



# News Notes

#1030 A weekly bulletin for residents of Auroville 6 June 2024



*Painting by Pardhan Gonds*

It is the might of the Godhead in the world that turns the wheel of Brahman. Him one must know, the supreme Lord of all lords, the supreme Godhead above all godheads. Supreme too is his Shakti and manifold the natural working of her knowledge and her force. One Godhead, occult in all beings, the inner Self of all beings, the all-pervading, absolute without qualities, the overseer of all actions, the witness, the knower.

*Swetaswatara Upanishad*

## Pondering

But although thus indeterminable to Mind, because of its absoluteness and infinity, we discover that this Supreme and Eternal Infinite determines itself to our consciousness in the universe by real and fundamental truths of its being which are beyond the universe and in it and are the very foundation of its existence. These truths present themselves to our conceptual cognition as the fundamental aspects in which we see and experience the omnipresent Reality. In themselves they are seized directly, not by intellectual understanding but by a spiritual intuition, a spiritual experience in the very substance of our consciousness; but they can also be caught at in conception by a large and plastic idea and can be expressed in some sort by a plastic speech which does not insist too much on rigid definition or limit the wideness and subtlety of the idea

*Brahman, Purusha, Ishwara—Maya, Prakriti, Shakti  
The Life Divine, Sri Aurobindo*



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# House of Mother's Agenda

**April 2, 1981**

(The felled tree.) Every time you are sad, you let the adversary's knife enter your heart.

\* (Letter to the Cooperative of Auroville)

Jean-Marie conveyed to me your big envelope for the Agenda.

You cannot know how touched I was. Immediately, I put it at the feet of Sri Aurobindo and told him: 'You see, it is Auroville that gives this for Mother's Work.'

You did this with your hearts, but you don't well assess the importance of the gesture that you have made. It is very important. It is as important as the laying of the first stone of the Matrimandir. It means that your material being has understood a little what Mother's presence on earth means. It is like a direct bridge that you have thrown between your physical being and the Grace of the future.

What you don't know, perhaps, is that these *Agendas* are not books, are not a teaching, are not even experiences; it is beyond all that, more powerful than all that: it is Mother's body. It is her living Force to transform the world. Without it, there is no Auroville. Without it, there is no new world. It is not a book. It is a powerful radioactive ore. You can read it and understand, or not understand, or understand a little what is in it, but it does not really matter; what matters is that you touch this book, that you touch this Force and come into contact with the Force that CAN transform. This is what the *Agenda* is.

And Mother liked so much the material gesture of 'giving', yes, banknotes. Money is precisely the Adversary's hideout —it always goes to selfish ends, even if appearances are altruistic. But to give to Mother is a concrete act which is more important than all philosophies, speeches or even the cloudy or less cloudy feelings in which one envelops things. To give means to make your body participate.

So I am sure that your gesture has a deep meaning for the future and that it is a promise and a blessing for Auroville.

Perhaps what you don't know either is that this *Agenda* symbolizes a little (or perhaps a lot) the battle of the New World. It is a formidable battle, of which Auroville is only a small reflection. Two thousand years ago, what could a few men understand around a being called Christ? What did those few men know of what the seed sown by Christ was to become? What do we know today of Mother's and Sri Aurobindo's meaning? Will this seed be perverted once again, imprisoned in a religion, shut up in a politico-spiritual power? Or else will it freely and integrally fructify and radiate with its living Power to change the earth?

This *Agenda* is the whole battle of the future. You don't know what battle, really...

Today it is in India that the battle of the World is taking place. It is absolutely essential that the *Agenda* spreads in India and wakes its sleeping soul. This is what can save India and Auroville. You don't know all the material and invisible obstacles. But your gesture is very important in this battle.

So, I want this money to go to the work of the *Agenda* in India. If you want to go on with your effort in the future, I would like your offering to be given anonymously to the Cooperative, when you wish, in a special envelope reserved for the *Agenda*. It is not at all a question of giving two rupees or two thousand rupees. It is the question of your material awakening to the meaning of the *Agenda*. It is not superfluous money that you give, it is something else, which cannot be numerically measured. (...)

I love you, I am your brother from all times and for all times.

Satprem

*Notebooks of an Apocalypse—Volume 2: 1978-1982*

[https://sri-aurobindo.co.in/workings/satprem/carnets\\_of\\_an\\_apocalypse\\_0002\\_e.htm](https://sri-aurobindo.co.in/workings/satprem/carnets_of_an_apocalypse_0002_e.htm)

With love and gratitude,  
Gangalakshmi (HOMA)

# Townhall Speaks

## REMINDER FOR ALL RESIDENTS

This is a reminder to all residents, both Indian and Non-Indian Aurovilians, that everybody has to sign the TOS slip with the **Residents Service** when you are leaving Auroville for longer than 14 days, stating your reason why you are leaving and your expected return date.

When you are re-entering Auroville, from abroad, or from India, again you are required to pass by the Residents Service and fill in the slip to say that you have returned.

- **This is obligatory for ALL: Indians and Non-Indians alike.**

This also applies to **Foreign and Indian Volunteers** who must inform Savi before departure and on return.

*The Working Committee,  
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

## AGGRESSIVE DOG

We received a complaint that an aggressive dog belonging to an Aurovillian is allowed to roam free and is a threat to people. The dog owner must respect that aggressive and biting dogs—regardless what breed they are—are to be kept always under supervision, and when they are let out the dog has to be on the leash and if this is not enough, the dog has to be muzzled even while on the leash.

It is absolutely the responsibility of the dog owner if the dog bites somebody, or threatens somebody, the dog owner is liable, also by law. Section 289 of the IPC makes it a punishable offense for a person to negligently allow an animal to cause harm to others. If the dog owner knowingly let their dog roam freely, which then results in a bite, they can be held liable under this section.

Additionally, responsible pet ownership involves taking measures to properly train, socialize, and contain such dogs to prevent potential harm and to comply with local laws and regulations regarding pet behavior and control. Best is also to keep a proper vaccination record, especially for rabies.

*The Working Committee  
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

# Community News

## Obituary

### MAHALINGAM PASSES ON



This is to inform the community that Mahalingam has passed away. Husband of Mayavathi, father of Saravana & Gopi. The burial ceremony took place on 2 June, 2024, at 4:30pm at the Auroville Burial Ground.

Mahalingam, Tamilian, one of early Aurovilians, joined in 1975. He worked in the Auroville weather station. For some years he left Auroville and worked several jobs in the Auroville vicinity; postmaster in Auroville post office, land surveyor and worked for Vanur Taluk. In 2005 he rejoined Auroville where he served in the Land Board till 2010. There he helped Auroville with acquiring various occupied lands, correcting land records. He also supported Aurovilians with various certificates.

He was known and remembered as a calm, friendly man of few words. Great father & husband. A Humble soul! Our deepest condolences are extended to his family and friends.

*Om. Lisa for Firewell Team*

## TIA PLEIMAN PASSES

This is to inform the community that on 01 June 2024 at 5:30pm the cremation of the remains of Tia Pleiman took place at the Cremation Grounds. She had worked as an art therapist with Maatram. Her final wish was to be cremated on the day of her death, with no visiting hours beforehand. Deepest condolence goes to her family and friends. *Lisa*



## FOR TIA PLEIMAN

*Black bird singing in the dead of night*

*Take these broken wings and learn to fly, learn to fly*

*All your life, you were only waiting for this moment to arise*

Tia was an essential member of Maatram and the community, who through her Art therapy, enthusiasm and kindness touched many lives in and around Auroville in the two years that she was at Maatram.

She was passionate about what she did, always sounding enthusiastic and energetic to help anyone in any way she could. She will be missed and the void she has left, will be difficult to fill. We wish her the best in her forward journey to peace and love.



*With love, Maatram Team*

## KRISHNA PASSES

Krishna was born in 1969 in Kuilapalayam village. He soon came to live in New Creation Boarding. Being an enthusiastic and active young chap open to learn many things, he rapidly got involved in community life. He first joined Aureka and worked with Slyvio. Then André Tardeil gave him an old Ambassador car to drive people around in Auroville. This seeded an interesting idea: to start a transport service for the community. It was the birth of the New Creation Transport Service which he started together with André and Mani.

