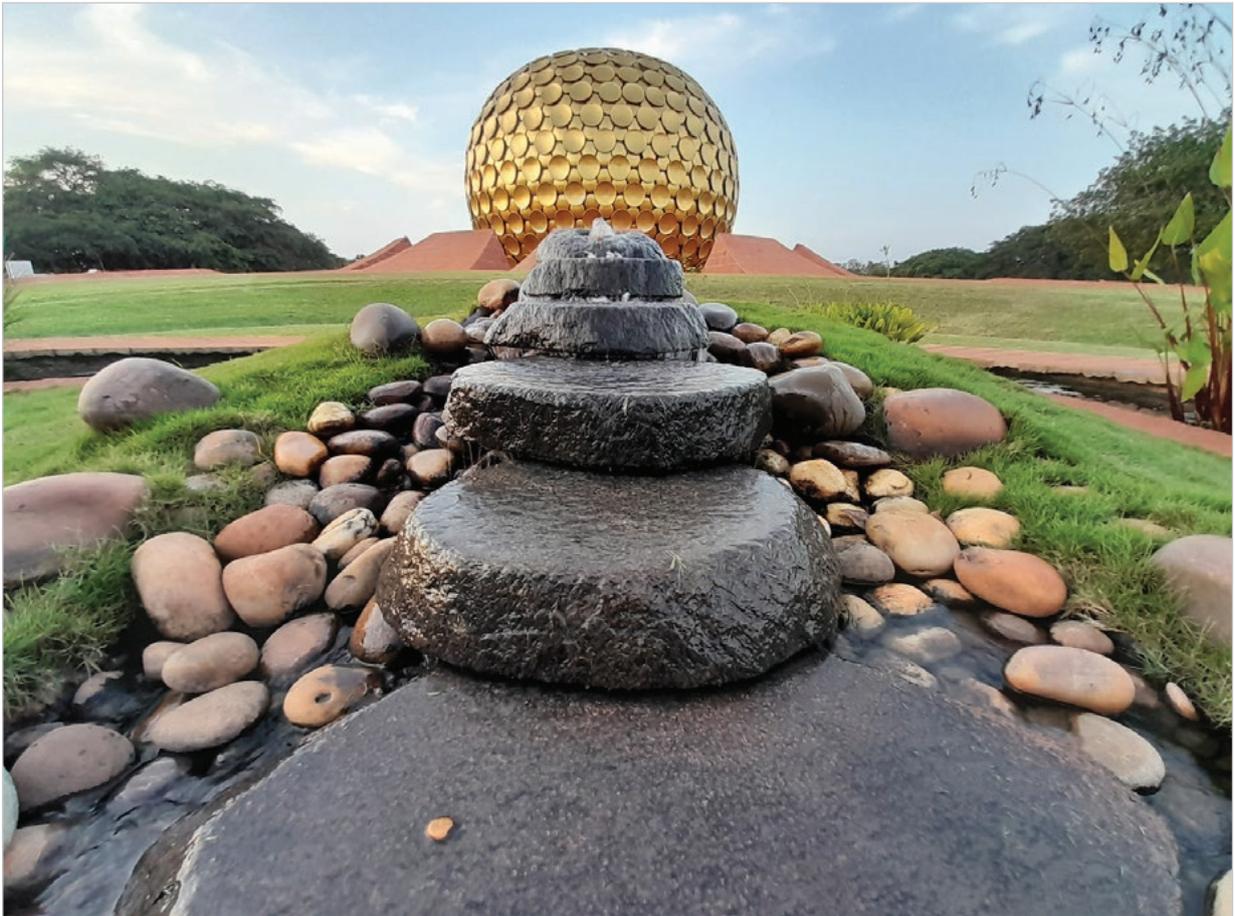




News & Notes

#1079 A weekly bulletin for residents of Auroville 15 May 2025



Matrimandir. Garden of Progress. Photo by Alexey

"Yes, the 'progress' you are making is of the genuine kind—the signs are recognisable. And after all the best way to make humanity progress is to move on oneself—that may sound either individualistic or egoistic, but it isn't; it is only common sense."

Sri Aurobindo, *Letters on Yoga*—I

Pondering



"An evolution of forms of Matter more and more subtly and intricately organised so as to admit the action of a growing, a more and more complex and subtle and capable organisation of consciousness is the indispensable physical foundation. An upward evolutionary progress of the consciousness itself from grade to higher grade, an ascent, is the evident spiral line or emerging curve that, on this foundation, the evolution must describe. A taking up of what has already been evolved into each higher grade as it is reached and a transformation more or less complete so as to admit of a total changed working of the whole being and nature, an integration, must be also part of the process, if the evolution is to be effective."

Sri Aurobindo, *The Life Divine*,
"The Evolutionary Process—Ascent and Integration"

Contents

PONDERING _____	1	Health Care _____	9
HOUSE OF MOTHER'S AGENDA _____	4	Services provided _____	9
TOWNHALL SPEAKS _____	5	Santé Services Schedule _____	9
Auroville Newcomers _____	5	Weekly Baby Support Circle _____	9
Guest Registration Service Summer Schedule _____	5	Time To Summerate: Ayurveda Healthy Tips _____	10
A Short-Term Tender-Cum-Open Auction _____	5	Aurodent: May Dental Offer For Teeth Cleaning, Filling Treatments _____	10
COMMUNITY NEWS _____	5	Addiction Recovery sessions @ Maatram _____	11
Obituary _____	5	Animal Care _____	11
In Loving Memory of Velmurugan Madhusudanan _____	5	Animal Abuse In Auroville: A Wake-Up Call to our Conscience _____	11
Matrimandir News & Schedules _____	5	International _____	11
Amphitheatre: Meditations at sunset with <i>Savitri</i> _____	5	Unity Pavilion Presents _____	11
Matrimandir Access Information _____	5	The Mother's Symbol, Matrimandir & 12 Qualities _____	11
Awakening Spirit _____	6	Art Class with Artist Janakiraman _____	11
Savitri Bhavan Schedule, May 2025 _____	6	Sencha-Style Tea Ceremony _____	11
Brahmanaspati Kshetram Calendar of Regular Events May 2025 _____	6	French Pavilion Presents _____	11
Laboratory of Evolution Library _____	7	Sunday Pétanque _____	11
Education _____	7	Call for a Co-Leader _____	11
STEAM Summer Camp @ Deepanam School _____	7	Theatre, Music & Arts _____	12
STEM Land—Electronic Repair Course _____	7	Bharat Nivas Presents _____	12
Visual Mathematics Classes _____	7	Incredible: A showcase of Artistic Brilliance _____	12
Second part of the Radical Transformational Leadership workshop in Tamil @ Unity Pavilion _____	7	Giovanna Aryafara: Sharing the Diversity of the Human Experience _____	12
Auroville Institute of Applied Technology Offers Bachelor's Degree Courses _____	7	Dance Activities _____	12
Auroville Physical Education Body (AVPEB) Announces its One Year Course in Physical Education Teacher's Training 2025/26 _____	8	Auroville Tango _____	12
Ilaignarkal Education Centre Presents Let's Talk—Thoughts Blossom _____	8	Dance Classes by Mani _____	12
Satori: Educational Services _____	8	Theatre, Music & Art Activities _____	12
Fitness & Resilience Camp for Auroville Children 10—14yrs _____	8	Basic Analogue Photography Darkroom Workshop by Sasikanth Somu _____	12
Tuition Classes Available _____	8	SVARAM Activities _____	13
Kulai Creative Center Activities _____	8	CREEVA: Information & upcoming News _____	13
Auroville Library Contacts and Timings _____	9	Sports & Martial Arts _____	13
Youth Initiative _____	9	Bharat Nivas presents Kalaripayattu Class _____	13
Interactive Psychology Sessions with Youth _____	9	Kshetra Kalari @ Aspiration Sport Ground _____	13
Pizza Night @ Youth Center: Fire Show and Hot Slices _____	9	Aikido Classes _____	13
		Girls' Futsal Football Club _____	13
		Kalpana Gym _____	14
		Abhaya Martial Arts _____	14
		Swimming Class _____	14
		Bioregion & Nature Activities _____	14
		Wellpaper Workshop _____	14
		Mohanam Program _____	14
		Auroville Bamboo Centre _____	15
		Enlight _____	15
		Egai Giving _____	16
		May Fermentation Workshop Series _____	16



