



# News Notes

#1032 A weekly bulletin for residents of Auroville 20 June 2024



It is there in beings indivisible and as if divided. *Gita*  
Brahman, the Truth, the Knowledge, the Infinite. *Taittiriya Upanishad*  
Know Purusha and Prakriti to be both eternal without beginning. *Gita*

## Pondering

The Infinite is illimitably free to determine itself infinitely, free from all restraining effect of its own creations. In fact the Infinite does not create, it manifests what is in itself, in its own essence of reality; it is itself that essence of all reality and all realities are powers of that one Reality. The Absolute neither creates nor is created, — in the current sense of making or being made; we can speak of creation only in the sense of the Being becoming

We see that the Absolute, the Self, the Divine, the Spirit, the Being is One; the Transcendental is one, the Cosmic is one: but we see also that beings are many and each has a self, a spirit, a like yet different nature. And since the spirit and essence of things is one, we are obliged to admit that all these many must be that One, and it follows that the One is or has become many; but how can the limited or relative be the Absolute and how can man or beast or bird be the Divine Being?

*Brahman, Purusha, Ishwara. The Life Divine, Sri Aurobindo*



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### *Emergency Services*

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

- PIMS—0413 2656271

#### **Security (24/7):**

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

#### **Health:**

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

#### **Mental health 24/7 support:**

- Vandrevala Foundation +91 9999666555

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

### *N&N Guidelines*

#### **Hard deadline for submissions TUESDAY 3pm**

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

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

#### **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 & Agnijata,*

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



# House of Mother's Agenda

(continued from last two weeks)

All he would make his own, leave nothing free,  
Stretching his small self to cope with the infinite.

Obstructing the gods' open ways he makes  
His own estate of the earth's air and light;  
A monopolist of the world-energy,  
He dominates the life of common men.

His pain and others' pain he makes his means:  
On death and suffering he builds his throne.

In the hurry and clangour of his acts of might,  
In a riot and excess of fame and shame,  
By his magnitudes of hate and violence,  
By the quaking of the world beneath his tread  
He matches himself against the Eternal's calm  
And feels in himself the greatness of a god:  
Power is his image of celestial self.

The Titan's heart is a sea of fire and force;  
He exults in the death of things and ruin and fall,  
He feeds his strength with his own and others' pain;  
In the world's pathos and passion he takes delight,  
His pride, his might call for the struggle and pang.

He glories in the sufferings of the flesh  
And covers the stigmata with the Stoic's name.

His eyes blinded and visionless stare at the sun,  
The seeker's Sight receding from his heart  
Can find no more the light of eternity;  
He sees the beyond as an emptiness void of soul  
And takes his night for a dark infinite.

His nature magnifies the unreal's blank  
And sees in Nought the sole reality:  
He would stamp his single figure on the world,  
Obsess the world's rumours with his single name.

His moments centre the vast universe.

He sees his little self as very God.

His little 'I' has swallowed the whole world,  
His ego has stretched into infinity.

His mind, a beat in original Nothingness,  
Ciphers his thought on a slate of hourless Time.

He builds on a mighty vacancy of soul  
A huge philosophy of Nothingness.

In him Nirvana lives and speaks and acts  
Impossibly creating a universe.

An eternal zero is his formless self,  
His spirit the void impersonal absolute.

Take not that stride, O growing soul of man;  
Cast not thy self into that night of God.

The soul suffering is not eternity's key,  
Or ransom by sorrow heaven's demand on life.

O mortal, bear, but ask not for the stroke,  
Too soon will grief and anguish find thee out.

Too enormous is that venture for thy will;  
Only in limits can man's strength be safe;  
Yet is infinity thy spirit's goal;  
Its bliss is there behind the world's face of tears.

A power is in thee that thou knowest not;  
Thou art a vessel of the imprisoned spark.

It seeks relief from Time's envelopment,  
And while thou shutst it in, the seal is pain:  
Bliss is the Godhead's crown, eternal, free,  
Unburdened by life's blind mystery of pain:  
Pain is the signature of the Ignorance  
Attesting the secret god denied by life:  
Until life finds him pain can never end.

Calm is self's victory overcoming fate.

Bear; thou shalt find at last thy road to bliss.

Bliss is the secret stuff of all that lives,  
Even pain and grief are garbs of world-delight,  
It hides behind thy sorrow and thy cry.

Because thy strength is a part and not God's whole,  
Because afflicted by the little self

Thy consciousness forgets to be divine  
As it walks in the vague penumbra of the flesh  
And cannot bear the world's tremendous touch,  
Thou criest out and sayst that there is pain.

Indifference, pain and joy, a triple disguise,

Attire of the rapturous Dancer in the ways,  
Withhold from thee the body of God's bliss.

Thy spirit's strength shall make thee one with God,

Thy agony shall change to ecstasy,  
Indifference deepen into infinity's calm  
And joy laugh nude on the peaks of the Absolute.

(to be continued next week)

Sri Aurobindo, Savitri,  
A Legend and a Symbol,  
Book Six: The Book of Fate,  
Canto Two: The Way of Fate and the Problem of Pain

<https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain>

With love and gratitude,  
Gangalakshmi (HOMA)

# Townhall Speaks

## REMINDER FOR VISA RENEWALS and Temporary Out of Station Slips

### Reminder for Visa Renewals

All visa holders are reminded to submit their visa renewal applications well in advance, preferably 4 to 6 months before the expiration date. The latest acceptable submission is 3 months in advance. Applications submitted later than this may be rejected.

### Reminder for ALL Residents

All residents, both Indian and Non-Indian Aurovilians, are reminded that it is mandatory to sign the Temporary Out of Station (TOS) slip with the Residents Service when leaving Auroville for more than 14 days. The slip should state the reason for leaving and the expected return date.

Upon re-entering Auroville, whether from abroad or from within India, residents are again required to visit the Residents Service to fill out a slip indicating their return.

This requirement is obligatory for everyone, including both Indian and Non-Indian residents.

Foreign and Indian volunteers must also inform Savi before their departure and upon their return.

#### • Contact details for Working Committee

- email: [workingcom@auroville.org.in](mailto:workingcom@auroville.org.in)
- phone: 0413 2622143

#### • Contact details for Resident's Service

- email: [resservice@auroville.org.in](mailto:resservice@auroville.org.in)
- phone: 0413 2622191
- **open:** Monday to Friday 9:30am—12:30pm & 2:30—4:30 pm

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

## ERRONEOUS ANNOUNCEMENTS ADDRESSED

Erroneous Announcement by the self-proclaimed RA-WC Auroville about the Online Directory:

The Office of the Secretary has not closed the Auroville online directory. This is a misleading claim by individuals representing themselves as the Working Committee.

The technical issue preventing online access to the Auroville directory is being addressed by the Working Committee in collaboration with relevant technical personnel.

**Misleading Claims:** The statement 'As you know, [@auroville.org.in](mailto:@auroville.org.in) is currently under unknown administration, which is why we chose to use [@auroville.community](mailto:@auroville.community)' is also misleading. The [@auroville.org.in](mailto:@auroville.org.in) domain is managed directly by the Auroville Integrated Information Systems team, which operates under the Auroville Foundation.