It was a demanding job. Krishna worked day and night to offer this important service. In 2007 he left New Creation Transport Service and started Unity Transport Service. But his hard work took a toll on his frail health: in March 2022, he suffered a stroke and was bedridden for almost two years, being taken care of by his wife and daughters. He passed away on May 29. His body was buried the same day at the Auroville Burial Ground. *Lisa for Farewell Team*

## Awakening Spirit

### AMPHITHEATRE—MATRIMANDIR

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

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

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

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

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

*Surya for Amphitheater team*





## Schedule June 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

### Film

- **June 24: The Yoga of the Earth**

This beautiful meditative film contains passages from Book One, The Book of Beginnings of Sri Aurobindo's Savitri—A Legend and a Symbol read by the Mother and her commentaries, illustrated by Huta's paintings. Produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. Duration: 32min.

### This month

- No Mudra Chi
- No OM Choir

### Full Moon Gathering

- **Friday, 21 June, 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
- **Wednesdays 4:30—5:30pm:** Dream Divine Series
- **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

### Reflections on Passages in Savitri:

#### The Debate of Savitri and Death Larry Seidlitz

- **Friday, 31 May, 4—5pm @ Sangam Hall**



The epic battle in Savitri is not fought with bows and arrows on an earthly battlefield, but in a colloquy between the god Death and the goddess Savitri in the realms of consciousness between earthly life and nothingness. Their debate parallels the argument between the dominant scientific view of existence and the spiritual evolutionary view championed by Sri Aurobindo. Of course, Savitri wins not only the debate, but secures a victory over death itself and brings back to life her dead husband. Thus, the debate concerns the superiority and antecedence of Spirit versus Matter, and depending on the truth of this crucial issue hangs our individual and collective fate. The selected passage encapsulates the essential points of both arguments, and considers their implications for life.

### The Dream Divine Series:

#### Shraddhavan about Savitri and Savitri Bhavan

A recorded talk to visitors from Kolkata will be played in the Sangam Hall of Savitri Bhavan



- **Wednesday, 12 June, 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.

*Please note: as the Entry Service is not functioning, the Dream Divine Series will be discontinued after this session until further notice.*

### 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)

*Dhanalakshmi for Savitri Bhavan*





**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."

"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

Parking available outside at the Bharat Nivas Main Gate  
 Monisha, BN Team

*Education*

**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**

**Perfecting Math**

	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 Groups**

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

Contact: 0413 2623773, [tamil@auroville.org.in](mailto:tamil@auroville.org.in)

R. Meenakshi for IEC



**BRAHMANASPATI KSHETRAM**  
 The Mother Sri Aurobindo Centre

In the spiritual order of things, the higher we project our view and our aspiration, the greater the Truth that seeks to descend upon us, because it is already there within us and calls for its release from the covering that conceals it in manifested Nature.

*Sri Aurobindo*

**Calendar of regular events of June 2024**

Every Thursday 6:00 - 6:30pm  
**Meditation**

21st, Friday 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](mailto:kshetram2014@auroville.org.in)





## INTEGRAL APPROACH TO PHYSICAL EDUCATION

### One year course in Auroville

The Auroville Physical Education Board (AVPEB, SAILER) 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 Physical Education teaching and a better understanding of physical education in the Light of Sri Aurobindo and The Mother.

The objective of the program is to train new sports teachers for Auroville (AV), so that the AV teachers can have a good knowledge of sports science as well as practical training on how to teach Physical Education (PE) classes, with a deeper understanding of the spiritual significance and functioning of the human body. These new teachers will be better equipped and more effective in implementing PE classes, 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

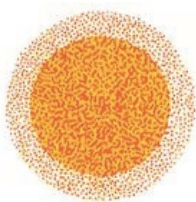
- **Main Facilitator**
  - **Savitri**, BSc Sports Science/Nutrition  
MSc Sports Nutrition
- **Major Topics**
  - Anatomy and Physiology
  - Biomechanics
  - Exercise Physiology
  - Sports Nutrition
  - Sports Injuries and Rehabilitation
  - Sociology of sports

#### 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 Aurovillians 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.

### Special Note

The Program is open to ALL interested, Aurovillians, newcomers and volunteers, with or without a degree in Sports Science and preferably with some Sports or Yoga practice experience.

The program is NOT exclusive for those that are already physical education teachers in Auroville Schools like Deashakti, Udavi, Ness, etc. but open to ALL interested in participating in the program

### Contact

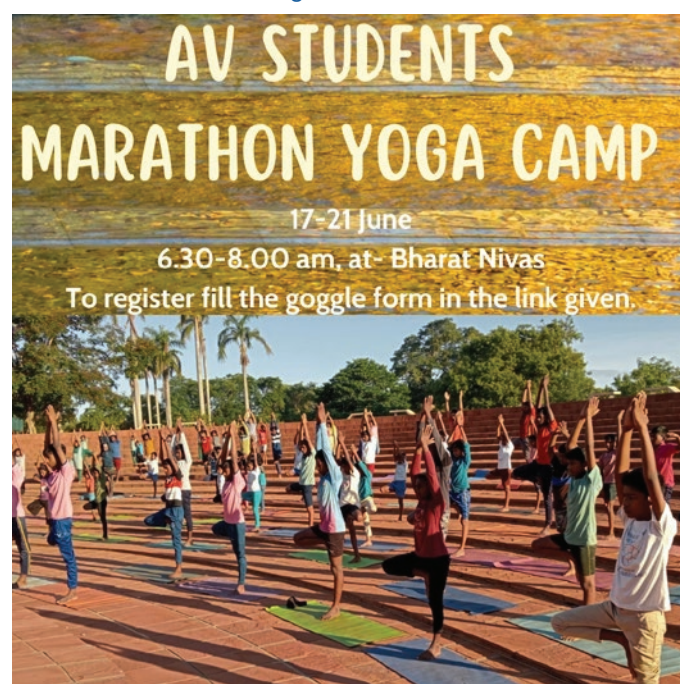
- 9361591906 WA
- All those you feel called and those who would like to know more, please [click on the link to fill the form](#)

*Savitri, Lijun, Praveen, Pedro, Ruben and Nilima*

*Submitted by Nilima for SAILER*

### YOGA CAMP FOR AV STUDENT

[To Register click here](#)



All students will be offered nutritious breakfast everyday.

For students from outreach schools, pick and drop from schools will be provided

*Muthukumari, Velumurgan, Anand, Santosh and Mollika. Submitted by Nilima*

## SUMMER CAMP WITH ENLIGHT

Every Saturday, 10am—5pm, 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



**Yuvabe Education**  
presents  
**Robotics Program**



**Find your future in tech through STEAM**  
We meet weekly twice in June.

**Junior level - Ages 9 & 10 - Mondays and Wednesdays - 10-11.30 am**  
**Senior level - Ages 11 & 12 - Tuesdays and Thursdays - 10-11.30 am**  
Rs. 2500 monthly contribution, including GST

**Limited Space**

@ Yuvabe STEAM Lab, Saracon Campus

Find your future in tech through STEAM. We meet weekly twice in June.

- **Junior level:** Ages 9 & 10  
Mondays and Wednesdays, 10—11:30am
- **Senior level:** Ages 11 & 12  
Tuesdays and Thursdays, 10—11:30am

Limited Space, Rs. 2500 monthly contribution, including GST

[education@yuvabe.com](mailto:education@yuvabe.com), 9047705400

Submitted by Abilash

## 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



## 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


## Youth Initiative

### INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH

Every Monday, starting 10 June onwards, 4:30—6pm  
@ Auroville Library




**INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH**



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

Facilitated by  
**Juan Andrés and YouthLink**

**EVERY MONDAY  
10TH JUNE ONWARDS  
4:30 ~ 6:00 PM  
9 AV LIBRARY  
AGE GROUP : 16~30**



We are happy to inform you that YouthLink in collaboration with Juan Andres is offering interactive psychology sessions!

