



News & Notes

#1039 A weekly bulletin for residents of Auroville 8 August 2024



Two are there, hidden in the secrecy of the Infinite, the Knowledge and the Ignorance; but perishable is the Ignorance, immortal is the Knowledge; another than they is He who rules over both the Knowledge and the Ignorance.

Swetaswatara Upanishad

Pondering



It is a keen sense of this possibility which has taken different shapes and persisted through the centuries, — the perfectibility of man, the perfectibility of society, the Alwar's vision of the descent of Vishnu and the Gods upon earth, the reign of the saints, the city of God, the millennium, the new heaven and earth of the Apocalypse.

Ignorance is the absence of the divine eye of perception which gives us the sight of the supramental Truth; it is the non-perceiving principle in our consciousness as opposed to the truth-perceiving conscious vision and knowledge.

It is also affirmed elsewhere in the Upanishads that he who follows after the Knowledge only, enters as if into a blinder darkness than he who follows after the Ignorance and that the man who knows Brahman as both the Ignorance and the Knowledge, as both the One and the Many, as both the Becoming and the Non-Becoming, crosses by the Ignorance, by the experience of the Multiplicity, beyond death and by the Knowledge takes possession of Immortality

*The Knowledge and the Ignorance,
The Life Divine, Sri Aurobindo*

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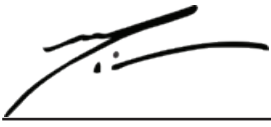
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House of Mother's Agenda

A third spirit stood behind, their hidden cause,
 A mass of superconscience closed in light,
 Creator of things in his all-knowing sleep.
 All from his stillness came as grows a tree;
 He is our seed and core, our head and base.
 All light is but a flash from his closed eyes:
 An all-wise Truth is mystic in his heart,
 The omniscient Ray is shut behind his lids:
 He is the Wisdom that comes not by thought,
 His wordless silence brings the immortal word.
 He sleeps in the atom and the burning star,
 He sleeps in man and god and beast and stone:
 Because he is there the Inconscient does its work,
 Because he is there the world forgets to die.
 He is the centre of the circle of God,
 He the circumference of Nature's run.
 His slumber is an Almightyness in things,
 Awake, he is the Eternal and Supreme.
 Above was the brooding bliss of the Infinite,
 Its omniscient and omnipotent repose,
 Its immobile silence absolute and alone.
 All powers were woven in countless concords here.
 The bliss that made the world in his body lived,
 Love and delight were the head of the sweet form.
 In the alluring meshes of their snare
 Recaptured, the proud blissful members held
 All joys outrunners of the panting heart
 And fugitive from life's outstripped desire.
 Whatever vision has escaped the eye,
 Whatever happiness comes in dream and trance,
 The nectar spilled by love with trembling hands,
 The joy the cup of Nature cannot hold,
 Had crowded to the beauty of his face,
 Were waiting in the honey of his laugh.
 Things hidden by the silence of the hours,
 The ideas that find no voice on living lips,
 The soul's pregnant meeting with infinity
 Had come to birth in him and taken fire:
 The secret whisper of the flower and star
 Revealed its meaning in his fathomless look.
 His lips curved eloquent like a rose of dawn;
 His smile that played with the wonder of the mind
 And stayed in the heart when it had left his mouth
 Glimmered with the radiance of the morning star
 Gemming the wide discovery of heaven.
 His gaze was the regard of eternity;
 The spirit of its sweet and calm intent
 Was a wise home of gladness and divulged
 The light of the ages in the mirth of the hours,
 A sun of wisdom in a miracled grove.
 In the orchestral largeness of his mind
 All contrary seekings their close kinship knew,
 Rich-hearted, wonderful to each other met
 In the mutual marvelling of their myriad notes
 And dwelt like brothers of one family
 Who had found their common and mysterious home.

As from the harp of some ecstatic god
 There springs a harmony of lyric bliss
 Striving to leave no heavenly joy unsung,
 Such was the life in that embodied Light.
 He seemed the wideness of a boundless sky,
 He seemed the passion of a sorrowless earth,
 He seemed the burning of a world-wide sun.
 Two looked upon each other, Soul saw Soul.

* * *

Then like an anthem from the heart's lucent cave
 A voice soared up whose magic sound could turn
 The poignant weeping of the earth to sobs
 Of rapture and her cry to spirit song.
 "O human image of the deathless word,
 How hast thou seen beyond the topaz walls
 The gleaming sisters of the divine gate,
 Summoned the genii of their wakeful sleep,
 And under revelation's arches forced
 The carved thought-shrouded doors to swing apart,
 Unlocked the avenues of spiritual sight
 And taught the entries of a heavenlier state
 To thy rapt soul that bore the golden key?
 In thee the secret sight man's blindness missed
 Has opened its view past Time, my chariot-course,
 And death, my tunnel which I drive through life
 To reach my unseen distances of bliss.
 I am the hushed search of the jealous gods
 Pursuing my wisdom's vast mysterious work
 Seized in the thousand meeting ways of heaven.
 I am the beauty of the unveiled ray
 Drawing through the deep roads of the infinite night
 The unconquerable pilgrim soul of earth
 Beneath the flaring torches of the stars.
 I am the inviolable Ecstasy;
 They who have looked on me, shall grieve no more.
 The eyes that live in night shall see my form.
 On the pale shores of foaming steely straits
 That flow beneath a grey tormented sky,
 Two powers from one original ecstasy born
 Pace near but parted in the life of man;
 One leans to earth, the other yearns to the skies:
 Heaven in its rapture dreams of perfect earth,
 Earth in its sorrow dreams of perfect heaven.
 The two longing to join, yet walk apart,
 Idly divided by their vain conceits;
 They are kept from their oneness by enchanted fears;
 Sundered mysteriously by miles of thought,
 They gaze across the silent gulfs of sleep.

(to be continued next week)

Sri Aurobindo, Savitri, A Legend and a Symbol
Book Eleven: The Book of Everlasting Day
Canto One: The Eternal Day: The Soul's Choice
and the Supreme Consummation

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

ATDC: APPLICATION ANNOUNCEMENT

08-08-2024



L'avenir d'Auroville

The following application has received Preliminary Design Approval. Feedback period ends on 22 August 2024 and feedback shall be sent to avenir@auroville.org.in:

Muriel Ghion, Apartment on the 1st floor (extension)

- **Applicant/s:** Muriel
- **Location/area:** Aurodam, Residential Zone
- **Asset type:** Apartment (first floor extension)
- **Carpet area:** 45 sqm
- **Built-up area:** 87 sq.m
- **Estimated cost:** 22,48,471/-
- **Project brief:** A single-bedroom apartment is proposed on the first floor of Sindhuja's residence in Aurodam for Muriel, who will shift out of her current residence with a house exchange.

Constructive feedback guidelines

- Subjective and personal approval of projects from neighbors to the projects has no resonance with the ideals of Auroville where we have committed to a life guided by no desire, no preferences and no sense of ownership. This subjective "approval from the neighbors" is no longer part of the application process as this has no place in Auroville.
- When we publish projects for approval, we will discard all subjective and personal feedback with respect to "neighbors choosing neighbors" or "neighbors choosing development guidelines". All other feedback is welcome and will be part of the process.
- No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and Progressive Harmony.

For more information on the projects contact L'avenir d'Auroville (ATDC) write to: avenir@auroville.org.in for an appointment.

Joel, Inbox manager
Members: Dr G. Seetharaman (MS),
Selvaganappathi (coordinator), Govind,
Jaya, Ponnusamy, Prasad, Sindhuja & Toby

Community News

Passing On

FOR BINDU

*Each step preludes
A long way
Which started
Before one's own birth
And goes on and on
Without a final point
Crossing death and birth
Towards immortal life.*

Jivatman

REMEMBERING BINDU

Letter from Sujata Mohanty
to the Auroville Community

*To my new family,
the Auroville Community*

One day out of the blue Bindu announced in a video call to us that she had cancer. She told me that she wanted to live inside and would like to keep only the minimum outward contact with me. I understood and respected her wish. For from the first time I came to the Ashram on 15 August 1972, very very faintly I knew that I am a part of the energy that started this universe and now like Bindu, to devote whatever time I have left in this life, to be united with it would be the reason to make living worthwhile.

I had the Mother's Darshan and a close contact with great spiritual personalities in the Ashram. Here where work is the ethic for progress I meet people who certainly are connected with the universal energy to be able to work tirelessly. All my simple outward needs are so easily met here and since Bindu's passing away I have been enveloped with love and care by the whole community. What better help I can get for my inward growth?

I belong to Auroville, if not by my own dedication, then as Bindu's mum. You will always live in my heart Bindu... never fade away...

My love and gratitude to all my friends and sons and daughters in Auroville,

*Sujatha Mohanty,
6 August 2024*

KUPPAMMAL PASSES

Kuppammal, a long-time resident of the Grace Community, passed away on 3 August at 11pm. She had been living and working at the Grace Community for over 40 years along with her husband, Janarthanan. She was 62 years old.

Her cremation took place at Aprampet Village on 4 August, around 4 pm.

*With deep condolences,
Husband: Janarthanan,
Son: Manikandan,
Daughters: Mala, Malliga, and Rani,
Grandsons: Sanjai, Malariniyan, Yogan, and Nagulan,
Granddaughters: Panimalar and Varsha*

AGIA RAM LAMBA PASSES

Agia Ram Lamba, father of Hemant Lamba passed away peacefully on Friday, 2 August around 9:30pm at Aurodam. He was 87 years old.

He shifted to live with his son about 10 years ago and worked at the Visitors Centre guest service where his work and friendly nature was highly liked and appreciated. He would say I am a guide to people in search of Light.

He developed a special connection to Matrimandir and guided people to get passes in search of Light.

Always cheerful and steeped in his love for the Divine, he liked a friendly conversation.

An engineer and scientist, he retired as a scientist at Central Road Research Institute, New Delhi.

Born in 1937 in undivided India, he experienced the painful partition of the country when he moved along with his family as through an arduous journey from Pindi Gheb in North West Punjab to refugee camps in 1947, moving through several cities he started working life in Delhi. After retirement he moved to Pondicherry and developed a deep connection with the Ashram and helped start the first Gurdwara in Pondicherry.

He is survived by his son Hemant and grand daughter Sanaa.

Submitted by Lisa



MAHASHAKTIS

The Four Aspects of The Mother

Saturday, 10 August, 6pm
@ Matrimandir Amphitheatre

An offering to Mother and Sri Aurobindo by members of Auroville and the Sri Aurobindo Ashram in collaboration with Chandrakalabhoomi, Swaranjali, Redfeet Dancestudio & Arpanaa, Auroville.

A recital of Dance, Recitations, Chanting & Nrityasangeet inspired by Sri Aurobindo's text from 'The Mother'.

- **Entrance from the Office Gate from 5:30pm. Last entry for guests at 6pm.**

Guests are requested to bring along their Aurocard. Cell-phones, cameras, bags are not allowed in the Park of Unity and will need to be deposited at the custody facility near the gate.

Antoine, Divya Karun, John H, Judith, Sundar K, MM Executives

COLLECTIVE MEDITATION

for Sri Aurobindo's Birthday with Dawn-fire

15 August, 4:45—6am @ Matrimandir Amphitheatre

Sri Aurobindo belongs to the future; he is the messenger of the future. He still shows us the way to follow in order to hasten the realisation of a glorious future fashioned by the Divine Will.—The Mother

- **Entrance from the Mahasaraswati (West) Gate ONLY. Open from 4 am.**
 - All are requested to be seated by 4:45am.
 - The gate will remain closed from 5 to 5:45am.
 - Parking as per instructions below.

• **Important Information:**

The Dawn-fire meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting. To maintain the special atmosphere, everyone is requested to maintain complete silence.

Please note that during the meditation, from 5 to 5:45am the gates will remain closed. Latecomers may join in after 5:45am. Access is limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices are strictly not allowed in the Park of Unity, the Matrimandir Gardens and the Amphitheatre.

You may leave your belongings at home, in your vehicle or deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity. Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or damage of items deposited at the "Custody Facility".

Please do not bring your pets to the Matrimandir.

• **Parking Instructions**

- All are requested to avoid coming by car.
- Coming from Solar Kitchen and Visitors Center side: Park at the Second Banyan, then walk outside.
- Coming from Town Hall side: Park in front of West gate.
- Dropping off passengers at the Second Banyan gate is not permitted.
- Through your participation, you can help make collective meditation a precious moment of inner experience.
- Thanking all in advance for your understanding and cooperation.

Evening Program: Savitri Music

6pm @ The Amphitheatre

Entrance from the Office Gate from 5:30 to 5:45pm only. Guests need to bring along their Aurocard

Bonne Fête and see you there

Antoine, Divya Karun, John H, Judith, Sundar K, MM Executives

SRI AUROBINDO'S BIRTHDAY IN MATRIMANDIR

Seeking for Volunteers

Dear friends, we are about to celebrate Sri Aurobindo's birthday. To manage the people coming for this event, **Matrimandir is in need of at least 12 volunteers** to help guide the people attending the morning meditation and bonfire.



If you are willing to contribute to these events by volunteering, please write to matrimandir@auroville.org.in and give your phone number.

Thanking you in advance for your contribution,

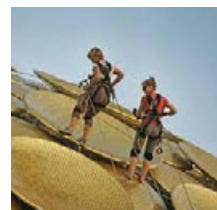
Antoine, Divya Karun, John H, Judith, Sundar K, MM Executives

MATRIMANDIR DISK CLEANING TEAM

Is Looking for New Members

Type of job: industrial climbing. It is hard and dirty physical work, much cleaning and not so much climbing.

We provide education for the new people, we use Petzl equipment and guarantee total security.



- We start the series of workshops on 12 August, 3pm.
- Those who want to try please contact Julie, +91 8248488732

Julie

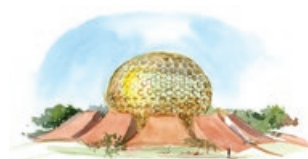
MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity and Matrimandir

The Park of Unity

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

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



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

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

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

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

The Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

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

The Inner Chamber of the Matrimandir

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

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

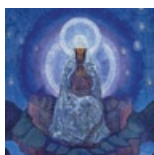
Awakening Spirit

SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm

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

Submitted by William



PONDY TRIPS ON DARSHAN DAY: AUGUST 15

15 August is Sri Aurobindo's birthday, and also India's Independence Day.

The **SAIER bus** will leave from Matrimandir at 3pm via the ordinary route and will return from Pondy at 6pm, to allow those willing to use Av's collective transport the visit of Sri Aurobindo's room.

- Tokens are required, see Pitanga's arrangements.
- This is not a commercial bus and the offer is for Aurovilians, newcomers and volunteers wishing to have darshan in Sri Aurobindo's room.



Paulette

SAVITRI BHAVAN

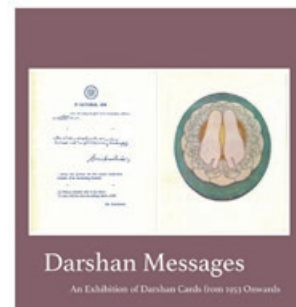


Schedule, August 2024

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: Darshan Messages**. The Words of Love and Inspiration: 24 July—18 August 2024 in Savitri Bhavan's Square Hall.

The exhibition traces the history of the deeply significant tradition of Darshan card gifting in Sri Aurobindo Ashram, Pondicherry. The tradition of distributing collective messages on several special days each year was started by Sri Aurobindo and the Mother with a view of addressing the public in a more meaningful and effective way. The exhibition consists of the original cards, some of them bearing the Mother's signature, dating back to the 1950s. The visitors will be able to familiarize themselves with the history of Darshan messages and hopefully get a feeling of the powerful forces conveying them.