- **Unauthorized Domains:** In fact, the domains [@auroville.community](mailto:@auroville.community) and [@auroville.services](mailto:@auroville.services) are under unknown management and are not authorized. These were registered by unknown entities without permission from the Auroville Foundation. There is no accountability for their operations and content. The Auroville name is protected by a name & protection group directly responsible to the Working Committee.
- **Valid Emails:** Only emails with the [@auroville.org.in](mailto:@auroville.org.in) domain are valid for official Auroville use.
- **Official Domain Usage:** All registered entities of Auroville, including all residents listed in the Register of Residents (RoR) and newcomers, should only use the official [@auroville.org.in](mailto:@auroville.org.in) domain going forward for official communications.

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

# Community News

## Matrimandir News

### MATRIMANDIR ACCESS INFORMATION



### Access to the Park of Unity and Matrimandir

#### The Park of Unity

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

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

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

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

#### The Inner Chamber of the Matrimandir

*The Matrimandir is a place for silent individual concentration.*

- The Inner Chamber is open to **Aurovilians and Newcomers:**
  - Monday—Saturday: 6—8am, 4:30—7:30pm
  - Sunday: 6am—12pm, 4:30—7:30pm
- The Inner Chamber is open to **SAVI registered Volunteers:**
  - Wednesday—Monday, 8—8:40am.  
Arrival at 7:45am at the Office Gate
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):
  - Any day except Tuesday & Sunday: 8—8:35am.  
Arrival at 7:45am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools:**
  - Tuesday 9—11am
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):
  - Tuesday 8—8:30am

#### The Petals of the Matrimandir

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

## Access to Matrimandir for Visitors and Guests

### Matrimandir Viewing Point

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

### The Inner Chamber of the Matrimandir

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

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

*Awakening Spirit*

### BHARAT NIVAS PRESENTS

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

## 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

*Savitri*

B H A V A N

## 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

### 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)

## The Yoga of the Earth

- Monday, 24 June, 4pm, at Savitri Bhavan.  
Duration: 32min.

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 on them, illustrated by Huta's paintings.

The passages have been chosen to help us understand the process of the Yoga that has been going on for the earth since it was created, and which has reached a new stage with the advent of the Supramental through the intervention of Sri Aurobindo and the Mother.

The Mother speaks about an ancient tradition which describes the creation as done by some first four emanations of the Supreme Mother: **Consciousness and Consciousness in Light, Bliss, Truth, and Life.**

In the sense and feeling of their supreme Power, they cut connection with their Origin and became independent. And then, these emanations, being separated from their Origin, entered into darkness.

As a result, *Consciousness and Consciousness in Light turned into Unconsciousness, Bliss turned into Suffering, Truth into Falsehood, and Life into Death.* A world emerged of suffering, obscurity, unconsciousness, and inconspicuousness.

When this was seen, it was decided that some second emanations, the Gods, would be sent to repair the mistakes of the first ones and with possibilities to support the divine plan for a creation full of joy and light.

Through the mediation of the Gods and the intervention of Avatars the consciousness and the consciousness in light, the life, and the material creation have been slowly evolving towards a more divine life.

Concept by Shraddhavan, Vladimir and Peter, with audio restoration and programming by Holger, and harmonium music by the Mother. A production of Savitri Bhavan, Auroville for Havyavahana Trust, Pondicherry in 2016.

Margrit & Dhanalakshmi for Savitri Bhavan

## AMPHITHEATRE—MATRIMANDIR

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

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



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

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

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

## Education

### STUDY AT AIAT FOR SKILLS OF THE FUTURE and integral personality development

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



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

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

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

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

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

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

#### For more information Pl. contact:

Auroville Institute of Applied Technology-College

- Phone or WA: 8903166923, Webpage: [aiat.in](http://aiat.in)
- Or visit AIAT campus at Aurobrindavan

Lavkamad and Sanjeev Ranganathan



**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

Location  


[kshetram2014@auroville.org.in](mailto:kshetram2014@auroville.org.in)

**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

**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

**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



**YUVABE EDUCATION PRESENTS:**  
**Robotics Program**

@ 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

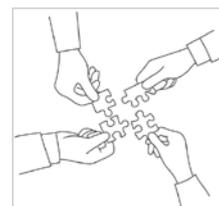
**AUROVILLE LIBRARY**

**Summer Opening Timings**

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

**News from the Auroville Library**

Important! If you have an account with us, we kindly ask that you check we have your correct contact details (email, telephone, and community). Either drop by or send an email to [av-lib@auroville.org.in](mailto:av-lib@auroville.org.in).



- We would also like to remind you to please return your books on time!
- We are happy to share that we now have a **collection of Jigsaw Puzzles** for children and adults available to borrow.

0413 2622894, [avlib@auroville.org.in](mailto:avlib@auroville.org.in)  
 Kathrin and Devna

*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**

**AURO DENT**

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)

**Make Your Smile Healthy: June Month Offer**

**MAKE YOUR SMILE Healthy**

**50% Off: Teeth cleaning, 4 in 1 Procedure**  
 Scaling, Air flow, Brushing with paste, Calcium gel application

Auromode (opposite CSR), [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)  
 9629199328 WA, 0413 2622063  
 Sutha for Aurodent

**AUROKIYA INTEGRAL EYE CENTRE @ ARKA**

**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



**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 Menanteu

**Summer Exhibition  
@ Unity Pavilion**

Submitted by Arun

**INVITATION TO DONATE ARTWORK  
for the 'Unity, Kindness and Friendship'  
Art for Land Exhibition**

Dear Friends, we hope this message finds you well.

We are excited to announce an upcoming exhibition titled 'Unity, Kindness, and Friendship', celebrating the values of togetherness, compassion, and camaraderie. This special event will be held from 4 August, marking the birthday of Sri Aurobindo, and will serve as a fundraising initiative for Art for Land, Auroville, dedicated to the noble cause of land consolidation of the Auroville Masterplan.

We warmly invite you to participate by donating artwork that reflects the exhibition's theme. You can contribute a piece from your existing collection or create something new inspired by the spirit of unity, kindness, and friendship. Your generous contribution will not only enhance the cultural and artistic richness of the event but also support to secure land for Auroville.

**About the Painting**

Our invitation is beautifully illustrated by Pablo Picasso's Bouquet of Peace (1958), a painting that embodies the essence of peace and harmony. The artwork depicts two hands holding a bouquet of vibrant flowers, symbolizing a unified gesture of peace and goodwill. Picasso's creation serves as a timeless reminder of the power of art to bridge differences and foster a sense of community.



We hope that Picasso's masterpiece will inspire you to create and donate an artwork that resonates with the themes of unity, kindness, and friendship.

**Details of the Exhibition:**

- **Theme:** Unity, Kindness, and Friendship
- **From 4 August @ Unity Pavilion, Auroville**

If possible, please include a title for your artwork that resonates with the chosen theme.

**How to Contribute**

Send your artwork to the Unity Pavilion at your earliest convenience Please include a brief description of the piece and its relevance to the chosen theme. Your participation will be a significant addition to our exhibition and a step towards achieving our goal. We believe your artwork will inspire and move many, highlighting the profound impact of art in fostering community and goodwill.

We look forward to your positive response and are here to assist with any further details or arrangements you may require.