- These interactive psychology sessions are catering to youth from the ages of 16 to 30 ONLY!

The idea behind these sessions are to empower Youth through open conversations and to create a safe space for self reflection and intentional learning!

If you are a Youth and would like to delve into a topic, learn together with your peers and discuss subjects you would usually not talk about, join us! **Madhu for Youthlink Team**



## Health Care

### SANTÉ SERVICES, JUNE 2024



#### Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm
- Saturday Afternoons Will Be Closed In June

#### 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: TOS	<b>Homeopathy</b> with Michael: TOS
<b>Physiotherapy &amp; Massage</b> with Galina: Mon/ Tue/ Thurs/ Fri	<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>

### 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

## 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)

Aurosugan for Aurokiya Eye Care

## International

New  
co-working  
space !

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

GOOD

20

FREE

WiFi Chairs Tea

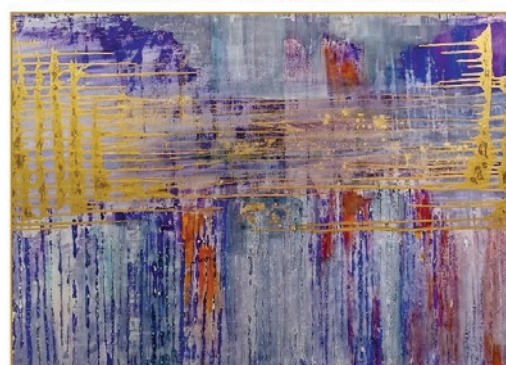
The European House is pleased to welcome you in its co-working space. Come benefit from our wifi and the quiet of our place to focus and get your work done !

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

Marie, +33 695524430,  
[european.house.auroville@gmail.com](mailto:european.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 Menanteau

Summer Exhibition @ Unity Pavilion



## Multiple Activities

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

**REGULAR WORKSHOP, CLASS & EXHIBITION**

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

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

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

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

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

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

**MONDAY TO SATURDAY**  
09:30 AM - 12:30 PM  
**RESOURCE LIBRARY** at 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

Monisha for BN Team

## Theatre & Dance Activities

### 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 IMPROVISATION LAB**  
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.

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

Discover The Boundless Potential Of Collaborative Improvisation

Submitted by Krishna

## DANCE CLASSES BY MANI

### Salsa Dance Class

**SALSA DANCE CLASS**

Choose your Dance

- ✓ Bachata Dance
- ✓ Kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now  
+91 86376 33696

Bakisata\_dance

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

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

### Tango Dance

**TANGO DANCE**

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

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

Auroville, cripa

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

Submitted by Mani

**afanna STUDY TANGO**

**AUROVILLE TANGO**  
New batch starts the first week of each month

**MON**  
19:00 Introduction to Tango  
20:00 Opensource

**WED**  
19:30 Guided Practica  
20:00 Practilonga

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

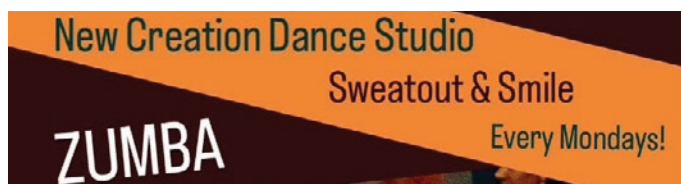
- **Monday**
  - 7pm—Introduction to Tango, 8pm—Open Source
- **Wednesday**
  - 7:30pm—Guided Practica,
  - 8pm—Long Practice

No partner required. Bring socks or dance shoes.

And plenty of joy!

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

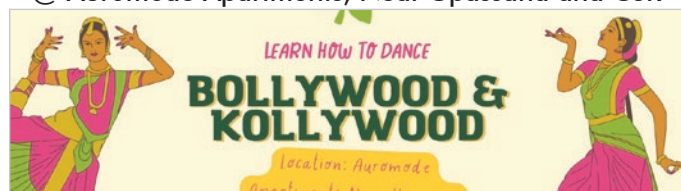




Zumba classes are happening  
@ New Creation Studio, every Monday, 6pm  
For regular classes DM: 8281746763  
*Submitted by Vega*

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm  
@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmedit! 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*

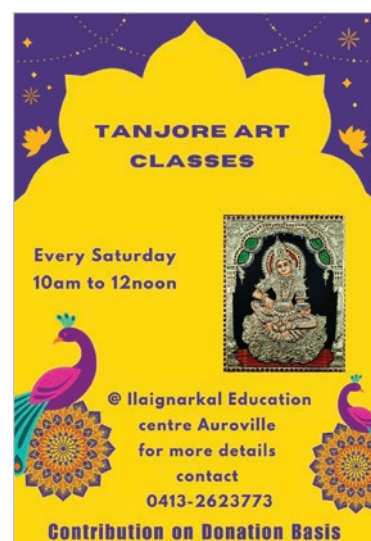


### TANJORE ART CLASSES

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



*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>

Submitted by Michael

## Sports & Martial Arts

### SWIMMING CLASS BY MANI

# Swimming class

Swim to Serenity: Waves of Strength!

**Watersport\_mani**

**Book Now**

**+91 86376 33696**

**20% Swimming class only**

- water therapy
- open water
- Oceanic
- water dance
- water movie
- swimming in pool

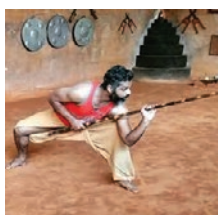
**Package swimming class**

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



## 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](mailto:m)

Looking forward to see you at the Budokan dojo,

Surya for Auroville Aikido



## TAI CHI CHUAN IN SHARNGA

### Summer Schedule

Tuesday—Friday:

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

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



Warmly, Krishna

## ULTIMATE FRISBEE

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

No prior experience needed!

Selvi for  
Ultimate Frisbee  
Auroville Women's Team



## BHARAT NIVAS PRESENTS

### Kalaripayattu Class in Collaboration with Kalarigram

Bhumika Hall, 6—7am,  
Monday to Friday

- For Registration: Contribution is applicable for the class
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in),  
office: 0413 2622253

Vani for BN Team



## GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm

@ Dehashakti

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

- Just contact Beber 6385635943  
for more details

Beber





## KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

◦ Monday To Saturday

All Are Welcome!

Satyakam

## Nature Activities



**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

## PERMACULTURE 360° FARM TOUR

Every Saturday, 11am—1pm @ Terra Soul



**terraSoul**  
@ AUROVILLE  
**Permaculture 360°**

Experience Permaculture Life at Terra Soul

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

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

**CALL & BOOK A TOUR NOW**  
JUAN - 9443434182  
terrasoul\_community

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

### What to Expect:

- Guided tour of our lush permaculture farm
- Hands-on experience with sustainable practices
- Delicious farm-to-table lunch made from our fresh harvest
- A chance to connect with Nature and like-minded individuals

• **Auroville Contact:** Juan 9443434182

• Limited spots available!

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

Follow us on Instagram @terrasoul\_community for more updates and glimpses of farm life!