Films: Mondays 4pm in the Sangam Hall

- **August 12: Sri Aurobindo—An Indian Mystic Who Worked for Human Unity**. The video encapsulates the different phases and facets of Sri Aurobindo's inspiring life and unique teachings. A tribute to the Master by the Sri Aurobindo Ashram Delhi Branch. Duration: 49min.
- **August 19: Supramental Manifestation upon Earth—The Day of The Lord**. Video-talk by Dr. Alok Pandey about the New Consciousness and how it is working, growing and shaping the new generation and the earth's future. Duration: 50min.
- **August 26: The Life Divine by Sri Aurobindo—Book 1: Ominipresent Reality and The Universe, Chapter 2: The Two Negations, 1. The Materialist Denial**, read by Shraddhavan. The original text will appear on the screen. Duration: 56min.

Full Moon Gathering

Monday, 19 August, 7:15—8:15pm in front of Sri Aurobindo's statue

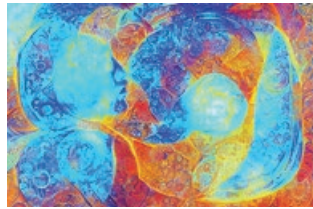
Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays, 5:30—7pm:** OM Choir led by Narad
- **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

Integral Mathematics:

A Journey of Insight and Inspiration

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.



Sankhya Philosophy by Kapila Muni

- **24 August, 28 September, 26 October, 30 November 4—5pm @ Sangam Hall, Savitri Bhavan**

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

- **Section 1: "Echoes of Wisdom":** Delve into the sacred texts of ancient Sanskrit scriptures, including Vedic and Vedantic teachings, resonating with the wisdom that transcends time. Explore the same texts that ignited the intellectual flame within Sri Aurobindo, illuminating pathways to understanding mathematics in its purest form.
- **Section 2: "Insights Illuminated":** Navigate the corridors of knowledge as we revisit the profound commentary and insights of Sri Aurobindo. Gain clarity and depth in your comprehension of mathematics through the lens of a visionary sage, enhancing your appreciation for its qualitative dimensions.
- **Section 3: "Inspirations Unveiled":** Trace the footsteps of the greatest mathematicians in history and uncover the narratives behind their revolutionary discoveries. Connect with the human spirit that propels mathematical exploration, finding resonance in their journeys of insight and revelation.

Through these three enlightening sections, we invite you to integrate and nurture the qualities of insight, intuition, and intellectual depth that mathematics cultivates within the receptive mind. Join us as we embark on a quest to unravel the qualitative tapestry of mathematics, illuminating the path to greater understanding and enlightenment.

House of Mother's Agenda welcomes you

The House of Mother's Agenda at Savitri Bhavan informs that from August 2024:

- **Monday—Saturday, 3—5pm** Ganga Lakshmi is here to welcome you.

Moreover, those who want to listen to the Agenda of the Mother's in French. That will be possible:

- **Every day, 3—5pm**

Welcome to the Infinite Joy.



Sri Aurobindo: An Indian Mystic Who Worked for Human Unity

- **Monday, 12 August, 4pm @ Savitri Bhavan.**
Duration: 49min.

Accompanied by insightful and interesting questions and reflections, the video encapsulates different phases and facets of Sri Aurobindo's inspiring life and unique teachings. Following a timetable, it shows how the Supreme Divine guides everything and everyone—its friends and enemies—and the phases of study and the phases of action, etc.

The video opens with the question 'Who is Sri Aurobindo?' and then proceeds to give information about his early life, his return to India, his political activities, and participation in the freedom struggle, his spiritual experiences in the Alipore Jail in Calcutta, and the speech he delivered in Uttarpara.

There is also the question, "What is Sri Aurobindo's teaching?" and three essentials are mentioned:

1. **Life Affirmation**—Spirituality can and should be brought into worldly life and enhances, enriches, and enables worldly life.

2. **Evolution**—understood as the unfolding expression of Divinity hidden in all creation. Since man has the urge and the capacity to evolve, he can collaborate with nature and thereby can accelerate evolution.

3. **The Vision of a Better World in the Near Future**—As man evolves human nature would change for the better. Instead of being ego-driven, human beings would become love-driven. More love in human lives would make the world a much better place.

In 1914 in Pondicherry, Sri Aurobindo met Paul Richard and Mirra Alfassa, and it was decided to bring out a monthly journal, the Arya, that would address the deeper questions of existence, look at the history of the world from a psycho-spiritual point of view and harmonize the different philosophical opinions.

From 1914-1920 Sri Aurobindo wrote series of articles and published them in the Arya, and from these articles later were formed: *The Essays on the Gita*, *The Secret of the Veda*, *The Synthesis of Yoga*, *The Life Divine*, *The Human Cycle*, *The Foundation of Indian Culture*, and *The Ideal of Human Unity*.

He gave everything that he touched a unique and timeless and spiritual orientation.

With the publication of the Arya Sri Aurobindo had provided all the theory, and the time had come for practice and a community. On the 24th of April 1920 Mirra Alfassa, Paul Richard, and Dorothy Hodgson came to Pondicherry from Japan. Mirra and Dorothy stayed back in Pondicherry and brought to the community the womanly touch of aesthetics and the Westerly touch of orderliness and consciousness.

On 24 November 1926, Sri Aurobindo went into seclusion for the inner work and handed over the charge of the community to Mirra Alfassa. The date is also known as the Foundation Day of Sri Aurobindo Ashram, Pondicherry.

The significance of the Ashram was that it became a laboratory to test Sri Aurobindo's thesis of bringing spirituality in worldly activities, and also to establish the principle that **All Life is Yoga**.

While in seclusion, Sri Aurobindo answered the letters of the sadhaks. Later on, they were published as *Letters on Yoga*. This became another source of psychological and spiritual wisdom. And he continued to work on his great poem *Savitri*.

One cannot help marveling at the Supreme Divine plan that brought these two great souls, Sri Aurobindo and The Mother, together for their great work. The Mother and Sri Aurobindo had the same spiritual Philosophy and Consciousness. It was a single consciousness in two bodies because one body could not have done what the two did.

And the Mother stated: *“What Sri Aurobindo represents in the world’s history is not a teaching, not even a revelation, it is a decisive action direct from the Supreme”*.

The questioning, reflective, and touching film by Tara Jauhar and Productive House: Creative Garage is an offering by Sri Aurobindo Ashram—Delhi Branch.

The [film is on YouTube](#).

Ganga Lakshmi, Margrit and Dhanalakshmi for Savitri Bhavan

THE MOTHER’S FLOWER GARDEN Remembrance of Sri Aurobindo

Opening: 15 August, 10am

@ The Mother’s Flower Garden (Near Solar Kitchen)

Program

- **15 August, 10am:** A talk by Alok Pandey, Remembrance of Sri Aurobindo
- **15 August, 11:30am:** A presentation of The Mother’s Flower Garden architecture and landscape by Neel and Supriti of Ovoid
- **17 August, 7am:** Chanting by Sanskritam Auroville
- **17 August, 9am:** A talk by Narad on flowers related to Sri Aurobindo
MFG Team, Jyoti, Naren, Poonam, Rabi & Satyakam



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

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



By Deepti Tewari

The Mother’s very last message to Auroville

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

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

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

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother’s very last message to Auroville:

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

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

27.03.1973

“Programme: Research through experience of the Supreme truth. A life divine. But no religions.” 02.05.1970

Monisha, BN Team



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of August 2024

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

8th & 22nd Thursday 6:30 - 7.30pm, reading
“The Mother’s Questions & Answers- Vol-7”
in English

15th, Thursday at 6:00 - 6:30pm,
Sri Aurobindo’s Birthday 1872, Meditation

19th, Monday at 6:30pm full moon, reciting
Sri Aurobindo’s Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in



SATSANGA
on Living Loving Truth

Welcome to a Satsanga on
Living Loving Truth

A collective learning space to integrate the wisdom from the Bhagavad Gita + Dhammapada in daily life.

4th August to 15th September

Details on: bit.ly/livinglovingtruth | devabhasha@auroville.org.in



“Truth alone can give to the world the power of receiving and manifesting the Divine Love.”

The Mother (CWM-15, pp. 189)

What is Truth? What is Love?

How can we live and grow together in loving truth?

To explore such questions deeply, we warmly invite you for an online Satsanga on Living Loving Truth from 4th August to 15th September. The Sanskrit word सत्संग/ Satsanga can have various interpretations, we refer to it in the context of “associating with Truth” or being in company of friends who are receptive to (Loving) Truth.

- More details are on: bit.ly/livinglovingtruth

Deven for Vidyamandir
and Samskritam Auroville Team

CHANTING
the entire Bhagavat Gita



श्रीमद्भगवद्गीता
Chanting the entire Bhagavad Gita

We invite all to come together with a harmonious collective aspiration and immerse in the Bhagavad Gita. We will chant all the 700 shlokas in Sanskrit. All are welcome to join anytime (whether for few minutes or entire duration) and chant together or simply listen and soak in the sacred vibrations.

Date: 18th August, 2024 (Sunday)

Time: 6:00 am to 9:30 am

Venue: Savitri Bhavan, Auroville

For details write to: devabhasha@auroville.org.in

With Sincerity and Gratitude,
Samskritam Auroville and Savitri Bhavan Team

Deven for Vidyamandir
and Samskritam Auroville Team

AMPHITHEATRE—MATRIMANDIR
Meditation at sunset with Savitri

Every Thursday 6—6:30pm (weather permitting)

After the summer time with our meditations with Sunil’s New Year Music, we restart the cycle of Savitri, Sri Aurobindo’s long mantric poem, read by Mother to Sunil’s incredible music. Enjoy the beautiful open space, in the very center of Auroville!



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and the time of the meditation. Thank you.

Surya, Velmurugan and Vinay

Education

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 (Gardening)
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, Bharat Naatiyam, Silambam, Upcycling and many more from 9:30am to 4:30pm 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](#) or scan QR code or call us 8608473385 WA

Volunteers are most welcome!

Selva for KCC



AUROVILLE LIBRARY

Opening Hours

Our timings are:

- **Mornings:** Monday—Saturday: 9am—12:30pm
- **Afternoons:**
 - Monday, Wednesday, Thursday, Friday & Saturday: 2—4.30pm
 - Tuesdays: 4—6:30pm

Laura for AV Library, 0413 2622894,
avlib@auroville.org.in

Reading Circle on Thursdays

When Things Fall Apart:
Heart Advice for Difficult Times by
Pema Chödrön

- Starts on Thursday, 8 August
Thursdays, 6—7pm @ Auroville
Library

Join us in reading this heart based
guide on how to deal with life's chal-
lenges.

- For details WA Helen on
7094753054 or
Serena on 8489760966



Helen & Serena

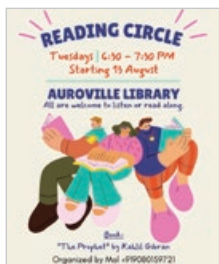
Reading Circle on Tuesdays

Book "The Prophet" By Kahlil Gibran

- 6:30—7:30pm, starting 13 August
All Are Welcome
To Listen Or Read Along.

Organized By Mal

- +919080159721



Mal

Books to give away at Auroville Library

- For 2 weeks, from 8—22 August

We'll be offering surplus Mother, Sri
Aurobindo, Disciples and Auroville-re-
lated books for free. Pass by during our
opening hours to see what's available.



Laura for Auroville Library

ILAINARKAL EDUCATION CENTRE

**Auroville Further Learning Programme
for All Age Groups**



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

3 months courses are available

0413 2623773, tamil@auroville.org.in

R. Meenakshi

BASIC PYTHON PROGRAMMING

Free for all

Every Tuesday, 10—11am
@ The Sprout Cafe

If you are interested in learning Python then let's meet at the Sprout Cafe every Tuesday at 10—11am



- If it rains then no class as laptops can get wet.
- To register please WA or call Pawan @ 90424 83649

PS: Please don't contact me regarding help with website development.
Pawan

Youth Initiative

**YOUTHLINK IS LOOKING FOR
Soft Skills Team people**

We at YouthLink, and more specifically the **Soft Skills Team** in YouthLink are looking for **facilitators, passionate people or anyone wanting to share their knowledge** to reach out to us and see how we can collaborate!

The Soft Skills Team in YouthLink focuses on the mind, emotions, feelings, communication and all skills that will help one navigate through life more smoothly. If you work or are passionate in an activity related with what we do and want to share with the community of Auroville and more specifically, Youth, please reach out to us through our email youth-link@auroville.org.in!



Looking forward to working and co creating together!

Madhu for the YouthLink team

MAKER SPACE

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

Join us for our Maker Space at Youth Centre Monday to Friday from 8:30am till 12:30pm. Registration required for booking and it's free!

Discover the endless possibilities of learning, creating, and innovating with wood, metal and more, in our collaborative Workspace.

What can you learn?

- Cutting Board/ Lamps/ Renovation of Furniture/ Metal & Woodwork/ Welding/ Arts & Crafts/ Jewellery/ Upcycling



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!



Lucrezia
for YouthLink team

21—29 September, 2024 in Auroville

Earth-Shastra is a 9-day immersive journey that will bring together 20 young changemakers from across India and 10 from Auroville, to slow down with a community of like-hearted people and make sense of the climate emergency and converging crises of our times. The focus is to develop the capacity to understand the global and climate crisis, and the humility to start with small actions. It also involves focus on personal transformation and nurturing a deep community over the 9-days and beyond. It is a leadership experience to orient one’s life path as a response towards greater harmony with oneself, others and nature. The immersive journey will involve nature connects, reflective circles, hands-on activities, content sessions and mentoring.

- This (8th) edition of Earth-Shastra by Youth Alliance (NGO based in Delhi) is being co-created with Flourish and YouthLink. This program can only accommodate a limited number of participants (max 30) due to its nature.
- Please make sure you can participate over the 9 days before signing up.
- **The last date to apply is 11th August!**

To learn more or apply, scan the QR code.

Gwjwn for YouthLink



**AUROVILLE
Youth Summit 2024**

Saturday, 17 August, 9:30am—4pm
@ Mukta’s house
(Our new working space), Aurodam

Join us in celebrating International Youth Day with the Auroville Youth Summit, a one-day event dedicated to sharing and discovering diverse perspectives and values among the youth of Auroville. The day will be filled with energizing activities and collective games, story-sharing sessions, value discussions, contemplations on Auroville and our lives, and a fun exercise: “If I was the president of Auroville, I would ... ” etc.

For this third edition of Youth Day, we are delighted to invite the youths to engage in various activities and enjoy a delicious lunch together. All youth who feel the call to connect, exchange ideas, and embody the power of change in Auroville are welcome to join us. Registration is required.

Gwjwn for YouthLink

Health Care

**CHILDBIRTH
preparation classes**

Childbirth preparation classes, including fathers, are offered throughout the year, at Hall of Light, Creativity community on Wednesdays. We received much appreciation for our childbirth classes, which help pregnant mothers, and their families understand pregnancy from a more holistic perspective. Each week, we have different themes and concepts. You’re welcome to join us for a consultation and then enroll in classes.



- 5—6pm, **movement classes** like yoga, dance, breath work, etc
 - 6—7pm, **theory** on various aspects of pregnancy
- Like to join the classes?

- [Join our WA group here](#) or send message to Bala +91 9892699804 to add you in the group

All classes are drop in/ out, if you are few minutes late or need to leave early we understand.

Morning Star is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, integrative child birth and women’s wellness care in Auroville.

Our goal is to bring respectful maternity care to all.

- **If you’d like to know more** about our work email us morningstar@auroville.org.in
- and **general administrative queries** to Bala + 91 9892699804 WA only.

