroville Women's Team



### AUROVILLE AIKIDO SUMMER UPDATE

@ Auroville Budokan, Dehashakti near Dana:

Adults' regular schedule for beginners and all levels:

- During the Summer we continue our early classes but discontinue the Wednesday evening and Sunday morning.



So, welcome to join this beautiful and complete practice in the form of a Japanese martial art:

- Every Tuesday, Thursday, Saturday from 6 to 7:30am (with N. Murugan and/or Surya). Reasonable contributions required for the Budokan (a LEAD activity).

Children classes (from age 8) will restart in July.

For more info, please contact us:

- Surya 8300189062, 0413 2623813
- Philippe 8300643963/WA
- N. Murugan 9952812843/WA
- [budokan@auroville.org.in](mailto:budokan@auroville.org.in), [m](https://www.auroville.org.in)

Looking forward to see you at the Budokan dojo,  
Surya for Auroville Aikido

### ABHAYA MARTIAL ARTS

For the month of May we take a break

Dear Friends, Abhaya Martial Arts has trained more than 200 students since December 2023, hosting also Muay Thai coaches, Brown belt (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We also started to give to our students official belts and degrees recognized by Shou Dao School, a martial art academy recognized by the Olympic Committee.



For the next months, the two main coaches Giacomo and Ruben are gonna be out of station and there will be different weekly classes:

- For the month of May we will all take a break.
- From June we will resume with regular classes.

Stay posted!

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA

Giacomo

### BHARAT NIVAS PRESENTS

Kalaripayattu Class in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in), office: 0413 262253

Vani for BN Team



### KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

### TAI CHI CHUAN IN SHARNGA

Summer Schedule

Tuesday—Friday:

- 7:30—8am Chi
- 8—9am Tai Chi Chuan form

Except 27 May—1 June when there will be class only on 28 May, Tuesday, and 31 May, Friday

[taichi.auroville.org](http://taichi.auroville.org), [taichi@auroville.org.in](mailto:taichi@auroville.org.in)



Warmly, Krishna

### GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm

@ Dehashakti

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

- Just contact Beber 6385635943 for more details



Beber

### Bioregion Activities



Tours



Sound Bath



Fire Side Drumming



Fun with Pottery



Cooking Class



Musical Instruments

+91 9159468946,  
[enlight@auroville.org.in](mailto:enlight@auroville.org.in)

Arun, Anand and Balaji

## AUROVILLE BAMBOO CENTRE, MAY 2024

### Bamboo Centre Campus Tour



- 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.

### Training and workshop

#### Daily Make and Take Hands On Workshops

##### One-Day, Make and Take Workshops

- 9am—12:30pm, 1:30—5pm,
- Every day except Sunday
- Registration one day in advance

Furniture Workshop, Bamboo Lampshade, Bamboo Giraffe, Bamboo Bicycle (For Kids)



##### 3 Hours Make and Take Workshops

- 9am—12:30pm or 1:30pm—5pm
- Every day except Sunday,
- Walk-in registration available
- Bamboo Toys, Bamboo Musical Instruments, Bamboo Jewellery
- Bamboo Planter, Bamboo Archery

### Bamboo Building & Self Awareness Camp

- For the age group of 13 to 16 Years
- 29—31 May 2024



Are you someone with a passion for creativity? Join us and explore the boundless possibilities of expressing your creativity through bamboo and Self confidence!

It is time to Build your own bamboo Yurt (Foldable Tent) Cultivate Your Skills, Join Us to Master the Art of Bamboo Yurt Construction. Build Your Dream Yurt and take it Home at the End of the Camp!

- Please connect with us to inquire about our charges.

### Bamboo Art & Craft Summer Camp

- For the age group of 10 to 13 Years
- 25 May 2024

## BAMBOO ART & CRAFT SUMMER CAMP

For the age group of 10 to 13 Years

Adventure Awaits at Summer Camp!

Join us for a summer filled with exciting activities, express your creativity, meet new friends, and unforgettable memories in the great outdoors.





Come and express your creativity and Innovation with bamboo

"Craft your own handcrafted bamboo products with our Make and Take Camp."

### ACTIVITIES

- Bamboo Forest Walk
- Bamboo Jewellery Making
- Bamboo Toys Making
- Bamboo Musical Instruments

**25 May 2024**

"Please connect with us to inquire about our charges."

**Includes:**

- Refreshment
- Lunch
- Certificate

Adventure Awaits at Summer Camp! Join us for a summer filled with exciting activities, express your creativity, meet new friends, and unforgettable memories in the great outdoors. Innovation, Creativity, Explore Bamboo Forest Walk, Bamboo Toys Making

- Please connect with us to inquire about our charges.

### Hands-On Bamboo Joineries Workshop

- Beginner Courses, 24—25 May 2024, 2 Days

Explore the intricate art of bamboo joineries at our workshop, where craftsmanship meets sustainability. From classic to contemporary, unlock the secrets behind timeless connections in bamboo structure. Join us and witness the fusion of tradition and innovation in every joint



#### Program

- Day1: Bamboo presentation, Splitting technique, Joineries techniques, Bending techniques
- Day2: Practical work, Practice Various Joineries
- 3700/- Inclusive of Lunch,
- 2 Refreshments per day, Minimum 2 PP

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

- Preferred [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in)
- or +91 8300949081 Voice call and WA, 0413 2623806

Flexible training dates offered to groups

Murugan, [www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org)

**MOHANAM**

**Conscious & Cultural Tour, Workshops & Therapy  
May 2024**

Auroville Northwest Experience. Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture



**Tours**

**Auroville Northwest Tour**

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

- Every day 10:30am—1pm except Sunday



**Mohanam Campus Tour**

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

- 10am—4pm, every day except Sundays

All above Tours One Day Advance booking is necessary

Contact:

- Preferred [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)
- or call: +91 8300949081

**Make and Take Workshops**



- 10am—4pm every day except Sundays

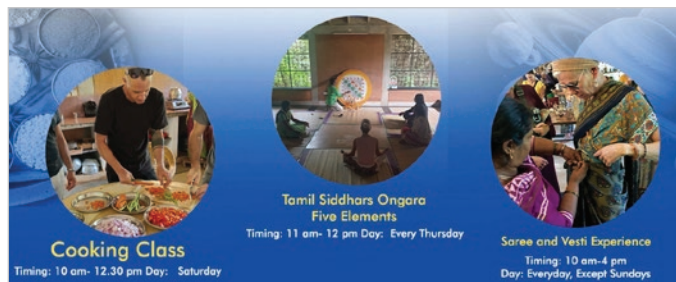
Join and Experience the learning aspect of engaging in arts and Craft Workshop, Manifest your inner self through various materials and form using creative technique.

Pottery making	1 hrs
Kolam Mandala Painting	2 hrs
Coconut shell craft	3 hrs
Incense Making	1—1/2 hrs
Lampshade Making	3 hrs
Paper Marbling	1 hrs
Candle making	1—1/2 hrs
Soap making	2 hrs or 1 day

Daily Make and Take Hands-On Workshops at Bioregion Art & Craft Centre (Mohanam , Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- All above workshops one day Advance booking is necessary
- +91 8300949081, [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Classes and Therapies**



Mohanam offers a variety of classes, and therapies, where participants can explore the classes and therapies.

