



News Notes

#1033 A weekly bulletin for residents of Auroville 27 June 2024



That which is hearing of our hearing, mind of our mind, speech of our speech, that too is life of our life-breath and sight of our sight. The wise are released beyond and they pass from this world and become immortal. There sight travels not, nor speech, nor the mind. We know It not nor can distinguish how one should teach of It: for It is other than the known; It is there above the unknown. It is so we have heard from men of old who declared That to our understanding.

That which sees not with the eye, that by which one sees the eye's seeings, know That to be the Brahman and not this which men follow after here.

Kena Upanishad

Pondering



For in fact the Knowledge is there concealed in the Ignorance itself; it has rather to be unveiled than acquired: it reveals itself rather than is learned, by an inward and upward self-unfolding...

This mutuality founded in unity is the whole secret of the divine existence in its perfect manifestation; it must be the basis of anything to which we can give the name of a divine life...

Evidently, all these words, man, apparent, real, individual, true, have to be taken in a very relative sense and with a full awareness of their imperfection and inability to express the things that we mean. By individual we mean normally something that separates itself from everything else and stands apart, though in reality there is no such thing anywhere in existence; it is a figment of our

mental conceptions useful and necessary to express a partial and practical truth.

But the difficulty is that the mind gets dominated by its words and forgets that the partial and practical truth becomes true truth only by its relation to others which seem to the reason to contradict it, and that taken by itself it contains a constant element of falsity. Thus when we speak of an individual we mean ordinarily an individualisation of mental, vital, physical being separate from all other beings, incapable of unity with them by its very individuality...

It is therefore necessary to insist that by the true individual we mean nothing of the kind, but a conscious power of being of the Eternal, always existing by unity, always capable of mutuality. It is that being which by self-knowledge enjoys liberation and immortality.

The Eternal and the Individual, The Life Divine, Sri Aurobindo

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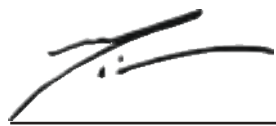
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House of Mother's Agenda

(continued from last two weeks)

"O mortal who complainst of death and fate,
Accuse none of the harms thyself hast called;
This troubled world thou hast chosen for thy home,
Thou art thyself the author of thy pain.

Once in the immortal boundlessness of Self,
In a vast of Truth and Consciousness and Light
The soul looked out from its felicity.

It felt the Spirit's interminable bliss,
It knew itself deathless, timeless, spaceless, one,
It saw the Eternal, lived in the Infinite.

Then, curious of a shadow thrown by Truth,
It strained towards some otherness of self,
It was drawn to an unknown Face peering through night.

It sensed a negative infinity,
A void supernal whose immense excess
Imitating God and everlasting Time
Offered a ground for Nature's adverse birth
And Matter's rigid hard unconsciousness
Harbouring the brilliance of a transient soul
That lights up birth and death and ignorant life.
A Mind arose that stared at Nothingness
Till figures formed of what could never be;
It housed the contrary of all that is.

A Nought appeared as Being's huge sealed cause,
Its dumb support in a blank infinite,
In whose abyss spirit must disappear:
A darkened Nature lived and held the seed
Of Spirit hidden and feigning not to be.

Eternal Consciousness became a freak
Of an unsouled almighty Inconscient
And, breathed no more as spirit's native air,
Bliss was an incident of a mortal hour,
A stranger in the insentient universe.

As one drawn by the grandeur of the Void
The soul attracted leaned to the Abyss:
It longed for the adventure of Ignorance
And the marvel and surprise of the Unknown
And the endless possibility that lurked
In the womb of Chaos and in Nothing's gulf
Or looked from the unfathomed eyes of Chance.

It tired of its unchanging happiness,
It turned away from immortality:
It was drawn to hazard's call and danger's charm,
It yearned to the pathos of grief, the drama of pain,
Perdition's peril, the wounded bare escape,
The music of ruin and its glamour and crash,
The savour of pity and the gamble of love
And passion and the ambiguous face of Fate.

A world of hard endeavour and difficult toil,
And battle on extinction's perilous verge,
A clash of forces, a vast incertitude,
The joy of creation out of Nothingness,
Strange meetings on the roads of Ignorance
And the companionship of half-known souls
Or the solitary greatness and lonely force
Of a separate being conquering its world,
Called it from its too safe eternity.

A huge descent began, a giant fall:
For what the spirit sees, creates a truth
And what the soul imagines is made a world.

A Thought that leaped from the Timeless can become,
Indicator of cosmic consequence
And the itinerary of the gods,
A cyclic movement in eternal Time.

Thus came, born from a blind tremendous choice,
This great perplexed and discontented world,
This haunt of Ignorance, this home of Pain:
There are pitched desire's tents, grief's headquarters.

A vast disguise conceals the Eternal's bliss."

Then Aswapati answered to the seer:
"Is then the spirit ruled by an outward world?"

O seer, is there no remedy within?

But what is Fate if not the spirit's will
After long time fulfilled by cosmic Force?

I deemed a mighty Power had come with her;
Is not that Power the high compeer of Fate?"

But Narad answered covering truth with truth:
"O Aswapati, random seem the ways
Along whose banks your footsteps stray or run
In casual hours or moments of the gods,
Yet your least stumblings are foreseen above.

Infalibly the curves of life are drawn
Following the stream of Time through the unknown;
They are led by a clue the calm immortals keep.

This blazoned hieroglyph of prophet morns
A meaning more sublime in symbols writes
Than sealed Thought wakes to, but of this high script
How shall my voice convince the mind of earth?"

(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

AUROVILLE HOUSING SERVICE

is Recruiting one Receptionist and one Secretary

We're looking for talented and passionate individuals (Aurovilian / Newcomer) to join our team for the post of receptionist and secretary. If you possess excellent written and verbal communication skills in English, we want to hear from you!

Those who meet the criteria below for each of the posts, are eligible to apply before 6 July 2024.

Both are full-time commitments with maintenance support.

For Secretary

In this role, you will be responsible for

- Creating clear and concise content for various topics within the housing functions
- Keeping track of the pending issues
- Will be responsible for implementing topic-based communication plans and follow-ups
- Providing exceptional administrative support to the Housing Services team
- Understanding the requirements of the Housing Services departments and its administrative requirements
- Preparing Housing Services meeting agendas and minutes
- Supports continuity among the teams by documenting and communicating actions, irregularities, and updating.
- Coordinating with team members and other related offices to Housing Service such as FAMC, Working Committee & ATDC.
- Maintains confidentiality

Qualification

- Grasping of topics in Auroville context and able to be compose communication that are dealing with sensitive issues
- The ability to work independently and as part of a team on necessary functions of the Housing Services
- Proficient in Microsoft Office tools
- Experience with social media management
- Strong writing and editing skills
- Excellent organizational and time management skills
- Education, Experience: University/college degree is required
- Handles pressure

Interested? To work in a collaborative and supportive environment! Join our team and help us make a difference!

Please submit your resume and cover letter with the position applying to housing@aroville.org.in.

For Reception

Are you organized, detail-oriented, and passionate about excellent customer service? In this role, you will be the glue that holds our department together. You'll be responsible for:

- Managing resident enquiries and concerns efficiently (written and verbal Communication skills), Listening, Professionalism
- Scheduling appointments and meetings for topics and members and staffs
- Maintaining accurate and up-to-date records of various interactions with walk-in and on line queries
- Maintains confidentiality
- Following the books of procedures, monitoring logbook
- Processing applications and paperwork

- Preparing Housing Services meeting agendas and minutes (shared responsibility in the absence of the secretary)
- Supports continuity among work teams by documenting and communicating actions, irregularities, and continuing needs
- Setting reminders for coordinating with team member and other offices
- Handles pressure

Qualification

- Strong organizational and time management skills
- Excellent communication and interpersonal skills
- Proficient in Microsoft Office (Word, Excel, Outlook)
- Ability to prioritize tasks and meet deadlines
- A positive and professional demeanor
- Experience working in a customer service environment (a plus)
- To take on challenges that may arise
- Education, Experience: University/college degree is a plus

Interested? To work in a collaborative and supportive environment?

Join our team and help us make a difference!

Please submit your resume and cover letter with the position applying to housing@aroville.org.in.

Banu (for Housing Service)

ATTENTION: AUROVILIANS & NEWCOMERS

who are Business Visa Holders

Please get in touch with the Working Committee & Mr Ko-shy at the Foundation office at the earliest.