Submitted by Bala



Santé

August 2024

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Senthil: Monday to Friday	Nurse Care: Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: TOS
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage: with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Bio-Well Assessment (Evaluation of your well-being) with Helena: TOS	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>

AYURVEDA CLASSES RESUME

Every Monday, from 12 August til end of September

We will learn how this Science of life can be directly applied on a daily basis to understand oneself and others' health, to understand imbalances/diseases and what Ayurveda recommends to rebalance body and mind, also to gain knowledge on the medicinal plants that grow in our surroundings useful to sustain our health all through the year. Learn how the food, emotions, relations, environment, climate, seasons, season of life (from childhood to seniorhood) can influence the state of well-being in the physical, vital and mental.



- Ayurveda classes will be held in Santé:
- Every Monday:
 - 2pm, beginners:** basic principles, daily routine, routine through the seasons
 - 3:15pm, advanced:** reading of Ashtanga Hridaya Volume 1, one of the 3 main ancestral textbooks of Ayurveda that gives the basics of Ayurveda in Sanskrit with translation in English
- Classes will run until end of September 2024
- If you are interested please send me WA message +919489505691.

With much love and happiness to share this profound knowledge.
Be @ Santé Clinic

FREE DELIVERY

provided by Pharmacy of Auroville Health Centre

The Pharmacy can provide free delivery by Dropzy for Aurovilians, Newcomers and Auroville guests staying in Auroville guest houses.



- The order should be sent to the following email: pharmacyauroville@auroville.org.in

There are 4 ways to make an order by email:

- Medicines sold without prescription and other items:** only the name of the medicines or items
 - Medicines prescribed by doctor:** photo of the prescription by email
 - If the paper prescription is required we will inform you by email. The delivery agent will come first to your place to take the prescription.
 - If the prescription is to be refunded by the Health Fund, we can also put it with the pharmacy bill in the Health Fund box at the Health Center reception. For that you need to write in your email that you require a refund from the HF, and take a photo of the prescription with your mobile before you give it to the delivery agent.
- You have to mention the mode of payment:** account, cash or UPI. You need to send your name, your address, your mobile phone number.

Lili and Dr Uma

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 Janmejaya at 8249335483.

Monisha, Bharat Nivas Team

International

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

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

LA VITA DIVINA

Cari amici e care amiche d'Italia, nonostante la Auroville Radio stia attraversando un periodo di difficoltà e non riesca ad andare avanti con le pubblicazioni dei podcast, voglio rassicurarvi sulla possibilità di poter continuare ad usufruire dell'ascolto de La Vita Divina di Sri Aurobindo. La sua lettura viene postata regolarmente sul canale



- YouTube di Gate Of Dreams Italia. Lo potrete trovare clickando su: <https://www.youtube.com/@gateofdreamsitalia8047>

Dear Italian friends, although Auroville Radio is going through a difficult period and is currently unable to continue publishing podcasts, I want to reassure you that you can still enjoy listening to Sri Aurobindo's The Life Divine in Italian. The reading is posted regularly on the Gate of Dreams Italia YouTube channel.

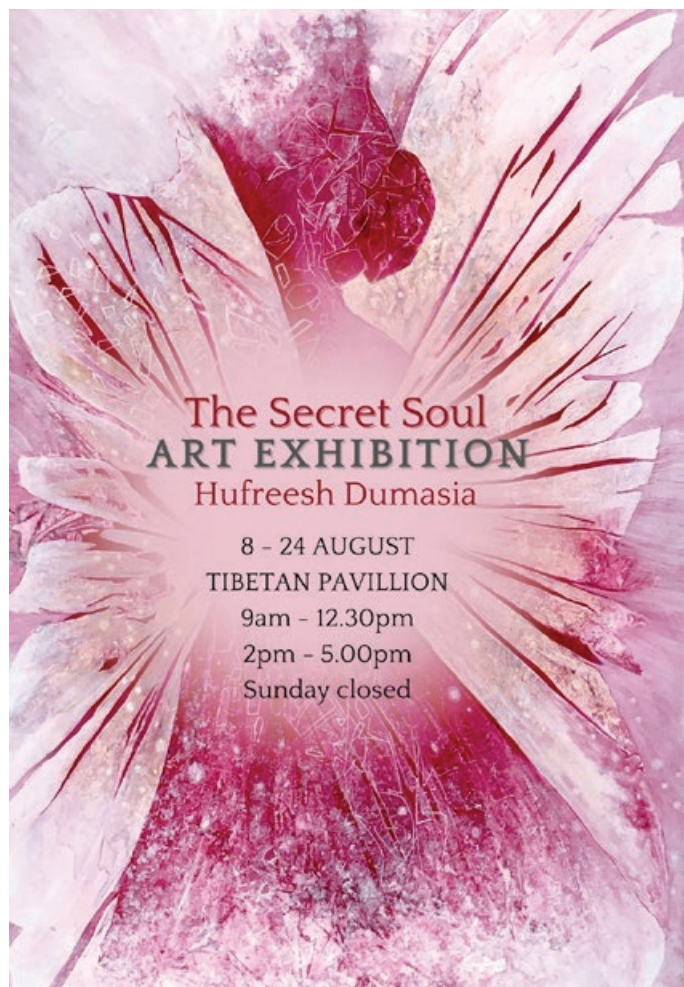
- Find it by clicking on: <https://www.youtube.com/@gateofdreamsitalia8047>

Francesca

Theatre, Music & Arts

**ART EXHIBITION: THE SECRET SOUL
by Hufreesh Dumasia**

8—24 August, 9am—12:30pm & 2—5pm
@ Tibetan Pavilion, Sunday closed



Hufreesh



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

Live Portraits by M Siva Prakash

Bharat Nivas

Presents
Live portraits

By
M Siva Prakash
Caricature Artist

Immerse yourself in the whimsical world of Siva Prakash, renowned caricature artist. Witness live portraits that capture the essence and charm of every subject with a touch of artistry and humor.



09:00 am - 04:30 pm
From 01st August 2024
Venue:
Kala Kendra,
Bharat Nivas, Auroville



Scan for Location

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

The Spiritual Energy: Experience Art, Embrace Spirit

BHARAT NIVAS
भारत निवास पावillon
The Pavilion of India, Auroville

Bharat Nivas
Presents
The Spiritual Energy
Experience Art, Embrace Spirit
By
Mr. V. Vasandan Virappan
National Artist

Join us for the inauguration of 'The Spiritual Energy' painting exhibition. Discover the divine essence captured on canvas, unveiling a journey of spiritual exploration.
03:00 pm
Sunday, 18th August 2024

Open from 18th - 31st August 2024
Timing : 09:00 am - 04:30 pm
Venue:
Kala Kendra,
Bharat Nivas, Auroville
All are Welcome..

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

Scan for Location

Shadow Puppet Show



By
The Unicorn Collective
Auroville

Show on Stories told by Mother performance at
Kala Kendra for Visitors and Aurovillians.

"It's an effort to do sadhana on mother's stories"



Inauguration : 09th August 2024

Start from 10th August 2024

Timing :

10:00 am to 10:30 am

11:00 am to 11:30 am

12:00 pm to 12:30 pm

02:00 pm to 2:30 pm

03:00 pm to 3:30 pm

Venue:

Kala Kendra,
Bharat Nivas, Auroville



Scan for Location

The Nature's Life Journey

Painting & Photography Show by R.Rajendran

A Tribute to Late Manoj Kumar Dikshit (18 December 1974 - 16 July 2024)

Artist , Alumunus of Sri Aurobindo International Centre of Education (SAICE), Pondicherry.



Open from 04th - 17th August 2024

Timing : 09:00 am - 04:30 pm

Venue:

Kala Kendra,
Bharat Nivas, Auroville

Conceptualised By
Janmejey Mohanty (Aurovillian)



Scan for Location

Krishnaarpanam

By

Kalai Ilananmani J. Bharathi Arvind
Kalai Ilananmani J. Sankari Muruganantham

Sri Sarada Kalamandir Music , Dance School

Join us for a captivating performance that celebrates the grace
and devotion dedicated to Lord Krishna.



07:00 pm

Saturday, 10th August 2024

Venue:

SAWCHU,
Bharat Nivas, Auroville



Scan for Location

Carnatic Flute Recital

By J.A.Jayant



Mridangam

K.Swaminathan

Kanjira

S. Sunil kumar

bookmyshow



SCAN FOR BOOKING

07:00 pm

14th August 2024

Venue:

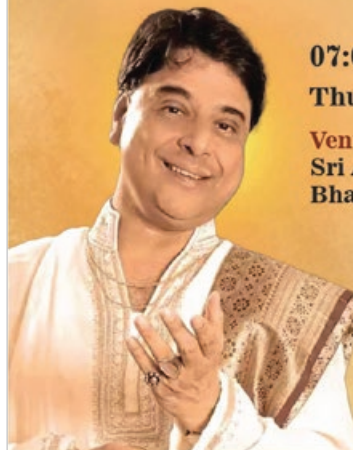
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

A Grand Vocal Concert

By

Kalaimamani Dr. O S Arun

Experience the magic of a grand vocal concert,
Join us this Independence Day for a soulful musical evening.
Celebrate with devotional tunes that uplift the spirit.



07:00 pm

Thursday, 15th August 2024

Venue:

Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

bookmyshow



Scan for Ticket

Natya Pradarshanam

A Solo Bharathanatyam recital

By

Kalaimamani Dr. Krithiga Ravichandran

Join us for a mesmerizing solo Bharathanatyam
recital, showcasing the grace and elegance of
classical Indian dance. Don't miss this
enchanting cultural experience!

07:00 pm

Saturday, 17th August 2024

Venue:

Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

bookmyshow



Scan for Ticket

Curated by
Lalit Verma



Multiple Activities



BHARAT NIVAS
 भारत निवास பாரத நிவாஸ்
 The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

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

EXHIBITIONS - MONDAY TO SUNDAY

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

Enquiry Contact: Krishna at +91 97878 80211

Dance Activities



AUROVILLE TANGO
 New batch starts the first week of each month

MON 19:00 Introduction to Tango 20:00 Opensource	WED 19:30 Guided Practica 20:00 Practilonga
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Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- Monday
 - 7pm—Introduction to Tango, 8pm—Open Source
 - Wednesday
 - 7:30pm—Guided Practica, 8pm—Long Practice
- No partner required. Bring socks or dance shoes.
 And plenty of joy!

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

DANCE CLASSES BY MANI

Salsa Dance Class



SALSA DANCE CLASS

Choose your Dance

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

Register Now
 +91 86376 33696

Bakisata_dance

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

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

Tango Dance



TANGO DANCE

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

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

Auroville, cripa

CONTACT US BY
 +91 86376 33696
 Bakisata_dance

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm
 @ CRIPA Small Hall

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

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



A CALL TO CO-CREATE MULTIDISCIPLINARY IMPROVISATION LAB
 THROUGH DANCE, MOVE, VISUAL ARTS, POETRY, SPOKEN WORD, THEATER, AND MUSIC

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

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

Discover the boundless potential of collaborative improvisation
 Submitted by Krishna



New Creation Dance Studio
 Sweatout & Smile
ZUMBA
 Every Mondays!

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

BALLET DANCE CLASSES WITH FLEUR

@ New Creation Dance Studio



In a playful and attentive approach, each course is designed to allow children to experiment ballet movements, space and creativity.

We have batches for children from 3½ to 14 years old.

- **Dance initiation**
 - Age 4 to 5, every Monday, 2:30—3:30pm
 - **Classical ballet level 1**
 - Age 6 to 7, every Monday, 3:45—4:45pm
 - **Classical ballet levels 2 & 3**
 - Age 8 to 10: Every Saturday, 9:15—10:30am
 - Age above 10: Every Saturday, 10:30am—12pm
- Fleur, 9600225764**

Music & Art Activities

SVARAM
SOUND EXPERIENCE

SOUND JOURNEY

We are back for our 2024-2025 Season!

Every Wednesday from August
5:30 - 6:30 pm
Unity Pavilion, Auroville

In the meantime, we continue to offer our personalised Sound Experiences. Please scan the QR Code below for details

In the meantime, we continue to offer our personalized Sound Experiences. Please scan the QR Code for details.

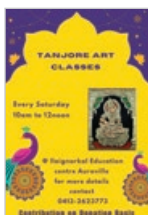
Zech for SVARAM studio

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 as 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

CREATIVE WRITING

Writing from Within is a session to learn how to use the writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves and also the spontaneous resources we harbor inside to overcome obstacles and evolve.



Moreover, many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more.

Duration of the session: 1h30min.

- For Info and to book your session, write at ijustwannawrite.email@gmail.com

If you want to know more about me, check my blog:

<https://ijustwannawrite.com>

Let's keep up with the good writing!

Francesca

FREEDOM OF THE BODY: DIALOGUE WITH THE CELLS

Thanks to the vision
of The Mother and Sri Aurobindo

23, 24, 25 August, 9am—1pm

@ Harmony Hall, Bharat Nivas. Please come at 8:45am

An experiential immersive workshop designed and guided by Philippe Pelen and Thierry Moucazambo from Surya Performance Lab.

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

This workshop is open to all: Aurovilians, newcomers, volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who have attended previous workshops and want to experience deeper inner practice. Each workshop offers a different experience.

The theme of this workshop is joy, Ananda in the cells.

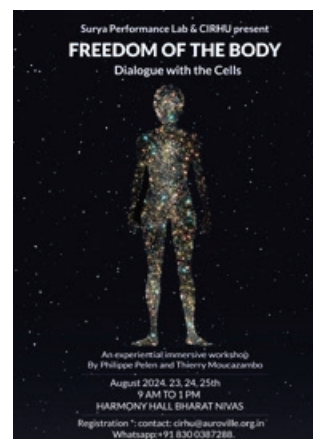
- **Contribution:**
Aurovilians, Newcomers, Volunteers: Rs. 1500
Guests: Rs. 5000
- **Contact, registration:** cirhu@auroville.org.in, +91 8300387288 WA, Bianca.
- **Registration is mandatory.**

"...All the cells of the body were athirst for that Light which wants to manifest". The Mother

For better integration and understanding, it is essential to follow the 3 days of immersive, experiential event.

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

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



Philippe Pelen and Thierry Moucazambo

They are dancers, performers, choreographers, directors and energy healers from Réunion Island, a multicultural French island in the Indian Ocean, where they founded the Talipot theatre.

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

Their exploration of the actor-dancer’s body has organically evolved into a transformative energy healing. They teach their method in different universities around the world, in different spiritual and artistic groups.

They have also lectured at UNESCO, created and directed 34 shows and performed in 83 countries with artists from all over the world.

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

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

*Philippe and Thierry
for Surya Performance Lab, 8903869078*

EXPLORE WaterColor Techniques

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

Submitted by Arun



Sports & Martial Arts

JOIN US FOR THE SPIRIT OF OLYMPICS EVENT!



16 August, 2—5pm @ Dehashakti Sports Ground

A wonderful opportunity for the community to come together! This event will host:

- An exhibition of Auroville students’ creations based on various topics related to the Olympic symbols, games and athletes. Our students, right from kindergarten to high school, have made drawings, paintings, essays and written poetry. Come and encourage the little ones!
- The second exhibition is an offering from Devashish Dada and his students from the Ashram school who have created informative and creative posters on the facts of Olympics with special emphasis on the Paris Olympics.
- We will screen some memorable moments from the Olympic games.
- And lastly, we have organized many games for you to participate in and celebrate the true spirit of sports.

Bring your enthusiasm and energy as we celebrate the values of friendship, respect, and excellence. Let’s make this a memorable event for all!

*Nilima, on behalf of
Dehashakti and AVPEB teams together*

TAI CHI HALL IN SHARNGA PRESENTS The Art Of Chi—Stevanovitch’s method



Tai Chi Chuan Intensive

- 5 to 24 August, Monday to Saturday, 7:30—10:30am
- **Beginners: Chi and Tai Chi basics**

Three weeks, three steps through the discovery of the Chi work and the full 24-posture form.