Looking For _____	16
Eco Femme is Looking for Office Space & Storage Room _____	16
Amma is Looking for Work _____	16
I Want to Work, I Want to Learn _____	16
Available _____	16
House Available for Housesitting _____	16
Antique Teakwood Cane Chair _____	16
Work Tree Cupboard _____	16
Office Space Available: Auromode _____	16
Honorary Voluntary _____	17
Gau Seva at Sadhana Forest! _____	17
Volunteering @ Ecoservice _____	17
Work Opportunities _____	17
Live Edge Furniture Making _____	17
Aikiyam School: Join Our Team of Educators! _____	17
Foods, Goods & Services _____	17
Naturellement Garden Cafe Summer Discount _____	17
Tanto & Plenty Close for Annual Break _____	17
Right Path Cafe summer news _____	17
Download or Access Dropzy App _____	18
Taste of Yoga Vérité Café _____	18
Bharat Nivas Pathway _____	18
Hemplanet: Explore the Benefits of Hemp! _____	18
FoodLink Market is open every day _____	18
The Sprout Timings _____	18
Annapurna Farm Baskets _____	18
Living Room Café _____	18
South Indian Breakfast @ Aurelec Cafeteria _____	18
Any time Dosa and Pongal @ the Pathway Café _____	19
UTS Transport Service _____	19
Service available _____	19
Integrated Transport Service _____	19
Sunrise Taxi Service _____	19
Shared Transport Service _____	19
Qutee Electric Scooter Service _____	19
AI Office Hours _____	19
Book Binding _____	19
Surabhi Supplies _____	19
Free Store _____	19
Rapid Care Services _____	20
Inside India Summer News _____	20
Sarvam Computers Offers Reliable Service _____	20
Rupavathi Joy Activities _____	20
Poetry _____	20
Focus _____	20

Voices & Notes _____	20
Life: Its Spiritual and Supramental Aim _____	20
Story from Elli: The Starfish _____	21
Celebrating the Diversity of Auroville Farms' Produce in the First 90 Days of 2025 _____	21
Auroville Radio TV _____	22
Classes, Workshops & Healing Arts _____	22
Heart Weaving Exploration _____	22
New Story Pod _____	22
Upcoming Mindfulness Offerings _____	22
Auromode Spa Offers Cosmetology Services _____	23
Integral Unfoldment _____	23
Arka Wellness Center May Program _____	23
Mantras & Stotras Traditional Chanting Class _____	24
Sound Therapy & Self Healing _____	24
Pitanga Cultural Centre: Program May 2025 _____	24
Vérité Events May 2025 _____	25
Yoga & Other Classes _____	25
Treatments and Therapies _____	25
Workshops _____	26
Leela Therapy _____	26
It Matters Schedule from 18—31 May _____	26
Languages _____	26
News from Auroville Language Lab _____	26
Tomatis _____	26
Courses _____	27
Learn English and Hindi _____	28
Cinema _____	28
Eco Film Club: Every Friday @ Sadhana Forest _____	28
Cinema Paradiso Film Program 19—25 May _____	29
Aurofilm _____	30
About N&N _____	30
News and Notes Guidelines _____	30
Accessible Auroville Public Bus _____	30
Emergency Services _____	30



House of Mother's Agenda



The book of Satprem 'Carnets d'une Apocalypse' 1997-1998 (only in French)
is now available at the Visitor's Center Book Shop.

(continued from last week)

For there is this possibility within us: there is open to us even at our human highest this consummation and transcendence. The ordinary mind and life of man is a half-enlightened and mostly an ignorant development and a partial uncompleted manifestation of something concealed within him. There is a godhead there concealed from himself, subliminal to his consciousness, immobilised behind the obscure veil of a working that is not wholly his own and the secret of which he has not yet mastered. He finds himself in the world thinking and willing and feeling and acting and he takes himself instinctively or intellectually conceives of himself or at least conducts his life as a separate self-existent being who has the freedom of his thought and will and feeling and action. He bears the burden of his sin and error and suffering and takes the responsibility and merit of his knowledge and virtue; he claims the right to satisfy his sattwic, rajasic or tamasic ego and arrogates the power to shape his own destiny and to turn the world to his own uses. It is this idea of himself through which Nature works in him, and she deals with him according to his own conception, but fulfils all the time the will of the greater Spirit within her. The error of this self-view of man is like most of his errors the distortion of a truth, a distortion that creates a whole system of erroneous and yet effective values. What is true of his spirit he attributes to his ego-personality and gives it a false application, a false form and a mass of ignorant consequences. The ignorance lies in this fundamental deficiency of his surface consciousness that he identifies himself only with the outward mechanical part of him which is a convenience of Nature and with so much only of the soul as reflects and is reflected in these workings. He misses the greater inner spirit within which gives to all his mind and life and creation and action an unfulfilled promise and a hidden significance. A universal Nature here obeys the power of the Spirit who is the master of the universe, shapes each creature and determines its action according to the law of its own nature, Swabhava, shapes man too and determines his action according to the general law of nature of his kind, the law of a mental being emmeshed and ignorant in the life and the body, shapes too each man and determines his individual action according to the law of his own distinct type and the variations of his own original swabhava. It is this universal Nature that forms and directs the mechanical workings of the body and the instinctive operations of our vital and nervous parts; and there our subjection to her is very obvious. And she has formed and directs the action too, hardly less mechanical as things now are, of our sense-mind and will and intelligence. Only, while in the animal the mind workings are a wholly mechanical obedience to Prakriti, man has this distinction that he embodies a conscious development in which the soul more actively participates, and that gives to his outward mentality the sense, useful to him, indispensable, but very largely a misleading sense, of a certain freedom and increasing mastery of his instrumental nature. And it is especially misleading because it blinds him to the hard fact of his bondage and his false idea of freedom prevents him from finding a true liberty and lordship. For the freedom and mastery of man over his nature

are hardly even real and cannot be complete until he becomes aware of the Divinity within him and is in possession of [B.G.2.45](#) his own real self and spirit other than the ego, *ātman*. It is that which Nature is labouring to express in mind and life and body; it is that which imposes on her this or that law of being and working, Swabhava; it is that which shapes the outward destiny and the evolution of the soul within us. It is therefore only when he is in possession of his real self and spirit that his nature can become a conscious instrument and enlightened power of the godhead.

For then, when we enter into that inmost self of our existence, we come to know that in us and in all is the one Spirit and Godhead whom all Nature serves and manifests and we ourselves are soul of this Soul, spirit of this Spirit, our body his delegated image, our life a movement of the rhythm of his life, our mind a sheath of his consciousness, our senses his instruments, our emotions and sensations the seekings of his delight of being, our actions a means of his purpose, our freedom only a shadow, suggestion or glimpse while we are ignorant, but when we know him and ourselves a prolongation and effective channel of his immortal freedom. Our masteries are a reflection of his power at work, our best knowledge a partial light of his knowledge, the highest most potent will of our spirit a projection and delegation of the will of this Spirit in all things who is the Master and Soul of the universe. It is the Lord seated in the heart of every creature [B.G.18.61](#) who has been turning us in all our inner and outer action during the ignorance as if mounted on a machine on the wheel of this Maya of the lower Nature. And whether obscure in the Ignorance or luminous in the Knowledge, it is for him in us and him in the world that we have our existence. To live consciously and integrally in this knowledge and this truth is to escape from ego and break out of Maya. All other highest dharmas are only a preparation for this Dharma, and all Yoga is only a means by which we can come first to some kind of union and finally, if we have the full light, to an integral union with the Master and supreme Soul and Self of our existence. The greatest Yoga is to take refuge from all the perplexities and difficulties of our nature with this indwelling Lord of all Nature, to turn to him with our [B.G.18.62](#) whole being, with the life and body and sense and mind and heart and understanding, with our whole dedicated knowledge and will and action, *sarva-bhāvena*, in every way of our conscious [B.G.15.19](#) self and our instrumental nature. And when we can at all times and entirely do this, then the divine Light and Love and Power takes hold of us, fills both self and instruments and leads us safe through all the doubts and difficulties and perplexities and perils that beset our soul and our life, leads us to a supreme peace and the spiritual freedom of our immortal and eternal status, [B.G.18.62](#) *parām śāntim, śhānam śāśvatam*.

(to be continued next week)

Sri Aurobindo—Essays on the Gita, The Supreme Secret
<https://incarnateword.in/cwsa/19/the-supreme-secret>
Gangalakshmi (HOMA)

Townhall Speaks

AUROVILLE NEWCOMERS

Please connect with the ATR team at the old Entry office to proceed with your process.

- **Contact:** atr@auroville.org.in

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

GUEST REGISTRATION SERVICE

Summer Schedule

9:30—12:30, Monday—Saturday

Guest Registration Service at Town Hall will be open:

- **ONLY in the mornings** during the month of May 2025
- **and closed in the afternoons.**

Rajeswari for GRS Team, grs@auroville.org.in

AUROVILLE FOUNDATION

Office Of The Secretary, Auroville Foundation

No. AVF-Timber auction/2025/01

Date:09/05/2025

Short-Term Tender-Cum-Open Auction

It is hereby notified that a Short-Term Tender-cum-Open Auction will be conducted for the sale of timber of the following species: *Acacia/Pencil Wood, Neem, Khaya Siventhenia, Thailamaram, Atcha, Peltophorum/ Service tree, Mayil Konnai, Pulian.* The Eligible contractors, firms, and individuals are invited to participate in the auction.