- workingcom@aroville.org.in
- visa_ccs-avf@aroville.org.in

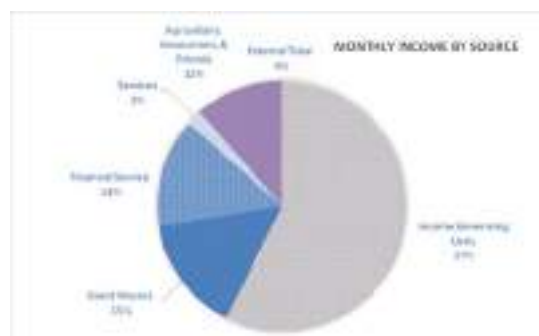
*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

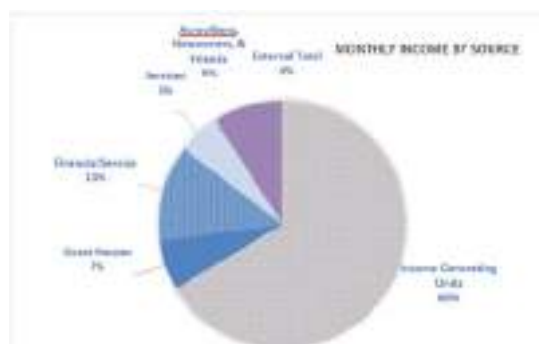
Reports

Read full reports following the links:

- [April 2024](#)



- [May 2024](#)



Paper version: April report is attached after the last page.
May 2024 report will be published in N&N 1034

Community News

Passing On

GOUPI



This is to inform the community that long-term Aurovillian Goupi (Jean-Pierre Bunel) peacefully passed away at Marika's Home in the evening of Monday, 24 June. He had just turned 82 years old.

Goupi originally studied Tibetan Buddhism in France and wanted to live in the Himalayas. When he came across some writings of Sri Aurobindo, he changed his mind and sailed in 1966 by boat to Pondicherry where he met with The Mother and was allowed to stay in the Ashram. Mother gave him the name Guru Prasad, which was later abbreviated to Goupi for short.

In those early years, Goupi taught at the Ashram school and had regular meetings with The Mother. Before coming to India, he had been a physics teacher at the university in France. When the well-known Physicist and Nobel Prize winner Georges Charpak visited the Ashram, Goupi met him personally and Georges offered him a lifelong subscription of the Cern Courier magazine which were greatly appreciated throughout the years.

Naturally, Goupi was present at Auroville's inauguration ceremony on 28 February 1968.

In 1977 he decided to move to Auroville with a few others from the Ashram and started the community Djaima, in honor of his lifetime's mantra "Jay MA". At that time, he noticed a need for physical care for the first pioneer Aurovillians who worked long days in the sun. His good friend and mentor Biren-da, a renowned masseur in the Ashram, encouraged his interest in massage and taught him "to talk to the body", a skill with which he has helped many Aurovillians and others throughout the years... During the massages, Goupi would empty himself and let Mother do the work, while chanting Aum or Jay Ma..., leading to remarkable results.

His interest in massage went along with his great interest in studying different languages such as Tibetan, Sanskrit, Hindi, Bengali and Tamil.

It is with gratitude that we will remember him, as many of us have passed through his healing hands. It was not only for physical healing but often also for his guidance and understanding of Mother and Sri Aurobindo's yoga that people would approach him, like a road sign on the way.



For Goupi, the dream of The Mother has become true in the Auroville he lived in. He saw it as a privilege and realization of how to live differently on this planet. For those who have met him, he truly represented a different way of living.

Goupi's joy, simplicity and sincerity in his surrender to the Divine made him live with a constant presence of The Mother in his heart.

In loving memory of a very sweet, special person and very loving father and grandfather. Jay Ma~

Little video on Goupi :

- <https://www.youtube.com/watch?v=VkBdoXrdM14>

Li Mei

SWEET MEMORIES

Farewell Goupi

In the 80's Barbara (the mother of Akash) asked me for a massage as she had pain in her back. She knew that I had learned Sports massage. So one afternoon we met and she received my 2-hour massage. She felt really good afterwards, except that the pain in her back had not completely disappeared. After a week I met her on the road, and she told me that she had gone to Goupi for treatment. Her back was fine, but the problem had been a blocked large intestine.

This made me curious about what he had done, so I started working with Goupi, learning a lot, and giving sessions together with him in the Health Center. Once in a while the patient complained when the massage was too hard and then Goupi would smile and say: "Om Djaima".

After Shanti was born, Goupi's parents came very often to Auroville, and stayed with me at Center Guest House, close to Aurodam. They were sweet people. Almost every morning Goupi and Shanti would come to the Guest House: Shanti on his 3-wheeler, Goupi pushing him with 1 hand, holding the breakfast plate in his other hand and feeding him on the way.

Once in a while I also went to see Goupi with a painful back, which always turned out to be connected with some blockage in the large intestine: "Om Djaima"!

Once he moved into Marika's home, I went a few times for massages.

When I went for yoga- and other classes at Pitanga late afternoons, Goupi would sit cross legged on a stone near the parking lot. When I passed him, I always greet him with "Om, Djaima" and receive a smile and a similar answer.

Thank you, dear friend, for your presence, your gifts, your smiles.

Tineke

Awakening Spirit

BHARAT NIVAS:

Call for Cultural Event Participation



Dear Aurovillians, as we are approaching the month of August, which is traditionally a time of vibrant festivities and joyous gatherings, with the celebrations of Sri Aurobindo 150th Birth Anniversary and of Auroville, we would like to invite you to offer the community a series of enriching activities and cultural events to be held in Bharat Nivas campus in the different venues available, such as art exhibitions, theatrical performances, classes, etc.

These events should not only celebrate the milestones of the city, but also inspire the community to reflect on the values and visions that shape Auroville's unique identity.

Please send us your proposals with contents and potential dates as soon as possible, so we can integrate them in the general calendar of activities.


Monisha, BN Team

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

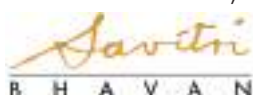
"Programme: Research through experience of Supreme truth. A Life Divine. But no religions."

02.05.1970

Parking available outside at the Bharat Nivas Main Gate.

Monisha, BN Team

SAVITRI BHAVAN SCHEDULE, JULY 2024



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **A new Bilingual Exhibition on "Sri Aurobindo:** A life sketch in photographs" with texts both in English and Tamil is displayed in the upper corridor.
- **Special Exhibition In Memoriam of Paolo Tommasi:** An Exhibition of his Paintings in Savitri Bhavan's Square Hall from Monday, 1 July till 20 July.
 - **Inauguration:** Monday, 1 July, 10am

Films: Mondays, 4pm, Sangam Hall

- **July 1:** Meditations on Savitri, Book 1, Canto 5: The Yoga of the King: The Yoga of the Spirit's Freedom and Greatness. Duration: 23mins.
- **July 8:** The Rainbow Bridge—Sri Aurobindo's Savitri is a mantra for transformation—the 2nd Dr.M.V. Nadkarni Memorial Lecture by Sonia Dyne. Duration: 73min.
- **July 15:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 1 by Loretta Shartsis. Duration: 50min.
- **July 22:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2 by Loretta Shartsis. Duration: 70min.

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

Full Moon Gathering

- **Sunday, 21 July, 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
- **Tuesdays, 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

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 Mother's 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

In Memoriam of Paolo Tommasi: An Exhibition of his Paintings

- **Monday, 1 July—20 July**
- **Inauguration: Monday, 1 July, 10am**
- **@ Square Hall, Savitri Bhavan**

At the age of thirty-eight, Paolo Tommasi visited Pondicherry in 1966 and met the Mother. He had always been a spiritual seeker; after meeting the Mother he realized that his quest had ended. He participated in Auroville's Founding Ceremony in 1968. When Auroville was established, he helped Roger Anger to design the "Matrimandir" as well as the twelve gardens surrounding it. His paintings and sketches have been exhibited in many galleries across the globe.



Pondicherry was a special place for Paolo. He had once remarked: "In no other places do I feel my soul awaken and do I achieve that inner work that gives meaning to my life; becoming more aware of myself and the mystery that surrounds us." In 2010, he settled in Pondicherry and remained closely associated with Auroville and the Sri Aurobindo Ashram.

In the last week of June 2020, Paolo was diagnosed with Covid-19. He passed away on 17 July at the age of 92. Savitri Bhavan has been entrusted with the legacy of many of his paintings. Everyone is welcome.

Meditations On Savitri, Book 1, Canto 5:

The Yoga of the King: The Yoga of the Spirit's Freedom and Greatness

- Monday, 1 July, 4pm @ Savitri Bhavan
Duration: 23min

On the higher planes Aswapati glimpsed divine states of existence and the plan according to which Spirit and Nature work out the Divine Intention in the Cosmos. The whole world must be transformed and become divine. He aspires intensely and dedicates himself to bringing about this tremendous change down to earth.

A Will, a hope immense now seized his heart, / And to discern the superhuman's form / He raised his eyes to unseen spiritual heights, / Aspiring to bring down a greater world.../ (p.76)

Blessed, he bathes in the waters of a divine Omniscience, Omnipotence and Ecstasy.

A universal light was in his eyes, / A golden influx flowed through heart and brain; / A Force came down into his mortal limbs, / A current from eternal seas of Bliss; / He felt the invasion and the nameless joy. (p.79)

Then he perceives the secret Nature which uses the power of Mind to rule the borderline between earth and the subtle inner worlds. The Nature submits to Aswapati and shows him an image of the entire Creation as a golden ladder linking the highest levels of Spirit and the lowest levels of Matter, allowing the soul to move upwards and downwards between the Spirit's extremes.

Ascending and descending twixt life's poles / The seeried kingdoms of the graded Law / Plunged from the Everlasting into Time.../ Climbed back from Time into undying Self, / Up a golden ladder carrying the soul, / Tying with diamond threads the Spirit's extremes. (p.88)

King Aswapati discovers the last, highest world where all other worlds merge, harmonized and unified by the all-reconciling Wisdom which fulfills the hidden Truths of each of them.