Lead by Krishna, the work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one’s body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity.

- **For information and booking**, contact Krishna at 0413-2623187, taichi@auroville.org.in taichi.auroville.org, www.artduchi.com

Krishna

AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter.



Adult classes

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

Children/ young students

- **Monday, Wednesday and Friday from 4 to 5pm**
- for the time being no Saturday 9 to 10am class are offered.

Contact for more info and registration

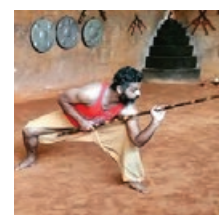
- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan
- 83001 89062, Surya, no WA

*Cristo, Rita, Surya, and Philippe
for Auroville Aikido*

KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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



*Where Body Becomes Eyes,
Maneesh For Kalari Team*

ABHAYA MARTIAL ARTS

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/Grapppling 5:30pm, coach Giacomo
- **Wednesday:** MMA/Grapppling 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 sportswear and no jewelry. Stay home if you are sick or if you have open wounds.
 Giacomo

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All are welcome!

Satyakam

ULTIMATE FRISBEE

Congratulations to our Ultimate Frisbee teams!

Ultimate Frisbee
Auroville Women's Team
 no prior experience needed!

Beginner's Workshop
 Sunday August 11th
 4:00-6:00 pm
 Gaia Field

Regular Sessions
 Every Wed, Sat
 4:30-6:30pm
 Gaia Field

Excited to share some great news about our Ultimate Frisbee teams who recently competed in the Sakkath 2024 tournament held in Coimbatore. Both teams returned bearing medals!

The Auroville Women's Team (Crash) returned with a gold medal in Spirit and placed third overall. In Ultimate Frisbee, which is a non-refereed sport, Spirit and Sportsmanship play a vital role, and most tournaments in India recognise this with a separate Spirit award.

The Auroville Opens Team (Teen Tornados) placed second, beating out 29 other teams to clinch the silver medal. Thank you to all the players, coaches, and supporters!

Note: The Auroville Women's team has regular practices

- **Wednesday, Saturday, 4:30—6:30pm @ Gaia Field**
- Sessions are open to anyone who would like to try their hand at the sport.

Uttara for Ultimate Frisbee
 Auroville Women's Team

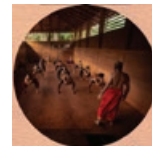
BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

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 2622253

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

Submitted by Beber

SWIMMING CLASS by Mani

Swimming class
 Swim to Serenity: Waves of Strength!

Watersport_mani
Book Now
 +91 86376 33696

20% Swimming class only

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

Package swimming class

Submitted by Mani

Nature Activities

FOOD FOREST TOUR & Mini Raw Food Workshop

FOOD FOREST TOUR

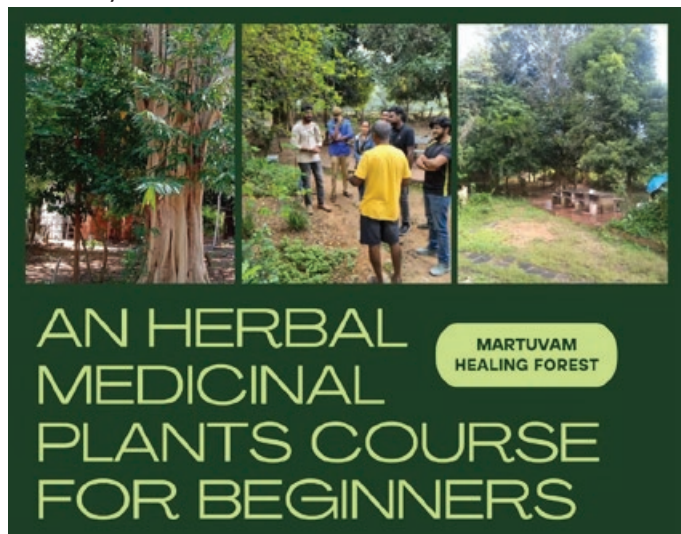
I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options. This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious **VEGAN ICE CREAMS** and more... **EVERY SUNDAY from 9:30 to 11:30 at La Ferme Community (5min from AV Bakery)** for groups of min 5 people it can happen any day of the week. Sign up and infos whats app Sarah 9047421044 myfoodforestgarden@gmail.com myfoodforestinfo.wordpress.com www.youtube.com/myfoodforest

Submitted by Sarah

HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

Monday—Friday, 9—11:30am

Discover 35 medicinal plants and their health benefits to support your health and well-being. No prior experience is 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

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](#) for more updates and glimpses of farm life! **Juan**

Bioregion Activities

AUROVILLE BAMBOO CENTRE

August Program 2024

Tours

- **Bamboo Centre Campus Tour:** Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo curated into an educational tour with bamboo tea and refreshments.
 - 11am—12:30pm, 2:30—4:30pm
 - Every day except Sunday
 - Registration one day in advance.



- **Auroville Bamboo Tour with Special Bamboo Lunch:** 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.
 - 11:30am—12:30pm, every Saturday
 - **Note:** People are requested to manage their own transport & Contribution for the tour is mandatory.

Training and workshop

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

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

Daily Make and Take Hands-On Workshop Experiences

- **One-Day, Make and Take Workshops**
 - 9am—12:30pm, 1:30—5pm
 - Every day except Sunday
 - Registration one day in advance.



- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then **Make and Take** the furniture piece back home. This unique workshop will take place under the guidance of an expert.

- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.
- **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, August 2024

Bamboo Products & Interior Design Workshop, Intermediate Course



- 22—24 August

This workshop focuses on small scale products and interiors made from bamboo and wood combination for example chairs, tables, shelves, lamps, etc

Bamboo Joineries, Beginner Course

- 30—31 August



The Bamboo Joineries workshop is a two day immersive learning experience that offers the opportunity to learn the fundamentals of bamboo joineries, while engaging in a unique self-inquiry in the company of an international team of mentors.

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/>

Mani

MOHANAM PROGRAM

August 2024

Mohanam Auroville Campus

2min from Vérité,

6min from Matrimandir,

8min from Visitor's Center

Experience, Explore, Energise



Contact: preferred mohanamprogram@auroville.org.in

Call: 8300949079, 04132190757, 04132622667

Tours inside Auroville

Auroville Northwest tour

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

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. It 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

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, herbal tea.

- 10am—4pm, every day, except Sundays

For both tours, 1 day advance booking is necessary.

Make & Take workshops at Mohanam Campus

- 10am—4pm, every day except Sundays

Join and experience the learning aspect of engaging in the art and craft workshops. Manifest your inner self through various materials and form using creative technique.

- Pottery making _____ 1hrs
- Kolam mandala painting __ 2hrs
- Coconut shell craft _____ 3hrs
- Incense making _____ 1,5hrs
- Lampshade making _____ 3hrs
- Paper marbling _____ 1hrs
- Candle making _____ 1,5hrs
- Soap making _____ 2hrs or 1 day

For all the above 1 day advance booking is necessary.

Classes at Mohanam Campus

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

August month events @ Mohanam Campus

Event	Day	Time	Pre-booking required
Indo-African Drum Circle with Dosa Night	Every Thursday, 8, 16, 22, 29 August	5:30—6:30pm	
Gametime	Every Friday, 9, 16, 23, 30 August	5:30—7:00pm	
Seed Symphony—Aadi Perukku	3 August	10:30am—12:30pm	
Herbal chai with Dr. Loganathan	Every Saturday, 10, 17, 24, 31 August	4—6:30pm	
Tamil Chanting with Mr. Anandou	Every Saturday, 10, 17, 24, 31 August	5:30—6:30pm	
Nila Soru—Moonlight Dinner	19 August	6:30—8:30pm	

For more information and registration for all the above August events:

Contact: preferred mohanamprogram@auroville.org.in

Call: 8300949079, 04132190757, 04132622667

Timing: 10am—4pm, Monday to Saturday

Volunteers Invitation

Join the Mohanam Team—Make a lasting impact!

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis!

- We're looking for individuals with skills in:
 - Facilitation and training
 - Written Documentation and Filing
 - Administration
 - Accounting
 - Teaching kindergarten children
 - WordPress Website Management
 - Newsletter Creation
 - Film Making
 - Canva Designing
 - Digital Marketing and Promotion
 - Physical Marketing and Promotion
 - Fundraising and Grant Writing
 - Program Coordination
 - Kitchen Management
 - Campus Logistics and Maintenance
 - Team building and leadership
 - Content Writing—blogs, social media posts, program descriptions, etc.
 - Social media handling—Instagram, Facebook, YouTube and LinkedIn
- **Volunteering Duration**
 - Short term volunteers—Minimum 3 months
 - Long term volunteers—Minimum 6-12 months
- **Language you must know:** English
 - Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/events.

Do you share our passion for empowering village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

- **Benefits of Volunteering with Mohanam:** Be part of a

meaningful cause, help fulfil Mother's vision of bridging Auroville and villagers, gain valuable experience and develop new skills, work in a supportive and collaborative environment, campus lunch and beverages



- **Ready to join us?** [Submit your application through this link](#) or scan the qr code and submit your application.

Let's build a brighter future together!

Upcoming at Mohanam

Mohanam Café coming soon... We welcome your suggestions related with food and cafe timings at mohanamprogram@auroville.org.in

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: mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667

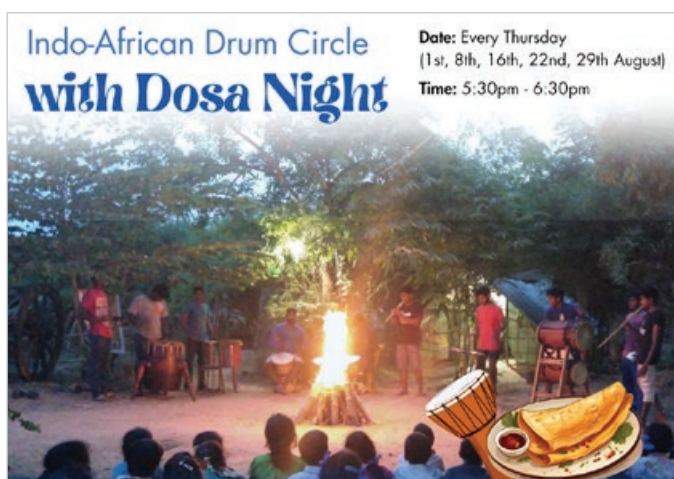
Auroville Bioregion Experience with Mohanam Team

Soul of Soil: opening the gateway to the village program for August, conscious and cultural tour, Auroville bio-region hub for art, craft and culture to bridge and promote local Tamil culture: touch, ride, feel, taste, hear, discover, experience

- 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 mohanamprogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- **10am—4pm, every day except Sunday** **Balu**





EGAI means GIVING takes its inspiration from the coconut tree whose entire being contributes to the betterment of its eco-system.



Youth Programs



Products



Workshops



Service and Learning

Mobile : + 91 9791896488/Email: egai@auroville.org.in
www.egai.co.in

+91 9791896488, egai@auroville.org.in






Visit our store at Auromode for products and workshops
egai@auroville.org.in / +91 9791896488

TOUR TO THIRUVANMALLAI



Again, starting a tour to Thiruvananthapuram, every Tuesday. Leaving at 6 or 6:30am from Visitors Center back at 6:30pm. To register: 9090819998 WA. Arabinda




Township Tour



Bioregion Tour



Fireside Drumming



Cycle Tour



Pottery Workshop



Cooking Class

+91 9159468946, enlight@auroville.org.in Anand

**EARTH INSTITUTE
On-Campus Training Course**

SEPTEMBER ON-CAMPUS

Training Courses

CSEB Intensive : 09th Sep - 14th Sep
AVD Intensive : 16th Sep - 21st Sep



**AUROVILLE
EARTH INSTITUTE**

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

Register now & join the clan!

- **Contact:** +91 9159225078/ 0413 2623330/ 2623064
- Registrations are open: <https://registration.earth-auroville.com/>

T. Ayyappan, Co-Director

Craft Activities

WELLNESS WOODCRAFT:

Carpentry & Wooden Craft Workshops





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


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

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



SPOON CARVING WORKSHOP
BEGINNER LEVEL
 Basics of wood & tools
 Marking & cutting
 Shaping with hand tools
 Sanding & finishing
 Age: 15+
2 Days Make & Take workshop
WELLNESS WOODCRAFT AUROVILLE
 Every Wed & Thu
 DM to Book spots: 9952589649
 wellnesswoodcraft@auroville.org.in

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



WOOD JOINERY
BEGINNER LEVEL
 Mortise & Tenon
 Half-laps
 Bridle Joints
 Hand & Power tools

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

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

- **Advance booking is necessary:**
wellnesswoodcraft@auroville.org.in, +91 9952589649 WA
 Anand

PAPER CRAFT WORKSHOP

@ Wellpaper, Auroville

10am—4pm, every day except Sunday

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



- Contact Zeevic, +91 9385744722, 0413 2969722
 Zeevic

Available

Office Spaces Available: Aurelec

A well protected 47sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco) and canteen facilities.



Conveniently located office room (around 50 sqm.) inside Aurelec premises will be available from 1 August 2024, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

- Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/2622294 or e-mail adps@auroville.org.in

Siva for ADPS Trust

Office Space Available: Auromode

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



Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or pandian@auroville.org.in

Pandian

Long Term House Sitting Available

Long term house sitting for Aurovilians or Newcomers with contract through Housing Service. House is located in the center of Auroville. Two bedrooms, kitchen with dining space, living room, bathroom with big front and back terrace.

- Available from 18 August 2024. No pets.
- Contact through WA with some information about yourself: 9443535087

Aurora

MacBook Pro Available

Hello. Mid 2010 MacBook Pro Available. 512G storage /4G RAM. Includes Photoshop (2018), Illustrator (2019), Abelton Live 10. Minor cosmetic damage but doesn't affect performance. Perfect for basic design/music work. With original charger + a compatible charger. Price 22,000INR



Telegram/ WA: +91 6230832547,
 Manou

Glass Bead Curtain

Bijou classic deco curtain blue, green and white pattern 185cm length/ 85cm width available against contribution.

9655534514 WA, Isha

Isha



Household Items Available

- Split Air-Conditioner 2 Tonne capacity,
- Flatscreen television Sony brand 32" size,
- TataSky dish tv connection with equipment,
- Home inverter with battery,
- Aquaguard water purifier RO+UV model

Available immediately. Please contact 9488830338 for details. Manu

Looking For

Looking for Housekeeping Work

Devi is looking for Housekeeping work. She is from Bom-mayapalayam. **Skills:** she is an experienced cook, taking care of the house, kids, pets and garden.

She's happy to work part-time or full-time or any weekday. If interested please call me +91 9585161245, 790420690

Giri Thirumala

Seeking Housing Sitting (Kanchan)

I am Kanchan Avchare, a new volunteer in Auroville. I am living here in a guest house with my 4 year old son. I am looking forward to house sitting. I have no pets and I don't mind pets. I am someone who will keep the space organized and lively. I need a house for at least two months and can extend until March, 2025 if available.

9207209987 Phone, WA, Kanchan

Seeking Housing Sitting (Pranathi)

My name is Pranathi. I've been in Auroville for the last 4 years (in my newcomer process) and I have housesat 9 houses in this duration. I would like to earnestly request the community to connect me with any long term House Sitting opportunities from 11 August (minimum 6 months to one year) with kitchen and bathroom attached, safe and economical for a young female. I would gladly send the reference letters/ testimonials from my previous stewards as well. +91 9446762034 WA, +91 7845052034 Phone, pranathi@ecofemme.org Pranathi

Help Needed

THAMARAI LEARNING CENTRE

Needs Sports Equipment



Dear community, do you have any weights/ dumbbells, kettle bells, medicine/ strength balls, resistance bands, punching bags and or gloves etc that you are not using?