Juan for Terrasoul Farm

## Bioregion Activities

### ENLIGHT ACTIVITIES



**ENLIGHT**  
Light of Auroville

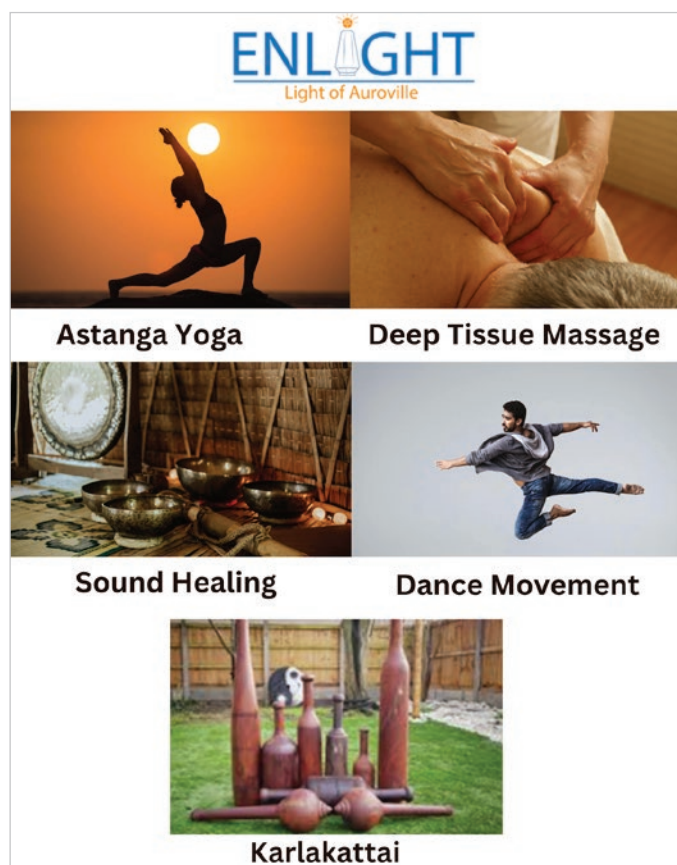
**Tours** **Sound Bath**

**Fireside Drumming** **Instrument Workshop**

**Cooking Class** **Potters Workshop**

+91 9159468946,

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



**ENLIGHT**  
Light of Auroville

**Astanga Yoga** **Deep Tissue Massage**

**Sound Healing** **Dance Movement**

**Karalakattai**

+91 9159468946,

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

Arun, Anand and Balaji



## AUROVILLE BAMBOO CENTRE

June Program 2024

### Tours

#### Bamboo Centre Campus Tour

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

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



#### Auroville Bamboo Tour with Special Bamboo Lunch

11:30am—12:30pm, Every Saturday

Book your slot and enjoy our delicious Bamboo special lunch featuring a variety of fresh, local and organic ingredients. Reserve before Friday afternoon to secure your spot.

**Note:** People are requested to Manage their own transport & Contribution for the tour is mandatory.

### Training and workshop

#### • Daily Make and Take Hands On Workshops Experiences

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

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

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



#### Furniture Workshop

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Expert.

#### Bamboo Lampshade

Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

#### Bamboo Giraffe

Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own hand made lampshade at the end of the workshop.

#### Bamboo Bicycle (For Kids)

Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

### 3 Hours Make and Take Workshops

- 10am—12:30pm or 2:30pm—5pm
- Every day except Sunday
- Walk-in registration available



#### Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

#### Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

#### Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

#### Bamboo Planter

Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.

#### Bamboo Archery

Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop.

This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course

### Upcoming Workshops & Camps, June 2024

	<p><b>Bamboo &amp; Wood furniture Workshop-Intermediate Course</b></p> <p>13th to 15th June 2024</p> <p>Rs: 7000   Days: 3 Days</p>
	<p><b>Bamboo Geodesic Workshop - Advance Course</b></p> <p>27th to 29th June 2024</p> <p>Rs: 7000   Days: 3 Days</p>



Auroville Bamboo Centre,  
Kottakarai, Mangalam Campus,  
Auroville. 605 111

Telephone: 0413-2623806, +91 8300949081  
Website: [aurovillebamboocentre.org](http://aurovillebamboocentre.org)  
Email: [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)

#### Bamboo & Wood furniture Workshop—Intermediate Course

- 13 to 15 June, 9am—5pm

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs tables, shelves, etc...

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

## Bamboo Geodesic Workshop—Advance Course

- 27—29 June, 9am—5pm

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

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

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

Preferred: [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- **Contact:** Voice call and WA: 8300949081, [www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org)

Balu

## MOHANAM, SOUL OF SOIL

June 2024

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

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



### Tours

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

### Auroville Northwest Tour

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

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

### Mohanam Campus Tour

- 10am—4pm, every day except Sunday

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

### Make and Take Workshops

- One day advance booking is necessary
- **Contact:** preferred [mohanamorogram@auroville.org.in](mailto:mohanamorogram@auroville.org.in) or 8300949079, 04132190757, 04132622667
- 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
- Kolam Mandala Painting
- Coconut shell craft
- Incense Making
- Lampshade Making
- Paper Marbling
- Candle making
- Soap making

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

## Classes and Therapies

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



### Cooking Class

- 10am—12:30pm, every Saturday

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.

### Saree and Vesti Experience

- 10am—4pm, every day, except Sundays

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

### Auroville Bioregion Experience with Mohanam Team

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

All above activities one day Advance booking is necessary

- **Contact:** preferred [mohanamorogram@auroville.org.in](mailto:mohanamorogram@auroville.org.in) or 8300949079, 04132190757, 04132622667

- 10am—4pm, every day except Sunday

### Auroville Sunday Tour & Brunch Experience

Indian Asian Steam Food

Experience Northwest of Auroville & Village Artisan

- One day advance booking is necessary
- **Contact:** preferred [mohanamorogram@auroville.org.in](mailto:mohanamorogram@auroville.org.in) or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

Experience the Following Activities: Mohanam Campus Tour, Bamboo Sound Garden, Bamboo Tour, Tree House Experience and Special Steams Brunch

### Thiruvannamalai Eco & Spiritual Services

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

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

For more information, contact us:

- Preferred [mohanamorogram@auroville.org.in](mailto:mohanamorogram@auroville.org.in) or 8300949079, 04132190757, 04132622667

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.



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

### 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 Craft 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



## DISCOVER EARTHEN ARCHITECTURE



CSEB Intensive  
Training Course  
10th to 15th June .....

AVD Intensive  
Training Course  
..... 17th to 22nd June



— JOIN THE CLAN! —

We are thrilled to invite you to embark on an exciting journey with us to explore the untapped potential of our Earth through interactive workshops! This unique adventure promises to be an enriching experience, full of discovery and learning.

- Limited seats are available on a first-come, first-served basis. **Register now & Join the Clan!**
- Contact: +91 0413 2623330, 2623064  
+91 9159225078,
- Registrations are open:  
<https://registration.earth-auroville.com/> T. Ayyappan



## WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE

### Carpentry & Wooden Craft Workshops




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

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

Fri & Sat

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.



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

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

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

Age: 15+  
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  
Anand

## PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, Every Day Except Sunday

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

- Contact Zeevic,  
+91 9385744744, 0413 2969722

Zeevic



*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.

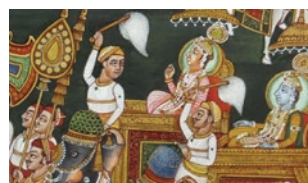


Interested people may contact **Mr. Pandian** at Auro-mode in person, +91 99433 90391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)

*Looking For*

## Room Cooler

I am looking to borrow a portable room cooler, even just for nights. Please let me know if you have one available, as the heat in the top room of the building has become unbearable.



[Ivana.frousova@gmail.com](mailto:Ivana.frousova@gmail.com), +91 7094344154, Ivana

*Work Opportunities*

## QUIET IS LOOKING FOR a female massage therapist



We are looking for a qualified female massage therapist to work either full-time or part-time at the Quiet Healing Center.

If you are interested to become part of Quiet's dynamic team and work in our beautiful beach environment, please email your application with background info and qualifications to [quiet@auroville.org.in](mailto:quiet@auroville.org.in).

We'll invite you afterwards for an interview to review your application and discuss our work conditions with you in person.

Guido for Quiet Healing Center Team

[www.quiethealingcenter.info/](http://www.quiethealingcenter.info/)  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)

*Honorary Voluntary*

## SAVI TAKES A SUMMER BREAK

27 May—9 June 2024

Dear Community, Savi will be taking it's 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!

Submitted by 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

## Taxi Share

### Share taxi to Sri Ma once weekly in June

Send a message if interested. +91 96555 34514

Isha

## 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,  
812225266 WA

Auroville Dog Shelter,  
Arthur



## AUROVILLE GETS

### Weekly Mobile Vet Clinic!

Great news for Auroville's animal lovers! Despite fighting severe budget constraints, we're launching a mobile vet clinic service, offering basic care and cost-price or donation-based vaccinations for your furry animal friends.