- **Cooking Class:** Learn how to cook traditional South Indian foods and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
  - 10am—12:30pm every Saturday
- **Saree and Vesti Experience:** Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional
  - 10am—4pm, every day except Sundays

All above Classes and Therapies one day Advance booking is necessary

- **Contact:** +91 8300949081
- Preferred: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Auroville Bioregion Experience with Mohanam Team**

- 10am—4pm every day except Sundays

Village Tour	3hrs
Munnur & Perumukkal visit	6hrs
Salt Dune & Kaluveli Tank Visit	6hrs
Bio-region Village Temple Tour (Irumbai Shiva Temple & Panchavadi Hanuman Temple)	4hrs
Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple)	3hrs
Wood Fossil Visit and Quarry Shower	6hrs

All above activities one day Advance booking is necessary

- +91 8300949081, [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**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 ning / 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.

- **Contact:** +91 8300949081
- Preferred: [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

Balu For MohanamCentre

**EGAI @ ISAIAMBALAM ROAD**

+91 9791896488 WA /0413 2963034

We are creating sustainable livelihood for native artisans and craftsmen using coconut shells to encourage the next generation to pursue this art. We are also making the younger generation to become aware of the harm of plastic and start using local and eco-friendly products.



**Workshops**

• **Coconut Shell Craft**

Embark on a crafting journey with coconut shells can be both exhilarating and challenging. For those eager to start but unsure where to begin, do some beginner-friendly tutorials to get you going.



• **Incense Making**

Come and make your own Agarbatties. Learn the basic methods of making incense so you can create your own blends and aromas! Learn in an easy way, with resources that will help you throughout the process of learning.

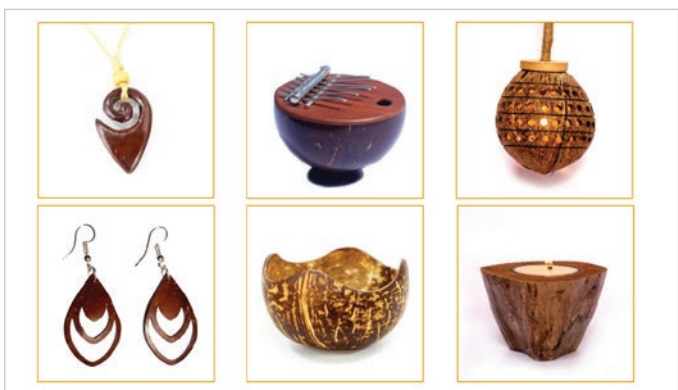


• **Musical Instruments**

Learn to Make handcrafted piece of musical art that you can carry with you in your handbag or make a decoration at home. It is made of pure natural coconut shell.



**Products**



We make craft work out of eco-friendly materials like coconut shell. All our products are unique by design. The raw materials are sourced from local communities and are sustainable. We spend a great deal of time ensuring the quality of each product.

**Velai Craft Co-working Space**

We are offering a fully furnished machine shop to make and manufacture products and handicrafts as per your needs. We are also offering space to hold workshops for art and craft.



**Kalai Skilling Initiative**

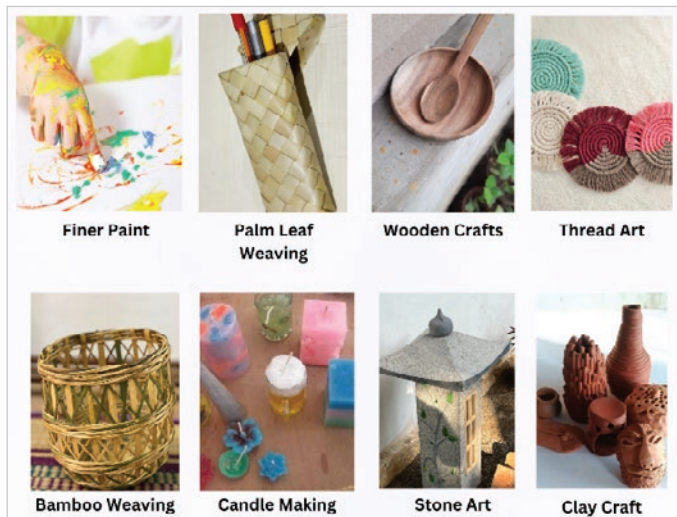


Conscious intent for youth of all needs 'Dream' of self-determination. Focussed on encouraging students to develop their skill apart from academics. The initiative focuses on five categories arts, craft, music, dance, story telling to grow their creative thinking.

**Kaivinai Outreach Program**

- **Monday to Saturday, 10am—5pm.**

Community and village artisans, working, growing their skills and livelihood opportunities. Book your workshop and support them.



**Tamil Suvai**

Creating a fusion of cuisine and craft fun activity for a warm summer day. Patrons can partake in easy to do crafts activities, taste foods and join our journey. Bringing together local entrepreneurs and providing native food unique to the bioregion community.



People wanting to set up stores contact us at [egai@auroville.org.in](mailto:egai@auroville.org.in) to register.

**Book Your Workshop Now**

- Talk to Anand [egai@auroville.org.in](mailto:egai@auroville.org.in), 09791896488

Submitted by Arun

*Craft Activities*

**WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE**  
**Carpentry & Wooden Craft Workshops**



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

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

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



**SPOON CARVING WORKSHOP**  
**BEGINNER LEVEL**

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

Age: 15+  
**2 Days Make & Take workshop**

**WELLNESS WOODCRAFT AUROVILLE**  
 Every Wed & Thu

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

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



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

Age: 15+

**WOOD JOINERY**  
**BEGINNER LEVEL**

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

Mon & Tue

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

- **Advance Booking Is Necessary:** Anand [wellnesswoodcraft@auroville.org.in](mailto:wellnesswoodcraft@auroville.org.in), +91 9952589649WA

**PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE**

10am—4pm, Every Day Except Sunday

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

Wellpaper

- Contact Zeevic, +91 9385744744, 0413 2969722

Zeevic



*Nature Activities*

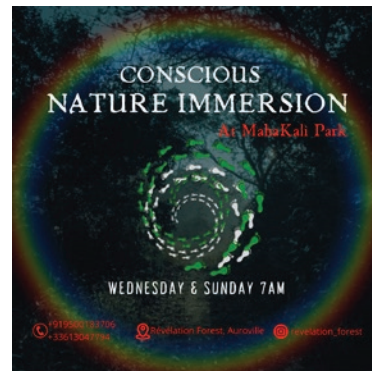
**CONSCIOUS**

**Nature Immersion**

@ MahaKali Park

Every Wednesday and Sunday 7am

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic 'Web of Life' brings, in turn, insights for our self-study and yoga of work.



- **Contribution** accepted for the management of the site.
- Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.
- **Meeting point** at Revelation's main gate 5-10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- **Contact:** +919500183706, Arun +918349917282, Rahul. Better to confirm your venue by one WA message, especially if it rains
- We also do custom programs, training and healing sessions on prior demands.

*Please note: The park is not yet accessible without our supervision, thank you for your understanding!*

- Gmap link: Revelation forest Auroville

Submitted by Arun

**FOOD FOREST TOUR**



**FOOD FOREST TOUR**

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food.