We could really make great use of these at the **Thamarai Learning Centre!**

To support our wellbeing activities with the children in our after-school and weekend programs, as well as for health programs with local youth and adults:

- Please contact us: thamarai@auroville.org.in or +91 9566936746 WA
- Or maybe you would like to donate for us to directly purchase this needed equipment? If so, we welcome with gratitude any contribution to FS account number: 251633

Carla, for the Thamarai Team

SUPPORT THE PUBLIC TRANSPORT IN AUROVILLE

Dear All, Accessible Auroville Public Bus service started in 2016 with help of an Italian donor, who contributed to purchase a public bus to Auroville, with the specific aim of creating a means of transportation for differently-abled individuals.



Since 2016, we have received good support from Aurovilians and Guests until the Covid pandemic started. The service was meant to be self-sustained by collecting contributions from the bus users to cover the running expenditure. We were supported by AVI Canada and well-wishers from Auroville to cover the yearly maintenance like Insurance, Fitness Certificate, Yearly Maintenance of the vehicle etc.

Since Covid-19, the users of the bus have reduced and it became hard to cover the running cost of the bus. Therefore, we often requested help from the community to support. We tried various options to increase the use of the bus but no real progress. Only during the season, the bus is filled with people. This shows that most Aurovilians are willing to use their individual vehicles to visit Pondicherry instead of using the public transport.

We do not get any financial support from BCC for our monthly running cost or yearly maintenance. We tried a few times to get support from BCC to encourage public transport in Auroville so as to avoid the steady increase of individual transport, taxis etc. It has not been accepted since 2016.

Therefore, we invite Aurovilians, Newcomers, Volunteers and Unit workers from Pondicherry to use this service to support the public transport in Auroville. The Service is provided from Monday to Saturday with 3 trips in a day between Auroville—Pondicherry—Auroville. While increasing the number of users, the service will be able to continue on its own without any financial crisis. So far, the service could function because financial gaps were generously covered by advance given by Auroville Vehicle Service & Aurocabs Taxi Service. But it can't continue as of now. Recently Aurocabs contributed new seats for the bus (which are yet to be fixed).

Financially, the bus service is in a bad debt of around 1.4 Lakhs (April—July 2024) as of now and the expense for the yearly maintenance of the vehicle is coming ahead in end of September, which will need around Rs.1,06,500 towards Fitness Certificate, Vehicle Painting, renewal of Insurance, replacement of tyres and other mechanical works.

Once again, we are seeking donations to keep the service going on.

We request you to donate in our account no: 251675/ AV Accessible Bus.

Details of works to be done in end of September 2024:

- Re-Painting of Bus: Rs. 15,000
- Tinkering work: Rs. 13,000 (Body + flooring rear door)
- Tyres Replacement: Rs. 23,500 (2 Tyres)
- New seat fitments: Rs. 9,000 (14 seats)
- Renewal of Insurance: Rs. 30,500 (2024—2025)
- Mechanical works: Rs. 9,000
- Fitness Certificate: Rs. 6,500

Total: Rs.1,06,500

Let us join together to reduce the carbon footprint and the traffic around us. By supporting public transport, you could have a safe journey, reduce the carbon footprint and save money.

Raju, for Accessible Auroville Public Bus, Auroville

FUNDRAISING FOR AN INTERNSHIP



Dear fellow Aurovilians and friends, my name is Ajith, a young Aurovilian and the elder son of Logu (Loganathan), who runs the Mahasaraswathi store in Aspiration, and Manimegalai, who works at Solar Kitchen. Both my parents are long-term Aurovilians. Born and raised in Auroville, I earned a bachelor's degree in civil engineering and developed a strong interest in sustainable design and alternative

construction, influenced by various pioneers and Aurovilians in the field. Currently, I work with Pitchandikulam Forest on streamlining interpretation centre designs across Tamil Nadu. I am writing to seek partial support for pursuing higher studies in Canada, where I was accepted in November 2023, with courses starting in January 2025.

My journey began during my college days with an internship at Dustudio and hands-on workshops at the Auroville Earth Institute, where I learnt the basics of architectural design and earthen construction techniques. After my degree, I deepened my knowledge by volunteering at Sacred Groves as an intern engineer, further expanding and applying my learning to projects with natural materials like earth and lime, just before COVID-19. I then joined Matrimandir for a year, overseeing the excavation of the lake test pond and the open water channel, watershed management and tree transplantation works, and some of the gardens. This role not only helped me get closer to the spirit of self and work in Auroville but also provided valuable experience in managing and overseeing critical infrastructure projects in a well-coordinated manner.

My career path led me to Bangalore, where I worked with Wright Inspires, an architectural firm specializing in eco-responsive building techniques, for almost two years. This role broadened my perspective on sustainable construction, from design to execution. I contributed to systems for better stakeholder collaboration, increased efficiency, and improved team functionality, highlighting the importance of efficient management in enhancing creative design practices. This experience inspired me to pursue a postgraduate diploma in management studies in a global context.

Driven by the desire to expand my management skills and knowledge, I was accepted in November 2023 into Conestoga College, Ontario, Canada, for a postgraduate diploma in Management and Leadership Development. This program offers a significant opportunity to advance my understanding of managing sustainable construction practices. My goal is to return to Auroville with a better grasp of real-time management and construction practices, making meaningful contributions in this field.

To support this important step in my career, I am seeking partial financial assistance to cover the following expenses:

- Visa fees: Rs. 45,000 (all included)
- Flight expense: Rs. 1,00,000
- Food, accommodation, and living expenses for the first three months: Rs. 3,00,000

Given the community's recent challenges, I have opted for an educational loan to cover tuition fees but require additional support for other expenses. Any assistance, whether through donations or interest-free loans, would be greatly appreciated. Contributions can be made to Financial Service account 252058—Ajith Studies.

If you are able to offer help or need more information, please contact me at +91 9585207637 or via email at auroajith@gmail.com or ajith@auroville.org.in. I would be really happy to share more about my plans and journey.

*With gratitude and joy,
Ajith*

SUPPORT FOR GIUSEPPE

We are in need of financial support to continue to pay for the people that give their time and energy to look after Giuseppe. The food costs are also above what is received from Auroville. Any smaller or bigger contribution is most welcome.

- For contributions you may use FS ac.102518 (Giuseppe).
- For additional information, contact +91 9489601312, call or WA **Shivaya and Enrica**

Lost & Found

A Little Cotton Bag Found

I meant to post this message earlier, but as a good procrastinator it's a miracle that I'm writing it now. A few days ago I found on the road a little cotton bag containing some girly stuff. If you can describe the content of the bag in detail, then it is yours: gino@auroville.org.in, 9047097812, only WA or text messages please, I won't answer calls. **Gino**

Work Opportunities

BHARAT NIVAS

Looking For Office Assistance Full Time

This is to inform you that we are looking for office assistance full time. Basically the job will be to follow the communications, looking after the bookings of different venues, entire responsibility of communications, co-ordinations of events etc.

- **Note:** Experience of computer knowledge along with full experience of speaking and writing English is a must.

**Janmejaya Mohanty, Bharat Nivas Trustee,
8249335483**

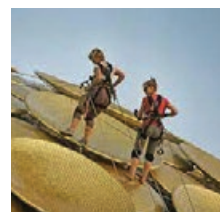
MATRIMANDIR DISK CLEANING TEAM

Is Looking for New Members

Type of job: industrial climbing. It is hard and dirty physical work, much cleaning and not so much climbing.

We provide education for the new people, we use Petzl equipment and guarantee total security.

- **We start the series of workshops on 12 August, 3pm.**
- **Those who want to try please contact Julie +91 82484 88732**



Julie

ECO FEMME IS LOOKING FOR

an International Sales Coordinator!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member. **Skills and experience required:**



- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity.
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam.

Starting date: Immediate

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

Honorary Voluntary

**INTEGRAL MATHEMATICS SESSIONS
looking for an Assistant**

Integral Mathematics Sessions for children is looking for kind, understanding, helping hands of integral Educators to assist during math sessions.



Requirements

Open mindset, must understand and practice Integral yoga by The Mother and Sri Aurobindo. Doesn't believe in teaching. A living joyful Being. Understanding Mathematics is an added advantage.

Working Hours:

- Wednesday, 4:30—6pm
- Thursday, from 2—5:30pm
- Friday, 2:45—3:45pm

Please write back to snehal_nc@auroville.org.in with your intentions (why you want to join), thoughts, and details. *Snehal*

Nidhin for AuroOrchard team

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

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*



**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:

- kulaicreativecentre@auroville.org.in
- or call us 8608473385

Selva for KCC

INSIDE AUROVILLE

Offers consulting services voluntarily in gratis (Pro Bono) for the below areas only to registered units/activities who/which do not have a qualified and experienced in-house resource.

Focus:

- **Startups:** Products and Services
- Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
- Email, Instagram, WhatsApp and LinkedIn Marketing, Business Communication and Content Writing—Guidance only

Contact Details:

Surajkiran, 9884204918 (Voice and WA),
surajkiranv@gmail.com

Balaji

Foods, Goods & Services

EXCITING NEWS

from Sudha's Kitchen!

We are open from Monday—Saturday, 8am—9pm

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.



We are warmly welcoming you to join us and taste our fresh and delicious food.

You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number: +0413 3509884, +91 7094358547
- E-mail ID: sudhaskitchen14@gmail.com

Submitted by Sudha

PATHWAY CAFE

Bharat Nivas Pathway Cafe is happy to invite you to come and try our healthy and clean food at a very reasonable price and with a 20% discount for Aurovilians and newcomers and volunteers.



The menu includes sandwiches, Burger, Vada Pau, Bread omelet, with a variety rice and air fried French fries besides the juices and Lassi.

One can get a full lunch within Rs 100. Please come and try and encourage us.

Aravind, Bharat Nivas Team

INTEGRAL HARMONY FARM

Now Offers Charcoal

Our team at the Integral Harmony Farm is thrilled to announce the completion of our new charcoal kiln, a project that was conceptualized a year ago and has been in the making for the past three months. The kiln boasts a unique design that merges some of the best elements of Japanese and Scandinavian ideas. This innovative design, incorporating features from both streams of thought, ensures optimal performance and efficiency. High-quality steel construction enhances durability and maximizes heat retention and distribution, producing superior charcoal. We are confident that our kiln represents the pinnacle of charcoal-making technology in the region—we even hazard to say that our kiln is the best charcoal machine in Auroville and perhaps in all of South India! Meticulous planning and execution have paid off, as we have fired it twice already, yielding excellent results. We are writing not only to show off but also to share the fruits of our labor with you. We are excited to offer our top-end charcoal at low prices. We now offer two types of charcoal for sale: Grade One and Grade Two.



Grade One charcoal is of the highest quality, distinguished by its silvery tone and exceptional properties. This versatile charcoal is suitable for a variety of technical applications:

It is extensively used in the culinary world for grilling and barbecuing. Its ability to burn at high temperatures with minimal smoke makes it ideal for cooking.

It is a vital component in smelting processes and metal-working in industry, where its high carbon content and purity enhance metallurgical outcomes.

It is used as a precursor for water and air purification projects. Activated charcoal is employed in water purification and air filtration systems thanks to its exceptional adsorbent capabilities, which effectively remove toxins and impurities.

It is used in specialist gardening applications, such as cultivating orchids.

Lastly, it also finds its place as a precursor in health and beauty products, serving as a natural detoxifier in skin care treatments and teeth-whitening solutions.

Grade Two charcoal is meant for agricultural purposes. When used as a soil amendment, this form of charcoal offers numerous benefits for the earth. Its porous structure enhances soil aeration, water retention, and nutrient absorption, creating an optimal environment for plant growth. Charcoal also acts as a habitat for beneficial soil microorganisms, promoting a healthy and balanced ecosystem. Over time, incorporating charcoal into the soil improves soil structure, fertility, and overall health, leading to more sustainable and productive agricultural outcomes. Farmers and gardeners can significantly improve their yields and soil health by incorporating Grade Two charcoal into the soil.

- We now offer **Grade One charcoal** at Rs.40 a kilo and **Grade Two charcoal** at Rs.30 a kilo.
- We provide our charcoal in convenient **2-kilo and 5-kilo bags**, which are available for pickup
 - at the Botanical Garden (open from 9am to 5pm),
 - PTPS (open from 8am to 6pm),
 - or our farm (open from 9 to noon and then 2 to 4 in the afternoon.)
- We also have **10 kilo bags** available for pickup from our farm for those needing larger quantities, although these must be ordered in advance.

Write to us, and we will prepare a bag for you. Additionally, we can accommodate higher quantity orders, but please be ready for a potential wait due to high demand. We understand the importance of convenience, and our pickup

and delivery options are designed to make your experience with us as smooth as possible.

Beyond individual sales, we proudly offer regular deliveries to other farms and forests. Our commitment to providing high-quality charcoal at affordable prices extends to supporting the wider agricultural and foresting community. Whether you need a small amount for personal use or larger quantities for commercial purposes, we are here to meet your needs and contribute to the sustainable development of Auroville.

- Contact Velmurugan at +91 9751468504 or integralharmonyfarm@auroville.org.in

*For Integral Harmony Farm,
Pranav and Velmurugan*

NATURELLEMENT GARDEN CAFÉ IS OPEN

9am—7pm

Dear friends, Naturellement Garden Café is open for its regular hours 9am to 7pm. You are again welcome for an early dinner! Last orders taken at 7 sharp, but you can then stay on at your leisure.



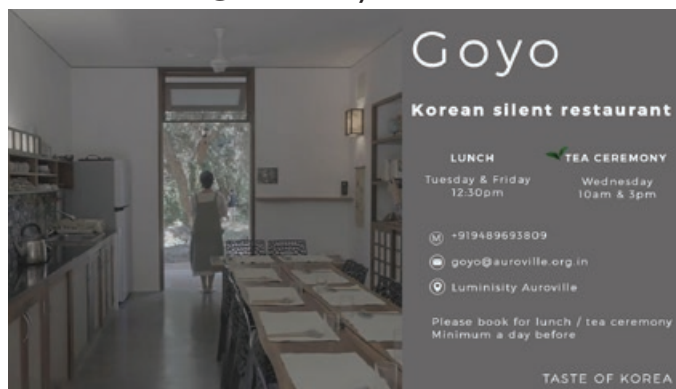
Chitra for Naturellement Garden Café team

GOYO KOREAN SILENT RESTAURANT

Lunch: Tuesday & Friday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

@ Luminosity Auroville



- Please book for lunch/ tea ceremony minimum a day before: +919489693809, goyo@auroville.org.in

Won Ja for Taste of Korea

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!

Nikeethana for the Anitya team

LIVELY DISCOUNT

8:30am to 5pm, Opposite Ganesh Bakery



We are having a summer discount sale at a Lively. Discount on all kinds of clothing. Available to visit us from 8:30am to 5pm.

Rajavani for Lively Team

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

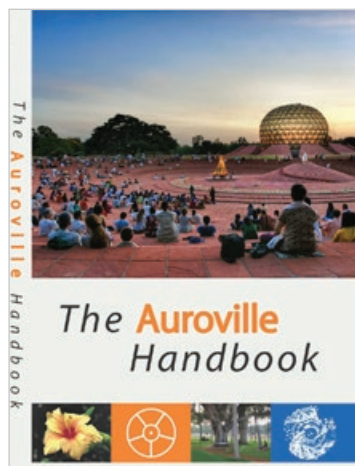
• 0413 2622050, 9443211891, 9786953603

• FS account: 251263

• sarvamcomputers@auroville.org.in

Bala

AUROVILLE HANDBOOK



Dear friends, greetings from Prisma, Auroville!

We are planning to reprint in the coming months a new version of the Auroville Handbook, which is a valuable guide to the many varied activities that take place in Auroville, an emerging international township. We will print 2000 copies, and are ready to print your full page advertisement. Meanwhile, we are happy to receive from you any suggestion, contribution or information.