- **The last date for submission tender application is 19 May 2025, 5pm.**
- **Interested parties may inspect** the available timber at the yard during office hours from **9:30am—5:30pm.**

For further details, including terms and conditions, please refer to the official auction document available at

- www.aurovillefoundation.org.in.

Officer on Special Duty, submitted by Dominique

Community News

Obituary

IN LOVING MEMORY of Velmurugan Madhusudan (4 June, 1972—13 May, 2024)

On this day, 13 May, 2025, we remember with heavy hearts Velmurugan Madhusudan, a devoted Aurovillian and a pillar of the Promesse Community. His passing has left a deep void, and the absence of his strength, dedication, and quiet courage is profoundly felt.



Velmurugan played a critical role in protecting the Promesse Community land, standing firm against the challenges posed by surrounding villagers. His unwavering commitment to safeguarding the land of Auroville was a testament to his love for the community and its values. He defended the Promesse Community's land with determination, ensuring that the vision of Auroville remained intact despite opposition.

A year has passed since his departure, and while the sadness of his loss remains, his legacy continues to inspire

and guide us. We are forever grateful for the life he lived, the courage he showed, and the impact he made on the Auroville community he loved so much.

"The memory of the righteous is a blessing."

Forever missed. Always remembered. May his soul rest in peace.

*With love and remembrance,
Ramakrishnan & Shanthi, Promesse Community*

Matrimandir News & Schedules

AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri 6—6:30pm, every Thursday (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this 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 use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Auocard** wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Auocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:45pm.
- Guests are requested to bring along their Auocards.
- **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

Velmurugan for Access team

MATRIMANDIR ACCESS INFORMATION

Changes to the Access Policy

- Firstly all Pass Holders and Aurovilians bringing guests will have to sign into a register at the Office Gate.
- Secondly Aurovilians can bring their close family members to the Gardens 4:30—6:30pm daily as long as they inform before 11am on the day of the proposed visit to mmconcentration@auroville.org.in.
- Thirdly, all guest houses and home stays please note: Guests only holding Auocards, who wish to attend the Savitri Readings in the Amphitheatre on Thursday evenings will have to book one or two days in advance at mmconcentration@auroville.org.in.
- The Matrimandir Access team also wishes to remind all Aurovilians acting as guides for visitors or guests that your guests can not be treated as friends and brought to the Park of Unity at any time. All Tours and guided individuals and parties should be taken to the Viewing Point.
- The Matrimandir Access team also wishes to remind anyone running workshops and camps that visits to Matrimandir or the Park of Unity are not to be included in the itinerary. All group visits should be to the Viewing Point only. Individuals attending these events who wish to concentrate in the Inner Chamber are welcome to make a booking in the normal way at auroville.org.

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.

- Savi registered 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, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

Access to the Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered 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 members 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.

Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in

- Tuesday 8—8:30am.

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, or to go to the website: auroville.org
- 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.

The Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: Daily 7—8am, 5—6pm.

Visiting Matrimandir with Family and Friends

Kindly note the following points regarding bringing family and close friends to the Matrimandir.

- **The Park of Unity**

Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens:

- 9am—3:30pm.
- 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.

The Inner Chamber of Matrimandir

Aurovilians with close family and friends (max. 3, not guests):

- **Monday to Saturday** (Tuesday morning Closed)
8—8:35am. Arrival 7:45am at the Office Gate with prior booking to mmconcentration@auroville.org.in

Thursday Meditations at sunset with Savitri

The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

Antoine, for Matrimandir Executives

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, MAY 2025

Savitri
B H A V A N

Exhibitions

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

This month:

- NO Film
- NO OM Choir and NO Savitri Satsang
- NO Satsang led by Ashesh Joshi

Full Moon Gathering

- **Monday, 12 May, 7:15—8:15pm**
in front of Sri Aurobindo's statue

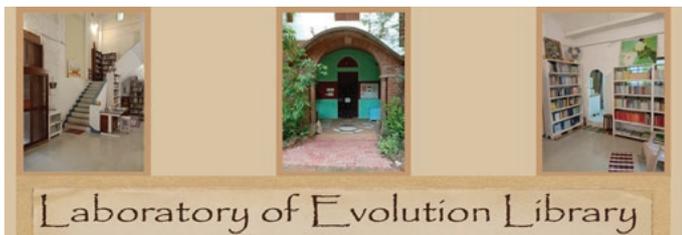
Regular Activities

- **Sundays 10:30—12pm:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** How to find the soul—Theory & Practice 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
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays 4—5:30pm:** Reading Savitri in Russian with Anatoli
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Dhanalakshmi for Savitri Bhavan

 <p>BRAHMANASPATI KSHETRAM The Mother Sri Aurobindo Centre</p> <p><i>Work only for the Divine</i></p> <p>No.3/134, Kalathu Mettu Street Edayanachavadi, Auroville kshetram2014@auroville.org.in</p> 	<p>Calendar of regular events of May 2025</p> <p>Every Thursday 6:00 - 6:30pm Meditation</p> <p>8th & 22nd Thursday 6:30 - 7:30pm, reading "The Mother's Questions & Answers- Vol-7" in English</p> <p>12th, Monday at 6:15pm full moon, reciting Sri Aurobindo's Gayatri Mantra for 30min</p>
---	--

LABORATORY OF EVOLUTION LIBRARY



Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health ... etc.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, CD & DVD, films & lectures.

- **Open Monday to Saturday 9am—12pm Tuesday & Friday 2:30—4:30pm**
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building. *Kalyani*

Education

STEAM SUMMER CAMP @ DEEPANAM SCHOOL

All weeks in May, Monday to Friday, 10am—12:30pm

Ages: 7—12

Looking for an exciting way to keep your kids engaged this May?

Join our STEAM Summer Camp, a fun-filled, game-themed camp where learning feels like play! Each session is packed with hands-on activities that unlock new skills through puzzles, builds, tech tricks, and creative experiments.

Abilash

STEM LAND—ELECTRONIC REPAIR COURSE



We are looking to create a course to train children in fixing mixie, grinder, water filter, microwave oven.

- **If you have an old equipment** that doesn't work or is on its last legs give it a second life while supporting students learn. Please send a message in SMS, WhatsApp, Signal to the number in the contact. We can pick them up for you in the AV area for the quantity we need for the course.
- **Outcomes:** Understanding appliances, Hands on learning, Debug and Repair

Nithyasandhosh,
+91 9751241372,

STEM Land, Udavi school campus, Auroville

VISUAL MATHEMATICS CLASSES

We are happy to bring back 'Visual Mathematics classes' to **children under 7 years**. These classes offer a strong visual base and act as a foundation for the mathematics concepts learned later in school.

We are thankful for the consistent and strong parent support for this activity and we would like to show our heartfelt gratitude to each one of them.

Snehal, +91 9529673687 WA

SECOND PART

of the Radical Transformational Leadership workshop in Tamil @ Unity Pavilion

Dear Community, we are very happy to share with you the 2-part Radical Transformational Leadership workshop in Tamil for growth and full potential of all, especially senior students, educators and alumni.

The program is designed at three levels: 1) enhances self-awareness and personal potential, 2) enhances ability to see underlying patterns in self, school, work and society that result in recurring problems, and 3) enhances ability to design and implement equitable and enduring solutions.

- **Session 1:** 5 May, 9am—4:30pm and 6 & 7 May, 9am—12:30pm
- **Session 2:** 30 & 31 May, 9am—4:30pm

Context:

The program helps participants to get in touch with their individual potential/greatness, building efficacy, clarity, and harmony in study, work, and family-related environments and provides tools for participants to solve problems with value-based solutions while addressing underlying patterns that give rise to the problems.

The tools explored in this program will help to:

- support participants to source their inner capacity and transcend fear or feelings of lowness & lack of self-worth to build resilience and purpose in life.
- builds capacity for increased self-worth, personal confidence and drive for inspired-action.
- fosters a wider mindset of inter-community sustainability and well-being for all.
- fosters institutes/workplaces to become spaces of learning and unfolding where action becomes integrally directed towards common growth and goals.
- transforms norms of blame, exclusion, bullying, guilt, complaints, and gossip towards responsible speaking and actions.
- cultivates accomplishment.
- move from resignation towards action, producing results.

The session will be facilitated by **Dr. Srilatha Juvva**. Srilatha is a professor at Tata Institute of Social Sciences, a trained social worker, and a member of the state board for inclusion. Srilatha is deeply interested in transforming the narrative of mental health, disability, and addiction from one of stigma and being diminished to one that includes and exercises one's full potential.