Come and connect with nature and learn about healthy and sustainable food options

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

**VEGAN ICE CREAMS** and more...

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

**Sign up and infos** whats app Sarah 9047421044  
 myfoodforestgarden@gmail.com

myfoodforestinfo.wordpress.com  
 www.youtube.com/myfoodforest

Available

Office Space Available

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



Interested people may contact **Mr. Pandian** at Auromode in person, +91 99433 90391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)

Honorary Voluntary

SAVI TAKES A SUMMER BREAK

27 May—9 June 2024

Dear Community, Savi will be taking its summer break from the 27 May until the 9 June 2024. We will resume operations on the 10 June.

Saranya for The Savi team



FARM SERVICE IS LOOKING FOR VOLUNTEERS

Mondays at 10:30am, for an interview

@ Bhumika Hall, Bharat Nivas

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



Gino for Farm Service

VOLUNTEER OPPORTUNITY:

English Teaching with Reach for the Stars

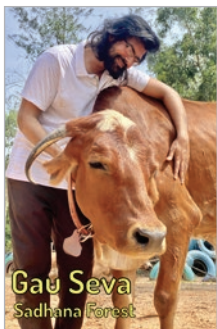
Sundays, 2—3:30pm

Reach for the Stars in Auroville is seeking English teaching volunteers for weekly classes held on Sundays from 2 to 3:30pm. If you're passionate about education and making a difference, join us in empowering students through English language skills.

- **Requirements:** Fluency in English, enthusiasm for teaching.
- **Contact:** [reachavteam@gmail.com](mailto:reachavteam@gmail.com)

Make a difference with Reach for the Stars! Poovizhi

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](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

MARTUVAM

Is Looking For Website Designer

We need volunteer who knows about website designing and posting, our work about is introduction to Natural healing herbal plants. If any body is interested please contact

- Martuvam, 9345454232, [martuvam@auroville.org.in](mailto:martuvam@auroville.org.in)

Thank you, Sivaraj

Looking For

Looking for Long Term House Sitting

Dear Community, I am Shaheen, a confirmed newcomer looking for a long-term house sitting in Auroville. I like to keep my environment clean, and I am a non-smoker, prefer to have a quaint and quiet environment. I am good with pets as I have a cat myself, I am happy to take care of your house, plants and pets.



- Please reach out to me at [shaheen\\_nc@auroville.org.in](mailto:shaheen_nc@auroville.org.in) or +91 8056058259 WA In Resonance, Shaheen

Help Needed

FUNDRAISING FOR VOLUNTEERING at Sapang school in Nepal

Dear all, this is Nirmal, I grew up in New Creation under the Guidance of Tixon who currently manages Roy's (Alistair Wicks) Boarding House and Nirami print studio.



I got the opportunity to teach at the school in Sapang, Nepal and make a meaningful impact in the lives of others by contributing to a community in need and to witness the transformative power of education firsthand.

However, I recognize that embarking on this journey requires financial resources that I currently lack. That's why I'm reaching out to you all to support me in this endeavor. My plan was to start in the first week of June and spend a month there, it would roughly require 35k for the trip and to support my stay. Whatever one could contribute would be much appreciated. FS Acc no: 6980

Volunteering at the School is a chance to immerse in a culture rich in history, tradition, and resilience. It's a chance to learn from the local community, to exchange ideas and experiences, and to forge connections that transcend borders and boundaries.

Your contributions will help to support the ongoing work of the School from providing essential resources like textbooks and stationery to improving infrastructure and facilities, your generosity will directly impact the lives of the students and teachers who call this school their home.

I'm seeking your encouragement and belief in the power of volunteerism and compassion. Together, we can show that even small acts of kindness can make a big difference in the world and the strength of human unity

Thank you for the time given to read this message and believe in the power of giving back.

Yours Truly Nirmalraj, Happiness community.

Taxi Share

Taxi Recommended: Auro Boss

P. Bascaran/Auro Boss. All cars available.

- 84892 63215, 94892 73215

Anandi ayun, Realization



Taxi to Chennai Airport on May 24, 6:45am

Hello, I'm looking for someone to share a taxi to Chennai Airport on May 24 departing at 6:45am. Please email me: [perineaualexia@gmail.com](mailto:perineaualexia@gmail.com). Alexia



*Animal Care*

**URGENTLY STAFF AND VOLUNTEERS NEEDED!**

The Auroville Dog Shelter is offering two positions for animal caretakers, 25 hours per week and can compensate with half a maintenance.

- Please message Arthur, 8122225266 WA  
Auroville Dog Shelter,  
Arthur



**AUROVILLE DOG SHELTER  
Needs Immediate Funding**

The Auroville Dog Shelter, home to nearly 300 rescued dogs, urgently needs financial support. A year ago, a dedicated team revitalized the shelter, making it a recognized AWBI and Animal Husbandry approved sanctuary for healthy, well-fed dogs. However, the shelter's infrastructure is crumbling: the kitchen roof has collapsed, the electrical system is failing, fences are barely holding and a VIP road is getting built through the shelter leading to the destruction of dormitories and dog enclosures. In just four months Monsoon season will start and due to the resistance of some individuals the construction of the new shelter is obstructed and delayed.



After Cyclone Michaung hit Chennai in December 2023 and key donors reduced funding, the shelter is facing an extreme financial crisis. Despite being a municipal service, it receives only Rs. 50,000 per month from BCC city budget, far short of the Rs. 3 lakh needed for basic expenses like food, wages, vital medicines and vaccinations. All services like sterilizations, vaccinations, free veterinary treatments and emergency rabies rescues had to be halted due to the lack of funds. As it is puppy season a lot of new puppies have been born. Alone last week, 20 tiny babies had been dumped like garbage at the shelter at night. We cannot take in any more as we lack funds, quarantine facilities and staff.

*'Personally, I could do pranam before a puppy dog, mon petit, in all sincerity—seeing the Lord in it.'*

*Mother's Agenda 3:343*

As a city, Auroville has the responsibility to care for its municipal services, including its dog shelter. Ensuring the shelter's operation is crucial for public health, preventing the spread of disease like rabies and canine distemper, and maintaining community safety by managing the stray dog population through sterilizations. Covering the shelter's basic running costs is a fundamental responsibility that reflects the Auroville's commitment to animal welfare and community well-being, being a city based on the values of Sri Aurobindo and the Mother.

Without immediate funds, the shelter will have to start releasing dogs in the streets, as it cannot afford to feed them or pay staff salaries. The shelter is appealing to the AV Foundation to change its stance and fund its basic monthly so that the Auroville Dog Shelter can continue its vital work and services for the entire AV Community.

*'A kind heart treats all men and even animals as members of one family, one humanity' CWM 2:245*

*'One can have the true attitude only when one has attained the consciousness of the divine Oneness; meanwhile it is good always to treat animals with respect, love and compassion.' CWM 17:103*

*Quotes from the book: 'All Creatures Great and Small' Sri Aurobindo and the Mother on Animals*

*Arthur for Auroville Dog Shelter*

*Foods, Goods and Services*

**POUR TOUS WATER TAKES A BREAK**

Friday, 24 May—Sunday, 26 May

Dear Community members, Pour Tous Water will be closed on Friday, 24 May to Sunday, 26 May, as the team is taking a summer break.