The Auroville Handbook is a valuable guide to the many varied activities that take place in Auroville, an emerging international township situated in the south of India.

The Auroville Handbook provides information on Auroville's

- guest houses and visitor facilities
- services
- commercial units
- arts and culture
- health, yoga and sports
- afforestation and renewable energy
- international centers abroad
- neighborhood, Puducherry and Chennai

Size of Advertisement: 14 x 21 cm. (Extra 3mm bleed)

- 14 x 21cm = Rs. 10,000/- (Front Inside cover)
- 14 x 21cm = Rs. 10,000/- (Back Inside cover)
- 14 x 21 cm = Rs. 7,000/- (Full page—Inside)

Please contact us:

- prisma@auroville.org.in
- 0413 2622296, 9442891912

Franz for Prisma

SATURDAY FOODLINK MARKET

Saturdays, 10am—12:30pm

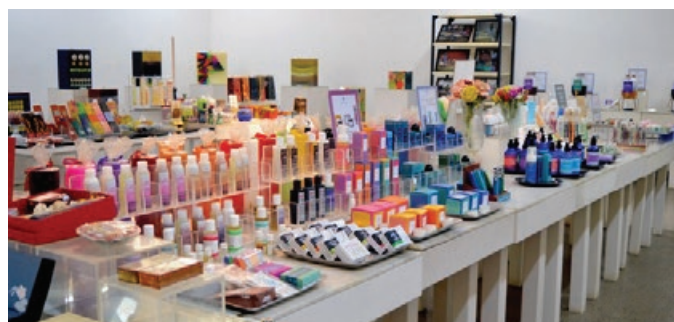


No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

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, +91 8300 268804 Mobile and WA, [FoodLink basket order form here](#)

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



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

SERVICE AVAILABLE

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



Please contact **Ranjith**, Aurovilian:
8610997059, subramani13@auroville.org.in. **Ranjith**

ECO FEMME



Open House every Thursday, 10:30am

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

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

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



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

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

B for Qutee Electric Scooter Service

AMPERE NEXUS OPEN HOUSE

9 & 10 August, 9am—4pm

@ ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC



We warmly invite you to the launch of Ampere's latest electric scooter and other models. Experience them firsthand at our test drive event and deal directly with Ampere to avoid extra payments. Enjoy our e-scooters with exciting features like shorter charging times and longer runtime!

Contact:

- 8098776644, 9442566256, its@auroville.org.in

Highlights:

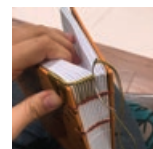
- **Test Drives:** Try out Ampere's innovative electric scooters.
- **Q&A Sessions:** Get your questions answered by our expert team.
- **Interactive Demos:** Explore the advanced features and eco-friendly benefits.
- **Special Offers:** Exclusive deals for attendees.

Join us to experience the future of electric mobility!

*Rajesh.D
for ITS (Integrated Transport Service) Team*

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulilapalayam.



8940648542, Michel

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*

TRAVEL NEWS FROM INSIDE INDIA

Tuesday, 6 August, 2024

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 10:30 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 e-mail: 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

- Aeroflot flight offer fare is available from Delhi—Moscow—Delhi.
- Air India has offered fare from Chennai to Milan.
- Srilankan Airways, Malaysian Airways and Thai Airways special fare from Chennai to Seoul.
- Fly from New Delhi to Sao Paulo & Buenos Aires with special fare on Ethiopian Airlines

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:

- Sri Lanka e-Visa Suspended due to multiple petitions, the Sri Lankan Supreme Court has suspended the new e-Visa system, implemented on 17 April 2024, effective 2 August 2024. Key Points:
 - All e-Visa applications made after 2 August will receive a refund. Please share the application number and details on travel.partner@srilankavisa.lk
 - Currently, there is no online platform for issuing e-visas.
- Effective 1 July 2024, all inbound travelers to Cambodia will be required to submit an electronic arrival card at least seven days prior to their arrival.

Known as the 'Cambodia e-Arrival' (CeA), this initiative aims to expedite and modernize the entry process. The digital card replaces the traditional paper-based immigration form, health form and customs declaration, consolidating them into a single, convenient online portal. Travelers can access the e-Arrival system through two channels:

- **Official Website:** The official government website, <https://arrival.gov.kh/>, allows for online submission of the e-Arrival card.
- **Mobile App:** The Cambodia e-Arrival app is available on the Apple App Store and Google Play Store. It offers a convenient mobile platform for completing the e-Arrival card.
- **The Embassy of India in Bangkok**, Thailand, issued a press release stating that the Government of India has announced a visa fee exemption scheme (e-Tourist visa) for ordinary Thai passport holders. The exemption applies to e-Tourist visas and will be effective from July 1 to December 31, 2024.

The new scheme allows Thai tourists to visit India for up to 30 days with double entry without paying any visa fees. However, e-Tourist visas must still be applied for in advance through the designated website:

<https://indianvisaonline.gov.in/evisa/tvoa.html>.

- Important Notice for travelers applying for Schengen visa in West & South India.
 - For families applying together, it is permitted for just one of the parents to book an appointment slot under their name and for the rest of the family members to accompany them on the same appointment booking/ appointment letter.
 - Your familial relation must be verified via your passport, child's birth certificate, marriage certificate.
 - As per directive received from the Belgium Consulate in Mumbai, a family would be considered as Husband, Wife & their children under the age of 25 only. Visa Application Centre's would not permit entry to additional familial relations/ accompanies such as grandparents, siblings, house help, nanny etc. unless they have their individual appointment booking/ letter.
 - Travelers from West and South India who wish to apply for a Belgium visa under the below mentioned category can walk-in to their respective Visa Application Centre in the jurisdiction of the Belgium Consulate in Mumbai and do not need to book an appointment.

Several travellers were "boarding denied" as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backed 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.

- Also, [this LINK will tell you](#) all that you need to know about Flight delays and/or cancellations.

And be aware that Corona is NOT fully dead yet so some places may have some new "relaxed" restrictions mostly regarding the usage of masks in public places... this map will show you the "official" stands of most countries in the world but it might be good to search the specifics of the countries you are planning to visit before hand...

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

Priyal, Rima, Olivier for Inside India New Team

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

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

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*

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. *For the freestore team, Kamala*

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, sari-blouses and kurtas.

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

Rupavathi Joy

Poetry

CLEARING AT DAWN

*The fields are chill, the sparse rain has stopped;
The colors of Spring teem on every side.
With leaping fish the blue pond is full;
With singing thrushes the green boughs droop.
The flowers of the field have dabbled their powdered cheeks;
The mountain grasses are bent level at the waist.
By the bamboo stream the last fragment of cloud
Blown by the wind slowly scatters away.*

Li Po, 701–762

“TICKLE ME!”

*“Tickle me!”
Shouted the sweet tyrant.
My hands got itchy.
They reached out.
Before they touched her —
Alas! It was too late!
The contagion
Had spread.
Why are you laughing?
What a mystery!*

*With joyful Gratitude,
Anandi Z.*

Voices and Notes

A SOCIETY OF Gnostic BEINGS

Part One

Concluding part of the introduction I wrote for “The Gnostic Cycle—Towards the Supermind” to celebrate the new millennium. The book was published under the umbrella of the Centre of Indian Culture, with a grant from the Government of India.

Sri Aurobindo uses the term Gnosis as an equivalent to the Supermind at its highest. The divine Gnosis is the wisdom, power, light of the Supreme Being by which he upholds and enjoys the universe. Gnosis, or true Supermind, is the self-conscious Truth, knowing itself by its own power of absolute light or Truth-Consciousness. Moral ideals are mental constructions. Discovered in one's mind, the higher ethical law is founded in the Spirit. Self-determination is the abiding principle of true freedom: God's law is written in one's heart. Above and beyond race and nation, status, creed, human beings are sacred because the divine spark is in them. Each one has to live in humanity, and humanity in each one. This is the 'religion of humanity', the hope of the future.



The 'religion of humanity' remains unaccomplished unless love and brotherhood, human oneness come forward. 'Liberty, equality, brotherhood' are eternal attributes of the Spirit: the highest fulfillment of the 'religion of humanity' Sri Aurobindo extols in *“The Ideal of Human Unity”*. With brotherhood lies the key; in the soul, by the soul alone real brotherhood exists. Then, when the soul claims freedom, the divinity in all beings claims freedom for its self-development—whilst equality is the recognition of the one God-head in each and all, claiming freedom for each and all.

A spiritualised society will regard individuals, communities, peoples and nations as means for the Spirit's self-manifes-

tation, and will live in the Spirit as a collective soul. The first essential requisite is what Sri Aurobindo calls subjectivism: the taking into oneself, by soul awareness, of creativity, of all activities and interests of life, all pursuits and investigations. Subjectivism may manifest at first in philosophy, psychology, ethics and art; in sociology too, in economics, even in politics—and science. But this is a prelude only. The ideal society, maintained by the spontaneous consensus of the perfected individual and, simultaneously, of the perfected collective being, can only come true by a free development from within, fostering the others' free development. All will be free, for each one is the law: divine. This demands an epochal shift of consciousness

Science is beginning to discover what yogic experience has known for ages. There is a secret consciousness involved in matter, a vibrating energy, one with the Spirit; this equation is the answer to the play of manifestation. Gnosis or true Supermind is the intermediate world or plane of consciousness linking the upper hemisphere of *saccidananda* (existence, consciousness, bliss) to the lower one of mind, life and body. The dynamic aspect of *saccidananda*, Supermind, is the creative force presiding over involution-evolution, of which it is the lever. Self-involved, Supermind acts on beings and universes by progressively unveiling itself: one with the Spirit, essence and reality of all manifest and unmanifest existences.

A new humanity will be a race in possession of a mind of light. This stage, which is inevitable, precedes the advent of the gnostic, supramental consciousness that it heralds. The various systems of yoga usually tend to bypass the supramental plane, of which Sri Aurobindo first found evidence in the Vedas. With Supermind the kernel of evolutions rests, through the unfolding of successive gradations of matters.

Submitted by Paulette

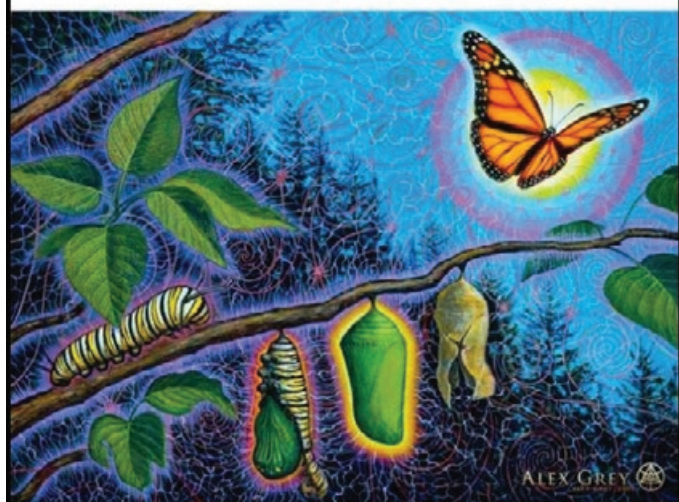
AN ASSURANCE AND A CERTITUDE

"Yes, that's better, a theme that can interest the whole world. Basically what would be good is to say, "Sri Aurobindo came to tell the world the beauty of the future to come." And then, explain it.

"He came to give—not a hope: a certitude of the splendor towards which the world is moving..." That's exactly all the experiences I've had recently. And I see Sri Aurobindo's letters, that's what he says.

"The world is not an unhappy accident, it is a marvel moving towards its expression."

— Sri Aurobindo



And then give all the quotations from Sri Aurobindo on the subject.

I think that's what the world most needs now, a word that gives the sense of what is to be realized—of what will be realized. And then, to awaken in each one the desire to collaborate.

To understand oneself and transmit it to others.

The world needs an assurance of beauty—of the future beauty. And Sri Aurobindo gave the assurance."

<https://incarnateword.in/agenda/12/november-27-1971>

In the meantime Earth continues on in its hastened and intensified transformative chrysalis/cocoon stage:

https://youtu.be/uK_iZZ4Bx2o

Around only 200-300 years to go, since it started on 29th February 1956:

"THE TIME HAS COME..."

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

"It is clearly a transitional period—it's interminable! If I start thinking and remembering what Sri Aurobindo said—he said it would take 300 years..."

<https://incarnateword.in/agenda/05/august-26-1964>

And the crucial necessity for Avatars (no ordinary humans, direct incarnations of the Supreme Parapurusha, but is born in a human material body-life-mind, prakriti, as the initial contagion) to start any terrestrial paradigm shift of consciousness and evolutionary life, especially this Supramental transformation beyond the limited and transitional human being:

"Otherwise, there would be no need for Avatars.

Yes... so it seems."

<https://incarnateword.in/agenda/5/october-17-1964>

"India has become the symbolic representation of all the difficulties of modern mankind.

India will be the land of its resurrection—the resurrection to a higher and truer life.

And the clear vision: the same thing which in the history of the universe made the earth the symbolic representation of the universe so as to concentrate the work on one point, the same phenomenon is now taking place: India is the representation of all human difficulties on earth, and it is **in India that the... cure will be found.** And then, that is why—**THAT IS WHY I was made to start Auroville.**

It came and it was so clear, so tremendously powerful!"

<https://incarnateword.in/agenda/09/february-3-1968>

"It has to be worked out, as they say, realized in every detail, but **the change IS DONE**—the change is done. ...

All the rest looks so old, so old, like something... that belongs to a dead past—which is trying to come back to life, but it can't anymore.

And all, all circumstances are as catastrophic as they can be: troubles, complications, difficulties, everything, just everything goes at it relentlessly like that, like wild beasts, but... it's over. The body KNOWS that it's over. It may take centuries, but it's over. To disappear, it may take centuries, but it's over now.

This wholly concrete and absolute realization that one could have only when [going out of Matter](#) (Mother brings a finger down), it's sure, sure and certain that we will have it RIGHT HERE. ...

Things have moved relatively fast.

(silence)

Good...

Does it mean that all the human consciousnesses that have a little faith now have the possibility of emerging from this mental hypnosis?

Yes, yes, exactly. Exactly.

Exactly."

<https://incarnateword.in/agenda/11/march-14-1970>

The ever-increasing conscious few continue on in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti...

<https://incarnateword.in/cwsa/32>

Zech, 2024.08.05

Classes, Workshops & Healing Arts

RADICAL TRANSFORMATIONAL STEWARDSHIP—RTS

Everybody can choose to be a radical transformational leader and contribute to addressing our challenges be it in our society, home or workplace. Our challenges of today need new transformations that source our inner capacities, and new design to make a difference. This implies that we can shift unworkable cultural norms and systems to generate extraordinary results.



RTL-Works and the RTL in Auroville have joined hands for this online Pan India, Africa, Asia-Pacific online Program. We invite you to a unique four-part online training series on radical transformational leadership. Radical transformational leadership capacities—principled action, strategic design, creative thinking, generative conversations and results are required to build a world based on the values of dignity, fairness and compassion. These new capacities bring alignment of principles, purpose and practice in individuals and organizations for our humanity.

RTL-Works is committed to realizing the Sustainable Development Goals (SDGs) through a constellation of individuals and organizations committed to well-being for all and this is very relevant to today's times.

RTL in Auroville, provides Radical Transformational Leadership programs in English and Tamil for the community in Auroville and its bio-region enabling participants to design and implement breakthrough initiatives, expand their reach and generate significant transformative change.

This series of workshops will provide you with templates and tools to lead your work and projects to expand your reach and impact in the world. It offers the opportunity for established or budding leaders from the media, government, civil society, public and private sector to explore issues that can transform your work, organizations and initiatives to focusing on social and environmental well-being for results with systemic change.