*Jaya and Doris for Art for Land  
Mandakini for Acres for Auroville  
7558401108, 5 July*

*Business Activities*

**BHARAT NIVAS INVITES  
Arts and Crafts**

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



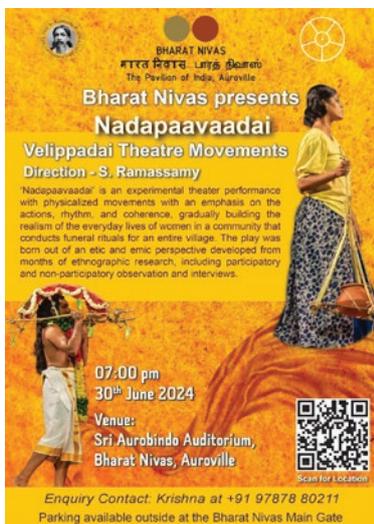
Please write to us at [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in) or contact our Trustee Janmejay at 8249335483. **Monisha, BN Team**

Theatre

**BHARAT NIVAS PRESENTS  
Nadapaavaadai**

7pm, 30 June @ Sri Aurobindo Auditorium  
Velippadai Theatre Movements,  
Direction: S. Ramassamy

'Nadapaavaadai' is an experimental theater performance with physicalized movements with an emphasis on the actions, rhythm, and coherence, gradually building the realism of the everyday lives of women in a community that conducts funeral rituals for an entire village. The play was born out of an etic and emic perspective developed from months of ethnographic research, including participatory and non-participatory observation and interviews.



- Enquiry Contact: Krishna at +91 97878 80211  
Monisha for BN Team  
Scan for Location

Multiple Activities

Monisha for BN Team

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.



Discover The Boundless Potential Of Collaborative Improvisation  
Submitted by Krishna

DANCE CLASSES BY MANI

Salsa Dance Class

Tango Dance

Submitted by Mani

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

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

No partner required. Bring socks or dance shoes.

And plenty of joy!

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

Submitted by Maud

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR

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

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

## Music and Art Activities

### BUILDING A LIVE MUSIC CULTURE

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

With the aspiration to build a thriving live music culture in Auroville, that develops as a platform for musicians to curate their music and grow, we are on the lookout for sponsors and patrons who believe in what we are doing, and would like to join us on this collective musical journey.

You can follow us on Instagram and Youtube for a recap of our programmes and upcoming events. Links and contacts below.

KGL Organising Team, Mehul & Edo

+91 9843893852, [mehulk\\_no@auroville.org.in](mailto:mehulk_no@auroville.org.in)

[skalabhumimusiostudio.av](http://skalabhumimusiostudio.av)

### 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.

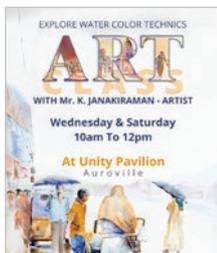
CREEVA Studio, Creativity Community  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in), +91 9486145072 WA,  
Sathya

**EXPLORE**

**WaterColor Techniques**

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

Submitted by Arun

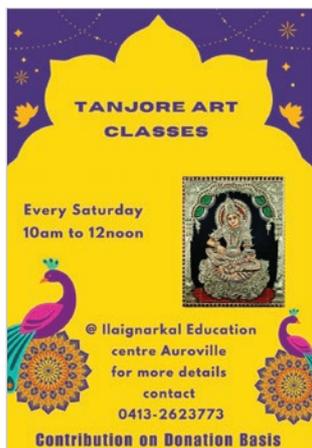


**TANJORE ART CLASSES**

Every Saturday, 10am—12noon

@ Ilaignarkal Education center

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



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

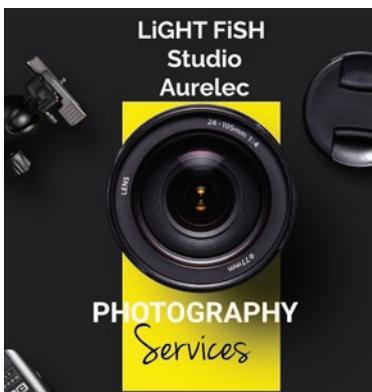
Ayyanar

**LIGHT FISH**

**Professional Photography Studio**

**Photography Services**

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



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

*Sports & Martial Arts*

**SWIMMING CLASS BY MANI**

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

**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, m

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

**ABHAYA MARTIAL ARTS RESTARTING**

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



We are restarting with our classes!

- Monday: MMA/Grappling 5:30pm
- Wednesday: MMA/Grappling 5:30pm
- Friday: MMA/Grappling 5:30pm

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

Contribution required. Be punctual, in sportswear, no jewelry. Stay home if you are sick or if you have open wounds

Giacomo

**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 apointment, 9042009200, Maneesh
- Where Body Becomes Eyes, Maneesh For Kalari Team

**TAI CHI CHUAN IN SHARNGA**

**Summer Schedule**

Tuesday—Friday:

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

taichi.auroville.org, taichi@auroville.org.in Warmly, Krishna



### ULTIMATE FRISBEE

#### Regular Sessions

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

No prior experience needed!



Selvi for  
Ultimate Frisbee  
Auroville Women's Team

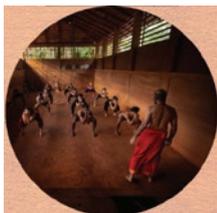
### BHARAT NIVAS PRESENTS

#### Kalaripayattu Class

in Collaboration with Kalarigram

Bhumika Hall, 6—7am,  
Monday to Friday

- For Registration: Contribution is applicable for the class
- [bharatnivas@auroville.org.in](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

Kalpna Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

### Nature Activities

#### FOOD FOREST TOUR

Mini-Raw-Food Workshop

**FOOD FOREST TOUR**

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options. This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious **VEGAN ICE CREAMS** and more...

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

Sign up and infos whats app Sarah 9047421044  
myfoodforestgarden@gmail.com  
myfoodforestinfo.wordpress.com  
[www.youtube.com/myfoodforest](https://www.youtube.com/myfoodforest)

Submitted  
by Sarah

**terra soul**  
@ 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](https://www.instagram.com/terrasoul_community)

Every Saturday, 11am—1pm @ Terra Soul

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

#### • What to Expect:

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

• **Auroville Contact:** Juan 9443434182

• Limited spots available!

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

Follow us on Instagram [@terrasoul\\_community](https://www.instagram.com/terrasoul_community) for more updates and glimpses of farm life!  
Juan

### A HERBAL MEDICINAL PLANTS COURSE

For Beginners

Monday—Friday, 9—11:30am

#### Martuvam Healing Forest

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

**AN HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS**

MARTUVAM HEALING FOREST

No prior experience necessary

## Workshop Highlights

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

## Bioregion Activities

ENLIGHT  
Light of Auroville



Tours



Sound Bath



Fireside Drumming



Instrument Workshop



Cooking Class



Potterv Workshop



Astanga Yoga



Deep Tissue Massage



Sound Healing



Dance Movement



Karлакattai

+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 Export.

#### 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

#### 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.



MOHANAM PROGRAM

*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

Dally, 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 Mohanam Centre*

### 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 opened its boutique at Auromode. Inviting everybody to 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.