- **For registration and information**, please contact: stewardship4newemergence@auroville.org.in
- **For queries**, contact: +91 9487830093

Savithri for the Radical Transformational Leadership team in Auroville

AUROVILLE INSTITUTE

of Applied Technology

Offers Bachelor's Degree Courses

Auroville Institute of Applied Technology at the Aurobindavan campus **offers bachelor's degree courses** (B.Voc.) in Software Development and Machine Learning, Applied Electronics and Chip Design, Electric & Electronics Technologies (Renewable energy and Mechatronics and Production Technology) affiliated with Pondicherry University.

These courses are skill-centric and of three years; candidates with a +2 or equivalent are eligible to join a B.Voc. course. B.Voc. graduates are eligible for lateral entry in the 4th year of a B.E. course. Students learn by doing projects from the people working on projects (mentorship) and at industrial sites (internship program).

Eligible are students with +2 or equivalent.



Lavkamad

AUROVILLE PHYSICAL EDUCATION BODY (AVPEB)
Announces its One Year Course
in Physical Education Teacher's Training 2025/26



IAPE course aims to create a new squad of sports teachers who are:

- empowered with the latest in sports science,
- equipped with on ground practical training and supervision
- and sparked with the spiritual significance of the human body

Course commences: July 2025

The course is open to ALL aspirants and will prioritize those who aspire to become Physical Education teachers in Auroville Schools.

If this interests you and feels like your calling, fill the form to receive the detailed brochure by scanning the QR code in the poster or click the link below:

- <https://tinyurl.com/5n66z934> or scan QR code to fill the form.

We will contact you individually in the coming weeks.

Savitri, +91 89404 77667 WA

Lijun, +91 84893 11336

for AVPEB, Auroville Physical Education Body—SAIER, Unit under Auroville Foundation

Ilaignarkal Education Centre Presents

LET'S TALK—THOUGHTS BLOSSOM

Auroville Youth Education Centre
 Towards Golden Jubilee...

Every Thursday

- **First Session:** 3—4pm, **Second Session:** 4:15—5:15pm
- **Topic:** Mindscape *Let's Talk*—Thoughts Blossom
- **Facilitator:** Poet R. Meenakshi
- **Venue:** Youth Education Centre

We will converse in both Tamil and English. People of any age and anyone can participate cordially. No fee, love is the investment.

- Please register your attendance for Thursday by Tuesday evening 4:30pm

Thursday Circle Organizer contact:

- 0413 2623773, tamil@auroville.org.in



We believe this event will be of interest to the Auroville community, and we appreciate your help in sharing this information.

Ms. Vatchala Saravanan
 for Ilaignarkal Education Centre

SATORI:

Educational Services

- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,
satori.auroville@gmail.com

FITNESS & RESILIENCE CAMP
for Auroville Children 10—14yrs

This dynamic camp is designed to enhance child's overall:

- Fitness, Agility, Body-Mind Coordination.

Trainer: Ms. Aashima Batra, an accomplished professional in the field of strength and conditioning (S&C) and realistic self-defence. She has trained the cricket team at state level and the national shooting team for India. She has over a decade of experience in self-defence training and mentoring students in schools, colleges, and various NGOs across the country.

Read more details on the google form and fill it to register your child at the link below (or scan the QR code):

- <https://forms.gle/27H8Pt96zh8zghXt5>



Lijun and Nilima,
 for Dehashakti and AVPEB

TUITION CLASSES AVAILABLE

- **Tuition classes** available from 1st to 12th grade level in all subjects.
- **Crash course** available for 10th and 12th grade level.
- **For further information** contact ashree@auroville.org.in/ 8270512606 WA only.

Submitted by Ashwini

செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 16 years
சையல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 th Grade
கராத்தே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பரத நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒவியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: kulaicreativecentre@auroville.org.in OR kulaicreativecentre.auroville@gmail.com
 WhatsApp: + 91-86084 73385 / 9843195290 WEBSITE : www.kulaicreativecentre.org

Submitted by Selva
 for KCC

AUROVILLE LIBRARY CONTACTS AND TIMINGS

- 0413 2622 894, avlib@auroville.org.in
- Opening timings:
 - Mornings: Monday—Saturday: 9am—12:30pm
 - Afternoons: Monday, Wednesday, Thursday, Friday & Saturday: 2—4:30pm. Tuesday: 4—6:30pm.

Laura

Youth Initiative



Every Wednesday, from 14 May to 4 June, 4 weeks
4:30—6pm @ Joy Hall, Serendipity Guest House, Center Field

- Empowering youth through open conversation,
- Creating a safe space for self-reflection and
- Intentional learning.

Facilitated by Juan Andres, age group 16—30
This is a walk-in program.

Chahat for YouthLink



Fire Show and Hot Slices
Saturday, 17 May, 7—10pm

Featuring homemade mozzarella and ricotta!
We would love to have you join us and support us in building projects back to the community.
You can be a part of something that's growing with intention, and community at its core.
Come if you can—we'll be happy to see you :)

Prashast Gautam

Health Care

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovilian born and brought up in Auroville. I have completed my Masters degree in Physiotherapy (MPT) and I am specialised in Orthopaedics. I am ready to provide home care visits at your place.



Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care, Myofascial massage (Head&Neck/ Back)

- Pain is a sign that has to be taken care of.
 - Kindly get in touch with me if you need my service.
- +91 7904769496 WA,
auroshruthi@auroville.org.in
Sruthi Sundaram

SANTÉ SERVICES



Schedule

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. Gunashree & Dr. Sana: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Monday (classes*) Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminsante@auroville.org.in	

***Ayurveda Classes:**

- 2pm, basic principles of Ayurveda
- 3pm, reading of Ashtanga Hrudaya (one of the 3 main literature on Ayurveda)

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>

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm
@ Lilaloka

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Lilaloka!

We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one.



Here's what to expect:

- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can't wait to welcome you and your baby into this circle of love and support. Let's grow together!

Rotem

TIME TO SUMMERNATE: AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our pitta dosha—the subtle fire that controls metabolism and transformation—can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- **Favorable taste:** Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- **Drink water** stored in earthen pot
- **Raw food/ salads** are taken at lunch mainly
- **Proteins:** mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- **Cereals for energy:** jasmine rice, barley, red rice, millet (fermented ragi)
- **Vegetables:** pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- **Fruits:** amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- **Beverages:** buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk—cow or other veg milk- with a pinch of sugar), electrolyte (1 lemon juice + 1 tsp of sugar + 1 pinch salt in a glass of water)
- **Lipids:** ghee, olive or sunflower or coconut oil
- **Spices:** cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed

- Body massage with coconut oil—if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4—5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains

Cooling plants for the summer:

- **Amalaki—Amla:** Refrigerant and full of Vitamin C, rejuvenative fruit
- **Aloe vera:** Rejuvenates blood and tissues
- **Aegle Marmelos—Bael fruit:** Make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** Seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus:** Leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni—Centella asiatica leaves:** Rejuvenative and tonic for brain and nerves
- **Pudina—Mint leaves:** Herbal tea or dishes
- **Radha consciousness—Clitoria Terneata flowers:** Herbal tea or juice
- **Sarsaparilla—Nannari syrup:** Soothing and cooling
- **Shataavari—Asparagus racemosus:** Cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver roots:** For bathing
- **Yashtimadhu—Licorice:** To refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

*Wishing you a beautiful summer
Be @ Santé Clinic*

AURODENT: MAY DENTAL OFFER For Teeth Cleaning, Filling Treatments



Open to all Aurovilians and Guests

Valid until 31 May 2025

Healthy teeth lead to a confident smile don't miss this chance.

- **For Appointments:**
 - 9629199328 WA, Landline: 0413 2622063
 - aurodent@auroville.org.in
- **Monday to Friday: 9am—5:30pm**
- **Saturday 9am—1pm**
- **@ Auromode**

Jayasutha for Aurodent

ADDICTION RECOVERY SESSIONS

@ Maatram

Every Tuesday, 3:30—4:30pm

@ Maatram, 1st floor, Arka

In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on **Addiction Recovery**.

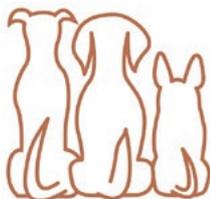
Raam & Palani

Animal Care

ANIMAL ABUSE IN AUROVILLE

A Wake-Up Call To Our Conscience

In recent weeks, shocking cases of animal abuse by Aurovilians have come to light. These are not isolated incidents—they are deeply disturbing acts of cruelty and neglect happening right here and now in our community.



**AUROVILLE
DOG SHELTER**

What's worse: Auroville apparently has no system, no policy, and no accountability in place to deal with animal abusers. There is no protection for the voiceless beings we claim to live in harmony with. This is unacceptable and has to change!

Some of the worst cases involved pets left behind after their owners passed away—animals who were either abandoned, neglected, or abused by the new tenants. We ask Housing to urgently define a policy that ensures these animals have the right to remain in the house. They are not “things” that have to be removed after the owner passes; they are living beings that need to be cared for, not discarded like used household items.