We are extremely fortunate to have Dr. Monica Sharma, the author of the award-winning book '[Radical Transformational Leadership: Strategic Action for Change Agents](#)' that uses a unique response model based on extensive application—a conscious full-spectrum model—which simultaneously solves problems, shifts systems and creates new patterns sourced from universal values. *The book is the winner of the 2017 Nautilus Gold Book Award for Business and Leadership.* Past winners include Desmond Tutu, the Dalai Lama and Thich Nhat Hanh.

Dr. Monica Sharma is a world-class Practitioner Coach and former Director, Leadership and Capacity Development, United Nations. Her capacity to foster leadership and design large scale projects to source commitment and deliver tangible results is globally recognised.

This social transformation workshop is designed to unleash your full potential and enroll others to transform our lives, our work and our society and produce results by using a whole system transformation methodology and integrated design principles.

The workshop is open to all change-makers wanting to generate equitable and sustainable results for well-being. Facilitated by Bridget Horkan, Sanjeev Ranganathan, SriLatha Juvva, Sudarshan Rodriguez in partnership with Dr. Monica Sharma.

Dates:

- **Session 1:** Saturday, 31 August to Monday, 2 September
- **Session 2:** Saturday, 5 & Sunday, 6 October
- **Session 3:** Saturday, 9 & Sunday, 10 November
- **Session 4:** Saturday, 7 & Sunday, 8 December

Timings are: 8am—5pm Indian standard time

Check your local time below

- <https://www.thetimezoneconverter.com/?t=800%20am&tz=India&>

- <https://www.thetimezoneconverter.com/?t=500%20am&tz=India&>

The program will challenge each of us to delve deep into our being, and generate new breakthrough ideas, sourcing our abilities to envision a new future, commit ourselves to action and acquire the skills to attain this future. It consists of a series of 4 online workshops over 9 days (3 workshops during weekends and 1 workshop from Saturday to Monday), spaced apart by 1 month each. New capacities are introduced in each session and practiced inter-session to put these in action.

Please note: All participants must commit to participating in all the four sessions. Missing sessions or any day will result in not continuing further sessions/days and dropping out of the course/workshop.


- **To apply fill in this form** or contact stewardship4newemergence@auroville.org.in

This program is offered fee free for those in service to Auroville. We suggest a contribution of 1800 Rs to cover basic costs incurred in the 9 day program such as lunch, tea, coffee, handouts. Please transfer this to account 252975 at the financial services. Should you need a waiver please email us.


All the facilitators and resource people are working in service, pro bono. Please feel free to contact us for any assistance at the above email.

Bridget


ANGAM TREE
WELLNESS HUT



Therapeutic Ayurvedic Massage
Traditional acupressure and deep tissue varma points healing



Sound Bath Meditation
Positive musical psychotherapy using Visualization, Breathing



Massage Therapy Class
Learn the native ancient medicine science of Siddha Varma Kalai
Raja: +91 97513 95939
<https://auroville.org/page/angam-tree>

- Therapeutic Ayurvedic Massage
- Traditional acupressure and deep tissue varma points healing
- Sound Bath Meditation
- Using musical instruments, Meditation, Visualization, Breathing
- Massage Therapy Class
- Principles of ancient medicine science of Siddha Varma Kalai

Angamtree, Raja Narayanasamy
+91 9751395939, www.angamtree.com

QUIET HEALING CENTER



WOGA (Yoga in Water) Class w/ Friederike & Tamara

- Friday, 9 August, 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.

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

OBA Basic—Liquid Joy with Fred

- Saturday, 10 & Sunday, 11 August, 8:45am—6:30pm

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality developed in the mid 80's. It combines elements of light movements, stretching, massage, and joint mobilisation in connection with breathing and energy work conducted both on the surface and under water.



In this 2-day course, you'll learn a series of simple movements both on the surface (with and without cushion and pool noodles) as well as under water (with a nose clip), which you'll be able to share with friends and relatives afterwards. You'll also practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. At the same time, you'll experience floating others and being floated both on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit.

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

Baby Watsu Class with Friederike

- Monday, 12 August, 9:30—11am

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.

- For babies between 2 and 12 months with their parents.

OBA 1—Fluid Body with Fred

- Monday, 13—Sunday, 18 August, 8:45am—6:30pm

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and underwater (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the



whole spine to swing and energy to flow. OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

- **Prerequisites:** OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

WOGA (Yoga in Water) 1 & 2 with Pooja

- Wednesday, 28 & Thursday, 29 August 8:45am—6:30pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position), on the wall, and in floating position), pranayama and meditation. Woga sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period; the difference is that you are in a warm water pool!



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

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

Watsu Basic with Pooja

- Friday, 30 & Saturday, 31 August, 8:45am—6:30pm

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and—ultimately—for freeing body and mind in a flow unique to each person. You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.



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

Guido
for Quiet Healing Center,
+91 9488084966
www.quiethealingcenter.info/
quiet@auroville.org.in

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. Kardash

AUROMODE YOGA SPACE

August 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 9892699804 WA only

Vinyasa flow with Bala

Vinyasa Flow Yoga with Bala–August 2024

Traditional yoga practices are characterized by discipline, and Bala believes in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice every day of the week except Wednesdays.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats. Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

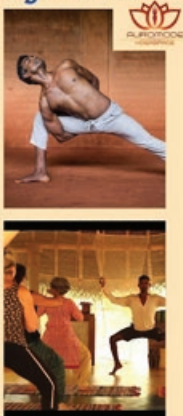
Friday, Saturday & Sunday
Time - 5 30 pm to 7 00 pm

Registration must

Please WA to know information about cost and other details

Auromode Yoga Space

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



Fusion of Time: Dynamic Mobility with Bala

Fusion of Time: Dynamic Mobility – August 2024

Inspired by the ancient martial art forms of Kalaripayattu and Karalakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

Bala, a seasoned practitioner of these mixed modalities, will guide you through an hour-long exploration and fusion of these traditions to create a unique style of body conditioning aimed at enhancing your overall health and happiness.

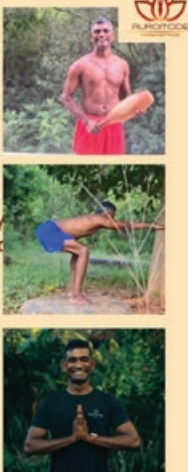
Join us to transform your body and mind through this innovative fusion of time-honored practices.

Monday, Wednesday & Friday
Time - 10 00 am to 11 00 am

Registration must -Please WA to know information

Auromode Yoga Space

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



August 2024 Schedule

Day	Time	Description
Monday, Wednesday & Friday	10—11am	Fusion of Time: Dynamic Mobility
Friday, Saturday and Sunday	5:30—7pm	Vinyasa flow Yoga—Asanas, Pranayama & Meditation

[Find our Yoga Shala](#)

[Auromode Apartments](#), 0413 2622224

Submitted by Bala

ACROYOGA

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



Damien

INTRODUCTION

to meditation and Integral Yoga

Submitted by Pedro

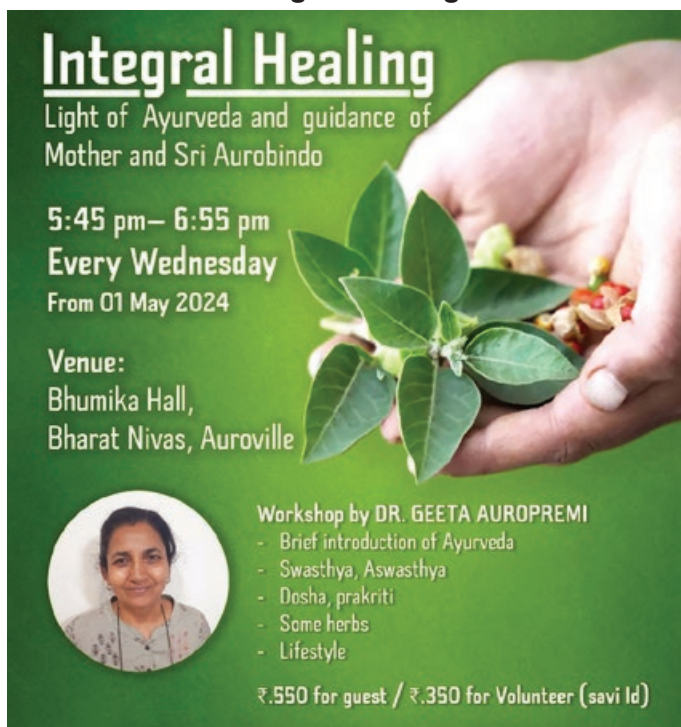
**AWARENESS
Through the Body**

ATB (Awareness Through the Body) facilitates a space to reconnect with oneself, and give opportunities for self-discovery and inner growth. In this workshop, we will practice basic foundations of ATB through various games and pair and group work. All are welcome who want to experience or deepen our connection and understanding with oneself and others.

- Inquiry: 91598 56148/ dancingtree.smile@gmail.com
- Registration link: <https://shorturl.at/YySvN>

Vega

BHARAT NIVAS PRESENTS
Integral Healing



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

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

Venue:
Bhumika Hall,
Bharat Nivas, Auroville

Workshop by DR. GEETA AUROPREMI
- Brief introduction of Ayurveda
- Swasthya, Aswasthya
- Dasha, prakriti
- Some herbs
- Lifestyle

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

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dasha, Prakriti, some herbs, Lifestyle

Enquiry contact Monisha +91 8489347454

Monisha for BN Team

MINDFULNESS
for Stress Reduction (MBSR)

- Tuesday 5—7pm, ongoing from 30 July
- 8 week course

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & well-being benefits. It synthesises ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.



The course has been found to improve participants' ability to cope with the stresses of everyday life—giving space to respond rather than react. Research has found it can help with anxiety & depression, management of chronic pain, diabetes, lowering blood sugar levels, and reducing menopausal symptoms. It can also improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance. It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is run by Helen, an Aurovilian and qualified MBSR teacher.

- The course is run over 8 weekly sessions. Sessions are held 5—7pm on Tuesdays for 8 weeks from 30 July to 16 September. The course is held at Maloka, Anitya community.
- Pre-registration is required.
- Please WA Helen on 7094753054 to book or visit innersightav.org

Submitted by Helen

MINDFULNESS—KINDFULNESS: HALF DAY RETREAT

Saturday, 17 August, 9:15am—12:30pm

@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalize in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.



This session will blend mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion—for ourselves & others. Participants will have the choice of practicing in a seated position (on chair or cushion) or lying (on a yoga mat). It is suitable for everyone—those new to meditation as well as experienced meditators looking to deepen their practice.

- **Booking is required.** To register WA Helen on 7094753054 or visit innersightav.org Helen

FREEDOM OF THE BODY

16, 17, 18 August, 9am—1 pm, @ Harmony Hall, BN

We would like to thank all the participants who attended the wonderful 'Freedom of the Body' workshop at Harmony Hall in June. It was truly an amazing transformational experience for everyone. We experienced a dialogue with the cells through deep meditation, deep relaxation and natural spontaneous dance. Many visualizations and exercises helped us to connect



with the cells, listen to them and explore cellular memories. Cellular consciousness is definitely the last great and urgent adventure, as Mother said. It was a great joy for Thierry and I to welcome you, to share with you, to guide you in this adventure, with Mother's presence and blessings. Special thanks to Bianca and Sajiv for their great support with the organization. It will be a joyful and wonderful experience in the powerful energy of Sri Aurobindo's birthday and Mother's blessings. The workshop is open to all. It is always a new experience with different programs.

- **Registrations are open.** Please contact CIRHU/ Bianca at: cirhu@auroville.org.in/ +918300387288

Philippe and Thierry, Surya Performance Lab



Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h

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

VÉRITÉ

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	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Vinyasa Yoga	9:15—10:15am	Ramya
	Open Heart Space Meditation	5—6pm	Samrat
Wednesdays	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan: Songs for Your Soul. Contributions are voluntary (no class 14 August)	5—6pm	Mamta
Thursdays	Vinyasa Yoga	7:30—8:30am	Ramya
	Face & Eye Yoga (no class 15 August)	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga Breath & Meditation Practice for Beginners	9:15—10:15am	Mamta
	Free Flow Dance & Movement (no class 9 August)	5—6:30pm	Vega
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Sivananda Yoga	5—6pm	Mani
	Deep Sound Bath (no class 10 August)	5—6pm	Satyayuga

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 10 August	Introduction to Ayurveda & Panchakarma	2—4:30pm	Dr. Geeta
Saturday, 17 August	The Path of Yoga Nidra: Insights and Practice for Deep Relaxation	9:15am—12pm	Ramya
Saturday, 17 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 24 August	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 24 August	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 24 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 31 August	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Introduction to Ayurveda & Panchakarma w/ Dr. Geeta

- Saturday, 10 August, 2—4:30pm

This workshop takes you along the journey of Ayurveda, the ancient Indian medical system and Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn the appropriate use of and principles behind the following practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

The Path of Yoga Nidra: Insights and Practice for Deep Relaxation with Ramya

- Saturday, 17 August, 9:15am—12pm

An immersive journey into the profound practice of Yoga Nidra. This workshop combines both theoretical understanding and experiential practice to deepen your knowledge and application of this transformative technique for deep relaxation.

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 17 August, 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.

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
Healing Facial Therapy: An 8 step Skin Care Treatment with Indigenous Herbs	Parvathi
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 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.

Ramya & Kathir for Vérité Programming

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, August

For any details and queries, you can contact us at arka@auroville.org.in & 0413 2623799



Treatments

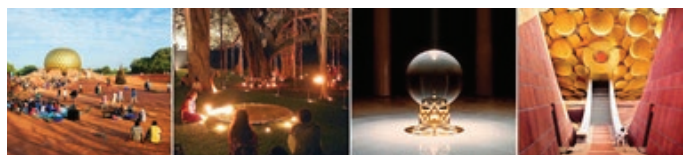
Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment: 0413-2623767 antarcalli@yahoo.fr
Integral Regression therapy, Integral Reiki healing, Breathwork—the holotropic way	Niyati Thakkar	Only by Appointment niyatithakkar2112@gmail.com Monday to Sunday 7041391995

Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday, 5:30—6:30pm, by Appointment: 7867998952
Iyengar yoga	Olesya	Wednesday, Saturday, 6:30—8am, Monday, Thursday, Saturday, 5—6:30pm, or by Appointment: 9159052743

Submitted by Ramana for Arka

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 SAILER 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



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 8 to 17 August

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



Date	Activity
8 August, Thursday, 10:30—11:30am	Mehandi Designs Workshop with Varsha Pawar
8 August, Thursday, 5:30—6:30pm	Mandala Drawing with Thamizh
9 August, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
10 August, Saturday, 2—3.30pm	Sencha Tea Ceremony with Isha
10 August, Saturday, 4:30—5:30pm	Psychology and Poetry with Matthias
15 August, Thursday, 10:30—11:30am	Mehandi Designs Workshop with Varsha Pawar
16 August, Friday, 5:30—6:30pm	Kollywood Dance with Pranathi
17 August, Saturday, 2—3.30pm	Sencha Tea Ceremony with Isha
17 August, Saturday, 4:30—5:30pm	Psychology and Poetry with Matthias

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

SOUND THERAPY & SELF HEALING

2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



• First, by immersing yourself in the vibrations from a sound bed—which will travel through your body to the organ chosen for healing—accompanied by musical instruments (gong, singing bowls, etc.) and vocals, you will start to connect with your body's consciousness.

• Second, by performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

• If this resonates with you, then please contact 9385428400 call/ WA to book your session today!