### Kaivinaï 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.



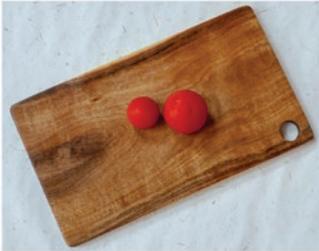
### Book Your Workshop Now

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

*Submitted by Arun*

*Craft Activities*

**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.



**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



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

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

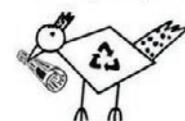
**PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE**

10am—4pm, Every Day Except Sunday

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

- Contact Zeevic, +91 9385744744, 0413 2969722

Wellpaper



Zeevic

**SUN & SOIL:**  
**Natural Building Workshop**  
 8—12 July @ Youth Center,



7:30am—5pm

- **Introduction**

Delve into the heart of ancient techniques and modern sustainability. Unravel the intricate tapestry of natural buildings and materials, weaving together the timeless wisdom of cob, wattle, and daub. Join us for this 5-day full-time workshop 7:30am—5pm.

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

- **Soil Walk, Natural Building, Dorodango Art, Bio Enzyme Workshop, Open House**
- For registration and more info, please go to our website: [Youthlink.org.in](http://Youthlink.org.in)

Lucrezia & Youthlink team

*Available*

**Office Space Available**

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



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

**Twin Size Bed Available**

Twin size bed, silk cotton mattress, coconut chair separate base mattress, four silk cotton cushions, Two Yoga size cotton mattresses all in good condition!

- Contact mobile 8072449091, Grace

**E-Bike Available**

Electrical Cycle Hero Lectro C4.  
 Almost new, Color Lilac, Rps.24.000

Anandi ayun, 9952746385  
[anandi7@auroville.org.in](mailto:anandi7@auroville.org.in)



*Looking For*

**Vikas Community Is Looking For A Full-Time Gardener**

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

Gali

**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.



[lvana.frousova@gmail.com](mailto:lvana.frousova@gmail.com)

+91 7094344154 (No WA), Ivana

**Seeking a House Sitting Opportunity**

Hello, my name is Kirthana, I am 34 years old and I am an Architect and Urban planner. I would like to visit Auroville between 22 July and 11 August for a work plus retreat stay. I would be bringing my young indie puppy yogi, who is a 1.5 year old boy. I have 2 years of experience house sitting and would be happy to take care of your home. Some amenities I would prefer:



- Independent cottage or studio.
- Pet friendly. I am open to taking care of smaller pets such as fish or birds and plants. Open to taking care of friendly female pups if they get along with Yogi.
- Fully equipped kitchen access with basic utensils
- Wi-Fi is a plus
- Garden access would be amazing!!
- At Least one bedroom and an independent bathroom.

If you are interested, or know anyone who is looking for a house sit, please get in touch with me at [kirthana.s@columbia.edu](mailto:kirthana.s@columbia.edu)

Kirthana

**Seeking House Sitting**

Hello everyone! I'm a natural dyer and a graphic designer, I already lived in Auroville during the last four years. I will come back soon with my whole family (my husband and my 2 kids) to start volunteering and the new-comer process. So I'm looking for a home: house-sitting or renting as long as it suits a family with young children.



We will arrive by the beginning of Septembre, so if you know any place that could fit please contact

- [meghan.gillet@gmail.com](mailto:meghan.gillet@gmail.com) or +33783627317 WA

Meghan & family

**Part-Time Nanny Needed**

We are seeking a female for our 10 months old.

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



Sivaoli

*Help Needed*

**RAINWATER HARVESTING SYSTEM**

Dear Auroville Community, I'm Mariappan working for ACUR Town hall (Aurovilian) and living in Mango Garden with my family. In our Community I don't have enough water for my day-to-day needs, my neighbour only shares a little amount of water with me. To solve that problem I have a sustainable solution to build a Rainwater Harvesting system next to my house.



I already got permission from L'avenir Auroville to do it. The estimate of the Project is Rs 68000 and i have little savings to begin it, but I really need some donations to finish it.

Please donate to my FS Account 106135, Mariappan, to support Sustainable plans in Auroville.

Mariappan, 8940662433

*Work Opportunities*

**RIDER OPPORTUNITY AT DROPZY**

Dropzy, a mobile app platform for Products and Services from in and around Auroville helping to deliver to its customers is looking for 'Riders' to join its rider pool.



Dropzy has been steadily growing over the last 8 months since its' launch and is at a stage now that it needs to increase its rider pool for efficient and timely delivery to its customers in Auroville and Pondy.

As a rider, you'll be alerted through our mobile app alert system when new orders arrive and if you are in a position to accept the order, you can accept the order to pick up and deliver it.

- This isn't full time work, if you are someone that can spare some of your time during the day (anytime from 8am till 10pm) at your convenience and want to earn some extra pocket money, then this is for you.
- Driving license for legally riding a two-wheeler is a must.
- Please get in touch with us by sending a WA message or calling the number 8098144686 for more details.

Sathish Arumugam For Dropzy

+91 8098144686

[www.dropzy.in](http://www.dropzy.in)

Follow us on Instagram for updates

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

**AUROFILM IS LOOKING FOR  
a Graphic Designer/Marketing person**



Aurofilm is looking for a Graphic Designer/Marketing person, to create Marketing Material for their upcoming Film and Animation Courses and to spread the word about it via local PR and online marketing.

- Please contact us at 08300189062 (Surya) or 7517394469 (WA Abhijit).
- Compensation offers will be discussed upon meeting.

Surya

*Honorary Voluntary*

**SEEKING ARTIST MANAGER**

We are a Piano-Viola instrumental duo, playing Pop Songs, Classical Standards and Soundtracks. We are looking for an artist manager to represent us.



- If you are interested please contact Raquel on +91 73975 93026 WA or Shanks on [chungates@gmail.com](mailto:chungates@gmail.com).

Shanks

**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

**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

**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

**KUILAI CREATIVE CENTER SEEKS VOLUNTEERS**

We are looking for volunteers to help with...

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



Kindly contact: [kuilaicreativecentre@auroville.org.in](mailto:kuilaicreativecentre@auroville.org.in) or call us 8608473385 Selva for KCC

*Taxi Share*

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

Send a message if interested. +91 96555 34514. Isha

**From Chennai Airport, Sunday, 23 June, 1am**

A Taxi going empty to Chennai Airport and will return at 1am to Auroville on Sunday morning, 23 June. If someone needs a ride to the airport, you can use this Taxi.

Contact Jan, Gaia, +91 9443309312

Jan

*Animal Care*

**SECOND ROUND**

**of Auroville Dog Shelters Mobile Vet Clinic!**

Friday, 21 June, 11:30am—1:30pm front of the Solar Kitchen Parking Lot



After the huge success of last Friday's soft launch, our Mobile Vet Clinic will offer again this Friday, 21 June from 11:30am until 1:30pm its services to the AV Community in front of the Solar Kitchen Parking Lot.

We are happy to present to the Community the plans and architectural drawings and give detailed information about the construction of the **New Auroville Dog Shelter** which will not just be an animal sanctuary but an amazing place for every Aurovillian, guest, and visitor. Please provide us with your feedback, your suggestions, and criticism as this is an important project for the entire Community to participate in. In a few weeks, we will give a public presentation of the new Auroville Dog Shelter incorporating valuable Community Feedback.