Sunbelts of knowledge, moonbelts of delight / Stretched out in an ecstasy of widenesses / Beyond our indigent corporeal range. (p.91)

Thereafter, he approaches the calm continents of potency and the beautiful homelands of the subtle worlds and is able to enter and explore them. He crosses into another Space and Time.

A meditative film of Huta's paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.


In the beginning there is also a short video of Huta speaking about her work with the Mother. Duration: 5min.

The video *Meditations on Savitri* can be seen at the Savitri Bhavan website:

- <https://savitribhavan.org/meditations-on-savitri-video/>

Margrit and Dhanalakshmi
for Savitri Bhavan

BRAHMANASPATI KSHETRAM



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

[Signature]

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


11th & 25th Thursday 6:30 - 7:30pm, reading
"The Mother's Questions & Answers- Vol-7"
In English

21st, Sunday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in

Location



Submitted by Rajan

SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm, from 3 July

Savitri reading by Narad on Wednesdays at 6:30pm (from 3 July) in Kalpana Community, @ E1-2B, East Block, 1st Floor (above the parking area). Cordially inviting you all.

Willian

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

Matrimandir News

MATRIMANDIR DIARY

As you may know, Matrimandir is supported almost exclusively by donations. Presently Aurovilians on the Matrimandir maintenance list receive about half their maintenance from City Services and there are some individual Aurovilians among the regular donors. The



most obvious contribution from within Auroville towards the Matrimandir comes from the many Aurovilians who give their voluntary service mostly as cleaners and attendants. However, by and large Matrimandir's expenses, for both development and maintenance, are covered by donations from well wishers from all over India and around the world.

In general in Auroville, the usual pattern is for development to be covered from donations or grants and maintenance to be covered from within Auroville. But this is not the case at Matrimandir. The 33 lakhs rupees spent monthly for the regular maintenance of the Matrimandir building and all the rest of the Park of Unity as well as the Viewing Point come from donations. That is nearly 4 crore rupees per year.

Matrimandir is always being sustained financially by the Mother's Grace and is blessed to have so many generous members of the public giving their support, some regularly and some quite spontaneously. But, as with the rest of Auroville, donors are in general more interested in supporting development projects like the Lake, the new Gardens or the Golden sliding doors for the 4 pillars. (There are several such projects on the go at the moment as we strive to complete the Matrimandir by Mother's 150th birth anniversary on 21 February 2028)

So from time to time, the moment arrives when it is never quite sure where the next funds are coming from to pay the other half of those Aurovilian maintenances, the wages and materials for those workers who take care of the Matrimandir building and the gardens including the viewing point; the cleaners, the gardeners, the electricians, the plumbers, the metal workers, the carpenters, the masons, the scaffolding team and many more both Aurovilians and workers who work to keep everything clean, tidy and in good repair every single day.

So all unspecified contributions are most welcome. Already some Aurovilians give small regular monthly donations and if you would like to join them and help to keep the Matrimandir beautiful and in good repair, you can do so by making a financial service transfer to account 102090. If you feel moved to make a larger donation please pass by the Offerings Desk at the Unity Office for more details on how to do that. You can also contribute to Matrimandir in kind; right now a second hand moped would come in very useful indeed. If you have one you could donate please contact matrimandir@auroville.org.in.

Antoine, Divya, John H., Judith, Sundar K,
The Matrimandir 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-Aurovilian youths from the region, who passed 10+2 or equivalent certificates to pursue their higher Education leading to a bachelor's degree B.Voc. in professional engineering courses affiliated with Pondicherry University. These courses in emerging technologies are three years in duration, skill-centric focusing on the implementation of technologies.



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

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

In a two-month internship program/year at the industrial sites students will practice in an industrial environment and will be mentored by professionals. The integral education includes Radical Transformation Leadership, Yoga, Meditation, communication and entrepreneurship, 3rd 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 benefits of joining a B.Voc. course against B.E./B.Tech. are:

1. Bachelor's Degree after three years instead of four years
2. Internship of 6 months and project work instead of just 2 weeks
3. Specialisation during three years instead in 4th year or in 5th year of Master's degrees
4. Relevant major-oriented minor subjects
5. It costs less and is within Auroville
6. Skill-centric, project-based and industrial experience makes you job-ready/ Placement
7. Participate in Auroville cultural programs
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
- Or visit AIAT campus at Aurobrindavan

Lavkamad and Sanjeev Ranganathan

CALL FOR GRANT PROPOSALS SDZ Funding in 2024

The Project Coordination Group (PCG) will be meeting to review grant proposals for possible funding by Stichting De Zaaier. **The last date to submit proposals for this call is Monday, 22 July 2024.** You are welcome to submit earlier or send us a draft version of your proposal for comment prior to the due date. (If you plan to submit a proposal, please carefully read this full announcement to the end.) All documents related to this purpose are to be submitted in the prescribed forms as attachments, emailed to pcg@auroville.org.in

Please note that in case your proposal is not ready by this date, there will be another call for proposals for SDZ later this year.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or students of any individual classes, your project is to be reviewed by all concerned School Boards prior to submitting to the Project Coordination Group. (Please contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.

For more information, application forms or assistance please write to pcg@auroville.org.in

The last date for submitting proposals for this call is Monday, 22 July 2024. Please submit earlier if possible.

NB There will be another opportunity to submit proposals for funding by Stichting De Zaaier announced later this year.
Pala for the Project Coordination Group

ILAIKARNAL 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
R. Meenakshi for IEC

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 avlib@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
Kathrin and Devna

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



KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam

kulaicreativecentre.auroville@gmail.com, 8608473385

	10—11:30am	12—1pm	3—4:30pm
Monday	English Class	Mother's 12 Quality Session, Tailoring—Flag Making	Mother's 12 Quality Session (Garden- ing)
Tuesday	Tailoring (Flag Making)	Tailoring—Flag Making	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring—Flag Making	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring—Flag Making	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring—Flag Making	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities from 9am to 4pm with free snacks and lunch for 30 kids from age 8 to 15.		

Except English, all the others are FREE for everyone from the ages of 10 to 16, but please register through this link

- <https://forms.gle/vEtY21LuoE1PuVf77> or scan
- or call us 8608473385 WA

Note: Free snacks will also be provided!

Volunteers are most welcome!

Selva for KCC



Youth Initiative

SUN & SOIL: NATURAL BUILDING WORKSHOP

8—12 July, 7:30am—5pm @ Youth Center

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

• Introduction

Learn ancient techniques and modern sustainability, explore natural building materials in a 5-day workshop. Bring structures to life with mud, cob, and wattle.

• Theory

Explore theoretical aspects and techniques of earth architecture. Learn about mud composition, historical building methods, and essential building elements.



• Soil Walk

Uncover the hidden marvels nestled in plain sight through this captivating soil walk where the earth serves as a canvas for imagination and connection to nature.

• Dorodango Art

Explore the serene world of Japanese pottery, where patience meets creativity. Discover the art of molding earth into beautiful spheres, revealing hidden luster through layering and polishing.

• Hands-On Exploration

Mix sand, soil, and straw to create premixes, test them before final mixing, add fillers like bottles and stones to make seating, and prepare Wattle And Daub mix with cow dung.

• Open House

At the conclusion of the workshop, there will be an open house where visitors can come and admire the artwork and creations crafted during the event.

- **For registration and more info** please go to our website: Youthlink.org.in

*Lucrezia
for Youthlink Team*

INTERACTIVE PSYCHOLOGY SESSIONS

With Youth

Every Monday, 4:30—6pm @ Auroville Library

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!

*Jiseong Park
for Youthlink Team*

Monday to Friday, 8:30am—12:30pm @ Youth Center

Join us for our new youth maker space at the Youth Center, Monday to Friday from 8:30am till 12:30pm.

Discover the endless possibilities of learning, creating, and innovating with wood, metal and more, in our collaborative workspace. A facilitator will be available to provide assistance in learning how to use the tools and technologies, as well as hands-on experience in bringing your ideas to life.

Don't miss out on this exciting opportunity to be a part of our growing maker community.

- **What can you learn:** Cutting Board/ Lamps/ Renovation Of Furniture/ Metal & Woodwork / Welding/ Arts & Crafts/ Jewellery/ Upcycling

Lucrezia for Youthlink team

July Month Offer Filling treatment for donation: we would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent.

We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experience. Note: Donations are only accepted for filling treatments during the month of July.

- **Book Appointment Now:**
9629199328 WA, land line 0413-2622063

Auromode (Opposite of CSR)

Sutha for Aurodent

SANTÉ SERVICES, JULY 2024



Santé

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

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

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

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

International

NEW CO-WORKING SPACE!

New co-working space!