Let's come together as a Community and ask:

- Should police cases be filed against known animal abusers? And if yes, by whom?
- Should their names be made public in News and Notes and on AuroNet?
- Should they lose their status as Aurovilians? Can we have animal abusers live among us?

Who takes responsibility for enforcing compassion and care in our homes and streets?

And more importantly: If we, who call ourselves followers of the Yoga of Sri Aurobindo and The Mother, and claim to be servants of the Divine, are not different than any other cruel and selfish person in the world— if we turn our eyes away from animal abuse, if we look the other way and remain silent, then what is the meaning of Auroville? What is the purpose of this experiment, this dream, this “city the earth needs”?

It's time to step up. It's time for us to become better than this! Auroville must not become a place where cruelty is tolerated or just ignored, where abusers roam freely while the most vulnerable suffer in silence. We need to create a mechanism to protect animals now!

- **Let's find a way!** Send us your thoughts, ideas, or concrete proposals to: auroilledogshelter@auroville.org.in

These are not easy questions, but we cannot ignore them. Silence and inaction enable cruelty!

*Arthur
for Auroville Dog Shelter Team*

International

Unity Pavilion Presents

THE MOTHER'S SYMBOL, MATRIMANDIR & 12 QUALITIES



ART CLASS WITH ARTIST JANAKIRAMAN



SENCHA-STYLE TEA CEREMONY



Experience the spiritual and healing power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

Discover a new perspective on tea drinking as you embrace awareness and relaxation.

- Sessions are available as a one-on-one experience or for groups (4+ people).
- Children (5+ years) are welcome. Special Kids birthday sessions available.
- **Pre-booking or by appointment:** +91 9385428400 WA

*Priya
for Unity Pavilion*

French Pavilion Presents

SUNDAY PÉTANQUE

Call for a Co-Leader

Every week, 4—6:30pm

Since the beginning of the year, our sessions have been a great success. With the playing ground now expanded, we are looking for a volunteer to co-lead the Sunday Pétanque games, every week from 4 to 6:30pm. Goodwill and accountability are all that's needed for this role—no special expertise required.

- If you're interested or would like to know more, feel free to reach out at france.auroville@gmail.com

Vivekan



Theatre, Music & Arts

Bharat Nivas Presents

INCREDIBLE:

A showcase of Artistic Brilliance

• 18 April—17 May @ Kala Kendra, Bharat Nivas



Submitted by Monisha

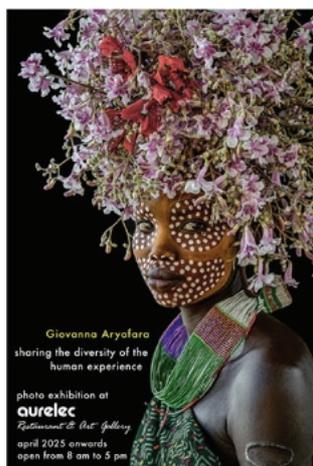
GIOVANNA ARYAFARA

Sharing the Diversity of the Human Experience

Photo exhibition @ Aurelec Restaurant & Art Gallery, open 8am—5pm, ongoing

Giovanna Aryafara, a photographer, travels the world in search of subjects that awaken our emotions, invoke a sense of shared spirituality, and reveal our world through a minimalist, design-inspired lens.

Her works offer access to the beauty of our Earth, inspired by her love of sharing the diversity of human experience.



Jana for Aurelec

Dance Activities

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- **Monday:**
7-Introduction to Tango
8-Improvers
- **Wednesday**
7:30-Guided Practica
8-Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

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



Submitted by Maud

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango

Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

- Tuesday: Salsa class, 6:30pm
- Saturday: Workshop, 7pm

@Bakisata_dance



Tango Dance @ CRIPA

Monday

- Beginner, 6:30–7:30pm
- Intermediate, 7:30–8:30pm

Friday

- Workshop, 6:30–7:30pm
- Open practice, 7:30–8:30pm

Contact: +91 8637633696



Submitted by Mani

Theatre, Music & Art Activities

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu



22, 23, 24 May 2025

@ Centre d'Art Gallery, Citadines, Auroville

Program & Timings

- **Thursday, 22 May, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 23 May, 9am—2pm:** Film photo shoot (in your own time), **2pm—5pm:** Develop your roll of film.
- **Saturday, 24 May, 9am—12:30pm & 2—5pm:** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact:

- centredart@auroville.org.in

The workshop fee for Guests:

- Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

All the material for the workshop is provided except the analogue camera.

Analogue/ Film cameras are available to the participants against a contribution.

- **Regarding the Analogue camera** and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

- **Number of participants** is limited to six.
- While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, Centre d'Art

SVARAM ACTIVITIES

SVARAM Experience—Sound Garden



- Daily
- [See location and timings here](#) or scan the QR Code



SVARAM Musical and Sound Healing Instruments Showroom

- Monday to Saturday, 8:30am—5pm
- [See location here](#) or scan the QR Code



Here are our other Social Media links:

- YouTube: <https://www.youtube.com/@SvaramStreams/about>
- Facebook: <https://www.facebook.com/svaram.org>
- Instagram: <https://www.instagram.com/svaramsoundexperience/>
- Website: <https://svaram.org>

*Aurelio
and the SVARAM Team*

CREEVA:

Information & upcoming News



Weekly Art Workshops & Sessions

- Watercolour Painting Workshop by Sathya
 - Every Monday, 5—7pm.
- Life Model Drawing Session:
 - Every Tuesday, 5—7 pm.
- Live Portrait by Sathya:
 - Reach out to schedule a session.
- Open Studio: A space for everyone to explore their artistic potential
 - Every day, 9am—5pm,
 - Contact Abi: +91 90420 58981.

For info contact Sathya:

- +91 9486145072, sathyacolour@auroville.org.in

*Sathya
for CREEVA Art Studio,
Creativity, Auroville*

Sports & Martial Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Class

- in collaboration with Kalarigram: Bhumika Hall, 6—7am, Monday to Friday
- For registration: bharatnivas@auroville.org.in, office: 0413 2622253
- Contribution is applicable

Monisha for BN Team



KSHETRA KALARI

@ Aspiration Sport Ground

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



Maneesh

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.

The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!

Adult Aikido classes

- Tuesday, Thursday and Saturday, 6—7:30am, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- Wednesdays, 5:30—7pm. Welcome!

Children/ young students

- Monday, Wednesday and Friday, 4—5pm.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

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



GIRLS' FUTSAL FOOTBALL CLUB

Tuesday and Friday, 5:10pm
@ Dehashakti

Girl's football team in Dehashakti. If you like football and you want to learn, play and have fun, come and enjoy it with the other girls.

- Age group 15+ only.
- Contact Beber 6385635943 for details

Beber



KALPANA GYM

Open 7—9am & 5—8pm Monday to Saturday.
Satyakam

ABHAYA MARTIAL ARTS

Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts 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 for adults

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

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

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

Brazilian Jiu-Jitsu classes for kids!

- Kids, 4—13 years old
- Tuesdays and Thursdays, 3:30—4:30pm.

Contribution required.

Send your kids in sportswear, with a bottle of water and a big smile.

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self e training and it has proven results in building cognitive skills and fine motor development, especially for kids.

For more information and to be part of the WA group contact +91 8448077070
Giacomo

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy, Open water,
- Oceanic Water dance,
- Water movie, Swimming in pool

@watersport_mani

Book now: +91 8637633696

Package swimming class



Mani

Bioregion & Nature Activities

WELLPAPER WORKSHOP

10am—4pm

Every day except Sunday

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

Wellpaper:

- +91 9385744722
- 0413 2969722



Viji

MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

mohanamprogram@auroville.org.in

Call/WA: 8300949079

Office: 10am—4pm,
Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.



MOHANAM PROGRAM

Auroville Bioregional Experience with Mohanam

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluveli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

Activity	Time	Description
Cooking Class	Monday to Saturday, 10am—12:30pm	Learn to cook traditional South Indian food and snacks.
Saree Draping	Monday to Saturday, 10am—4pm	Learn how to drape a saree and model your look in an optional photoshoot.
Siddhar Ongara Five Elements Chanting	Every Saturday, 3:30—4:30pm	Chanting calms the mind, boosts energy, and fosters inner peace—join our class to experience its transformative power.