- If you have emergency (water leakage) please call Nagappan 9443627117 or 9751605467

*Nagappan for PTW team*

**SOLAR KITCHEN IS CLOSED FOR REPAIR WORKS**

Friday & Saturday, 24 & 25 May

Solar Kitchen will be closed on Friday & Saturday, 24 & 25f May, for repair and maintenance work and a summer trip for the team.

- On 23 May, Thursday, dinner will be served from 5:30 to 7pm.

*Solar Kitchen Team*



**AUROVILLE BAKERY & CAFE**

Closed on 23, 24 & 25 May

Auroville Bakery and cafe will be closed on Thursday, Friday & Saturday, 23, 24 & 25 May for oven repair and maintenance.

- Please pick up your Thursday, 23 May orders on Wednesday, 22 May.

Have a wonderful summer!

*Elumalai for Auroville Bakery Team*



**SPROUT CLOSED FOR SUMMER BREAK**

The Sprout will be closed for summer break



from Saturday, 25 May till 14 June.

*See you back soon!*

*Monica*

**UPDATE**

**On Roots Social Media**



Dear All, Roots Social Media (WhatsApp/FB) had started as part of Roots, an activity under City Services.

With the waves of Covid, Roots, still a nascent activity, itself de facto stopped (and eventually the Activity/FS Account #106567 initiated by Anandi Zhang closed), the sharing, and learning about healthy food grew manifold in the WhatsApp group.

Over time its scope got defined as local, bio-regional, learning/sharing (as opposed to commercial in its intent) group—focused on food, healthy eating, locavore, local produce, foraging, and preparing.

*Roots in social media /WhatsApp group is currently not associated with any Activity and would continue as an informal/ spontaneous social media group as is.*

*Nina and Sangeetha*

**ECO FEMME OPEN HOUSE**  
Every Thursday, 10:30am



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

Mila

**HALF-PRICE MAROMA PRODUCTS**  
for all Aurovilians in the Outlet Store



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

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

See you there! Jesse for The Maroma Team

**ANITYA: COMMUNITY LUNCH**  
12:30 on Thursdays and Saturdays



Our Community Lunches Are Still Happening During The Summer! Contact Serena on WA to book one day in advance: +91 84897 60966

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

**ARTISTE CAFE**  
**African Day Celebration**  
25 May at 7:30pm



Break - Fast,  
Lunch &  
Dinner Available

Open-Mic on  
every  
Saturday evenings

25<sup>th</sup> May 2024

**AFRICAN DAY  
CELEBRATION**

at 7.30 pm

All are welcome



Artiste Café  
Near New Creation Sports Ground, Kulapalayam, Auroville.  
2623071, 9786772209  
yatraartistecafe@gmail.com

Breakfast, Lunch & Dinner Available  
Open-Mic on every Saturday evenings  
Artist Café Near New Creation, Kulapalayam, Auroville.  
2623071, 9786772209, [yatraartistecafe@gmail.com](mailto:yatraartistecafe@gmail.com)

Yatra Srinivassan



Happy to share that **Egai**  
has open it's boutique  
at Auromode  
Inviting everybody visit our  
boutique

Anand

**ANNOUNCEMENTS**  
**From Sarvam Computers**

Dear Community members, Sarvam Computers is shifted to the new office space in Utsav Phase—1A, First floor. (Near Verite)

- Working Hours:  
9am to 5pm except Sunday.

Customized computer assembling, all Computers, Laptops & all apple computers upgrade, Data backup and recovery, Network configuration & solutions, Repair & maintenance, all operating system installation.

- Please contact Bala: 9443211891, 9786953603  
[engelssarvamcomputers@auroville.org.in](mailto:engelssarvamcomputers@auroville.org.in) Bala





## TRAVEL NEWS FROM INSIDE INDIA

Namaste, Bonjour, Hello and Vanakkam!



**inside india**

**PRICE ON REQUEST**

*Experience Chettinadu*

**What is included?**

- 3 nights stay at a heritage resort in Chettinadu from 29th May 2025 to 1st June 2025
- Transportation
- Breakfast and dinner
- English-speaking guide
- Cooking demo, Bullock cart ride and more...

**Bookings open till**  
28.05.2024, 04:00pm

**Contact us for more details:**

Office No. 2, Kalpana, Auroville  
☎ 0413-2623030 / 8524953784  
Email: [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in)

\* For a minimum of 6 people and maximum of 10 people in a group

### New Team at Inside India Needs Photos

We are the new team at Inside India. We want to reach out to our Auroville community in search of great shots of Auroville, the Bio-region, Pondicherry, Tamil Nadu, Kerala, well, anywhere in India as well... Photos that tell a story... Photos of rather good quality so that they might be used and shared on our website and other promotional support including some brochures for Tours...

- If you have some and feel like sharing them, showing them to the world you may contact us by
  - +91 8903196233 WA and/or
  - [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in)
  - or [insideindia@inside-india.com](mailto:insideindia@inside-india.com)

Looking forward to seeing some nice images soon...

### News From Travel Shop

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

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

- Our door is open from 9:30am—4pm.
- Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30am—4pm,
- Landline 2623030 Monday to Friday. Saturdays on appointment only.
- He can also be contacted anytime
  - via mobile or WA: +91 9894598686
  - and by email: [travelshop@inside-india.com](mailto:travelshop@inside-india.com)
- We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in) or [insideindia@inside-india.com](mailto:insideindia@inside-india.com)

### Some current offers

- Qatar airways special fare from Chennai to Paris.
- Fly from Chennai to Paris, Frankfurt with Special fare on Air Vistara.
- Malaysia Airlines is pleased to announce the extension of Ex-India Promo Fares in Economy & Business class from Chennai to all destinations except Sydney, Melbourne, Perth, Adelaide, Auckland.
- Etihad airways offer fare from Chennai to Paris, Frankfurt, Milan, Munich, Brussels.
- Malaysian airways offer fares from Chennai to Seoul.
- Air India special fare from Chennai to Milan, Sydney and Melbourne.
- Aeroflot flight offer fare is available from Delhi—Moscow—Delhi.

### Trip ideas

- Looking for a weather change, why not Nepal, Kashmir, or Ladakh... and of course closer to Auroville, Kodai-kanal is there too...
- A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...
- You can also have a look at our current offer for Chettinadu

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

### Travel Tips

- Several travelers were 'boarding denied' as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.
- Indian nationals can now be issued long-term, multi-entry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.
- Sri Lanka has shifted from the Electronic Travel Authentication (ETA) visa programme to a new E-visa scheme with effect from 17 April 2024. In this context, the ETA website was discontinued on 16 April 2024
- The Embassy of the Republic of Turkey announces that Turkish authorities has commenced requiring the 'Electronic Airport Transit Visa' (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.
- eVisa fees waiver scheme has been introduced for citizens of India, China, Indonesia, Russia, Thailand, Malaysia, and Japan, with immediate effect, valid until May 31st, 2024 (Last date of arrival) for tourism only. To avail of the scheme, please select the 30-day single entry eVisa option.
- The Embassy of the Republic of Turkey announces that Turkish authorities has commenced requiring the 'Electronic Airport Transit Visa' (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.
- Thailand has extended its visa exemption program for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.
- Also, this [Link will tell you all that you need](#) to know about Flight delays and/or cancellations.
- Thanks a lot to all of you who already trusted us.

## Tourism Building Blocks

We want to develop Tourism Building blocks to play with... Who wants to play with us?