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

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

Art For Land

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

The Arts

BHARAT NIVAS



Manushi, on a quest Bharatnatyam by Radhika Shetty



Sri Krishnarpanam, Bharatnatyam by Udayalakshmi



Submitted by Monisha

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



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 or contact our Trustee Janmejay at 8249335483. Monisha, BN Team

Dance Activities

DANCE CLASSES BY MANI

Salsa Dance Class

Choose your Dance

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

Register Now
+91 86376 33696

Bakisata_dance

SALSA DANCE CLASS

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

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

Tango Dance

TANGO DANCE

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

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

Auroville, cripa

CONTACT US BY
+91 86376 33696
Bakisata_dance

Submitted by Mani

ZUMBA WITH PREETI

New Creation Dance Studio
Sweatout & Smile
ZUMBA
Every Mondays!

Zumba classes are happening

@ New Creation Studio, every Monday, 6pm

For regular classes DM: 8281746763

Submitted by Vega

auroville TANGO

AUROVILLE TANGO
New batch starts
the first week of each month

MON	WED
19:00 Introduction to Tango	19:30 Guided Practice
20:00 Open source	20:00 Practice

@ 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 Practice,
 - 8pm—Long Practice

No partner required. Bring socks or dance shoes.

And plenty of joy!

- +91 9821166082, tango@auroville.org.in Maud

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm @ CRIPA Small Hall

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

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

**A CALL TO CO-CREATE
MULTIDISCIPLINARY
IMPROVISATION
LAB**

THROUGH DANCE, MOVE, VISUAL ARTS,
POETRY, SPOKEN WORD, THEATER, AND MUSIC

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

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

Discover the boundless potential of collaborative improvisation

Krishna

Music and Art Activities

SVARAM ENTERS A NEW PHASE

Dear SVARAM Friends, May we have your kind attention please? SVARAM has now entered a new phase of progressive development. To ensure you continue receiving our Current News & Developments, Posts and Newsletters, we are updating our Subscription List.

- If you would like to stay up to date through email, you will need to fill in our simple [Subscription Form here](#). Thank you so much for your kind attention. Aurelio



BUILDING A LIVE MUSIC CULTURE



Dear unit-holders, well-wishers and fellow community members in Auroville, our community of musicians and collaborators at Kalabhum 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
[@kalabhumimusicstudio.av](https://www.instagram.com/kalabhumimusicstudio.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.

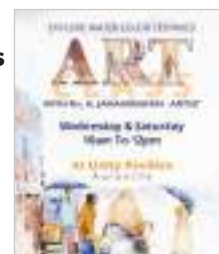
CREEVA Studio, Creativity Community
sathyacolour@auroville.org.in, +91 9486145072 WA,
Sathya

EXPLORE

WaterColor Techniques

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

Submitted by Arun



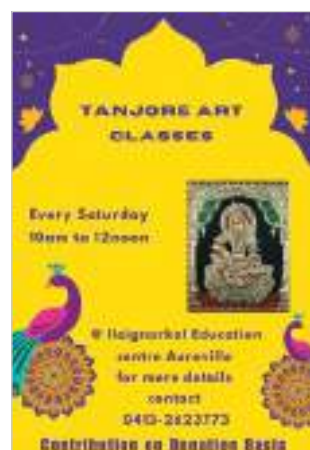
TANJORE ART CLASSES

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



AIKIDO NEWS UPDATE

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.



Adult classes

The Aikido group at Auroville Budokan (Dehashakti) welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice! So, we are happy to share our schedule:

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.

To progress with the practice and feel its benefits, all students are encouraged to be regular and attend a minimum of 2 classes a week.

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue. We have some in stock and can lend them out.

Your Health Fund or private insurance are required, as well as a reasonable contribution for AV Budokan (SAILER) are requested. Non Aurovilians will contribute per class or monthly according to status in Auroville (see the teacher in charge). For children classes please see separate announcement.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

Auroville Aikido, Registration of Children/ young students

- **School year 2024-2025**
- **Restart the year on Monday, 8 July**

Dear Parents, dear All,

- **Registration:** We welcome all students (new and the already registered ones) from 8 years of age (3rd Grade) to register for the Aikido classes. We restart the year on Monday, 8 July, on par with Dehashakti Sports. As you may know, classes take place at the Aikido Dojo at Dehashakti (the Auroville Budokan).

- **Attendance:** Students joining for the first time are given a one-two month trial period during which they can withdraw if they do not like or it is felt unsuitable for them at the moment. Then to integrate and progress with the practice, students of all ages are expected to be regular and attend at least 2 classes a week out of the 3 offered.

As in any school, a whole year commitment is required; presence is noted down and submitted monthly to the School Board/representative; parents are expected to communicate with us in case the child is/will be absent. Evaluations (kyu passage) will be held once or twice during the year, and possibly a workshop with (an) invited high-ranked Aikido master(s) will be organised if funds are available...

- **Timing:** Monday, Wednesday and Friday from 4 to 5 pm (for the time being no Saturday 9 to 10 am class are offered. Let's see later this year if it is possible for us to organise it...)

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue the practice. We have some in stock and will lend them out. Nandini can also make the keikogi for your child if needed and if you are a participant to the service.

- **Note:** Please return the keikogi (with the belt!) to the Budokan if your child has stopped or if it needs to be changed. They will be re-used!

Conditions:

1. Please note that all students need to be part of the **Auroville Health Fund or insured** by a personal insurance.
2. We are maintaining the Budokan/Aikido Dojo ourselves (without city budget) and therefore all students (and the teachers too!) are asked to contribute Rs. 1650/- as an annual contribution, to be deposited in the Aikido/ Budokan Account **#252731**. Thank you for your attention to this. The annual contribution will need to be transferred shortly after the beginning of the school year, or after the successful trial period (August/ September).
3. A monthly contribution is asked from non Auroville children. For information, AV Budokan is a sub-unit of SAIER.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

With best regards,
Cristo, Rita, Surya, and Philippe
Surya for Auroville Aikido

ABHAYA MARTIAL ARTS RESTARTING

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



Our regular classes

- **Monday:** MMA/Grappling 5:30pm, coach Giacomo
- **Wednesday:** MMA/Grappling 5:30pm, coach Giacomo
- **Friday:** Kickboxing 5:30pm, coach Ruben

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

Contribution required. Be punctual, short nails, in sports-wear and 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 appointment, 9042009200, Maneesh

Where Body Becomes Eyes, Maneesh For Kalari Team

TAI CHI CLASSES

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7:30—8:30am: Chi
 - 8:30—9:30am: Form

- **Tuesdays—Fridays**
 - 7:30—8am: Chi, 8—9am: Form

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- Our next beginner's intensive: 5—24 August
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,
office: 0413 262253

Monisha for BN Team



GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

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

- Just contact Beber 6385635943
for more details

Beber



KALPANA GYM

Kalpna Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam



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

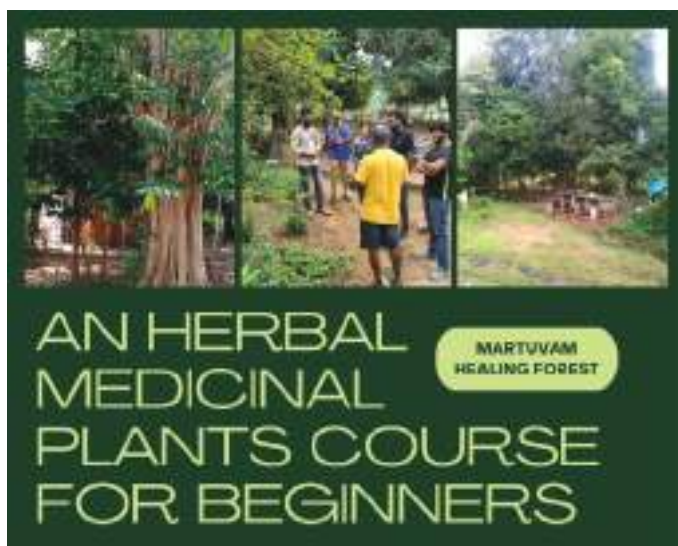
A HERBAL MEDICINAL PLANTS COURSE

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.



No prior experience necessary

Workshop Highlights

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

Submitted by Shivaraj

EDIBLE WEED WALK

Saturday, 8 July, 7:30am

Let's walk
7:30am to 8:30am (8:45am max)
July 8th
RAIN SPRAYS INVITING US FOR JUST ONE WALK ON SATURDAYS IN JULY
Registration w/ contribution is required
(min 8 max 10 in this walk)
Location of walk within Auroville will be decided and shared with the registered participants on Friday evening
Commelinia benghalensis
கமலினை பங்களேன்சி
Page 22 in Edible Weeds book
Contribution :
Rs. 500/person (for all)
Rs. 350/person for
Aurovilian and
SAVI-registered
volunteers
Contribute only by :
Account # 251937 or
by UPI (scan QR code)
Registration deadline :
Friday, 7th @ noon
If walk is cancelled
contribution will be refunded
by the 10th using same
payment method used
Edible Weed Walk @ Nisand
WhatsApp +91 98409 36907

Tamil Nadu is experiencing a wet summer. Wettest in 20 yrs it seems. This regular sprays may not last for long, but enough to encourage some lush growth in wild weedy plants.

Inspired by this rain announcing this special Edible Weed Walk on Saturday, 8 July at 7:30am.

- **To join you would need to pre-register w/ contribution** only thorough FS Account #251937 or via the UPI QR code on the poster.

The walk will be at an easily accessible location within Auroville. Exact location will be decided after the registration closes. Registered participants will be informed.