Make & Take Workshop @ Mohanam Campus

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewelry	2 hours
Dreamcatcher	2 hours



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

Balu
for Mohanam Program

AUROVILLE BAMBOO CENTRE

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 is 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.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

Special Bamboo Lunch for Groups in week days

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

Trainings and workshops

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 Workshops Experiences

One-Day, Make and Take Workshops:



- 9am—12:30pm, 1:30—5pm
- Registration one day in advance.
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops:



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

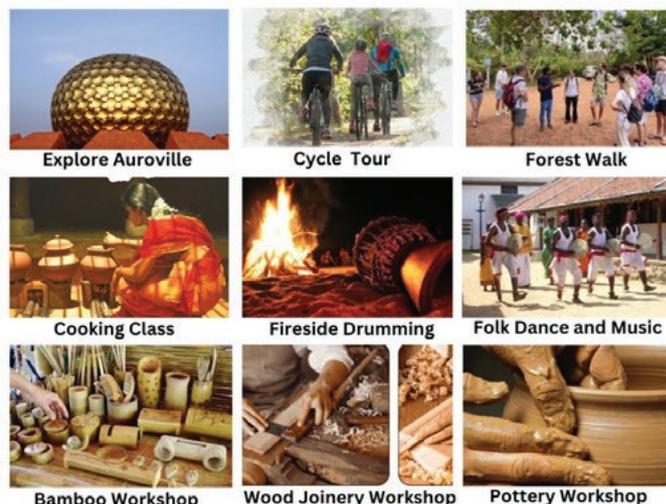
- Walk-in registration available
- 9am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen 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 hand made Jewellery at the end of the workshop.
- 10am—12:30pm or 2:30pm—5pm
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

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
- www.aurovillebamboocentre.org

Archana
for Bamboo Centre Team

ENLIGHT



ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji
for Enlight Team

EGAI GIVING

Arts and Crafts



Toys Workshop: Craft simple toys made of wood and bamboo.

Finger Painting Workshop: Tap into your inner child and learn how to paint with your fingers.

Coconut Shell Workshop: Make and take earrings, keychains, bowls, and pendants.

Incense Workshop: Come and make your own agarbatties.

Products



We make craftwork out of eco-friendly materials such as coconut shell. All our products are unique by design and sustainable.

• **Contact Anand:** +91 9791896488, egai@auroville.org.in

Anand

MAY FERMENTATION WORKSHOP SERIES

Every Saturday, 10am—12pm @ CLC
Upstairs of marcscafe store

Always call at least a day in advance to attend the workshop!

To subscribe: contact@marcscoffees.com

- 10 May, Fermented Veggies Beyond Kimchi: Non-Korean Kimchi, Sauerkraut, Fermented Coleslaw
- 17 May, Fizzy & Wild Fermented Drinks: Kombucha, Tepache, Wild Sodas, Kvass
- 24 May, Fermentation Basics: Drinks, Vinegars & Sauces Beginner's Kombucha, Basic Wild Vinegars, Hot Sauces & Tabasco-style Ferments
- 31 May, Lacto-Fermentation in Everyday Foods: Beet Kvass, Fermented Carrots & Cucumbers, Cauliflower, Onions



Why take this workshop ?

- To learn new skills and develop your patience
- Save money at home
- Master ancient techniques and Reconnect with our human ancestors
- Explore your creativity
- Be sustainable and reduce waste
- Eat healthy and local

Matilde

Looking For

Eco Femme is Looking for Office Space & Storage Room

eco femme

Eco Femme is seeking new office space with the following specifications:

- Office area: 150 sq.m, storage room: 80 sq.m

Please feel free to contact us at +91 9487179556 for more information. Thank you!

Mahalakshmi Prabhakar,
+91 7094278777

Amma is Looking for Work

Vanita can work every day from 2:30—5:30. Anything, call me +91 9942746285.

Anandi, Realisation

I Want to Work, I Want to Learn

My name is Carmen 43 year, and I want to work. My education: kindergarten teacher and waitress. I'm intrested to do anything because I want to learn.

Carmen, +91 8531017772

Available

House Available for Housesitting

My family and I will be out of AV for a break, and our house will be available for house-sitting from 23 May till 14 July. The house is fully furnished (2 bedrooms), it has wifi internet and a house help. And most important of all, we also have 2 cats and 2 small-sized dogs to attend to.

We are in the Adventure community (near Udavi school or Aroma Garden). If you are interested, pls PM on my WA: +91 8098362620 or alessandra@auroville.org.in

Alessandra



Antique Teakwood Cane Chair

In good condition.

Available against contribution.

contact isha@auroville.org.in

Isha

Work Tree Cupboard

Height 125cm, width 75cm

Price expected about Rs.13,000

Only those seriously interested please contact.

Rajeev B Petite Ferme
+91 9443726223



Co-working space at It Matters

CO-WORKING SPACE

Auroville Main Road
Open: 9am-6pm
Mon-Wed-Thu-Fri
Daily rate: 250rs
A/C space / Internet



Call us / also on whatsapp: +91 9344 087 925
Email us: itmatters@auroville.org.in

If you need a co-working space, come to It Matters on-Monday, Wednesday, Thursday, Friday from 9am to 6pm. There is high speed internet and A/C. Check it out! Daily rate 250rs. Location: Auroville Main Road

- itmatters@auroville.org.in or +91 9344087925 WA

Bhakti & Sandra

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.



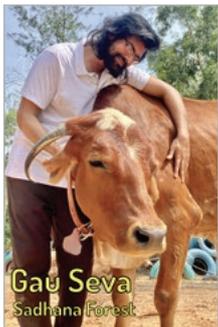
Contact Mr. Pandian

at Auromode in person, +91 9943390391 or pandian@auroville.org.in

Submitted by Pandian

Honorary Voluntary

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

VOLUNTEERING @ ECOSERVICE

Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.



**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.

B for Ecoservice, 7598911090 WA

Work Opportunities

LIVE EDGE FURNITURE MAKING

We offer an opportunity to be highly creative in a small team. At TreeCare we are passionate about giving a second life to trees that had to be cut for various reasons. If this resonates with you, come work with us.



We work with untreated, air-dried, and solid wood, designing and building unique live-edge furniture and lifestyle products.

- **Work hours and commitment:** A daily commitment of 6 hours for a minimum of 2 months is required. However, we encourage a duration of at least 6 months.
- **Prior Experience:** Any training or education in working with wood, Treecare.

9443737945,
creations@treecareindia.com
Tina for Auroville unit Treecare

AIKIYAM SCHOOL:

Join Our Team of Educators!

Are you passionate about shaping young minds and fostering a love for learning? We are looking for dedicated and qualified educators to join our esteemed institution!

Vacancies:

- **Social Science Teacher (Middle/High School)**
- **Pre-Primary Teacher**

Requirements:

- Bachelor's or Master's Degree in the respective subject with B. Ed (for Social Science Teacher)
- Diploma or Certification in Early Childhood Education (for Pre-Primary Teacher)
- Prior teaching experience preferred
- Strong communication in Tamil, English and classroom management skills

What We Offer:

- Competitive salary package
- Supportive and dynamic work environment
- Professional development opportunities
- Engaging curriculum and innovative teaching methodologies

How to Apply:

- Send your resume and a cover letter to aikiyamschool@auroville.org.in or contact 9786211534, 0413 2622358 for more details.

Join us in nurturing the leaders of tomorrow.

Radhakrishnan,
Principal NCBS

Foods, Goods & Services

NATURELLEMENT GARDEN CAFE

Summer Discount

For those staying on in Auroville in the heat and sweating it out with us!



Through May and June we will offer a 50% discount on our menu in Naturellement Garden Cafe every Thursday. So please come and chill out in our AC lounge!

And remember, although we take the last orders at 7pm, you are welcome to stay on at your leisure, as long as you want.

Martina for the Naturellement team

TANTO & PLENTY

Close for Annual Break

May 12—27

- Tanto & Plenty close for its annual break May 12—27.
- Reopening on 29 May.
- Tanto far beach/ Srима will be open always sunrise to sunset.

Sheril

RIGHT PATH CAFE SUMMER NEWS



- Cafeteria is closed on Tuesday evenings instead of Monday evenings! Please join us on Monday nights for our full range of dishes, including Korean, Dosas, etc.
- Also, the Cafeteria is now on Dropzy! Please check our Takeaway menu!

Summer is coming. Let's celebrate with special offers at cafeteria visitors centre.

- **Every day, 7:30—9am** 50% Discount for Aurovilians on our organic breakfast items!
- **Every Thursday** 50% Discount for Aurovilians on Korean dishes
- **Every Friday** 50% Discount on non-veg dishes

Reminder! Cafeteria uses chiefly organic products and Auroville grown food.

We offer

- Monthly and half monthly organic lunch scheme options
- 30% Discount to Aurovilians and 10% discount to volunteer Aurocard holders on all our menus.

Kyonghyon Lee for Right Path Cafe

DOWNLOAD OR ACCESS

Dropzy App

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version: <https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish



TASTE OF YOGA VÉRITÉ CAFÉ



Vérité
VEGAN CAFE
TASTE OF YOGA
Raw | Gluten-free | No added sugar
Vérité Integral Learning Center



Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

Monday to Saturday
08:30 - 16:30

Kathir for Vérité programming

BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



Medicinal Herbal Nursery Counter
Green and Clean Land



Venue: Bharat Nivas Cafe,
Bharat Nivas, Auroville

Green and Clean Land: Indoor and Outdoor Plants for your House and Garden. Your journey into holistic wellness begins here! Nourishing and preserving bio-diversity for environment protection in collaboration with Martuvam Healing Forest.