For tomorrow's Mobile Vet Clinic, you can bring your animals if they need our services. Please note as the shelter is completely overcrowded with barely any funding, we cannot accept at the time being more puppies, but we are happy to provide the following services:

- **Free Consultations:** Receive expert veterinary advice to ensure their animals' health and well-being.
- **Basic Medical Care:** We are able to address minor ailments and provide necessary treatments.
- **Cost-Price/Donation-Based Vaccinations:** Affordable vaccinations to keep your dogs protected. (We don't have funds for cat vaccinations at the moment)
- **Spay/Neuter Bookings:** Schedule sterilization surgeries, an essential step in managing the growing puppy population.
- **Animal Care Information:** Valuable tips and advice on how to keep them happy and healthy.
- **Volunteering Information:** Lots of opportunities to volunteer in the old and for building the new Animal Care Shelter!

If you want to support us by donating, please use our FS Account 251391

Auroville Dog Shelter, Arthur

*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)

**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*

**ANITYA: COMMUNITY LUNCH**

12:30 on Thursdays and Saturdays

**JOY OF IMPERMANENCE**

**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*

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

**SARVAM COMPUTERS OFFERS RELIABLE SERVICE**

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



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

**Contact Sarvam Computers**

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

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- [sarvamcomputers@auroville.org.in](mailto:sarvamcomputers@auroville.org.in)

Submitted by *Bala*

## 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, 18 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

- **Malaysian Airways** & Thai airways special fare from Chennai to Seoul.
- **Eithad Airways** offer fare from Chennai to Frankfurt, Vienna, London, Zurich, Milan, Munich, Brussels, Seoul.

- **Special Business Class Fare** from Chennai to Seoul on **Cathay Pacific**.
- **Qatar Airways** special fare from Chennai to Paris, Frankfurt, Milan, Munich.
- **Qatar Airways** Special one way fares from Chennai to New York, USA
- **Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.

### Trip ideas

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

### 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.
- **Srilankan Tourist Visa** 30 days single entry fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further notice. Indian Nationals can apply for E-tourist visa through the given link <https://www.srilankaevisa.lk/> Indian Nationals are entitled to visa exemption for the purpose of tourism and short-term business engagements, for a period not exceeding 60 days. Visa on arrival at the immigration checkpoints on arrival for the purpose of tourism, for a period not exceeding 15 days.
- **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

### 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: Iyappan

Let's simplify and optimize your sourcing process together!

Iyappan, Surabhi Supplies

### 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)

Submitted by Rupavathi Joy

### FREE STORE

#### Summer Opening Hours



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

Kindly note: No afternoon

Kamala for Free Store Team

Poetry

POETIC EVENING ON INNER JOURNEYINGS

Friday, June 21, from 6:30—7:30pm  
@ Auroville Library



Dear friends, join us for a poetic evening on 'Inner Journeyings' this coming Friday, June 21, from 6:30—7:30pm at Auroville Library.

Anandi and Alka

OUT OF THE CRADLE  
ENDLESSLY ROCKING

Out of the cradle endlessly rocking,  
Out of the mocking-bird's throat, the musical shuttle,  
Out of the Ninth-month midnight,  
Over the sterile sands and the fields beyond, where the child  
leaving his bed wander'd alone, bareheaded, barefoot,  
Down from the shower'd halo,  
Up from the mystic play of shadows twining and twisting  
as if they were alive,  
Out from the patches of briars and blackberries,  
From the memories of the bird that chanted to me,  
From your memories sad brother, from the fitful risings  
and fallings I heard,  
From under that yellow half-moon late-risen and swollen  
as if with tears,  
From those beginning notes of yearning and love there in  
the mist,  
From the thousand responses of my heart never to cease,  
From the myriad thence-arous'd words,  
From the word stronger and more delicious than any,  
From such as now they start the scene revisiting,  
As a flock, twittering, rising, or overhead passing,  
Borne hither, ere all eludes me, hurriedly,  
A man, yet by these tears a little boy again,  
Throwing myself on the sand, confronting the waves,  
I, chanter of pains and joys, uniter of here and hereafter,  
Taking all hints to use them, but swiftly leaping beyond  
them,  
A reminiscence sing.

Walt Whitman

WHY ARE YOU ALWAYS SMILING?

'Why are you always smiling?'  
'I once fell down in my childhood  
And got up laughing.  
I've been smiling ever since.'  
'Oh... Isn't it the longest marathon?  
No wonder your skin wrinkles.'  
His eyes winked and twinkled.  
His wrinkles deepened.  
Something in me  
Smoothened.  
With joyful Gratitude, Anandi Z.

Voices and Notes

NAMELESS PLANTS

How many kinds of flowers have spiritual names? But no banyan and pipal. They are common giant trees in Auroville. Carlus Linneus lived in 1707-78. He said: 'Without names we lost knowledge.' In 1735 he published book 'Systema Nature'. Linneus gave to each species plant and animal double Latin names. According to this system banyan have name 'Ficus bengalensis', pipal—'Ficus religiosa'.



Why do two giant trees haven't the spiritual names? God knows.

But Auroville is a spiritual community and we are continuing the Mother's work. We can organize a competition for more correct names. I propose two for starting: 'Buddha's illumination' for pipal and 'Matrimandir's joy' for banyan.

Buddha received enlightenment before the pipal tree in Bodh Gaya. Name of the pipal was Bodhi or Bo tree. In Auroville the banyan near Matrimandir is very symbolic. Both trees are similar in sizes. Banyan is sacred in Hinduism, pipal—in Hinduism and Buddhism.

Pliny (A.D. 70) wrote: 'There is in India a tree whose property it is to plant itself. It spreads out mighty arms to the earth. Where in the space of a single year the arms take root and put forth a new.' Pipal haven't air roots and it loses its leaves in winter.

The giant trees pollinate the tiny fig wasps, different for each species. In India there are about thirty species of figs. Once I asked a botanist Walter about species of figs in school near Aspiration. He said: 'I don't know, will see in books.' After that I again asked him. He answered 'Maybe that is a hybrid.'

These trees propagate by birds, they start to live on other trees or on the buildings. Carlus Linneus said: 'Natura in minimus maxima miranda'—Nature in smallest, especially miraculous. Connecting giant trees with birds and insects is wonderful.

Boris



## DIVINE ANARCHY in the Dharmic Context, 2.0

This is a commentary on my last week's N&N post, accessible also in the following link:

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

For the True Aurovilians, the Mother was the incarnation of the Supreme Divine Mother MahaShakti. She had visible control over Auroville when She was physically present. The painful reality is that when the Mother left Her physical body, there was no one to check the anarchic individuals from doing their egoistic deeds, and so the warning of aphorism 320 and the Mother's writing to the wayward 'someone in Auroville' in the previous post.

Thus aphorism 319 came into play to counterbalance some divergence from the Supramental Vision-Goal of Auroville. This see-sawing self-correcting process of perfection takes time, which is what we have been experiencing since the inception of Auroville on 28 February 1968 up to the unfolding present.

The good news is that the Mother in Her True identity as the Supreme Divine Mother MahaShakti is ever-present supporting and modulating this Supremely Decreed Play. The ever-faithful willing servitors and Hero Warriors of the Divine Consciousness-Force know this very well.