The walk will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

However if the registration doesn't reach a minimum of 8 people, or if it rains at 7am on Saturday, 8 July, the walk will be canceled and by or before 10 July all contributions will be refunded using the payment method used.

Nina

Bioregion Activities

ENLIGHT ACTIVITIES

Tours **Sound Bath**
Fireside Drumming **Instrument Workshop**
Cooking Class **Pottery Workshop**

+91 9159468946,
enlight@auroville.org.in

Astanga Yoga **Deep Tissue Massage**
Sound Healing **Dance Movement**
Karalakattai
+91 91594 68946
enlight@auroville.org.in

Arun, Anand and Balaji

AUROVILLE BAMBOO CENTRE July Program 2024

Tours

Bamboo Centre Campus Tour

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

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 Workshop Experiences

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs 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 offers the opportunity to learn the fundamentals of Furniture Construction and then MAKE AND TAKE the furniture piece back home. This unique workshop will take place under the guidance of an expert.

Bamboo Lampshade

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

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.

Upcoming Workshops & Camps, July 2024

Bamboo Furniture Workshop, Beginner Course

- 6—7 July, 9am—5pm

This workshop focuses on small scale furniture making from bamboo for example chairs tables, shelves, etc... The Bamboo Furniture workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo & Wood furniture Workshop, Intermediate Course

- 13—15 July, 9am—5pm

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Geodesic Workshop, Advanced Course

• 27—29 July, 9am—5pm

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

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

Auroville Bamboo Summer Camp

• 15—20 July

Join us this summer for an unforgettable experience at our Eco-Living Summer Camp! Dive into the world of sustainable living, learn the art of bamboo furniture and construction, and immerse yourself in the beauty of eco-friendly practices.

Auroville Bamboo Reinforcement

• 11—13 July

Bamboo reinforced concrete construction follows mixed proportions of concrete and construction techniques, which are used for steel reinforcement. In this case steel reinforcement is replaced with bamboo reinforcement. Properties of bamboo reinforcement along with mixed proportions of concrete, design and construction techniques, are used for bamboo reinforced concrete.



BAMBOO SUMMER CAMP IN AUROVILLE
FROM JUL 15 - 20 2024

Discover the World of Eco-Living & DIY Skills Building!

Join us this summer for an unforgettable experience at our Eco-Living Summer Camp! Dive into the world of sustainable living, learn the art of bamboo furniture and construction, and immerse yourself in the beauty of eco-friendly practices.

WHAT TO EXPECT:

- Bamboo Furniture Workshop:** Unleash your creativity and learn to craft stunning furniture pieces from sustainable bamboo. From chairs to tables, explore the versatility of this eco-friendly material under the guidance of skilled artisans.
- Bamboo Construction Skills:** Delve into the techniques of building structures using bamboo. From simple shelters to intricate designs, master the fundamentals of bamboo construction and contribute to a greener future.
- Live Taster & Takeaway Lab Experience:** Engage in an eye-opening experience where you'll witness firsthand the beauty of sustainable living practices. Engage with local communities, learn about their eco-friendly lifestyles, and gain invaluable insights into sustainable living.

Who Should Attend: This camp is perfect for enthusiasts of eco-living and those passionate about DIY skill building. Whether you're a beginner or have some experience, our workshops cater to all skill levels.

Location: Bamboo Centre, Cultural, Mangalam Curves, Auroville, 605 111
Phone: 8413 2623806, +91 800949081
Website: www.bamboocentre.org
Email: bamboocentre@auroville.org

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

Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

• **Contact:** Voice call and WA: 8300949081, <https://aurovillebamboocentre.org/>

Balu

MOHANAM, SOUL OF SOIL

July 2024



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

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

Tours

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

Auroville Northwest Tour

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

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

Mohanam Campus Tour

- 10am—4pm, every day except Sunday

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

Make and Take Workshops

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

Join and experience the learning aspect of engaging in Arts and Craft Workshop. Manifest your inner self through various materials and forms using creative techniques.

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

Classes

Cooking Class

- 10am—12:30pm, every Saturday

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 Veshti Experience

- 10am—4pm, every day, except Sunday

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 & Veshti. You can ask us for a photo-shoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.

Auroville Bioregion Experience with Mohanam Team

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

All above activities one day Advance booking is necessary

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

Musical Healing with Divine Meditation

- June 29, Saturday, 6—8pm
- **Contact:** preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667

Join us for an enchanting evening of Musical Healing with Divine Meditation! Rehan's musical healing creates a sanctuary of solace, lifting spirits and soothing souls with every note. Nila Amma guides us with her tantric healing meditation, leading hearts toward profound tranquility and spiritual awakening. Come be part of this transformative experience, connecting with like-minded souls through the power of instruments and notes on a journey toward unity, integrity, peace, love, and abundance.

- Free entry, tea and snacks available

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 or 8300949079, 04132190757, 04132622667

Balu for Mohanam Centre

EGAI



+91 9791896488,
egai@auroville.org.in

Submitted by Anand

Craft Activities

WELLNESS WOODCRAFT

**Activity of Auroville
Carpentry & Wooden Craft Workshops**



**Fri
&
Sat**

DIY WOODWORKING

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


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



SPOON CARVING WORKSHOP
BEGINNER LEVEL
 Basics of wood & tools
 Marking & cutting
 Shaping with hand tools
 Sanding & finishing
WELLNESS WOODCRAFT AUROVILLE
 DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Age: 15+
 2 Days Make & Take workshop
 Every Wed & Thur

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



WOOD JOINERY
BEGINNER LEVEL
 Mortise & Tenon
 Half-laps
 Bridle joints
 Hand & Power tools
Mon & Tue

DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in
 Age: 15+

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

- Advance booking is necessary: Anand
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

Zeevic



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

Pandian



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



Looking For

Vikas Community Is Looking For A Full-Time Gardener

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

Gali



Deepanam School Looking for Full-Time Gardener

Deepanam School is looking for a full-time gardener to maintain the school campus. Work timings: 8am—4pm, Monday to Saturday. To know more, contact

- Kamala: 9442067030 or Anu: 94888 26660.



Shaalini for The Deepanam Team

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



Taxi Share

From Chennai Airport, 5 July, 10am

Hello. I am arriving at Chennai Airport on 5 July at 10am and would be happy to share a taxi to Auroville.

- Telegram/WA: +91 6230832547/manou.tamo@gmail.com Manou



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



SEEKING EDUCATIONAL FUNDING

Dear friends, My name is Mithila, born and brought up in Auroville. I have passed my 12 grades at New Era School in Science stream academic year 2023-24 batch.

After a lot of thinking, research and discussions I have decided to take up Bachelors in Pharmacy at Sathyabama College in Chennai.

Both my parents have been giving their service to Auroville for the past 16 to 26 years. My mother Nirmala is a teacher at Isai Ambalam School and my father Kumar is working with Farm group. Currently our family is being runned by one maintenance worker that is from my mother. I have an elder brother who is also studying at MGR University Chennai in his final year of Bachelors in Physiotherapy. To support both of us for our studies my family has been facing issues financially.

After several searches over colleges that have a good facility to facilitate my studies. So I decided to pursue my course in Sathyabama College Chennai. The fee structure for my course is as following,

- Course Name: **B.Pharm.**
- Fee per annum: **Rs.2,50,000**
- Fee for the entire course: **Rs.10L**
- Hostel Fee per annum: **Rs.1,20,000**

Since my brother's studies were supported by SEF, so I had reached out with a request for financial support, they have offered to support my study with **Rs.1,50,000** with which I have managed to confirm my admission at Sathyabama College.

With this I would like to reach out to my fellow Aurovilians to cover the balance fee for my course and the hostel fee, even a small contribution is most welcome and much appreciated.

I am sure that my studies will be helpful for Auroville in the coming future.

- Financial Service Account no: **251777**
- Account name: **Mithila study**

*With lots of love & hope, Mithila
Submitted by Vinith*

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

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.

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



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.

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,
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

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 or call us 8608473385 *Selva for KCC*

Animal Care

BUILDING TWO NEW DOG ENCLOSURES at Our Overcrowded Shelter



As many of you know, our dog shelter is facing severe overcrowding, which has halted our ability to take in more rescues. We have worked hard to overcome numerous challenges and false accusations imposed by certain individuals who tried everything to prevent the construction of a new shelter. We are happy to report that we finally can move forward and are right now awaiting the release of funds from Delhi to start construction of the new **Auroville Dog Shelter**, but because of the long delay those attacks have caused, we must brace ourselves for yet another monsoon season in our old, deteriorating shelter.

We have cleared an area from overgrowth to construct two temporary enclosures. Additionally, we must reinforce our existing enclosures to make them rain and flood-safe before the coming monsoon. We kindly ask the Auroville community and all dog lovers to assist us by donating building materials. Donations in kind such as fences, roof sheets, cement, sand, old gates, wood, and any other useful materials would be greatly appreciated.

If you have some spare time and basic skills, your hands-on volunteering help at the shelter would be invaluable in patching up the old structures. For those who prefer to contribute financially, please use our **FS account 251391** for monetary donations. The entire team and all our dogs thank you sincerely for your generosity and assistance.