### Soft Launch

- **Friday, 14 June, 10am—12pm**  
@ Location: Solar Kitchen Parking Lot

### What We Offer

- **Free Consultations:** Get expert vet advice on your pet's health.
- **Basic Medical Care:** Address minor ailments and concerns.
- **Cost-Price Donation-based Vaccinations:** Keep your pets protected at an affordable rate.
- **Spay/Neuter Bookings:** Schedule sterilization surgeries to solve the puppy crises!
- **Pet Care Info:** Learn how to keep your animals happy and healthy.
- **Volunteering Information:** Become part of our animal care crew!

We welcome everyone, whether you have a dog, cat, or another furry friend (or feathered companion!). Please bring your pet along for their check-up, or stop by to have a chat with us.

This is a soft launch trial run, held every Friday. If all goes well, we hope to expand the service to nearby villages! Healthy pets lead to a healthier community for everyone!

Arthur, Auroville Dog Shelter

## Foods, Goods and Services

### HAIRDRESSER

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

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



Ulrike

## GUEST REGISTRATION SERVICE

### Summer Schedule

Only Mornings During the Month of June 2024

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.

Rajeswari  
for Guest Registration Service Team  
Town Hall  
[grs@auroville.org.in](mailto:grs@auroville.org.in)

## NOWANA RESTAURANT CLOSED

10—14 June

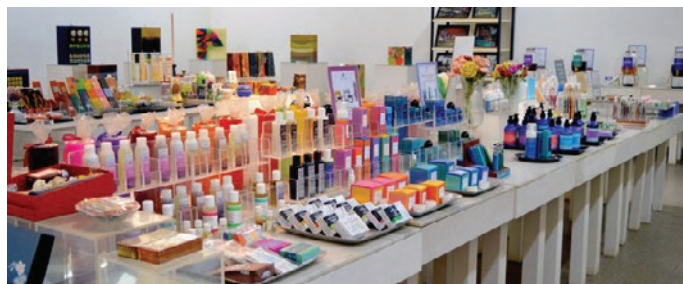
Dear Community, we will be closed from 10 to 14 June, Monday to Friday, due to Keeth roof replacement and for deep cleaning. We apologize for any inconveniences.

Gumsoon for Nowana





## REDUCED-PRICE MAROMA PRODUCTS



### for all Aurovilians in the Outlet Store

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

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

See you there!

Jesse for The Maroma Team



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*



2623071, 9786772209,  
[yatraartistecafe@gmail.com](mailto:yatraartistecafe@gmail.com)

Yatra Srinivassan

## SPROUT CLOSED FOR SUMMER BREAK



The Sprout will be closed  
for summer break  
till Friday, 14 June.  
See you back soon! Monica

## 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  
[engelsarvamcomputers@auroville.org.in](mailto:engelsarvamcomputers@auroville.org.in)

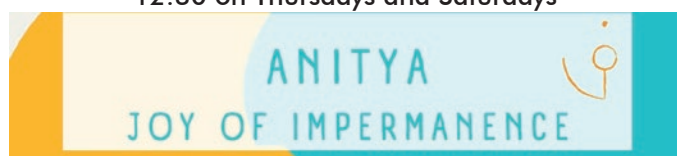
Submitted by Bala



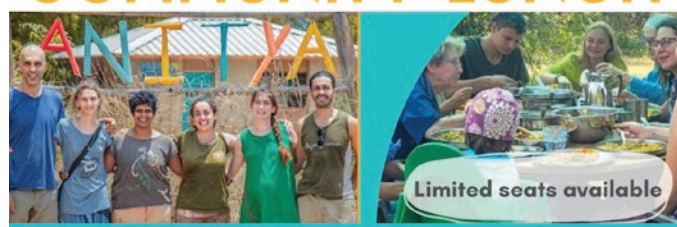
## ANITYA:

### Community Lunch

12:30 on Thursdays and Saturdays



## JOIN OUR COMMUNITY LUNCH



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

## ATHER

### E-Scooter Survey

Dear Community, we are in discussions with Ather management officials to setup a service center in Auroville. This would allow all Ather scooters to be serviced locally, eliminating the need to travel to Pondy.



To strengthen our case for a service point in Auroville, Ather management requires data on the number of Athers in use within and around the area. Therefore, we kindly request all Ather owners/users who:

- Purchased their Ather directly from Ather
- And have not had their Ather serviced in Kinisi to fill out the Ather info Google form. Ather info

Prabhakar for Team Kinisi

## 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*



## TRAVEL NEWS FROM INSIDE INDIA

(Tuesday, 4 June 2024)

Namaste, Bonjour, Hello and Vanakkam from Inside India.

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

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



- Our door is open from 9:30 till 4pm.
- Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30am till 4pm, landline 2623030
- Monday to Friday, Saturdays on appointment only.
  - He can also be contacted anytime via mobile or WA: +91 9894598686
  - And by 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 email: [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in) or [insideindia@inside-india.com](mailto:insideindia@inside-india.com)

### Some current offers

- Emirates** has offered fare from Chennai to Paris, Milan.
- Etihad Airways** offer fare from Chennai to Vienna, London, Zurich, Milan, Munich, Brussels.
- Air India & Thai Airways** special fare from Chennai to Seoul, Milan.
- Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.
- Qatar Airways** special fare from Chennai to Paris, Frankfurt, Milan, Munich.

### Trip ideas

Looking for a weather change, why not Nepal, Kashmir, or Ladakh... and of course closer to Auroville, Kodaikanal 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 transfer 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 have 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.

- 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.

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

*Thanks a lot to all of you who already trusted us.  
Have a great week...*

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

## 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)*



## RAPID CARE SERVICES

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



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

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

## NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline 0413 2622295
- 9443090082/ 8098193820
- [newwaves@auroville.org.in](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*

*Auroville Media*

## AUROVILLE RADIO

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

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



### Last published podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi—464.](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep.119.](#) (Literature)
- [Exploring Education in Arts, Animation and Film-making—Ep. 31 'How Can You Improve Sketching Accuracy?' \(Cinema\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—464.](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 30 'The Silent Years—Post-World War I European cinema—Contd...' \(Cinema\)](#)
- [Soul Tracks Se. 6, Ep. 2—Pandora's Heart-Shaped Box.](#) (Music)

...and more! on [www.aurovilleradio.org](http://www.aurovilleradio.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

*Wobbli*

*Poetry*

## MY TEARS ARE LIKE THE QUIET DRIFT

My tears are like the quiet drift  
Of petals from some magic rose;  
And all my grief flows from the rift  
Of unremembered skies and snows.

I think, that if I touched the earth,  
It would crumble;  
It is so sad and beautiful,  
So tremulously like a dream.

*Dylan Thomas*

## A RED CARPET

A red carpet  
Of rising film stars

A yellow carpet  
Of fallen flowers

Glories rise and fall  
In due time

All are composted  
Organically  
Eventually

Something new  
Under the cover  
Might sprout

With joyful Gratitude,  
Anandi Z.

## Voices and Notes

### 'SEEKING THE HIGHER CONSCIOUSNESS': the Organization for Auromodel

The Mother summarily introduced the purpose of Auromodel to Rijuta<sup>1</sup>: 'On Wednesday, I worked on a detailed plan for the financial and administrative organization of Auroville. It will be published. Roger proposes a Quartier (Auromodel) for the builders of Auroville at the sea—2,000 to 3,000 engineers, architects, administrators. It will be easier to solve the problems on a smaller scale first, then transpose to Auroville in 3, 4, 5 years after the first Quartier has worked it out. There will be no need to choose or reject people; they will themselves go if they don't fit in. It will be only for those who want a new life.'

Notes taken by Rijuta on 12 April 1968  
(Auroville Archive)

How would Auromodel—the model of Auroville—be organized? Interacting with the Mother, Roger took these revealing notes:



'It will be difficult to find the (right) consciousness. What's needed is to find not a yogi—there are so many sorts of yoga! And they have stopped acting—but a person who knows how to put the organization in order according to the true consciousness.