From very short (say an hour to half a day) blocks such as a Yoga class; a horse back riding walk around AV; an introduction to Ayurveda workshop; let's learn the joy of making Dosai and/or chapati... (Our collective imagination is the limit...)

To more elaborated and long offers which could go as far as two weeks on a specific subject or activity like a two weeks rock climbing tour of India; touring the North of India in search of the best street food;

And of course everything we may think of in between...

Let's get creative !

Once we have lots of these blocks to play with, we shall be able to offer some very interesting Tours to our customers who we know are after some novelty...

- Now, if all this is not quite clear (it surely is ...) yet you feel it resonates with you, just reach out us
  - +91 8903196233 WA or
  - [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in) or
  - [insideindia@inside-india.com](mailto:insideindia@inside-india.com)...

Priyal, Rima, Olivier,  
Inside India New Team

## QUTEE

### Electric Scooter Service

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available.



The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.

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

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

B for Qutee  
Electric Scooter Service

## COMPUTER & NETWORKING

I am Ramakrishnan Aurovilian experienced in Computer & Networking for 8+ years and gained more knowledge in creating-on new Fiber internet infrastructure and IT troubleshooting work for our Auroville community since 2015

And I am happy to provide the below services to our Auroville community

- Computer & Laptop—Sales & Repairing
- Ups Battery & Inverter—Sales & Repairing
- Cctv Camera Installation—Sales & Repairing
- Printer Sales & Repairing
- Printer Toner Refilling
- Routers And Modems Sale & Repairing
- Fibre Optics Cable Splicing—Sales & Servicing

Please feel free to contact Ramakrishnan:

- 9943919899, [ramkrishna@auroville.org.in](mailto:ramkrishna@auroville.org.in).

Ramakrishnan

## RAPID CARE SERVICES

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



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

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

For Rapid Care, Balaji & Arun

## DROPZY

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



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

- **Download link as shown below:**

[Android](#)

[iPhone](#)

[Desktop](#)



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

Sathish Arumugam for Dropzy,  
+91 8098144686, [www.dropzy.in](http://www.dropzy.in)

### NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline  
0413 262295
- 9443090082/ 8098193820
- [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in),  
[newwavesauroville@gmail.com](mailto:newwavesauroville@gmail.com)



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

Dhanda

### 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.

- Monday to Saturday, 10am—5pm @ Creativity.  
Please book sessions in advance.

#### Thai Massage

- Monday—Saturday, 9am—5pm.

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

#### Tailoring

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

#### Contact

Phone/WA 8098845200, [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

Rupavathi Joy

### 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](mailto:surabhisupplies@auroville.org.in)
- +91 98438 46458 WA, Phone: Iyyappan

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

### FREE STORE

#### Summer Opening Hours



In the months of May and June  
we will be open from  
8:30am to 1pm

Kindly note: No afternoon

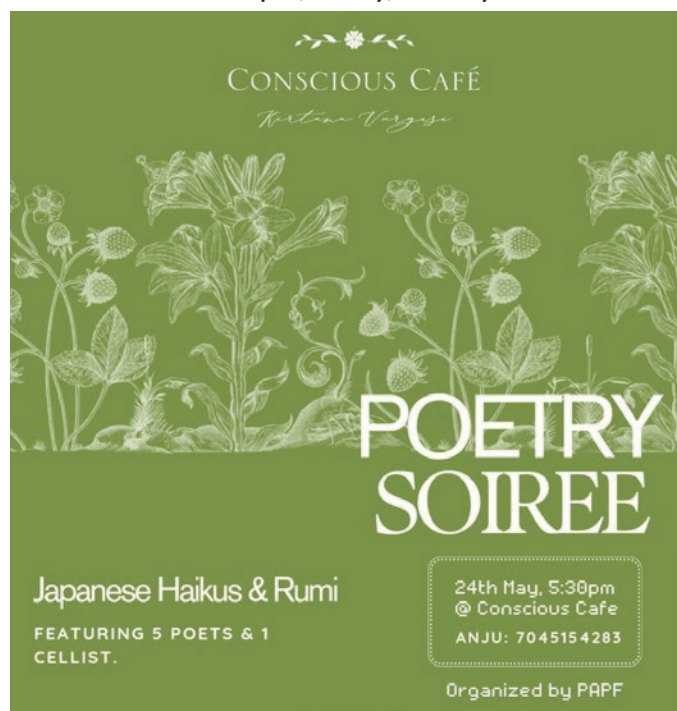
*Kamala for Free Store Team*

## Poetry

### PONDICHERRY/ AUROVILLE

#### Poetry Festival

5:30pm, Friday, 24 May



Pondicherry/ Auroville Poetry Festival ( PAPP) has organized a poetry reading with music by Ben playing the Cello at Conscious Cafe, Auroville.

- Poets include: Gayatri, Anandi, Anita, Rita, Natasha & Anju.
- Free entrance Anju Makhija, 7045154283

### APRIL AUBADE

*Worship this world of watercolor mood  
in glass pagodas hung with veils of green  
where diamonds jangle hymns within the blood  
and sap ascends the steeple of the vein.*

*A saintly sparrow jargons madrigals  
to waken dreamers in the milky dawn,  
while tulips bow like a college of cardinals  
before that papal paragon, the sun.*

*Christened in a spindrift of snowdrop stars,  
where on pink-fluted feet the pigeons pass  
and jonquils sprout like solomon's metaphors,  
my love and I go garlanded with grass.*

*Again we are deluded and infer  
that somehow we are younger than we were.*

*Sylvia Plath*

### BY ANANDI AYUN

*Wholly  
Awakening  
Pore by pore  
The skin  
Becoming  
me.*

The blue intense  
Born  
Of the early bird  
With its cry.

Anandi ayun

## SHE CHANGES HER DESIGNS AND PLANS

She changes Her designs and plans.  
Sets to do, undo, redo indefatigably.  
Therefore, She is.

She never defeats.  
She never loses.

She wins with a wink.  
She wins over our hearts.

With joyful Gratitude,  
Anandi Z.

## THE REALITY

The Youth that never ages,  
This One Ever-Conscious Beingness,  
Has created this Great Cosmic Dance  
For the utter delight and bliss  
Of experiencing Its unique selves  
In infinite limitlessness.

It was all along  
A hide-and-peek game  
Of the Eternal Child  
Hiding within  
Either slowly or quickly emerging  
Letting Itself fully seen  
Or mischievously playing us  
Until we discover how to dump  
Our egomind to the swamp  
And dance all day long  
Laughing out loud  
In this Marvel of Existence  
We call Earth Life.

But wait,  
Earth has not yet  
Reached its ultimate  
As many of our other playmates  
Are in the lag still caught up  
In the transitional mental trap.

No worries,  
If we have not yet the Willed Force  
To change all our co-individuals.

It will come in due time,  
Now unstoppable, inevitable,  
Decreed by the Supreme.

The important thing now  
In this Supramental Age  
Is to surrender our self fully  
To the Supreme Source of Force,  
The Supreme Divine Mother MahaShakti,  
Who will modulate us accordingly  
To the best of our unique abilities.

All the required revelations,  
The operating manuals,  
Are now all freely available  
Printed in ink or in light digital  
On desktop, tablet or mobile,  
Lovegifted by the Kalki Avatar  
Sri Aurobindo and the Mother.