For all other good-willed aspirants and newcomers called to participate in the City of Dawn, a recommendation:

As there are infinite players in The Divine Play, this Lila, both Divine and undivine in their gradations and most extreme, the Supreme Secret is to find the most reliable ally who can help you attain our Supramental Vision-Goal firstly of Self-realisation, and then to consciously and consentingly help to prepare Auroville and the Earth for all the incoming Sun-eyed Children until the Divine Manifestation of the new apex species the Supramental being happens, the full blossoming of the Golden Age, of Satya Yuga.

And the most reliable ally and ultimate object of devotion is the Supreme Divine Mother MahaShakti. We call this the Sunlit Path of Bhakti, the easiest and most joyful path.

That is also why the Mother, when She was still in Her physical body, insisted that Matrimandir must first be finished, as it is the Temple of the MahaShakti, a most potent manifest symbol of the collective soul of the willing servitors and Hero Warriors of the Divine Consciousness-Force. It took around 37 intense years to complete from 1971.

After a bit of a slow development period, what we may call the lull or consolidation phase bottoming out with the covid standstill, the recent signs of recovery, of natural adjustments to renewed and upgraded circumstances, are very obvious signs that we have entered another upward phase of the evolutionary process, which is the continuous unfolding ebb and flow of Life itself. Amidst any already grounded living being's usual resistance to change, it is only proper to remind ourselves that evolution does not stop for anyone, and that we each are inseparable complementary elements in this one ever-progressive unfoldment. Especially so with the True Aurovillian's unique collective evolutionary Vision-Goal that states:

*'The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.*

*Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.'*

Here, to understand who the Supreme Divine Mother MahaShakti is, our best ally moving forward, and the individual and collective qualities and actions needed for the eventual Divine Manifestation:

- <https://incarnatoword.in/cwsa/32>

We continue on...

Zech, 2024.06.16

## THE AUROVILLE THAT WAS

When I joined forty years ago, Auroville was a predominantly young society of idealists with minimal material needs. Most of us lived in huts, under a keet roof; in the greenbelt, with no electricity and hardly any phone. When the windmill did not turn, we had no water either; then a bullock cart from Grace delivered to us water in barrels: free of charge, of course.

I don't remember a single car. Didn't Roger utter, in a famous interview, 'no car enters the city'? Bicycles were the current transport; in Mother's years, in Aspiration even these were collective property and the motorbikes were used for work only. Via the Pour Tous baskets we got whatever food was available; In the eighties, it was still rationed. There were no 'summer holidays' (and certainly) no air conditioners; all year long we stayed in Auroville, coping with the long blackouts. Auroville will be was our faith. Nothing else mattered.

In that atmosphere of freedom, the illimitable freedom of yearning souls whose wealth is to live with nothing, the presence of the Mother was tremendously strong. Those were her children, the children of the 1968 revolution, which Auroville had preceded by three months. The abysmal disparities between the poor and the rich had come to end, and so did the petty goals of comfy life. The residents still lived according to the Mother's guidelines, spontaneously; in fact, often below. Revolution had come from within, the revolution of the Spirit.

This is the Auroville I joined, and those were the people who attended our general meetings. The life conditions were harsh, we were not numerous and we did not vote; we just raised our hands, took decisions on the spot and these were implemented. We came to the meetings well prepared; there were informative articles in the News and Notes and we debated a lot among ourselves. Our adhesion was sincere, anyone was free to speak; the participants were motivated and what we decided was genuinely felt. If something went wrong, or someone did wrong things, the community was promptly informed; a general meeting was called and the process started all over.

Whenever the heart took over, there were no parties or rivalries. Living by the heart, there were no secrets. Merged in a world where ethnicity, culture and status were superseded by the vision of something magnificent we were called to build made us one; sharing harshness and difficulties, we braved them all and lived content. The Ideal only existed.

Evoking the years of my Auroville apprenticeship, when youth flocked to the quest of a society of brotherhood, equality and freedom, today seems evoking a fairytale. But it was a fairytale that we lived, day in and day out; we would have not exchanged our sort for anything else in the world. Whatever duress we had to go through was nothing, compared to the magnificent destiny awaiting us, just for simply living the Dream.

With gratitude, proud of having shared the Dream with the founders of Auroville. One day, when the original spirit takes over again, that Dream will be.

*Paulette*



Archive image: Claudine, living at the Matrimandir Camp and working on site

*Classes, Workshops & Healing Arts*






**Ayurvedic Massage    Head and Foot Massage**



**Sound Healing**



**+91 97513 95939**

**MINDFULNESS**  
**For Stress Reduction (MFSR)**  
 Monday, 8 July—Saturday, 13 July,  
 1 week intensive course



This course synthesises ancient Eastern wisdom on mindfulness with Western neuroscience, mind-body medicine & positive psychology.

The course can improve the ability to cope with the stresses of everyday life—giving space to respond to situations rather than react. It can help with anxiety & depression, to manage chronic pain, lower blood sugar levels, improve emotional regulation; increase attention, focus & memory; & plant inner seeds of happiness, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

- **Timings are: 7:30—9:30am Monday to Friday & 9am—4:30pm on Saturday, 13 July.**

The course is led by Helen. Message her on 7094753054 for booking & details or see [innersightav.org](http://innersightav.org). The course is hosted by InnerSight (an Activity under Hospitality Trust)

*Helen*

**INTERNATIONAL YOGA DAY**  
 6—7am Matrimandir Amphitheatre

**International Yoga Day**  
**21 June 2024**



Join us in the collective offering of  
**AUROVILLE**

giving a concrete expression to  
**'Yoga for Self and Society'**



In 2014, the United Nations General Assembly (UNGA) declared 21 June as the International Yoga Day (IDY).

Yoga is an invaluable gift of India's ancient tradition which moves beyond physical exercise to embrace the unity within oneself and the world.

Everyone is invited in this collective aspiration for Unity

- Bring your Yoga mats and **be seated by 5:45am.**
- **Entry from West Gate** (viewing point) will be open from **5:15am**

*Muthukumari, Sudha, Mollika, Nilima, Anand, Santosh and Velumuragan*

**KOLAMYOGA**

21 June Full Moon offering of this year

The release of one of the 12 videos created to give a more in depth understanding of the Kolam Script. All free of charge ONLY this year 2024!



**Introduction Kolam Yoga Lessons**

*Kolam Yoga founder and presenter Grace Gitadelila*

- [Presentation Basic Foundation Kolam Yoga Syllabus by Grace Gitadelila](#)
- **Lesson 1:** [KolamYoga Basic1 Padi Threshold Guardians.](#)
- **Lesson 2:** [KolamYoga Basic 2 Padi Temple, Gopuram, Kulam](#)
- **Lesson 3:** [KolamYoga Basic 3 Paddi Different types](#)
- **Lesson 4:** [KolamYoga Basic4 Padi Sun Disc, Swastika](#)
- **Lesson 5:** [Releasing this Full Moon](#)
- **Lesson 6:** [Abstracted essence of Nature](#)

An initiated into the realm of Nature's Form & Shapes through drawing lines/ Kodu that attach to a straight aligned grid of dots/ Pulli. Symbols and their values...

- Founder, lesson content creator and presenter Grace Gitadelila
- Videographer Sasikanth Somu
- Location in this video is Sharanga right gate 'House of Grace' in Auroville. Matrimandir Amphitheater at the base of the Urn for Human Unity and at a Birthday party in Douceur community Auroville.