We warmly invite you to bring Auroville’s native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity.

Offer your contributions with a minimal donation and become a part of this collective effort to promote nature’s gift for a better tomorrow. Let’s grow and give, together!

Souvenir Outlet



Monisha

HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. Davide

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- **For more info,** call/ WA +91 83002 68804 or pass by. **Isabella for FoodLink**

THE SPROUT TIMINGS



Daily, 7am—4pm

Monica for The Sprout team,
www.thesprout.in

ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly.



Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

- We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates.
- Please scan the QR code to join the group or [follow this link](#).



Madhuri
for Annapurna Farm

LIVING ROOM CAFÉ

Open every day, 8am—9pm

Come enjoy delicious meals and coffee in our cozy space, located on The Crown across from the Auroville Library.

We serve breakfast, lunch, and dinner for Aurovilians, newcomers, volunteers, and guests. We look forward to seeing you!



Debo
for The Living Room Cafe Team

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee

Rs.99

Submitted by Shiva



ANY TIME DOSA AND PONGAL

@ the Pathway Café

Bharat Nivas Café has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20. Please, come and enjoy, welcome to Bharat Nivas café.

Arabinda for Bharat Nivas team



Open 24 X 7: Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: uts@auroville.org.in *Lakshmi for UTS*

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:

- +91 8610997059, subramani13@auroville.org.in *Ranjith*



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From **E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services,** we are honored to serve the diverse and vibrant needs of this incredible community. *Rajesh I.T.S.*



Book A Taxi 24/7

SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256, its@auroville.org.in *Rajesh.D for Shared Transport Service*

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/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store (auroville.com) in Aurosarjan Complex

Hands-on workspace for AV units and individuals to work on specific AI projects. Bring your problem, attempt a solution, and get support. Technical expertise not required. Drop-ins welcome, but advance notice appreciated. A collaborative space to explore and work on AI projects.

Please join the AV GenAI User Group on WhatsApp to be updated on any changes in Location and Timing.

- WhatsApp: <https://chat.whatsapp.com/BY0sYI38DwFFdAffBsCRJ>

AL Majumdar +91 9843941207 WA

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

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 9843846458 WA, Phone, Iyyappan

FREE STORE



Our operating hours are:

- **Monday—Saturday:** 9am—12:30pm
- **Tuesday & Thursday:** 2:30—4:30pm

We kindly request that all items/clothes be dropped off only during our working hours. Please do not leave anything outside when we are closed.

Your support helps us continue serving the community, and we truly appreciate your generosity!

Kamala for the Free Store team

RAPID CARE SERVICES



Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.

Services offered

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, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

- **Contact:** + 91 8270071581
- **Primary Email:** rapidcare@auroville.org.in
- **Secondary Email:** rcsrapidcareservice@gmail.com
- **Instagram handle:** @rapidcare1

Balaji & Arun

INSIDE INDIA



Summer News

Vanakkam, Bonjour, Namaste, and Hello! Inside India will be closed on all Saturdays during May and June.

For urgent matters or emergencies, you may contact our ticketing agent Ganesh at +91 9894598686.

Itineraries & Ticketing: Planning to escape the summer heat? Inside India can craft the perfect itinerary tailored to your travel needs across India and Sri Lanka. Write to us at tours@insideindiaauroville.com.

As always, we're open **Monday to Friday, 10am—5pm,**

@ our Kalpana Office.

Happy Summer!

Shaheen for Inside India Team

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Sarvam Computers is located in Utsav Complex. 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

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.

Thai Massage & Tailoring: We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact:
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

Poetry

FOCUS

*Focus of attention refines.
Narrowness of vision confines.*

Anandi Z

Voices & Notes

LIFE: ITS SPIRITUAL AND SUPRAMENTAL AIM

This sharing commenced from seeing an Aurovilian sister's public posting of excerpts of Sri Aurobindo's 'The Spiritual Aim and Life', a chapter in The Human Cycle, written more than 100 years ago. It is also in connection with the ongoing intense dynamics of Auroville with its very diverse mix of invited participants local and from around the globe, and its uniquely evolved legislated social, administrative and governance systems involving the Government of its host Nation we dearly call Mother India.

As we are still in the Human Cycle that is only a transitional evolutionary stage of consciousness and life on this planet, in the context of integrally understanding the etymology of "Politics", still a major buzzword and way of life for most humans, while for many in the spiritual community is a complete taboo. However, it is no secret that Sri Aurobindo and the Mother were national and global revolutionaries themselves having definitive objectives of not just an inner transformation but physical, not only a spiritual realisation but a supramental manifestation that will radically change the world as we know it. Thus it is only proper to integrally understand the word for proper application here in Auroville which has [a most revolutionary Aim and Purpose based on the Divine Supramental Vision-Goal](#) of its Kalki Avatar founders. Adding to that, once more, is the fact that this City of Dawn is situated within, under the protection, administration and governance of the Government of

Mother India that is Bharat Mata, the Guru of the World. I have posited the following questions to just one of our InfoComm assistants Google Gemini:

Q1: What is the etymology of the word "Politics"?

The answer with subsequent very interesting Q&A is in the link below:

<https://g.co/gemini/share/06889d83bc0c>

Addendum: I noticed some lines omitted from the aforementioned shared post but most interesting, as follows:

"Thus spirituality will respect the freedom of the lower members, but it will not leave them to themselves; it will present to them the truth of the spirit in themselves, translated into their own fields of action, presented in a light which illumines all their activities and shows them the highest law of their own freedom. It will not, for instance, escape from scientific materialism by a barren contempt for physical life or a denial of Matter, but pursue rather the sceptical mind into its own affirmations and denials and show it there the Divine. If it cannot do that, it is proved that it is itself unenlightened or deficient, because onesided, in its light."

In that regard I further tested the capacity of our ever-advancing InfoComm assistant in accessing public information. I asked Google Gemini the following question with its answer on the link below, serving as an addendum to the first link above:

Q: Do you have information on the decision of the Supreme Court of India on 17 March 2025 that Auroville continues on its development of the City in accordance with the Mother's Vision and the gazetted Master Plan?

<https://g.co/gemini/share/6124b5fcc9d1>

Very interesting advancements indeed in this modern age of Information and Communications Technology, making the understanding much easier in view of the ever-increasing spiritual and material knowledge and experiences that humans have been accumulating. This gives us the heightened capability to dynamically process and apply eternal truths and new discoveries to this multi-dimensional life much more effectively.

A very important notice: please read very carefully and understand, and do your own cross-checkings and cross-referencings of information for all issues, as these are very sensitive and paradigm-shifting information.

In the meantime, We All as One Unfolding Self-correcting Dynamic Movement continue on...

Towards the soon coming Life Divine

Note: for readers of the printed version, please scan the QR Code to access the links or go to this blogsite to access the post of the same title: <https://zechjoya.blogspot.com/>

Zech



STORY FROM ELLI: THE STARFISH

One Good Deed Can Impact the Whole World

A man was walking along a beach when he noticed a little girl picking up starfish that had washed ashore and throwing them back into the water.



The man approached and asked, "What are you doing?" The little girl replied, "Nothing much—can't you see? I'm picking up starfish stuck on the shore and throwing them back into the sea."

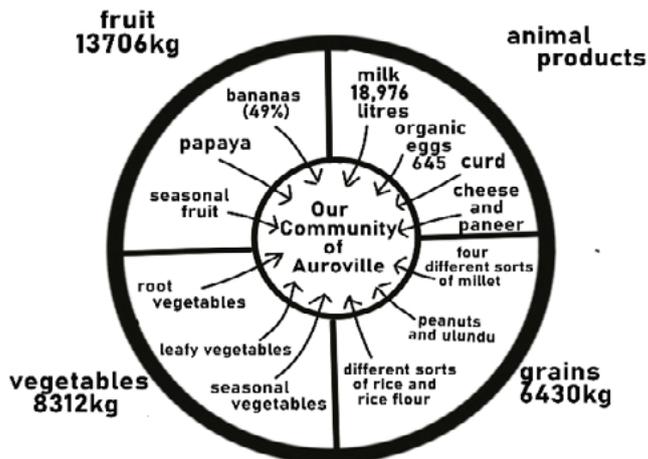
The man chuckled and said, "Little girl, you can't save the whole world. You won't make a difference in anyone's life."

The girl picked up another starfish, threw it as hard as she could 10 meters into the sea, and said, "For this starfish, I made a difference."

That's how it is—one good deed can change an entire life for someone else. Imagine if you did three good deeds every day...