As one of the becoming conscious  
Heroine and Hero Warriors  
Of the Divine Supreme,  
We each are to prepare the global scene  
From Auroville the City of Dawn,  
This from the Mother an invitation,  
For the soon coming  
Divine Manifestation  
Of the Supramental Child  
Of Satya Yuga, the Golden Age.

The Life Divine.

We continue on...

Zech

## Voices and Notes

### KARMA

Patricia arrived in Auroville from France. Once she and I swam in the pool. I saw a mouse in the water and showed it to Patricia. She took a kind of fishing net and caught the animal. After Patricia put it near the pool. The mouse was happy and cried 'Merci beaucoup, chère amie!' Patricia was sure that her karma became better. Pourquoi pas?



One day I used my bicycle between Pitanga and Solar kitchen, and I saw a woman on the path. Suddenly she was afraid and I understood that she saw a chameleon on the path. I thought that it is dangerous for that animal to be in the path : somebody on a motorbike might kill it. I took the chameleon and put it in bushes near the path. What happened to my karma at this moment?

Once a family of rock bees settled on a tree in Aspiration community. The members of the community invited a team from Matrimandir. Bees were killed by fire. I asked people why they did this. They answered that bees were dangerous for children.

Other day Dr Veena from Aurelec phoned me in Aspiration. She said that family rockbees are settled on the giant tree, a Kaya Senegalensis (African Mahogany). What to do? I answered: do nothing. Don't worry, be happy and be eco friendly. Really this family of bees left after time without problems.

I think in these cases karma of Aurelec was better than Aspiration's one. In Chinese philosophy there is principle 'wei-wei' (action—non action). According to this philosophy non action higher than action against nature.

Boris

*Classes, Workshops & Healing Arts*

**VERITÉ PROGRAMS**

Please contact Verite @ 0413 2622045, 2622606, 9363624083 or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



**Vérité Programming Summer Break:**

Vérité will be closing all programming activities (Classes, Workshops, and Therapies) from May 1, 2024.

- We expect to resume on June 1, 2024.
- We welcome proposals for inclusion in the June 2024 program. Please submit them by May 10, 2024.

We wish you a very happy summer.

Vérité Programming Team,  
Kathir

**TASTE OF YOGA**  
NOW OPEN AT VÉRITÉ

**9:00 - 12:00**  
**13:00 - 16:30**

**Monday to Saturday**

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

Kathir

**KOLAMYOGA  
Foundation Courses**

Kolamyoga is offering

- [5th Video Basic foundation lesson](#). KolamYoga Foundation course lesson 5 Realms of Nature

Through drawing lines/ Kodu that attach to a straight aligned grid of dots/ Pulli. To be initiated into the realm of Nature's Form & Shapes their Symbolic values. Videographer Sasikanth Somu



- **Location:** Sharanga right gate, House of Grace

Also there are 7 more learning videos (that make up the 12 video lessons Basic foundation training course) to be released at every full moon of the next coming 7 months of this year 2024.

Go to Grace Gitadelila KolamYoga Youtube channel to find the Introduction and previous four video lessons. If you wish to be certified KolamYoga practitioner on completing the entire 12 video tasks you will need to regularly communicate your creations with me on +918072449091 WA for feedback etc.

Grace for KolamYoga

**SOUND DROPS BY MONSOON**  
Nāda Yoga & Sound Immersion  
@ Auromode Yoga Space

**SOUND DROPS BY MONSOON**

**AUROMODE YOGA SPACE**  
(AUROTHAIMA, AN ACTIVITY UNDER HOSPITALITY TRUST, AUROVILLE)

**SATURDAYS 10-11:30AM**

**NĀDA YOGA & SOUND IMMERSION**

On the collective tuning of our voices, expand your listening to the subtle vibration of sound. Experience the meditative benefits of Nāda Yoga.

On the collective tuning of our voices, expand your listening to the subtle vibration of sound. Experience the meditative benefits of Nāda Yoga.

With a primed sense of listening; lie down, sink in & journey behind closed eyes as we weave texture, melody, voice & rhythm in a live soundscape.

- **Every Saturday from 10—11:30am**
- **Contribution:** Rs 700 per session
- **Instagram:** @monsoon.live
- **Info:** 8867037633
- Please register for sessions.



Aurothaima, an activity under Hospitality trust, Auroville  
Varun Rao, 9686810408

**BHARAT NIVAS PRESENTS INTEGRAL HEALING**

**Integral Healing**  
Light of Ayurveda and guidance of Mother and Sri Aurobindo

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

**Venue:**  
Bhumika Hall,  
Bharat Nivas, Auroville

Workshop by **DR. GEETA AUROPREMI**

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

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

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

Enquiry Contact Monisha +91 8489347454

Submitted by Monisha for BN Team

## It Matters

### Schedule from Tuesday, 23 to Sunday, 1 June

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



Date	Activity
23 May, Thursday 5:30—6:30pm	<b>Mandala drawing</b> with Thamizh
24 May, Friday 5—6pm	<b>Mystery Activity Attachment Theory</b> talk № 3 with Thamizh
25 May, Saturday 10—11am	<b>Upcycled DIY</b> with Abhipsa
25 May, Saturday 2—4pm	<b>Intuitive painting</b> with Marie-Claire Barsotti*
26 May, Sunday 10—11:45am	<b>Discover Acroyoga</b> with Damien
27 May, Monday 9—9:30am	<b>Monday Smart Start</b> with Ange Sabine Blanchflower
27 May, Monday 5—6pm	<b>Tai Chi</b> , the way of the leaf with Kaarthikeyan Kirubhakaran
30 May, Thursday 5:30—6:30pm	<b>Mandala drawing</b> with Thamizh
31 May, Friday 5—6pm	<b>Mystery Activity Attachment Theory</b> talk № 4 with Thamizh
1 June, Saturday 10—11am	<b>Upcycled DIY</b> with Abhipsa
1 June, Saturday 2—4pm	<b>Intuitive painting</b> with Marie-Claire Barsotti*

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

### LEELA THERAPY

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



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

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

- For more details see [www.innersightav.org](http://www.innersightav.org) or contact Kardash on 9940934875 WA.

### TRADITIONAL MANTRA AND STOTRA CLASSES

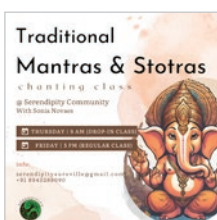
@ Serendipity Community with Sonia Novaes

Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

- [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com), +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.



Sonia

## ARKA Wellness Center & Multipurpose Hall

### Regular Activities, May

For Any Details And Queries, You Can Contact Us At [arka@auroville.org.in](mailto:arka@auroville.org.in) & 0413 2623799



### Treatments

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

### Classes

Classes	Teacher	When
Acro Yoga	Damien	<b>For guests</b> , only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm. <b>Intermediate regular classes</b> for long term stay: Aurovilian, Newcomer & Volunteer +91 9047722740 WA
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday 5:30—6:30pm by Appointment 7867998952
Iyengar yoga	Olesya	Wednesday & Saturday 6:30—8am Monday, Thursday & Saturday, 5—6:30am Or by Appointment 9159052743

Ramana for Arka

### THERAPIST TRAINING IN WOOD'S METHOD

26—28 May in Quiet

Looking to change your work to something fulfilling? Professional training... Learn to heal the root of all disease.