Arthur for Auroville Dog Shelter

Foods, Goods and Services

BELLA VITA

10am—9pm every day except Wednesdays



Dear Auroville community, it is our great pleasure to share the opening of our new outlet Bella Vita on Monday, 1 July. You will find Bella Vita in the Utsav building, (just opposite the Vérité programs entrance.)

- Our opening hours will be 10am to 9pm every day except Wednesdays

In Bella Vita all Naturellement products will be available and an additional range of baked goods, as well as salads, ice cream and other delicacies! Since Bella Vita will be open up to 9pm, **Naturellement Garden Cafe** will close at 5:30pm for the next month or two. We'll keep you updated.

You are welcome to experience our new space; for a light meal, a refreshing drink, an ice cream and much more!

The Bella Vita Team

0413 2972034/2622034 /2623267

naturellement@auroville.org.in
<https://www.naturellement.in/>, Chitra

SATURDAY FOODLINK MARKET

Saturdays, 10am—12:30pm



Dear community, we are organising a market weekly on Saturdays between 10am and 12:30pm. Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

Isabelle M for FoodLink team
+91 8300 268804 Mobile and WA
[FoodLink basket order form here](#)

LA TERRACE ANNUAL TOUR AND BIG CLEANUP

Thursday, 27 June—Monday, 1 July

La Terrace remains closed from Thursday, 27 June until Monday, 1 July for Annual tour and Big Clean Up.

- We are happy to see you again from **Tuesday, 2 July** onwards.

Angelika for La Terrace Team



HAIRDRESSER

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

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



Ulrike

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



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, 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, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603

- FS account: 251263

- sarvamcomputers@auroville.org.in

Submitted by Bala

LAUNCH OF ATHER RIZTA

28 & 29 June, 9am—4pm

@ ITS (Integrated Transport Service), Solar Kitchen Area



Dear Community Members, we invite you to the launch of Ather's latest electric scooter, the Ather Rizta, along with other models. Experience them firsthand at our test drive event and deal directly with Ather to avoid extra payments.

- **Contacts:**
 - 8098776644/ 9442566256, its@auroville.org.in
- **Highlights:**
 - **Test Drives:** Try out Ather's innovative electric scooters.
 - **Q&A Sessions:** Get all your questions answered by our expert team.
 - **Interactive Demos:** Explore the advanced features and eco-friendly benefits.
 - **Special Offers:** Exclusive deals for attendees.

Join us to experience the future of electric mobility!

Rajesh.D for ITS Team

QUTEE

Electric Scooter Service

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) 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, 25 June 2024)

Namaste, Bonjour, Hello and Vana-kkam 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

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email: insideindia@auroville.org.in or insideindia@inside-india.com



Some current offers

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

Trip ideas

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

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

Travel Tips

- **Several travelers were "boarding denied"** as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.
- **Indian nationals** can now be issued long-term, multi-entry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.
- **Sri Lanka Tourist Visa** 30 days single entry fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further no-

fice. 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.
- **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 for 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*

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline
0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in
newwavesauroville@gmail.com



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

Dhanda

RAPID CARE SERVICES

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



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

- Contact: + 91 8270071581/ +91 7639810621

- Primary Email: rapidcare@auroville.org.in
- Secondary Email: rcsrapidcareservice@gmail.com
- Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



Contact us for all your procurement needs:

- surabhisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: Iyyappan

Let's simplify and optimize your sourcing process together!

Iyyappan, Surabhi Supplies

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi. Please book sessions in advance.

- Monday to Saturday, 10am—5pm @ Creativity.

Thai Massage

- Monday—Saturday, 9am—5pm.

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

Tailoring

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

- Contact: Phone/WA 8098845200,
rupavathijoy@gmail.com

Rupavathi Joy

FREESTORE Invites you to Participate



Dear Community members, As many of you would know, the Freestore was conceived since the inception of Auroville. By divine grace, we at the Freestore continue to serve in the joyful spirit of free sharing as a community. We invite you again to be a part of our joyful journey together!

- You can do that by participating in our free exchange concept of items like clothes, accessories, and many more by giving what you don't use any longer and taking what you find useful.
- Volunteer your services by helping us check, display beautiful items, interact, care, and create in so many unique ways.

Do join, share and care along with us at the free store.

At her service,
Kamala

Poetry

LOOK, IT CANNOT BE SEEN

Look, it cannot be seen—it is beyond form.
Listen, it cannot be heard—it is beyond sound.
Grasp, it cannot be held—it is intangible.
These three are indefinable, they are one.

From above it is not bright;
From below it is not dark:
Unbroken thread beyond description.

It returns to nothingness.
Form of the formless,
Image of the imageless,
It is called indefinable and beyond imagination.
Stand before it—there is no beginning.
Follow it and there is no end.
Stay with the Tao, Move with the present.

Knowing the ancient beginning is the essence of Tao.

Laotze

SMILES

Reveal the teeth
Wrinkle the skin
Ripple sweetness

With joyful Gratitude,
Anandi Z.

TREMORS IN LEAVES AND WIND

Tremors in
Leaves and wind

Like sky
Playing
With the clouds.

Anandi ayun,
Realisation

Voices and Notes

IN THE EYE OF THE COSMIC STORM

"...looking at what happened in 1914—or for that matter at all that is and has been happening in human history—the eye of the Yogin sees not only outward events and persons and causes, but the enormous forces which precipitate them into action. If the men who fought were instruments in the hands of rulers and financiers etc., these in turn were mere puppets in the clutch of these forces¹. When one is habituated to see the things behind, one is no longer prone to be touched by the outward aspects—or to expect any remedy from political, institutional or social changes; the only way out is through the descent of a consciousness² which is not the puppet of these forces but is greater than they are and can force them either to change or disappear."

- <https://incarnateword.in/cwsa/29/equality-the-chief-support>

"And the thing is DONE."³

This Consciousness-Force Sri Aurobindo spoke about that must descend, the Supramental Seed, has been sown from 29 February 1956, grounded and nurtured in Matter by the Mother in Her body, which is the Earth as the symbolic concentrated field of the Cosmic Play.

Here a reminder for all receptives in this and the next generations who will continue on:

"It is we who prevent the thing from being done... as though our own control prevented the Force from acting; it is something like that."

- <https://incarnateword.in/cwm/11/8-march-1972>

"(About certain individuals and groups willing to aid Auroville's development)

They may not practise themselves, but if they do not know about Yoga, how can they understand the purpose of Auroville?⁴"

- <https://incarnateword.in/cwm/13/finance> (very revealing)

Sri Aurobindo and the Mother

We continue on...

¹ <https://incarnateword.in/search?query=hostile+forces&page=1&phrase=true>

² <https://incarnateword.in/agenda/1/february-29-1956>

³ <https://incarnateword.in/search?query=the+thing+is+done&page=1&auth=m&phrase=true>

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

Zech, 2024.06.18

Classes, Workshops & Healing Arts

Bharat Nivas Presents





THE ART OF SELF-DIAGNOSIS MAYA

FIGHTING INFECTIONS SAYING LIVES
By Dr Kadiyali M Srivatsa

Venue: Harmony Hall,
Bharat Nivas, Auroville.
06:30 pm - 07th July 2024


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

ANGAM TREE WELLNESS HUT

Ayurvedic Massage Head and Foot Massage

Sound Healing

 **+91 97513 95939**

Submitted by Raja

QUIET HEALING CENTER



Gravity Colon Hydrotherapy

- From 1 July onwards

Quiet Healing Center reopens its Colon Hydrotherapy Clinic from 1 July onwards!

This highly effective detox treatment offers a natural approach using gravity instead of machines to clean the colon through a continuous, gentle flow of warm water. It is a manual therapy that allows for feedback and dialogue between the client, your body and the therapist.

The objectives of Gravity Colon Hydrotherapy are: eliminating waste matter; toning the musculature of the colon, and complete detoxification of body, liver and blood. It is especially useful for insomnia, diabetes, high blood pressure, digestive complaints, fatigue, brain fog, skin problems, and women's health issues.

Gravity Colon Hydrotherapy is considered one of the most effective ways to support the body regaining its natural capacities and experiencing greater vitality and health. As such, this therapy is for anyone who aspires to inhabit a healthier body, mind and spirit!



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

+91 9488084966

www.quiethealingcenter.info/
quiet@auroville.org.in

AUROMODE YOGA SPACE

July 2024 Schedule

Registration a must for all the programs. Email or WA us to know about the fee structure and other details.

balaganesh.siva@gmail.com

+91 98926 99804 WA only



Day	Time	Description
Monday—Friday	10am—11am	Mobility with Karlakattai
Every Friday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Every Saturday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Every Sunday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
July 10—14	6:30—9:30am, 10am—1pm & 5pm—7pm	5 days Yoga, Meditation, Pranayama and Yoga Nidra Workshop intensive
August 1—22	6:30—9:30am & 3:30—7pm	200 Hr Vinyasa Flow TTC

Vinyasa flow with Bala

- Every Friday, 5:30—7pm
- Every Saturday, 5:30—7pm
- Every Sunday, 5:30—7pm

Vinyasa Flow yoga is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

Like to try them ? Join us.