• Donation Based

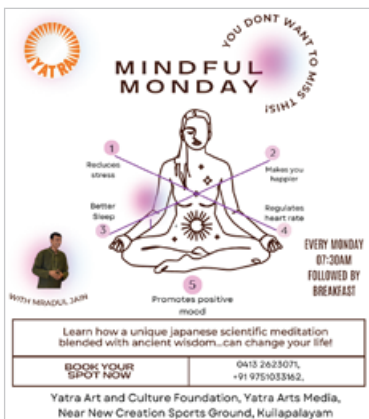
Submitted by Isha

MINDFUL MONDAY

Every Monday, 7:30am, followed by breakfast

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

Book your spot now: Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kulapalayam



• 0413 2623071, +91 9751033162 Yatra Srinivassan

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes
Fridays, 5pm, Regular Class



serendipityauroville@gmail.com +91 8940288090 Sonia

DETOX YOUR MIND

& Breathe Heal your Body

• Scientific Meditation with sound healing for destress Mind Body and Soul. Experience exclusive sound frequencies created by a Japanese Scientist.



◦ Monday, Wednesday, Friday, 7—8:30am
◦ Advance registration required

• One To One Health & Wellness Therapy. Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development

◦ Pre appointment is required

• Analysis of Multiple Intelligence using Scientific Neuroscience Tools. Eligibility: Anyone from 6 years to 60 years of age: pre appointment is required

• Conscious Circle & Chanting

◦ Tuesday, 6:30—7:30pm

◦ Reserve your space in advance

Yatra Srinivasan,
Near New Creation Sports Ground,
0413 2623071, +91 9751033162,

<https://www.yatraarts.org/>, <https://www.yatraartsmedia.org/>

Languages

TAMIL CLASSES OFFERED

Saturdays and Sundays

எழுதப்பட்ட தமிழ் வகுப்புகள்

Written Tamil Classes Offered in Auroville

• Donation-based.

Contact Murugesan to setup timing: +91 8610916301

Submitted by Malcolm

ITALIAN CLASS

Hello! If you want to learn Italian from scratch or have already studied it but would like to continue practicing it, know that Francesca will start giving individual or group lessons from now! And because Francesca is intimately connected to the world of art and culture, the lessons will not only explore the use of the Italian language but will be an enjoyable introduction to different aspects of Italian culture, art and history. If you'd like to practice your Italian with me, this is the email avgateofdreams@gmail.com. Arrivederci! Francesca



BOLSTERING ENGLISH

Native English speaker happily offers facilitation for English reading, speaking and composition.

Individual or small group sessions are for those connected to Auroville who already can read, write and speak English with adequate comprehension, and who wish to practice for presentations or performance or simply for clearer conversation. We can include rhythm, nuanced expression, and some dialects, if wished.



• Also inviting anyone at any level for SAVITRI.

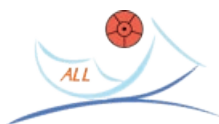
• Scheduling is as-you-wish: long or short session(s); long or short intervals between sessions.

Patricia, 0413 2623750, pat@auroville.org.in

NEWS

from Auroville Language Lab

Each Language is the sign and power of the soul of the people which naturally speaks it. Each develops therefore its own peculiar spirit, thought-temperament, way of dealing with life and knowledge and experience. — Sri Aurobindo



To enter into such a linguistic universe, one must also enter into the psychology of the person who is invested in it, to resound to the accents of his or her soul, to be able to spot the most prominent of its ethnic characteristics, imbibe the most diverse crystallizations of its thought, in order to perceive the subtleties underlying each message. For this, one must listen identically. — Lena Tomatis

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!

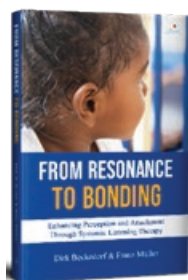
Evening Programs!

A big "Thank You" to Vishvanathanji and Lalitaji for leading the Samskrit Chanting sessions every Monday since our Evening Programs started back in February. It was nice to hear the chants wafting through the Lab. The space is available for anyone who would like to lead Samskrit chanting or Speak Samskrit sessions on Monday evenings.

The whole idea of these evening programs, daily Monday—Friday, from 5—6pm, is to open a space for informal conversation practice (not classes), and language sharing, talks, poetry readings, self-learning, and guided study on our mediatheque in different languages. This program is free for all, including Aurovilians, Newcomers, Volunteers, Guests, and people from the Auroville area. It's based on offering and sharing and is a wonderful way to meet new people and revive rusty language skills. We thank Gloria who has been anchoring the Spanish sessions, Jérémie and Isabelle P. for French and Taranti for English Sessions. Hey, Tamil speakers, Hindi speakers : so many of you in Auroville : please participate! And if there are enough people interested, we can start a German session on Fridays.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguagelab.org or a WA message to +91 9843030355. You don't need to be a teacher; you simply should enjoy conversing with others and offer yourself for conversation practice. Incidentally, age no bar!

Our first full-length publication



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

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

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

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

Our new website is online! Please check it out and give us your feedback.

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

New Language Courses at ALL

- Registration for all classes: info@aurovillelanguagelab.org, +91 9843030355 WA

Beyond Language: Breath

Attune to one of the world's oldest instruments, the Didgeridoo, with classes guided by Sunny at Auroville Language Lab. Discover the art of circular breathing and enhance your well-being through this ancient practice. (One month)

- Starting from 6 August
- Tuesday & Thursday, 4:45—5:45pm

French Conversation with Yanis beginner and intermediate levels

- Friday, 4:20—5:20pm & Saturday, 10—11am

We're delighted to welcome YANIS, of Romanian and French origin, who will offer French conversation for beginner and intermediate levels. Yanis is 23 years old and loves meeting people. He's very dynamic, creative, and extremely motivated to teach French conversation. It would give him great pleasure to help people learn to speak French. Whatever your level of spoken French, come, and we'll see if the group can be managed together, or divided into two levels.

Level Up! Intermediate German Course with Ben

- Tuesday & Saturday, 9:30—11am

Open to all who want to improve their speaking skills, prepare for the A1 or A2 exams, or refine their understanding of grammar. Professional practice books are used.

Intensive German class with Ben, level A2

- Mondays and Wednesdays, 9:30 to 11am

Drop-in possible. We'll concentrate on an effective way to improve your German skills, with a focus on free speaking, especially for those who want to go abroad and feel more secure with conversation and comprehension.

Spanish Beginner Class with Mila

- Mondays & Wednesdays, 2:30—3:30pm

A journey of language and culture with our dynamic Spanish beginner class, guided by our long-time language teacher from Spain. The class has started; hurry and join.

Tamil Reading & Writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. 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.

- Saturdays, 9—10am and 3—4pm 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

- Tuesdays and Fridays, 9:30—10:30am

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.

The class has started; it is a very nice group; join now else you'll have to wait for the next round.

Experience the magic of Persian Language and Poetry

- Thursday 4—5:30pm (Note the change in timing!)

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.

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 month) 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

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!

English

Pre-Intermediate and Intermediate English

This 8-hour monthly class is on

- Tuesday & Thursday morning, 11am—12pm.

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+

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

Language Courses at ALL

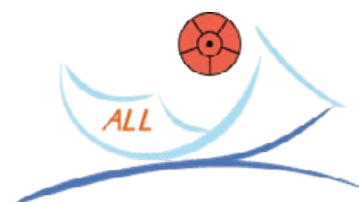
Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11am—12pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11am—12pm	Monday & Wednesday
	Complete Beginner	TBA	TBA
French	Conversation, Beginner and Intermediate	4:20—5:20pm 10—11am	Friday Saturday
German	Intensive German Class	9:30—11am	Monday & Wednesday
	Intermediate (A1—A2)	9:30—11am	Tuesday & Saturday
Persian	Persian Language and Poetry	4—5:30pm	Thursday
Sanskrit	Beginner	2—4pm	Thursday
Hindi	Beginner	2—4pm	Wednesday
Tamil	Spoken Beginner	9:30—10:30am	Tuesday and Friday
	Spoken Intermediate	9am—10am	Saturday
	Reading & Writing	3pm—4pm	Saturday
Spanish	Beginner	2:30—3:30pm	Monday & Wednesday
	Intermediate	TBA	TBA
Italian	Beginner	TBA	TBA
	Intermediate	TBA	TBA

TBA: To Be Announced

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), +91 9843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
 - **Email:** info@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

Submitted by Mita



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, 9 August
Grounded—The Earthing Movie**

2019 / 50 minutes / Rebecca and Joshua Tickell

This documentary reveals the scientific phenomenon of how we can heal our bodies by doing the simplest thing that a person can do—standing barefoot on the earth. The Earthing Movement is one of reconnecting people to our wonderful planet.

Submitted by Aviram



AUROFILM



Aurofilm presents at Multi Media Centre Auditorium (MMC, Town Hall)

- **Reminder: Friday, 9 August, 8pm: Stairway To Heaven** (A Matter Of Life And Death). Directed By Michael Powell And Emeric Pressburger, UK 1946.

Synopsis: This film is the remarkable British fantasy that became the surprise hit of 1946. David Niven stars as Peter Carter, a World War II RAF pilot who is forced to bail out of his crippled plane without a parachute. He wakes up to find he has landed on Earth utterly unharmed...which wasn't supposed to happen according to the rules of heaven. Will the celestial court allow Peter to live out his love on earth?



Original version in English with English subtitles.
Duration: 1h44'

- **NO screening Friday, 16 August**

Jeanluc and Team

CINEMA PARADISO

**Special Screening—Monday 19 August, 8pm
Ayothi (Ayodhya)**

BENGAL 1947
India, 2024, Writer-Dir. Akashaditya Lama w/ Ankur Arman, Devoleena Bhattacharjee, Harish Bhimani, and others, Drama, 129mins, Hindi w/ English subtitles, Rated: NR (PG-13)
Set against the tumultuous backdrop of partition-era Bengal, this film intertwines historical events with a poignant love story. Amidst chaos and uncertainty, two souls find solace and passion, navigating love, loss, and resilience. Each scene transports viewers to a bygone era, blending drama and romance. This evocative narrative invites reflection and introspection, making it a deeply moving cinematic experience. It is a heartfelt storytelling.
The film is shared with us by the director and the film team. One of the co-producers may be present in person at the screening!

India, 2023, Writer-Dir. R. Manthira Moorthy w/ M. Sasikumar, Yashpal Sharma, Preethi Asrani, and others, Drama, 121 mins, Tamil w/ English subtitles, Rated: NR (R)

India's uniqueness lies in its centuries-old blend of cultures, traditions, languages, religions, and castes, creating a society that, while homogeneous, retains its diverse norms. Balram, a patriarch from Ayodhya, embarks on a trip to Rameshwaram with his family, but tragedy strikes when his wife, Janaki, dies. Their children, distressed and determined to honor her remains, face numerous obstacles until Abdul Malik, a kind stranger, steps in to help. This film beautifully and sensitively portrays their journey and the cultural tapestry of India, making it a must-watch.

*Submitted by Nina,
for MMC-CP*



CINEMA PARADISO W/ SPECIAL SCREENINGS 2024
Multimedia Center (MMC) Auditorium
Film program 12 to 18 August 2024 w/some
Special screenings from 15 August 2024 to 19 August 2024

On 15 August this year we are celebrating the 78th birth anniversary of India's independence and 152nd birth anniversary of Sri Aurobindo. In honor of these very significant days, we have a few very special program line-ups for you, especially between 15 and 19 August 2024. Please come, watch, and participate.

Indian—Monday 12 August, 8pm
Maurh

India, 2023, Dir. Jatinder Mauhar and Gury Sekhon w/ Ammy Virk, Dev Kharoud, Vikramjeet Virk, and others, Action-History, 140mins, Punjabi w/ English subtitles, Rated: U/A (PG-13)

In pre-partition Punjab (1885-1893), a villager becomes a bandit to avenge his brother's death and dismantle an exploitative land tax system. Set in a harsh desert, the story reflects villagers' struggles against oppressive landlords and corrupt kings. The devout protagonist takes a leap of faith off a cliff when surrounded by British forces. Historically shot by the British, the film ends positively, emphasizing resilience and defiance against oppression. This film is a must-watch for its gripping drama, powerful performances, and stunning cinematography.

Potpourri—Tuesday 13 August, 8pm
Freedom Writers

USA, 2007, Writer-Dir. Richard LaGravenese w/Hilary Swank, Imelda Staunton, Patrick Dempsey, and others, Biography-Drama, 123mins, English w/ English subtitles, Rated: PG-13

In 1994 Long Beach, Erin Gruwell starts teaching at a newly integrated high school. Facing gang violence and racial tensions, she uses unsanctioned discussions and journal assignments to connect with her students. Despite resistance from colleagues and strain on her marriage, she strives to provide proper resources for her class. An inspiring true story of freedom and grit!

Selection—Wednesday 14 August, 8pm
Selma

USA, 2014, Dir. Ava DuVernay w/ David Oyelowo, Carmen Ejogo, Oprah Winfrey, and others, Biography-Drama, 128mins, English w/ English subtitles, Rated: PG-13

In 1965, Dr. Martin Luther King, Jr. led a perilous campaign for equal voting rights, culminating in the historic Selma to Montgomery march and the signing of the Voting Rights Act. This film powerfully depicts the struggle and triumph of the civil rights movement. It is an inspiring portrayal of a pivotal moment in history. A must watch!

Special Screening—Thursday 15 August, 8pm
Bengal 1947

India, 2024, Writer-Dir. Akashaditya Lama w/ Ankur Arman, Devoleena Bhattacharjee, Harish Bhimani, and others, Drama, 129mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Set against the tumultuous backdrop of partition-era Bengal, this film intertwines historical events with a poignant love story. Amidst chaos and uncertainty, two souls find solace and passion, navigating love, loss, and resilience. Each scene transports viewers to a bygone era, blending drama and romance. This evocative narrative invites reflection and introspection, making it a deeply moving cinematic experience. It is a heartfelt storytelling. The film is shared with us by the director and the film team. One of the co-producers, may be present in person at the screening!

Special Screening—Saturday, 17 August, 8pm
Chittagong

USA-India-Bangladesh, 2012, Writer-Dir. Bedabrata Pain w/ Manoj Bajpayee, Barry John, Delzad Hiwale, and others, Action-Historical, Hindi-Bengali-English w/ English subtitles, Rated: NR (PG-13)

In 1930s British India, 14-year-old Jhunku joins a revolutionary movement led by his teacher, Masterda, after being called a traitor by his peers. This ragtag group of school-boys achieves a historic victory against the British army. Jhunku's journey is filled with self-doubt and challenges as he fights for his place and battles against overwhelming odds. This true story is a gripping action-drama of courage and resilience. Inspired by the story, a NASA scientist made this film using digital imaging technology that he had invented.

Children's Matinee—Sunday,
18 August, 4:30pm
If

USA, 2024, Writer-Dir. John Krasinski w/ Cailey Fleming, Ryan Reynolds, John Krasinski, and others, Animation-Comedy, English w/ English subtitles, Rated: PG

A young girl who goes through a difficult experience begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up.



Special Screening—Sunday 18 August, 8pm
Major

India, 2022, Dir. Sashi Kiran Tikka w/Adivi Sesh, Prakash Raj, Revathi, and others, Biography-Drama, 150mins, Hindi-Telugu w/ English subtitles, Rated: NR (R)

"What is a soldier?" is a question Major Sandeep Unnikrishnan has had to grapple with since he joined the Indian Army. It's a question he asks himself even as he fights terrorists in Mumbai on the fateful day in 2008 at Taj Palace Hotel in Mumbai, where he was martyred in action. There is a saying, that funerals are for the living and not the dead. In a way, this film is a poignant tribute to the sacrifices a family makes whenever one of their own is off to defend the country, but whose sacrifices are seldom acknowledged. It is a well-made and acclaimed film.

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, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to Cinema Paradiso (account #105106) or set up for a monthly contribution. We need it now more than ever.

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/7 support:

- 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. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

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

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and AgniJata*

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>