Are there other forces that need to be expressed?

(The Mother ponders): They are the forces presently at work; they must be transformed.

No boss.

Yes, it is precisely this: it is according to qualifications that the hierarchy will be determined.

Regarding the faculties.

Yes.'

Roger Anger's archives, 11.2.1969

The following day, the Mother replied to Roger's written questions:

'Auromodel. It is about an organization that sees itself as one single Being. The functions of this Being are societal functions—identified and acting together to create life-activity.

All activity requires all organizational functions, but their 'level' of intervention varies as required.

The basic organic cell includes seven functions.

Good.

The idea is to become aware of the true organizational functions that facilitate the harmonious and efficient functioning of the collective body—to individualize them—and organize the coordinated play of the functions within cells of harmony, (which are to be) the basis of societal functioning.

Are the envisaged functions the correct ones? If not, which ones? Are there other functions to individualize within Auromodel's society?

Auromodel is an attempt and an experience. As it develops, the organization will modify itself according to needs. All organizations must remain supple and flexible so that it always progresses and modifies itself according to need.

At the top, the original cell—the core is constituted by the most qualified people to best express the organizational functions. Together they form but one and same 'person' automatically seeking the highest consciousness. At the coordinating centre at the highest position in the hierarchy, is the person who is most in contact with the higher consciousness. This is very good.

In each organizational function there is a hierarchy, at the top of which is the person who is the most advanced in that specific domain. They are the 'Masters' of the organizational function in question.

'Master' must be understood in the sense of guide and support. The harmony cells, the foundation of each societal functioning, are of two kinds:

1. An activity cell—specialized action unit, with three grouped functions: conceptual ideas, finance, production.
2. An organic cell of the social body—with 7 functions:
  - a. Communication
  - b. Aids to become conscious—information—relations—transparency—reflexivity—mirroring.
  - c. Idea (Creativity—renewal—right orientation—motor).
  - d. Environment. (Utilization of space—aesthetics—quality of life.)
  - e. Finance (Evaluation—right value).
  - f. Movement (Commerce—transport—exchange—distribution).
  - g. Materialisation (Production—execution).
  - h. Coordination (harmony).

Are the envisaged organizational functions the correct ones? If not, what are they?

Are there other functions to be individuated within Auromodel's organization?

The new faculties should correspond to the different organizational functions of the collective body. The highest faculty, that of coordination, is the faculty of harmony, the faculty of unity.

Thus each faculty has a field of education which reorganizes and modifies the traditional disciplines.

The studies one pursues will correspond to one's natural predisposition. People will develop in the best way and will, consequently, be most useful to the social body.

It is good. Blessings

(The Mother wrote this comment on the margin:)

To begin with, it is good. It must be able to modify itself according to needs and experience.

Blessings.'

Roger Anger's archives, 12.2.1969

The last two texts are among the first documents that Roger passed to me from his archive. I took it as an adesh, and with my companions at the Centre for Human Unity (instituted by Kireet Joshi, it was funded with grants from the GOI) we displayed a mini-exhibition for everybody in Auroville to know.

The Mother has spoken.

Submitted by Paulette



## FALSE DEMOCRACY

What is the antithesis to Unity in Diversity? That is false democracy. Unity in Diversity is the Truth of Existence of this Only One Eternal and Infinite Consciousness-Force expressing Itself in innumerable diverse manifestations.

An adherent of false democracy displays the false-separative ego-mind seeking freedom from a distorted sense of non-freedom, falsely perceiving its lack of individual freedom and therefore seeking for it externally, not realising its fundamental oneness, interconnectedness and interdependence with every other unique co-others, blind to the boundless Oneness of its Source Consciousness that is eternally free.

*'And this sense, this need for freedom has also been deformed and has become that kind of thirst for independence which leads straight to revolt, to separation, isolation, the very opposite of true freedom.'*

*Independence!... I remember having heard an old occultist and sage give a beautiful reply to someone who said, 'I want to be independent! I am an independent being! I exist only when I am independent!' And the other answered him with a smile, 'Then that means that nobody will love you, because if someone loves you, you immediately become dependent on this love.'*

*It is a beautiful reply, for it is indeed love which leads to Unity and it is Unity which is the true expression of freedom. And so those who in the name of their right to freedom claim independence, turn their backs completely on this true freedom, for they deny love.'*

Sri Aurobindo and the Mother on True Freedom


• <https://incarnateword.in/cwm/09/6-march-1957>




The True Individual has realised that itself is an integral part of limitless other individual selves each uniquely expressing the Divine Love and Delight of the One True Self ever free, experiencing Its selves in infinite manifestations in a dynamic Self-correcting unfoldment towards the Supramental Vision-Goal:

The Divine Manifestation.

Zech, 2024.06.02


*Classes, Workshops & Healing Arts*








**Ayurvedic Massage**

**Head and Foot Massage**



**Sound Healing**

 **+91 97513 95939**

## A SATSANG ON THE INTEGRAL YOGA

Tuesdays and Thursdays, 5:30—7pm



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

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

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

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



[Please click this link for details](#) or scan the above QR Code

Also check Zech's Weekly Sharings:

• <https://zechjoya.blogspot.com>

Or scan the QR Code on the right



Zech

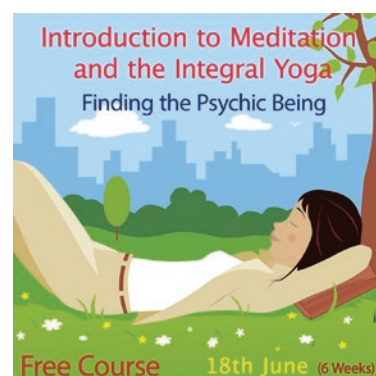
## FREE INTRODUCTION COURSE

### in Meditation and The Integral Yoga

*'When mind is still, then truth gets her chance to be heard in the purity of the silence.'* Sri Aurobindo

- Beginning: 18 June 2024 for 6 weeks
- Frequency: Tuesdays and Saturdays, 5:30pm
- Venue: Auroville—SAIER Conference Hall

6 week FREE introduction course in the ABC of Meditation and inner discovery. We will learn how to start and integrate the meditation practice in daily life, how to breathe and relax, use mantras and pranayama, how to concentrate in the heart and silence the mind towards peace and inner discovery and the importance of daily sports practice.



We will learn more about the different parts and planes of the being, the secrets of meditation, 3 different approaches in the practice of Yoga and also discuss essential texts from Sri Aurobindo and The Mother, regarding the Integral Yoga and the Inner Discovery of the Psychic Being.

Open to ALL Community (Aurovillians, Newcomers, Volunteers, Guests and all interested)

+ 91 93615 91906 WA, Pedro

030 - 6 June 2024

## VERITÉ

Pre-registration required

Please contact Verite @ 0413 2622045,  
2622606, 9363624083

or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



### Workshops

#### Mindfulness Kindfulness with Helen

- Saturday, 8 June, 9:15am—12pm

This half-day retreat provides a chance to unplug from the stresses of everyday life. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here and now. This session will blend mindfulness with kindness. Specifically, we will be gently exploring how we can soften, and be kinder and more compassionate to ourselves and others.

#### Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 8 June, 2—4:30pm

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

#### Ayurveda for Self-Harmony with Claire

- Friday, 14 June, 9:15am—12pm

Discover Ayurvedic wisdom & its recommendations for self-care & healing. In this practical workshop, you will experience some of the fundamental Ayurvedic techniques to observe various body/mind/metabolic conditions in yourself & others & learn how Ayurveda can be applied in daily life to maintain balance & harmony, according to your own nature.

#### Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 15 June, 2—4:30pm

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

### Regular Events—June 2024

#### Classes

#### Yoga Breath & Meditation Practice for Beginners with Mamta

- Monday 7:30am—8:30am

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

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Deep Sound Bath with Satyayuga

- Monday, Thursday & Saturday 5pm—6pm, begins 17 June

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

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Gentle Hatha Yoga with Claire

- Tuesday and Saturday 7:30am—8:30am

The session includes guidance in simple yogic breathing techniques and 'warmups' for gentle joint rotation and stretching. We will then learn/ practice the Sun Salutation (and variations) and relaxation postures, including Savasana.