[www.kolamyoga.com](http://www.kolamyoga.com), [allgrace@auroville.org.in](mailto:allgrace@auroville.org.in)

Facebook [KolamYoga Grace Gitadelila](#)

Instagram [kolamyoga gracegitadila](#) & [kolamyoga av.](#)

## 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



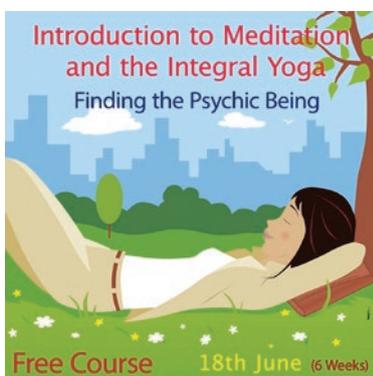
Zech

### 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

## QUIET HEALING CENTER



### WOGA (Yoga in Water) with Friederike & Tamara

- Saturday, 6 & 20 July, 4:30—6pm

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



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

- No previous experience required (also no need to be able to swim)!

### Baby Watsu with Friederike

- Monday, 8 & 22 July, 9:30—11am
- For babies between 2 and 12 months with their parents.



A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together.



You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

Please bring towels and a closing swimming pant for your baby.

Guido for Quiet Healing Center Team

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

### 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

#### Face & Eye Yoga: Face your Self with Mamta

- Saturday, 22 June, 9:15am—12pm

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

**Food is Medicine: Lifestyle Health Practices w/ Parvathi**

- Saturday, 22 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.

**Introduction to Ayurveda & Panchakarma w/ Dr. Geeta**

- Friday, 28 June, 2—4:30pm

Ayurveda, the ancient Indian medical system, includes Panchakarma, which is a set of five cleansing procedures. Learn the appropriate use of and principles behind these practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit

**Food is Medicine: Lifestyle Health Practices w/ Parvathi**

- Saturday, 29 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**

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

**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.

**Deep Sound Bath with Satyayuga**

- Monday, Thursday & Saturday 5pm—6pm

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.

**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.

**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.

**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.

**Restorative Yin Yoga with Radhika**

- Friday 7:30am—8:30am

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.

**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.

**Treatments and Therapies**

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

**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.

**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.

**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.

**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.

**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

### 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.

### 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.

### 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.

#### 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, 22 June	Face & Eye Yoga: Face Your Self	9:15am—12pm	Mamta
Saturday, 22 June	Food is Medicine—Lifestyle Health Practices	2—4:30pm	Parvathi
Friday, 28 Jun	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr Geeta
Saturday, 29 June	Food is Medicine—Lifestyle 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 @ Verité



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

*Kathir for Verite Programming*

#### 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*



**SOUND DROPS BY MONSOON**

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

**SATURDAYS 10-11:30AM**

**NĀDA YOGA & SOUND IMMERSION**



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

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.

**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

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

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

Venue:  
Bhumika Hall,  
Bharat Nivas, Auroville



Workshop by DR. GEETA AUROPREMI

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

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

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

Enquiry Contact Monisha +91 8489347454 Monisha



**Regeneration Listening Circle:**

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

Session duration: 1.5 h

**Experiences of previous participants**

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

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

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

**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.

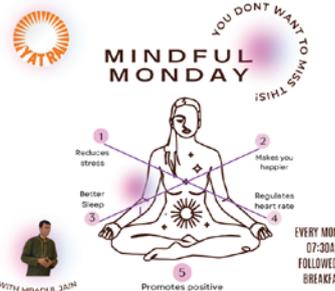
Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

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

**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



**MINDFUL MONDAY**

YOU DON'T WANT TO MISS THIS!

1 Reduces stress

2 Makes you happier

3 Better Sleep

4 Regulates heart rate

5 Promotes positive mood

WITH MIRADUL JAIN

EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST

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

BOOK YOUR SPOT NOW 0413 2623071, +91 9751033162.

Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kullapalayam

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

**ARKA**  
**Wellness Center & Multipurpose Hall**  
**Regular Activities, June**

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
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	For guests, only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm. Intermediate regular classes for long term stay: Aurovilian, Newcomer & Volunteer +91 9047722740 WA

Ramana for Arka

**ACROYOGA**

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



Damien

**TAO OF TEA**

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



**It Matters**

**Schedule from 20 to 29 June**

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



Date	Activity
20 June, Thursday 5:30—6:30pm	<b>Mandala Drawing</b> with Thamizh
21 June, Friday 5—6pm	<b>Mystery Activity: Reveal on insta the same day</b>
22 June, Saturday 4:30—5:30pm	<b>Kollywood Dance Class</b> with Pranathi
22 June, Saturday 6—8pm	<b>Vegan Pizza Pop Up</b> in collab with #Piz-zawale
25 June, Tuesday 5—6:30pm	<b>Energy and Spiritual Science</b> with Louis—Patrick
26 June, Wednesday 5—6:30pm	<b>Watercolor Art through Geometry and Meditation</b> with Gino
27 June, Thursday 5:30—6:30pm	<b>Mandala Drawing</b> with Thamizh
28 June, Friday 5—6pm	<b>Mystery Activity: Reveal on insta the same day</b>
29 June, Saturday 2—4pm	<b>Intuitive Painting</b> with Marie—Claire Barsotti*

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

**INTEGRAL ALIGNMENT**  
**ALINEAMIENTO INTEGRAL**

Reservas en:  
 Bookings on: +91 7457085676, Rachel

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

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

Submitted by Rachel

## DETOX YOUR MIND & BREATHE HEAL YOUR BODY



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

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

## Languages

### NEWS FROM AUROVILLE LANGUAGE LAB

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



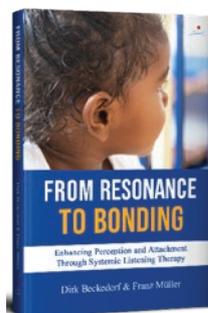
#### Evening Programs!

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 mediathèque.

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

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

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



### Our first full-length publication

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

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

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

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

#### 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@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

#### New Language Courses at ALL

- **For Registration:** [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)  
+91 9843030355 WA

#### Spanish Beginner Class with Mila

A journey of language and culture with our dynamic Spanish beginner class, guided by our long-time language teacher from Spain.

- Monday & Wednesday, 2:30— 3:30pm

#### Tamil Reading & Writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. His daughter is fine now, (many in Auroville know the story), so he is happy to re-start teaching at the Lab. He will offer one class of Intermediate Tamil as well as another class specifically focussed on learning to read and write Tamil. Both classes will be an hour each and will start this coming Saturday (22.06.24).

- Saturday, 9:30— 10:30am and 11am— 12pm
- The classes have not started yet. Registration is still open.
- Murugesan is also available for **individual private** classes in Tamil on Saturdays. All sessions to be booked in advance.

### Tamil Beginner Course with Saravanan

Catch up on Tamil sounds, learn basic grammar, and gain confidence in conversational Tamil. Our fun, interactive lessons and supportive environment make it easy and enjoyable.