Mobility with Karalakattai

- Monday to Friday, 10—11am

Ready to enhance your flexibility and mobility? Karalakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karalakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

5 day Yoga, Meditation, Pranayama and Yoga Nidra Workshop

- 10—14 July
- 6:30—9:30am, 10am—1pm & 5—7pm

Join us for a five-day meditation, pranayama, and Yoga Nidra workshop! In this workshop, we will have daily meditation, learning about various pranayama techniques, and exploring the theory and philosophy of Yoga Nidra and of course Asanas. Our intention is to bring you the best of the world through this five-day intensive workshop. This is a non-residential workshop, but if you need accommodation in Auroville for these five days, we can provide recommendations. DM to know more

Auroville Yoga 200 hr TTC schedule

- 200 hours, 22 days, August 1—22
- 6:30—9:30am & 3:30—7pm
 - Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.
 - Yoga Philosophy of Patanjali and other texts.
 - Sequencing skills, subtle anatomy, mantra chanting
 - Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
 - Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
 - Introduction to Kalaripayatu, Animal flow,
 - Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited

5 day Auroville Yoga Festival

5 day Auroville Yoga Festival- July 10 to 14, 2024

Join us for this 5-day yoga festival celebrating life!

- Daily Asana Yoga - Vinyasa Flow
- In-depth study of Meditation and Pranayama practices
- Yoga Nidra - Theory and practice
- Sound healing journey
- Karma Yoga in Auroville Farms
- Introduction to Auroville lifestyle
- Fresh food and farm produce
- Visit and meditate in Matrimandir Gardens & inner chamber
- Walk in Auroville Forests and more...

We invite you to take this opportunity to visit Auroville and give yourself the necessary pause. This is a non-residential course. We will guide you to find accommodation if you are from outstation. DM to know more.

Registration must
Auromode Yoga Space
 Email - balaganeshsiva@gmail.com WA +91 98926 99804

Bala

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 The course is hosted by InnerSight (an Activity under Hospitality Trust)

Helen

KOLAMYOGA

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 Basic 1 Padi Threshold Guardians.](#)
- Lesson 2: [KolamYoga Basic 2 Padi Temple, Gopuram, Kulam](#)
- Lesson 3: [KolamYoga Basic 3 Padi Different types](#)
- Lesson 4: [KolamYoga Basic 4 Padi Sun Disc, Swastika](#)
- Lesson 5: [Releasing this Full Moon](#)
- Lesson 6: [Abstracted essence of Nature](#)

An initiation 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, 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



VÉRITÉ

Pre-registration required

Please contact Vérité @ 0413 2622045, 2622606, 9363624083

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



Workshops

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—4pm

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

Mindfulness Kindfulness with Helen

- Saturday, 6 July, 9:15am—12pm

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

Food is Medicine: Lifestyle Health Practices w/ Parvathi

- Saturday, 6 July, 2—4pm

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

Regular Events—June 2024

Classes

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

Yoga Breath & Meditation Practice for Beginners with Mamta

- Mondays, 7:30—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

- Mondays, Thursdays & Saturdays, 5—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.

Sivananda Yoga with Mani

- Tuesdays & Saturdays, 7:30—8:30am

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

Open Heart Space Meditation with Samrat

- Tuesdays, 5—6pm

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

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

- Wednesdays, 7:30—8:30am

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 with Mamta

- Wednesdays, 5—6pm, no class 3 July
- Contributions are voluntary

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.

Gentle Hatha Yoga with Ramya

- Thursdays, 7:30—8:30am

The session will guide you into mindful movements with body & breath awareness, improve strength & mobility and enhance relaxation. The practice will include slow-paced postures and breathing techniques with longer holds, starting with warm-ups and ending with cooling down/relaxation. We will focus on attention to proper alignment, ease of movement and simple yogic breathing techniques.

Restorative Yin Yoga with Radhika

- Fridays, 7:30—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

- Fridays, 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
+91 413 2622 606, +91 9363624083 WA

Biodynamic Craniosacral Therapy with Mila

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

Birenda Massagewith 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.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massagewith Raja

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

Holistic Foot Reflexology with Vyshnavi

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

Face & Neck Massage with Mamta

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

VÉRITÉ PROGRAMS

Please contact Vérité
@ 0413 2622045, 2622606,
9363624083 or
programming@verite.in, www.verite.in



Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga, Breath & Meditation Practice for Beginners	7:30am—8.30am	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30am—8.30am	Mani
	Open Heart Space Meditation	5—6pm	Samrat
Wednesdays	Pranayama & Meditation	7:30am—8.30am	Radhika
	Kirtan Songs for Your Soul (no class 3 July), contributions are voluntary	5—6pm	Mamta
Thursdays	Gentle Hatha Yoga	7:30am—8.30am	Ramya
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Restorative Yin Yoga	7:30am—8.30am	Radhika
	Face & Eye Yoga	5—6pm	Mamta
Saturdays	Sivananda Yoga	7:30am—8.30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 6 July	Mindfulness Kindfulness	9:15am—12pm	Helen
Saturday, 6 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Friday, 12 July	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Saturday, 13 July	Awareness Through the Body: Exploration of the Element Space	9:15am—12pm	Amir
Saturday, 13 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 20 July	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 20 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 27 July	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 27 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Face & Neck Massage	Mamta
Biodynamic Craniosacral Therapy	Mila
Food is Medicine: Lifestyle Health Practices Consultation	Parvathi
Birenda Massage	Radhika
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi

Taste Of Yoga @ Vérité



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

Kathir for Vérité Programming

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, 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. Aurovilian

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

Submitted by Nadim

ACROYOGA

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

Damien



LEELA THERAPY

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



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

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

- For more details see www.innersightav.org or contact Kardash on 9940934875 WA.

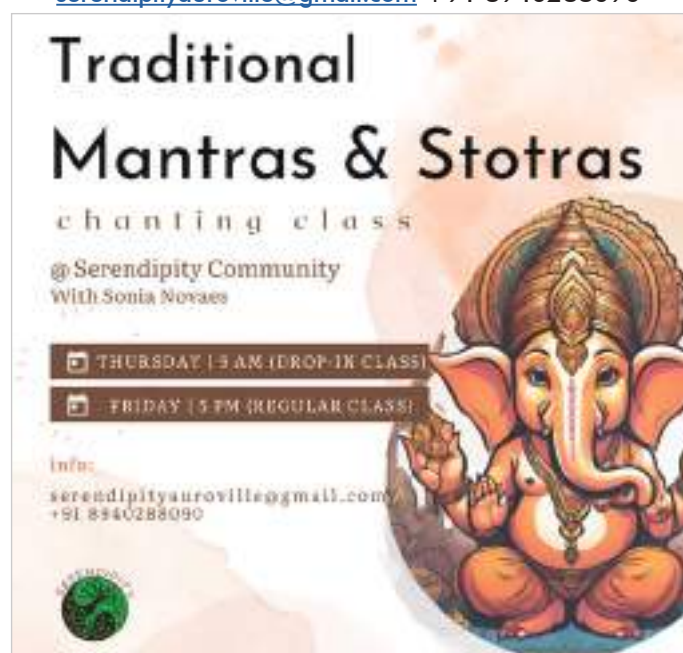
TRADITIONAL MANTRA AND STOTRA CLASSES

@ Serendipity Community with Sonia Novaes

Thursday, 9am, Drop-In Class

Friday, 5pm, Regular Class

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.

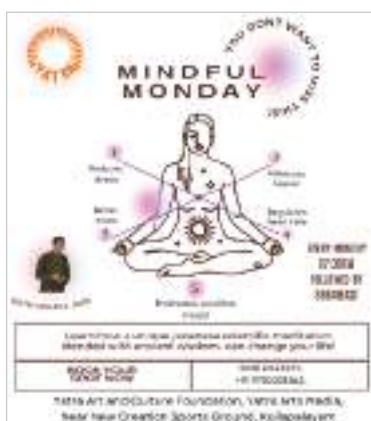
Submitted by Sonia

MINDFUL MONDAY

Every Monday, 7:30am, followed by breakfast

You don't want to miss this! Learn how a unique Japanese scientific meditation blended with ancient wisdom... That can change your life! Reduces stress, better sleep, makes you happier, regulates heart rate, promotes positive mood

Book Your Spot Now: Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kulapalayam



- 0413 2623071, +91 9751033162 Yatra Srinivassan

ARKA

Wellness Center & Multipurpose Hall

Regular Activities, June

For any details and queries, you can contact us at 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 antarcalli@yahoo.fr
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

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 27 June to 6 July

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



Date	Activity
27 June, Thursday 5:30—6:30pm	Mandala Drawing with Thamizh
28 June, Friday 5—6pm	Dance with Aishwarya
29 June, Saturday 2—4pm	Intuitive Painting with Marie—Claire Barsotti*
2 July, Tuesday 5—6:30pm	Energy and Spiritual Science with Louis—Patrick
3 July, Wednesday 5—6:30pm	Watercolor Art through Geometry and Meditation with Gino
4 July, Thursday 5:30—6:30pm	Mandala Drawing with Thamizh
5 July, Friday 5:30—6:30pm	Kollywood Dance with Pranathi
6 July, Saturday 2—4pm	Intuitive Painting with Marie—Claire Barsotti*
6 July, Saturday 4:30—5:30pm	Psychology and Mantric Poetry with Matthias

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



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

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

Submitted by Rachel

DETOX YOUR MIND & BREATHE HEAL YOUR BODY

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

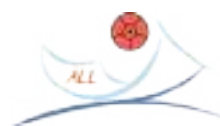


Yatra Srinivasan,
Near New Creation Sports Ground,
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>, <https://www.yatraartsmedia.org/>

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 mediatheque.