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Pranayama & Meditation: Re-balance your Nervous System with Radhika

- Wednesday 7:30—8:30am, no class 5 June

You will be guided in breathwork techniques such as Suka, Nadi Shodan and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Kirtan: Songs for Your Soul (contributions are voluntary) with Mamta

- Wednesday 5—6pm

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

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Restorative Yin Yoga with Radhika

- Friday 7:30am—8:30am (no class on 7 June)

Restorative, meditative and relaxing: Discover the restorative and regenerative effects of this practice through meditative sequences that target deep tissue and restore the energy balance in our body.

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

#### Face & Eye Yoga with Mamta

- Friday 5—6pm

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

- Contact 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

### Treatments and Therapies

#### Ayurvedic Lifestyle Consultation with Claire

Receive customized advice on diet, daily routines, herbal remedies, exercise, and stress management techniques, based on an assessment of your 'dosha' (Vata, Pitta, or Kapha). The aim of Ayurveda is to promote optimal health, prevent illness, and enhance overall well-being by aligning one's lifestyle, natural constitution and the rhythms of nature.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

#### Biodynamic Craniosacral Therapy with Mila

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

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA



## Birenda Massage with Radhika

A relaxing full body oil massage using a unique technique developed around the 1950s by Birenda of the Aurobindo ashram. This soft, yet profound massage helps to unfold a journey within oneself during which energy blockages and tensions surface so that they can be recognized and transformed.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

## Integrated Craniosacral & Foot Reflexology with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

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

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

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

## Heart-Centered Resilience with Susan

Learn simple, heart-focused skills to help regulate your body's response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60–90-minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

## Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific 'reflex points' of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep. Integrated Energy Healing & Holistic Foot Reflexology : These sessions combine elements of Pranic Healing (energetic cleansing), Reiki ('divine healing' through innate intelligence), & Reflexology to internalize, integrate, & circulate channelled energy.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

## Energy Healing Reiki with Vyshnavi

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

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622 606, +91 9363624083 WA

Kathir for Verite Programming

## VERITÉ PROGRAMS

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



## Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga, Breath & Meditation Practice for Beginners	7:30—8:30am	Mamta
Mondays	Deep Sound Bath (begins 17 June)	5—6pm	Satyayuga
Tuesdays	Gentle Hatha Yoga	7:30—8:30am	Claire
Wednesdays	Pranayama & Meditation (begins 12 Jun)	7:30—8:30am	Radhika
Wednesdays	Kirtan- Songs for Your Soul (contributions are voluntary)	5—6pm	Mamta
Thursdays	Deep Sound Bath (begins 20 June)	5—6pm	Satyayuga
Fridays	Restorative Yin Yoga (begins 14 Jun)	7:30—8:30am	Radhika
Fridays	Face & Eye Yoga	5—6pm	Mamta
Saturdays	Gentle Hatha Yoga	7:30—8:30am	Claire
Saturdays	Deep Sound Bath (begins 22 June)	5—6pm	Satyayuga

## Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 8 June	Mindfulness Kindfulness	9:15am—12pm	Helen
Saturday, 8 June	Food is Medicine—Life-style Health Practices	2—4:30pm	Parvathi
Friday, 14 June	Ayurveda for Self-Harmony	9:15am—12pm	Claire
Saturday, 15 June	Food is Medicine—Life-style Health Practices	2—4:30pm	Parvathi
Saturday, 22 June	Face & Eye Yoga: Face Your Self	9:15am—12pm	Mamta
Saturday, 22 June	Food is Medicine—Life-style Health Practices	2—4:30pm	Parvathi
Friday, 28 Jun	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr Geeta
Saturday, 29 June	Food is Medicine—Life-style Health Practices	2—4:30pm	Parvathi

## Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Ayurvedic Lifestyle Consultation	Claire
Biodynamic Craniosacral Therapy	Mila
Birenda Massage	Radhika
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Heart-Centered Resilience	Susan
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi



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.

Submitted by Kathir

## SOUND DROPS BY MONSOON



### Nāda Yoga & Sound Immersion @ Auromode Yoga Space

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



## Regeneration Listening Circle:

**Mondays 6:00 am & Wednesdays 5:00 pm**

Session duration: 1.5 h

### Experiences of previous participants

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

*I'm very sensitive and I could feel the spirits of Mother Nature with us in this circle; very beautiful. Newcomer*  
*This talking-stick gives me Power; and with great Power, comes great Responsibility. Aurovillian*

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

Submitted by Nadim

## 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

## ACROYOGA

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



Damien





# Integral Healing

Light of Ayurveda and guidance of Mother and Sri Aurobindo

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

Venue:  
Bhumika Hall,  
Bharat Nivas, Auroville

Workshop by DR. GEETA AUROPREMI

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

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

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle  
Enquiry Contact Monisha +91 8489347454 **Monisha**

## It Matters

### Schedule from 6 to 15 June

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



Date	Activity
6 June, Thursday, 5:30—6:30pm	<b>Mandala Drawing</b> with Thamizh
7 June, Friday, 5—6pm	<b>Mystery Activity:</b> Reveal on insta the same day
8 June, Saturday, 10—11am	<b>Upcycled DIY</b> with Abhipsa
8 June, Saturday, 2—4pm	<b>Intuitive Painting</b> with Marie-Claire Barsotti*
8 June, Saturday, 4:30—5:30pm	<b>Yoga Nidra &amp; Sound Bath</b> with Chandra
10 June, Monday, 5—6pm	<b>Tai Chi, the Way of the Leaf</b> with Kaarthikeyan Kirubhakaran
11 June, Tuesday, 5—6pm	<b>Energy and Spiritual Science</b> with Patrick
12 June, Wednesday, 5—6:30pm	<b>Watercolor Art Through Geometry and Meditation</b> with Gino
13 June, Thursday, 5:30—6:30pm	<b>Mandala Drawing</b> with Thamizh
14 June, Friday, 5—6pm	<b>Mystery Activity:</b> Reveal on insta the same day
15 June, Saturday, 2—4pm	<b>Intuitive Painting</b> with Marie-Claire Barsotti*
15 June, Saturday, 4:30—5:30pm	<b>Psychology and Poetry</b> with Matthias

\* 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. **Kardash**

## 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**

## 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**  
+91 9488084966 Mobile & 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.



Submitted by Sonia

## TAO OF TEA

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

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

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

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



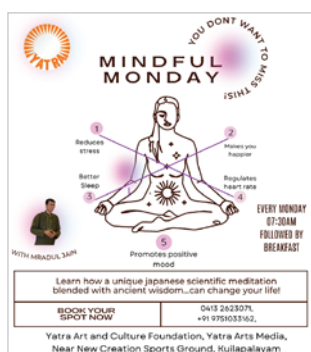
Submitted by Isha

## MINDFUL MONDAY

Every Monday, 7:30am,  
followed by breakfast

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

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



Yatra Srinivassan

## YOGA with 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

## DETOX YOUR MIND & BREATHE HEAL YOUR BODY



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

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



## NEWS FROM AUROVILLE LANGUAGE LAB

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



### Evening Programs!

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

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

In this thin summer period, where some people are out of station, **only the English and French Conversation Practice sessions** are happening on Thursdays and Wednesdays. The focus continues to be on the Auroville Charter and The Dream. All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to [info@aurollelanguagelab.org](mailto:info@aurollelanguagelab.org) or a WA message to +91 98430 30355.

### 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.aurollelanguagelab.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 still 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!

### 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.

### Tomatis

Please contact 0413 3509932 or 0413 2622467 or email us at [tomatis@aurollelanguagelab.org](mailto:tomatis@aurollelanguagelab.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.aurollelanguagelab.org/tomatis-method.php>
- <https://www.aurollelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

## New Language Courses at ALL

### Experience the magic of Persian Language and Poetry

Explore the rich culture of Persia with Anita, from Iran, who studies ancient history and myths. Learn about famous poets like Rumi and Khayyam, and discover the stories of the ancient Zoroastrians. Listen to the lilting beauty of Persian and take your first steps to learn it.