Therapist training on 26—28 May at Quiet Healing Center in Wood's Method Gravity Colon Hydrotherapy. We are holding this training for Aurovilians who would like to devote their time by the ocean and work at Quiet for minimum of one year. This practice deeply heals and changes lives. Learn the magic of emotionally intelligent bedside manner and witness the magical healing capacity of the human body. Training deposit required, but free and refunded at the end of one year commitment. Sessions you work during the year will also be paid.



- Serious candidates only, please inquire at 7639163541

Lucas

## QUIET HEALING CENTER Summer Break



Till Monday, 17 June

Quiet Healing Center will be closed from Friday, 26 April till Monday, 17 June for annual repair and maintenance works. With our apologies for any inconvenience,

Guido  
for Quiet Healing Center Team

[www.quiethealingcenter.info/quiet@auroville.org.in](http://www.quiethealingcenter.info/quiet@auroville.org.in)  
+91 9488084966 Mobile & WA

## ACROYOGA

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



Damien

## TAO OF TEA

TAO OF TEA 茶道  
we use organic teas only  
CHA DAO

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

Discover a spiritual journey with a  
**Sencha Style Tea Ceremony**

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

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

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

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

## MINDFUL MONDAY

YOU DONT WANT TO MISS THIS!

**MINDFUL MONDAY**

1 Reduces stress  
2 Makes you happier  
3 Better Sleep  
4 Regulates heart rate  
5 Promotes positive mood

EVERY MONDAY  
07:30AM  
FOLLOWED BY  
BREAKFAST

WITH MRADUL JAIN

Learn how a unique japanese scientific meditation blended with ancient wisdom...can change your life!

Every Monday, 7:30am, followed by breakfast

You don't want to miss this! Learn How A unique Japanese scientific meditation blended with ancient wisdom...that can change your life! Reduces stress, Better Sleep, Makes you happier, Regulates heart rate, Promotes positive mood

- Book Your Spot Now
  - Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kulilapalayam
  - 0413 2623071, +91 9751033162 Yatra Srinivassan

## YOGA WITH RACHEL

INTEGRAL ALIGNMENT  
ALINEAMIENTO INTEGRAL

Reservas en:  
Bookings on: +91 7457085676, Rachel

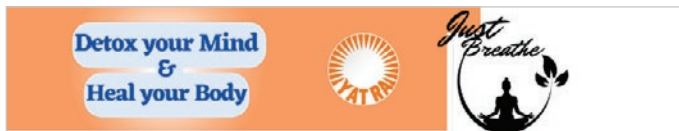
- One to One lessons—Small groups

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

- Clases particulares—Pequeños grupos

Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu.

*Submitted by Rachel*



- **Scientific Meditation with sound healing for distress Mind Body and Soul.** Experience exclusive sound frequencies created by a Japanese Scientist.
    - Monday, Wednesday, Friday, 7—8:30am
    - Advance registration required
  - **One To One Health & Wellness Therapy.** Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development
    - Pre appointment is required
  - **Analysis of Multiple Intelligence using Scientific Neuroscience Tools.** Eligibility: Anyone from 6 years to 60 years of age
    - Pre appointment is required
  - **Conscious Circle & Chanting**
    - Tuesday, 6:30—7:30pm
    - Reserve your space in Advance
- Yatra Srinivasan, Near New Creation Sports Ground,  
0413 2623071, +91 9751033162,  
<https://www.yatraarts.org/>, <https://www.yatraartsmedia.org/>

## Languages

### NEWS FROM Auroville Language Lab



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

#### Evening Programs!

- 5—6pm, Monday to Friday

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

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

#### Sanskrit Chants with Vishawanathanji

- Sanskrit Chants with Vishawanathanji is on a break until 1 June.

#### Conversation Practice Sessions

Conversation Practice sessions are on Mondays for Sanskrit, Tuesdays for Spanish, Wednesdays for French, Thursdays for English (On the Auroville Charter and The Dream). Please come forward for other languages! All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) or message to +91 98430 30355 WA. Please let us know if you'll be coming so that the intervenors can decide to do other things with their time in case there are no bookings!

#### Our first full-length publication

We are delighted to share that our first full-length publication, 'From Resonance to Bonding' by Dirk Beckedorf & Franz Müller, is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific basis, how and why it works, along with detailed case studies.

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

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free here, before deciding to order through Amazon.

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

For now, in India, it is only available as a Kindle e-book. You can use a free kindle app to access it (mobile, tablet or desktop). We know many of you have complained that it is not available as a paperback. We have great news: very soon, it will be! The last print sample is being vetted, and the paperback will be available in about two-three weeks!

#### Tomatis

There will be a short week-long break for the week of 13—18 May to enable the polishing of the tiles in the corridor. There are spaces available after that for both language & listening training programmes!

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

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

#### Summer Break for some classes

There will be a short recess for teachers of Tamil, Spanish, French and English (with exceptions) with resumption around mid-June. Exceptions include: pre-intermediate and intermediate English, with Rupam and Taranti. The mediatheque will be open and all are welcome.

#### Language Courses at ALL

**TEFL Preparation Course: is now closed.**

#### New Beginner French with Samuel from 14 May

- Tuesdays and Thursdays, 4—5pm
- Starting 14 May 2024
- Duration 8 hours (over one month)

We are happy to welcome Samuel, a native French speaker and volunteer from Martinique, who will conduct an 8-hour course, two hours per week, for a month. It will be an introduction to French, where you will learn how to greet people, conduct cordial exchanges, how to chat in an airport, and tell a little story. Just 8 hours, for a lovely French Introduction! So come and enjoy French with Samuel, Tuesdays and Thursdays from 4-5pm. Starting on Tuesday 14 May. All welcome.

#### New Beginner English Class

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



### Ongoing English Classes

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

### New Beginner Hindi with Kaushal from 1 June

- Wednesdays, 2—4pm
- Starts in early June 2024 (TBA)
- Duration: 16 hours (over two months)

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

### New Beginner Sanskrit with Kaushal from 1 June

- Thursdays, 2—4pm
- Starts in early June 2024 (TBA)

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

*There's a language you would like to learn but it's not listed ... please let us know!*

### Current Schedule of Classes

Language	Level Status	Time	Day(s) of Classes
English	Work on conversational skills while correcting your grammar. Ongoing	11am—12pm	Monday & Wednesday
	Learn English through the theatre, Starting 23 May	11am-12pm	Monday & Wednesday
	Pre-Intermediate & Intermediate, Ongoing	11am—12pm	Tuesday & Thursday
	Conversation Intermediate, Started 9 April 2024	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate, Started 8 April	4—5pm	Monday & Wednesday
	Beginner Start date 8 April 2024	10:30am—12pm	Monday & Wednesday
French	Beginner 14 May Started	4—5pm	Tuesday & Thursday
Tamil	Spoken Beginner, Starting 1 June		
	Spoken Intermediate, Starting 1 June		
Sanskrit	Beginner, Starting 1 June		
Hindi	Beginner, Starting 1 June		
Spanish	Beginner, Starting 1 June		
	Intermediate Starting 1 June		
Italian	Beginner, Starting 1 June		
	Intermediate Starting 1 June		

### To join or enquire

- Please fill out our form at <http://register.aurovillelanguagelab.org/>  
You may also drop us an email at [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org),
- call us at 2623661, text us at +91 9843030355
- or or come visit us!