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

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

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguage.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.aurovillelanguage.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 to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

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

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

New Language Courses at ALL

- For Registration: 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

Registration is still open.

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
- 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	To Be Announced	TBA
	Intermediate	To Be Announced	TBA

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

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 and tomatis@aurovillelanguagelab.org

Submitted by Mita

Cinema

AUROFILM: RESTARTS FRIDAY FILM SCREENINGS



The Aurofilm team is happy to restart its Friday film screenings for you all at Multi Media Centre Auditorium (MMC, Town Hall)

- Friday, 5 July, 8pm

A Scene At The Sea, Japan, 1991

Directed by Takeshi Kitano (AKA Beat Takeshi)

With: Claude Maki, Hiroko Ohshima, Sabu Kawahara, Susumu Terajima, ...



Synopsis: Shigeru, a deaf garbage collector, happens upon a broken and discarded surfboard. The discovery plants in him dreams of becoming a surf champion. Encouraged by his girlfriend, he persists against all odds.

Overview: This movie was a break from previous Kitano fare in that it features no gangsters (yakuza) or police! Here instead, Kitano develops his more delicate, romantic side along with his trademark deadpan approach. (its original title Engl. transliteration: Ano natsu, ichiban shizukana umi, would translate in "That summer, the calmest sea"...). It is truly on the art side and with beautiful music by Joe Hisashi (who has composed for many of Miyazaki's anime). Original version in Japanese with English Subtitles, duration 1h.41'

Surya

THE PAVILLON DE FRANCE PRESENTS:

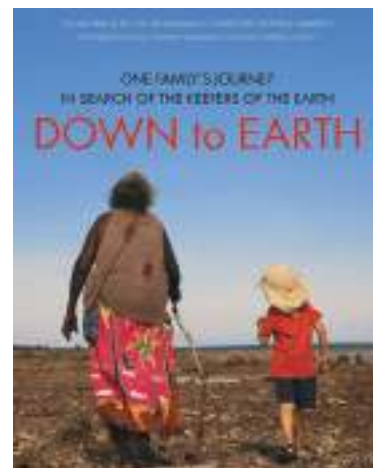
Down to Earth

A film by Rolf Winters

Saturday, 29 June, 4:30pm @ Cinema Paradiso

In English, with French subtitles

Leaving behind their cosmopolitan life, a couple and their three young children travel the world searching for a new perspective on life. During their five-year journey they live with some of the oldest indigenous communities on the planet. They record their encounters with the elders tribal sages never filmed or interviewed before. Without a crew or schedule, just one backpack and one camera each. And the curiosity to listen. Inspiration and hope for a world to come.



Down To Earth is a mirror to humanity, a poignant and timely reflection on our "civilized" world. The film invites us to see the world through the eyes of the Earth Keepers. It takes us on an inner journey, re-connecting us with the source and the mutual path we are walking. Having lived under the radar of our modern society for centuries, the Earth Keepers see that now is the time to step forward and share their insights with those who are ready to listen. **Down To Earth** is both a wake up call and a resurgence of hope for our world to come. This film is not to be consumed, it's to be worked with.

Vivekan



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
01 July 2024 07 July 2024

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

Indian—Monday 1 July, 8pm

Ramprasad Ki Tehrvi (Ritual for Ramprasad)

India, 2019, Writer-Dir. Seema Pahwa w/ Supriya Pathak, Nasiruddin Shah, Konkona Sen Sharma, and others, Comedy-Drama, 115mins, Hindi w/English subtitles, Rated: NR (G)
 Ramprasad or Bauji is a music teacher who uses notes of music as a metaphor for every person's character. As if as a kind of poetic justice, Ramprasad suddenly dies of a heart attack and crashes on his favorite piano. His wife Savitri is distressed. The entire family at last gathers under one roof, a dream that Baoji had but fulfilled only now at this tehvi, the ritual after 13 days following death. This award-winning debut film is a satire—nudging to take a new look at life. *A must-see film where death is a fulcrum for the narrative about life.*

Potpourri—Tuesday 2 July, 8pm

Il Postino (The Postman)

Italy, 1994, Dir. Michael Radford & Massimo Troisi w/Massimo Troisi, Philippe Noiret, Maria Grazia Cucinotta, and others, Biography-Drama, 108mins, Italian w/ English subtitles, Rated: PG

Pablo Neruda, the famous Chilean poet, is exiled to a small island for political reasons. This causes a sudden surge in the incoming mails in the local post office. The unemployed son of a poor fisherman is hired to hand-deliver the mails to Neruda. Though poorly educated, the postman learns to love poetry and befriends Neruda. He falls in love and needs Neruda's help and guidance more than ever to woo his lady love. *A delightful film!*

Interesting—Wednesday 3 July, 8pm

Billy & Molly: An Otter Love Story

USA, 2024, Dir. Charlie Hamilton-James w/ Billy Mail, Susan Mail, Documentary, 77mins, English w/ English subtitles, Rated: NR (G)

When a wild otter in desperate need of help washes up on his jetty, Billy, his wife Susan, and their devoted dog Jade accept the creature into their family, who Billy later names as Molly. While Billy is bringing Molly back from the brink with food and shelter, Molly is waking something deep inside Billy that had gone dormant. Brimming with wonder and joy, the film shows how love can help us accept ourselves and others. *A must watch!*

Selection—Thursday 4 July, 8pm

Kamome Shokudô (Kamome Diner)

Japan, 2006, Writer-Dir. Naoko Oigami w/ Satomi Kobayashi, Hairi Katagiri, Masako Motai, and others, Comedy-Drama, 102mins, Japanese-Finish w/ English subtitles, Rated: NR (PG)

On a quiet street in Helsinki, Sachie has opened a diner, but has no customers. Finally, she has her first customer, meets Midori, a Japanese tourist, and also Masako, a middle-aged woman who lost her luggage. The three women end up working at the diner, where Sachie teaches them how to make a good coffee. But why in Finland? *An award-winning film, a good watch!*

International—Saturday, 6 July, 8pm

La Sociedad De La Nieve (Society of the Snow)

Spain-Chile-Uruguay-USA, 2023, Writer-dir. J.A.Bayona w/ Enzo Vogrincic, Agustín Pardella, Matías Recalt, and others, Adventure-Biography, 144mins, Spanish w/ English subtitles, Rated: R

In 1972, the Uruguayan Air Force Flight 571, chartered to fly a rugby team to Chile, catastrophically crashes on a glacier in the heart of the Andes. Only 16 of the 40 passengers survived the crash and finding themselves in one of the world's toughest environments, they are forced to resort to extreme measures to stay alive. Inspired by true events, it is a real-life thriller.

Children's Matinee—Sunday, 7 July, 4pm

L'extraordinaire Voyage De Marona (Marona's Fantastic Tale)

France-Romania-Belgium, 2019, Writer-Dir. Anca Damian w/Lizzie Brocheré, Olimpia Melinte, Marius Manole, and others, Animation-Drama, 92mins, Romanian-French w/ English subtitles, Rated: NR (PG)

Named "Neuf", after her position in her mother's litter, a little mixed-breed dog with a big heart and a cute, heart-shaped nose recounts the eventful story of her life after a terrible hit-and-run accident. She has been through a lot: people have adopted her, sold her, changed her name, and all of them, have abandoned her on the street again and again. Now back on the street again, all alone, she remembers her short-lived moments happiness. In a life full of highs and lows; pain and joy; companionship and loneliness, love is all that matters.

Black & White Classics @ Ciné-Club

Ciné-Club Sunday 7 July, 8pm

La Battaglia Di Algeri (The Battle of Algiers)

Italy-Algeria, 1966, Dir. Gillo Pontecorvo w/ Jean Martin, Brahim Hadjadj and others, Drama—Documentary, 121 mins, French w/ English subtitles, Rated:NR (R)

An impressive and historical film in semi-documentary style. Set when the Front de Libération Nationale is leading the resistance in Algeria against their French rulers. Finally, The Evian Accords were a set of peace treaties signed by France and the Provisional Government of the Algerian Republic, The Accords ended the 1954-1962 Algerian War with a formal cease-fire and formalized the status of Algeria as an independent nation and the idea of cooperative exchanges between the two countries.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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

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, 5 July

Children Full of Life

2003/ 40 minutes/ Noboru Kaetsu

Mr. Kanamori, a 4th grade primary school teacher in Kanazawa, Japan, gives his students lessons on what he considers to be the most important principles in life: to be happy and to care for other people. His lessons include discussion around teamwork, community, the importance of openness, how to cope, and the harm caused by bullying.

Submitted by Aviram

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.

Light and Peace, Roy & Agnijata,
newsandnotes@auroville.org.in

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Roundabout)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Roundabout	8:34	12:50	18:44
Town hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

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 WhatsApp group

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

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