- **Saturday 10—11:30am, starting 8 June**
- For registration: [info@aurollelanguagelab.org](mailto:info@aurollelanguagelab.org)
- +91 8543030355 WA

### Beginner French with Samuel

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, 4—5pm.**
- Started 14 May. All welcome. Duration 8 hours, over one month

### New Beginner Hindi with Kaushal starting 5 June

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.

- Wednesdays, 2—4pm, started 5 June
- Duration 16 hours, over two months

### New Beginner Sanskrit with Kaushal starting 6 June

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.

- Thursdays, 2—4pm, starting 6 June
- Duration 16 hours, over two months

### Dynamic English program, June

The Language Lab is happy to provide a dynamic English program for the month of June.

This includes English Language Teacher Training: learn how to incorporate student-driven content into a creative and holistic lesson plan.

A dedicated Study Hall with emphasis on English tutoring for all subjects: Do you have homework, a resume or a paper you are working on? We can help.

### New Beginner English Class

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

- Discover the Fun in Learning English through Theatre by Rupam
- Explore Shakespeare, other playwrights, short stories, and poetry with us. Enhance your English communication skills through fun and interactive sessions.
- Monday and Wednesday, 11am—12pm
- Started 23 May 2024, age: 12+
- For Registration: [info@aurollelanguagelab.org](mailto:info@aurollelanguagelab.org) +91 8543030355 WA

## 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.

Lan-guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11am—12pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11am—12pm	Monday & Wednesday
	English Pre-Intermediate Youth Group 8-Hour (4 weeks)	3—4pm	Monday & Wednesday
	English Pre-Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Monday & Wednesday
	English Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Tuesday & Thursday
	Conversation Intermediate Started 9 April 8-Hour (4 weeks)	3—4pm	Tuesday & Thursday
	Study Hall and English tutoring 8-Hour (4 weeks)	4—6pm	Friday
	Facilitating English Teacher Training 8-Hours (4 weeks)	5—6pm	Monday, Tuesday & Wednesday
French	Beginner 8-Hour (1 months)	4—5pm	Tuesday & Thursday
Persian	Persian Language and Poetry Starting 8 June	10—11:30am	Saturday
Sanskrit	Beginner Starting 6 June	2—4pm	Thursday
Hindi	Beginner Starting 5 June	2—4pm	Wednesday
Tamil	Spoken Beginner Starting 7 June	09:30—10:30am	Tuesday and Friday
	Spoken Intermediate (TBA)	To Be Announced	TBA
Spanish	Beginner Starting 1 June	To Be Announced	TBA
	Intermediate Starting 1 June	To Be Announced	TBA
Italian	Beginner Starting 1 June	To Be Announced	TBA
	Intermediate Starting 1 June	To Be Announced	TBA

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

### To join or enquire

- Please fill 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 come visit us!

### Please Note

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

### The Language Lab is open

- Monday—Friday, 9am—12pm & 2pm—7pm

- Saturday, 9am—12pm & 2pm—5pm
  - **Location:** International Zone, after Unity Pavilion & Pump House.
  - **Phone:** 0413 2623661, +919843030355 (Lab) 2622467, 3509932 (Tomatis)
  - **Email:** [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) and [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org)

Submitted by Mita

*Cinema*

## 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

## 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, 14 June

### Running for Good: The Fiona Oakes Documentary

2018 / 74 mins / Keegan Kuhn

An incredible documentary following the vegan runner and ultra athlete, Fiona Oakes. Despite being told she might never walk again as a child, Fiona went on to smash multiple world records, including the fastest women to run a marathon on every continent.

Submitted by Aviram





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**10 June 2024—16 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 10 June, 8pm**

**Attam (The Play)**

India, 2023, Writer-Dir. Anand Ekarshi w/ Vinay Forrt, Zarin Shihab, Kalabhavan Shajohn, and others, Drama, 139mins, Malayalam w/ English subtitles, Rated: NR (R)

After a party amongst a theater group, their sole actress Anjali is subjected to a crime from one of the men in the group. A meeting is called for in trying to reach a consensus. Stories unravel, suspicion surface and clamor ensue. A gripping tale on human nature and hypocrisy, that encourages the audience to question the characters and at some point, themselves. A much acclaimed must watch film!

**Potpourri—Tuesday 11 June, 8pm**

**Neptune Frost**

Rwanda—France, 2021, Dir. Anisia Uzeyman, w/ Cheryl Isheja, Elvis Ngabo, and others, Musical, Sci-Fi, 105 mins, Swahili—French w/ English subtitles, Rated: NR (PG)

In the hilltops of Burundi, a group of escaped coltan miners form an anti-colonialist computer hacker collective. From their camp in an otherworldly e-waste dump, they attempt a takeover of the authoritarian regime exploiting the region's natural resources—and its people. When an inter-sex runaway and an escaped coltan miner find each other through cosmic forces, their connection sparks glitches within the greater divine circuitry.

**Interesting—Wednesday 12 June, 8pm**

**500 Days In The Wild**

Canada, 2023, Writer-Dir. Dianne Whelan w/ Dianne Whelan, Documentary, 124mins, English w/English subtitles, Rated: PG

In her 50s, physically being the not the most athletic individual, the filmmaker cum cinematographer takes the harrowing and exhilarating journey across the entire length of 28K km of Canada's wild land from ocean to ocean. The only person to have taken this journey. The film takes the audience along where climate change is a silent theme unfolding in the landscapes. One-of-a-kind film in many ways...

**Selection—Thursday 13 June, 8pm**

**October Sky**

USA, 1999, Dir. Joe Johnston w/ Jake Gyllenhaal, Chris Cooper, Laura Dern, and others, Biography-Drama, 108mins, English w/ English subtitles, Rated: PG

In a 1950's mining town called Coalwood, Homer Hickam is a kid with only one future in sight, to work in the local coal mine like his father. However, in October 1957, everything changes when the first artificial satellite, Sputnik goes into orbit. With that event, Homer, and a few friends are inspired to learn how to build rockets and sets out to try. They are not supported by any except one high-school teacher who encourages them to contest at the national level where they could win college scholarship as a prize. The gang must learn to perfect their craft as they shoot for the stars. A wonderful inspiring tale. Dr. Hickam studied at Virginia Tech and served as a NASA scientist.

**International—Saturday, 15 June, 8pm**

**One Life**

UK, 2019, Dir. James Hawes w/Anthony Hopkins, Lena Olin, Johnny Flynn, and others, Biography-History, 109mins, English-German-Czech-French w/ English subtitles, Rated: PG

The true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children. Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions—and under threat of Nazi invasion. It was a race against time to rescue as many children as possible before the borders closes. Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he couldn't rescue; always blaming himself for not doing more. That's when a live BBC television show, 'That's Life', surprises him by introducing him to several surviving children—now adults. It brought him some joy and peace. A must watch!

**Children's Matinee—Sunday, 16 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. Rescheduled due to earlier cancelation for power outage/generator failure.

**Black & White Classics @ Ciné-Club**

**Ciné-Club Sunday 16 June, 8pm**

**À Bout De Souffle (Breathless)**

France, 1960, Dir. Jean-Luc Godard w / Jean-Paul Belmondo, Jean Seberg and others, Drama -Crime, 90 mins, French w/ English subtitles, Rated: NR.

Modern movies begin here and what is most revolutionary about the movie is its headlong pacing, its cool detachment, its dismissal of authority, and the way its narcissistic young heroes are obsessed with themselves and oblivious to the larger society. It was one of the key films of the French New Wave, which rejected the well-made traditional French cinema and embraced a rougher, more experimental personal style.

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 Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram 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 Security & Emergency Services (ASES) —9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

**Health:**

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

**Mental health 24/7 support:**

- Vandrevalla Foundation +91 9999666555

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

## N&N Guidelines



### Hard deadline for submissions

**TUESDAY 3pm**

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

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

Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](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