- **Tuesday and Friday, 9:30— 10:30am**

### Experience the magic of Persian Language and Poetry

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

- **Saturday 10—11:30am**

### New Beginner Hindi with Kaushal

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

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

### New Beginner Sanskrit with Kaushal

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

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

### English

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, age: 12+

### Ongoing English Classes

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

### To join or enquire

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

### Please Note

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

### Language Courses at ALL

Lan- guage	Level	Time	Day(s) of Classes	
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11am—12pm	Tuesday & Thursday	
	Learn English through theatre 8-Hour (Monthly)	11am—12pm	Monday & Wednesday	
	English Pre-Intermediate Youth Group 8-Hour (4 weeks)	3—4pm	Monday & Wednesday	
	English Pre-Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Monday & Wednesday	
	English Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Tuesday & Thursday	
	Conversation Intermediate Started 9 April 8-Hour (4 weeks)	3—4pm	Tuesday & Thursday	
	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	10—11:30am	Saturday	
Sanskrit	Beginner	2—4pm	Thursday	
Hindi	Beginner	2—4pm	Wednesday	
	Tamil	Spoken Beginner	09:30—10:30am	Tuesday and Friday
		Spoken Intermediate (TBA)	11am—12pm	Saturday
Reading & Writing		9:30—10:30	Saturday	
Spanish	Beginner Starting 3 June	2:30—3:30	Monday & Wednesday	
	Intermediate Starting 3 June	To Be Announced	TBA	
Italian	Beginner Starting 21 June	To Be Announced	TBA	
	Intermediate Starting 21 June	To Be Announced	TBA	

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

### The Language Lab is open

- Monday—Friday, 9am—12pm & 2pm—7pm
- Saturday, 9am—12pm & 2pm—5pm
  - **Location:** International Zone, after Unity Pavilion & Pump House.
  - **Phones:** 2623661 (Lab), +919843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
  - **Email:** [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) and [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org)

Submitted by Mita



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**24 June 2024—30 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 Subcontinent—Monday 24 June, 8pm**  
**Joyland**

Pakistan-USA, 2022, Writer-Dir. Saim Sadiq w/Ali Junejo, Rasti Farooq, Alina Khan, and others, Comedy-Crime, 126mins, Punjabi-Urdu w/English subtitles, Rated: NR (R)

This critically acclaimed debut film by the director, set in inner-city Lahore, centers around the low-income Rana family. The patriarch controls the family that is cramped in a small apartment. He wants a male heir. When the elder son has the fourth daughter the focus fell on the younger son, Haider, to provide a son. His wife Mumtaz a talented working woman is nudged to leave the work she loves in hope for a male heir. Haider, a non-achiever, claimed to have landed a job of a theatre manager. In actuality, he is a backup dancer at a Bollywood-style burlesque. There he becomes infatuated with a strong-willed trans woman, Biba. The film depicts, with sensitivity, the complex characters who find themselves trapped in tasks that are expected of them. *A good film!*

**Potpourri—Tuesday 25 June, 8pm**  
**Awakenings**

USA, 1990, Dir. Penny Marshall w/Robert De Niro, Robin Williams, Julie Kavner, and others, Biography-Drama, 121mins, English w/ English subtitles, Rated: PG-13

Dr Malcolm Sayer is put in charge of several catatonic schizophrenia patients in a Bronx-based psychiatric hospital. However, he soon tries to test a new drug that could hopefully revive them. This is the only film where De Niro and Williams appears together. *A good watch!*

**Interesting—Wednesday 26 June, 8pm**  
**Taylor Swift: The Eras Tour**

USA, 2023, Dir. Sam Wrench w/ Taylor Swift, Mike Meadows, Max Bernstein, and others, Documentary-Music, 169mins, English w/English subtitles, Rated: PG-13

The cultural phenomenon continues on the big screen! Immerse yourself in this once-in-a-lifetime concert film experience with a breathtaking, cinematic view of the history-making tour. It is a filmed version of Swift's record-breaking show, captured over three performances in Los Angeles' SoFi Stadium. Aside from a few 'bloopers' over the closing credits, there're — no interviews, no behind-the-scenes footage, no commentary to distract. *Enjoy the show.*

**Selection—Thursday 27 June, 8pm**  
**Så Som I Himmelen (As It Is in Heaven)**

Sweden, 2004, Dir. Kay Pollak w/ Anders Nyberg, Ola Olsson, Carin Pollak, and others, Music-Comedy, 133mins, Swedish-English-Italian w/English subtitles, Rated: NR (PG)

A successful international conductor (Michael Nyqvist) suddenly interrupts his career and returns to his childhood village in Sweden. He is asked to listen to the church choir and from that moment nothing in the village is the same again. The choir grows, and the conductor makes both friends and enemies and finds love. *A heartwarming film to watch!*

**International—Saturday, 29 June, 8pm**  
**Wicked Little Letters**

UK-USA-France, 2023, Dir. Thea Sharrock w/Jessie Buckley, Olivia Colman, Timothy Spall, and others, Comedy-Crime, 100mins, English w/ English subtitles, Rated: R

A 1920s English seaside town bears witness to a dark, absurd scandal in this riotous mystery comedy. Based on a stranger-than-fiction true story, the film follows two neighbors: deeply conservative local Edith Swan and rowdy Irish migrant Rose Gooding. When Edith and fellow residents start to receive wicked letters full of unintentionally hilarious profanities, foul-mouthed Rose is charged with the crime. The anonymous letters prompt a national uproar, and a trial ensues. However, as the town's women, led by Police Officer Gladys Moss, begin to investigate the crime themselves, they suspect that something is amiss, and Rose might not be the culprit after all. *A good watch!*

**Children's Matinee—Sunday, 30 June, 4pm**  
**Kaze Tachinu (The Wind Rises)**

Japan, 2013, writer-Dir. Hayao Miyazaki w/Hideaki Anno, Hidetoshi Nishijima, Miori Takimoto, and others, Animation-Biography, 126mins, Japanese w/ English subtitles, Rated: PG-13

Inspired by the famous Italian aeronautical designer Caproni, Jiro dreams of flying and designing beautiful airplanes. When his vision does not allow him to be a pilot, Jiro joins a major engineering company in 1927 and becomes one of the world's most innovative and accomplished airplane designers. The film follows his life in animation.

**Black & White Classics @ Ciné-Club**  
**Ciné-Club Sunday 30 June, 8pm**  
**Alphaville**

France, 1965, Dir. Jean-Luc Godard w/ Anna Karina, Eddie Constantine and others, Sci-Fi—Drama, 99 mins, French w/ English subtitles, Rated: NR.

Government agent Lemmy Caution is on a secret mission to Alphaville, a dystopian metropolis in a distant corner of the galaxy. Caution is hot on the trail of rogue agent Henri and a scientist named Von Braun, the creator of Alpha 60, a computer that uses mind control to rule over residents of Alphaville.

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)

**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 21, 28 June**, and as of now also **26 July** 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, 28 June**

**Last Chance to See—Kakapo**

2009 / 59 minutes / Tim Green



In this documentary, follow Mark Carwardine and Stephen Fry as they visit New Zealand in pursuit of a rare and charming flightless parrot. Meet the bird who inspired Douglas Adams to get involved so deeply in the world of conservation and whose fate had been changed considerably through the efforts of a Sci-fi Comedy writer.

Submitted by Aviram

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**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>