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

**Looking for:** Someone who can type in English! We have many case notes to type up which detail the progress made—especially by children—during Tomatis programs. The work would have to be done at the Lab. We need someone who can type, cares for people, and will respect confidentiality. We could definitely still do with someone to help with fundraising. And we always welcome volunteer language teachers.

### The Language Lab is open

- Monday—Friday, 9am—12pm & 2—7pm
- Saturday, 9am—12pm & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Email: [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)
- Phone: (0413) 3509932 (Tomatis), 2622467, 919843030355 (LLab) *Mita for Language Lab*

### Cinema

### ECO FILM CLUB EVERY FRIDAY AT SADHANA FOREST

#### Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
  - 16:30 Tour of Sadhana Forest
  - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
  - 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
  - 20:00 Dinner is served
  - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
- \*\*Note:** Families and children are welcome! Dinner for children will be served at 19:00:)



### Friday, 31 May: The Emotional World of Farm Animals

2004 / 52 minutes / Stanley Minasian  
A delightful documentary about the thinking and feeling side of farm animals. This journey into the sentient, emotional lives of farm animals brings Masson to animal sanctuaries around the country where caregivers and the animals themselves tell their stories. *Aviram*

### AUROFILM TAKES A BREAK



Aurofilm is taking their annual break in June 2024 and hence there will be **No Friday evening films in June.** So, on **Fridays 7, 14, 21, 28 June**, and as of now also **26 July 2024** if there are groups or individuals who want to book evening programs you can.

- For example, you can plan a program starting at 5pm ending by 7:30pm. Provided that the program ends by 9:30pm it should be fine.

Booking procedure will remain the same. If interested, you can decide on a date(s), starting and ending time of your intended program and write to us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in) to inquire about availability. We go from there. *Nina, Multimedia Center (MMC) Team*



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**27 May 2024—02 June 2024**

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

**Indian—Monday 27 May, 8pm**  
**Amar Singh Chamkila**

India, 2024, Writer-Dir. Imtiaz Ali w/ Diljit Dosanjh, Parineeti Chopra, Apinderdeep Singh, and others, Biography-Music, 145mins, Hindi-Punjabi w/ English subtitles, Rated: NR (PG-13)

In this biography, Amar Singh, born in a Dalit family, working in a factory, took the decision to break free to follow his musical passion. He got to apprentice under a famous singer, Jinda, but never got credit for the songs he composed. Until one day luck favored him and he could perform. The crowd liked him so much that they did not want to listen to Jinda anymore. Such was the power of his voice and lyrics. The film follows his life's events following his death that remains unsolved.

**Potpourri—Tuesday 28 May, 8pm**  
**Night On Earth**

UK-France-Germany-Japan-USA, 1991, Writer-Dir. Jim Jarmusch w/ Winona Ryder, Gena Rowlands, Lianne Falk, and others, Comedy-Drama, English=French=Italian= Finnish=German w/ English subtitles, Rated: R

A collection of five stories involving cab drivers in five cities—Los Angeles, New York, Paris, Rome, and Helsinki. In each the cab driver and the passenger have an unique and remarkable encounter over one eventful night. In one the passenger would like to cast the cabbie in her next film, in another the immigrant cabbie is lost in an alien city and culture. Each human interaction unique and remarkable over one eventful night.

**Interesting—Wednesday 29 May, 8pm**  
**Medena Zemja (Honeyland)**

North Macedonia, 2019, Writer-Dir. Tamara KotevskaLjubomir Stefanov w/ Hatidze Muratova, Nazife Muratova, Hussein Sam, and others, Documentary-Drama, 89mins, Serbo-Croatian-Serbian-Croatian-Turkish-Macedonian-Bosnian w/ English subtitles, Rated: NR (PG)

The last female bee-hunter in Europe must save the bees and return the natural balance, when a family of nomadic bee-keepers invade her land and threaten her livelihood. A much-acclaimed film in honor of the World Bee Day on 20 May!

**Selection—Thursday 30 May, 8pm**  
**Heojil Kyolshim (Decision to Leave)**

South Korea, 2022, Dir. Park Chan-Wook w/ Tang Wei, Park Hae-il, and others, Drama-Mystery, 139 mins, Korean w/ English subtitles, Rated: R.

From a mountain peak in South Korea, a man plummets to his death. Did he jump, or was he pushed? When detective Hae-joon arrives on the scene, he begins to suspect the dead man's wife Seo-rae. But as he digs deeper into the investigation, he finds himself trapped in a web of deception and desire.

**International—Saturday, 1 June, 8pm**  
**Walad Min Al-Janna (Cairo Conspiracy)**

Sweden-France, 2022, Writer-Dir. Tarik Saleh w/ Tawfeek Barhom, Fares Fares, and others, Drama-Thriller, 126 mins, Arabic w/ English subtitles, Rated: NR (PG)

Adam, the son of a fisherman, is offered the ultimate privilege to study at the Al-Azhar University in Cairo, the epicenter of power of Sunni Islam. Shortly after his arrival the university's highest ranking religious leader, the Grand Imam, suddenly dies and Adam soon becomes a pawn in a ruthless power struggle between Egypt's religious and political elite.

**Children's Matinee—Sunday, 2 June, 4pm**  
**Trolls Band Together**

USA, 2023, Dir. Walt Dohrn & Tim Heitz w/ Anna Kendrick, Justin Timberlake, Kenan Thompson, and others, Animation-Adventure, 91mins, English-Spanish w/ English subtitles, Rated: PG

Poppy discovers that Branch was once part of the boy band 'BroZone' with his brothers, Floyd, John Dory, Spruce and Clay. When Floyd is kidnapped, Branch and Poppy embark on a journey to reunite his two other brothers and rescue Floyd.

**Marcel Pagnol Film Festival @ Ciné-Club**  
**Ciné-Club Sunday 2 June, 8pm**  
**Manon De Sources**

France, 1986, Dir. Claude Berri, w/ Yves Montand, Emmanuelle Béart and others, Drama, 117 mins, French w/ English subtitles, Rated: R

The sequel to Jean de Florette, released the same year. Manon has lost her father and seen her family's livelihood ruined through the greediness of her neighbours Ugolin and his grandfather Cesar. Now grown and living in isolation from the village, she plots revenge against the men for their misdeeds.

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](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

Nina,  
 MMC/CP Group  
 Account# 105106  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

*Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 9443074825



**Auroville TO PONDICHERRY**

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Enterance	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 Dinning Hall	7:40	9:35	15:35



**Pondicherry TO AUROVILLE**

	Trip 1	Trip 2	Trip 3
Ashram Dinning 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—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

**Bus passes**

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

**AV account / Cash / UPI Transfer :**

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

**Bus passes are available**

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

**Contact**

- 0413 2623302

**Below link to join On WhatsApp group**

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

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

*Emergency Services*

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

**Health:**

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

**Mental health 24/7 support:**

- Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7):** 108

*NRN Guidelines*



**Hard deadline for submissions**

**TUESDAY 3pm**

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

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

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[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)*

*Editors' Note*



**Dear readers of paper version!**

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,  
Roy and AgniJata*