Submitted by Eli Magen

CELEBRATING THE DIVERSITY Of Auroville Farms' Produce In the First 90 Days of 2025



During the first ninety days of 2025 Auroville farmers supplied a huge diversity of food to the Auroville community.

This diversity included nearly 19000 litres of milk (which works out at approximately 211 liters/day) as well as eggs, curd and various sorts of cheese from Auroville's poultry and cows. While over 50% of the fruit supplied to Auroville were bananas/ papaya we also got to enjoy seasonal fruit like pommelos, ramphael and bael fruit. Similarly with vegetables of which there were 50 different sorts supplied during this period. This included the basic staples like brinjal, ladies finger, various sorts of beans and pumpkins with a variety of leafy vegetables like lettuce and roccolla. Lettuce and roccolla have sadly stopped growing now the temperature has risen, but were much enjoyed during their peak at this season. Grains were supplied via Foodlink from the Grain Store in Annapurna. As well as different sorts of rice and legumes, like peanuts and ulundu, there were also four different sorts of millet—Ragi, Waraigu, Samai and Cambu. These coming mainly from local farmers working in association with one or more Auroville farms.

Millet is a good example of what happens when food is bought and sold like other consumer goods. A few decades back when people became richer, they started eating more rice, and millet, which was once a staple food in this area, was no longer eaten. Nowadays millet has become a Health Food for the rich and prices are high. Millet is an excellent crop to grow in this area as it needs much less water than rice. It also has many health benefits containing much more fiber and a wider range of nutrients than rice. The reason that AV farmers do not grow it is because yields are very low. The crop is prone to wildlife, especially birds like parakeets and peacocks, and animals like pigs and deer. It requires a lot of labor which is difficult to get and is very costly. Traditionally millet is grown under rainfed conditions which with the more erratic weather patterns these days is very risky. All this could be addressed if we value the millet for its generic value instead of a commodity, seeing only the economic aspects while losing sight of the real value of the food.

This and similar topics are what a group of farmers, Foodlink and others interested in the food system in Auroville, have been discussing during regular meetings during the last three months. Rather than spend our time fighting the negative aspects of the present situation we have tried to envision what would be the best food system for Auroville. To create a positive and better alternative to what we have at the moment. What should we grow? How should we support those who do the growing? How can we set up a system to ensure that everyone in Auroville has the healthy food necessary for a healthy life? Watch out for future posts about how we are going to move this forward and involve many more people in the community in this very important focus for our community. After all, we all need to eat to go

on living, with eating being our strongest link to the Earth. What we eat and how it is grown really makes a difference both to us individually and to the environment.

Meanwhile as we move into the Hot Season farmers are preparing for growing the hot weather crops needed for the next three months. Expect to see a lot of fruit—especially mangoes and jackfruit together with bassella spinach, snake gourd, brinjal, ladies fingers, pumpkin, cucumber, cluster beans and long beans.

Anshul, Charlie, Moorthy,
Priya, Sathyavan, Velmurugam

AUROVILLE RADIO TV

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



Last published podcasts

- [Marlenka's Weekly Offering—Ep.137](#) (Literature)
- [Savitri—Ep.9 : Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.492](#) (Integral Yoga)

Latest Youtube Videos

- [Savitri Ep.2: Introductory Comments in Tamil by Dhanalakshmi](#)

...and more! on www.aurovillerradiotv.org

For more information write to radio@auroville.org.in

Be Part of Auroville Radio TV's Creative Journey

We are passionate about bringing fresh, engaging podcasts to you through Auroville Radio TV, our radio website and Youtube channel. Now, we invite you to be part of this creative journey!

Do you have an idea that could inspire, inform, or uplift our community? Share it with us! If it aligns with our vision, we'll support you in shaping it into inspiring podcast. Let's co-create something meaningful and extraordinary together!

- Send your ideas to radio@auroville.org.in
- Explore more on:
 - www.aurovillerradiotv.org
 - www.youtube.com/@AurovilleRadioTV

Follow us for more updates!

Looking forward to hearing your ideas!

Sai Priya for Auroville RadioTV Team

Classes, Workshops & Healing Arts

HEART WEAVING EXPLORATION

Every Saturday, 4 pm @ Learning Space
(Ex. TLC base camp)

Dear friends, we are happy to announce weekly inner exploration sessions on archetypes in ourselves. Some of the archetypes:

- Victim (Oppressed—Oppressor—Saviour)
- Guardian (Challenger—Trophy—Champion)
- Judge (Accused—Prosecutor—Defender)
- Distractor (Inspirer—Explorer—Beckoner)
- Actor
 - Dreamer
- Friend
 - Meditator

Come, explore hidden parts of yourself, connect with others. What to bring: a friend, paper for sketching, or a notebook (plain pages, crayons/pencils).

For questions: + 91 8300288303 WA

Submitted by Alexey

NEW STORY POD

Weekly starting on Sunday, 1 June



I'm happy to share with you about an online 'New Story Pod' run by ServiceSpace in which I participated a few years ago and it was quite a transformative experience.

What really moved me was not just the 'content' but also the 'context' of co-creating a kind and non-judgmental space which allows diverse perspectives to lovingly co-exist and creating an environment where we support and bring out the best in each other.

- I'd encourage you to check it out on: <https://pod.servicespace.org/apply/newstory25>

Welcome to join the next cohort from 1 to 21 June if it resonates and you can give 10—15 hours per week for it.

For Auroville participants, along with a few volunteers I would be happy to hold space for in-person meet-ups for a deeper connection. Also, feel free to share it with someone whom you feel might be interested in this. The entire program is offered in the spirit of gift.

What is a new story you wish to step into?

We invite you to a 21-day experiment to share stories of lived experiences that inform the emergence of a new story. Every day you will receive a carefully crafted prompt and as you submit your reflections each day, you will also get to read other people's stories and interact in wide-ranging ways. Let's live and share our stories rooted in generosity, gratitude, compassion and unity, it's an online program and Auroville participants can also meet in person for a deeper connection.

- For online Pod details + sign-up visit: pod.servicespace.org.
- For Auroville meetup, write after 24 May on: deven@auroville.org.in.

Deven

UPCOMING MINDFULNESS OFFERINGS with Helen

Mindfulness Kindfulness half day retreat

- Saturday, 17 May, 9:15am—12:30pm @ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise 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 blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care & compassion. It is a chance to bring gentle awareness & a deep radical acceptance to ourselves

It is suitable for all—those new to meditation & experienced meditators looking to deepen their practice. Participants can practice in a seated position or lying.

- **Booking is required.** Contact Helen on +91 7094753054 WA or visit innersightav.org



Mindfulness for Stress Reduction 1 week course

- Monday, 2 June—Saturday, 7 June
- 7:15—9:15, Monday to Friday & 9am—3:30pm, Saturday

The Mindfulness Based Stress Reduction (MBSR) course is recognized worldwide as the gold standard in mindfulness meditation, with extensive research supporting its health & wellbeing benefits. It can help with anxiety, stress, depression, management of chronic pain, diabetes, blood sugar levels, immune functioning & menopausal symptoms. It can also improve emotional regulation, increase focus & build resilience.



We learn to observe our internal experiences with gentle curiosity. This awareness helps us recognise our reactive patterns to everyday stresses, how these reactions manifest in our bodies and mind, and the impacts it has on ourselves and those around us. The course teaches practical tools—including focused awareness, curiosity, acceptance, patience, and compassion—that can help us to soften our inner knots and offer the possibility of making healthier choices for improved wellbeing.

The course synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.

All are welcome—whether you’re new to meditation, wanting to learn new tools to deepen your practice or looking to integrate mindfulness into your work, or just curious. The course is guided by Helen, a qualified MBSR teacher with a certificate in Trauma Sensitive Mindfulness.

- **Pre-registration is required.** Contact Helen on +91 7094753054 WA or visit innersightav.org

Helen

AUROMODE SPA OFFERS COSMETOLOGY SERVICES

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday **only by appointment call or WA: 9443635114.**



Meha for Auromode SPA

INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



Are you feeling stuck? Looking for a renewed purpose? Life is an incredible journey, unfolding one chapter at a time. In some moments, it’s natural to feel stuck or lost, or longing for a new direction.

I’m here to support those ready to go deeper—beyond the surface—courageously exploring what’s emerging and navigating roadblocks with presence and authenticity.

Through a transformative approach inspired by **Internal Family Systems (IFS)**, **Focusing**, and the **Diamond Approach**, we’ll uncover your innermost self and help you get unstuck and move forward with clarity and purpose.

By Dave (JOI Anitya), +44 7564119728 WA

ARKA WELLNESS CENTER

May Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	<ul style="list-style-type: none"> • Yoga of Mother and Sri Aurobindo • Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) • Mother’s Flower Medicine (vibrational remedy) • Individual Sessions and Groupwork • Psychosomatic Therapy and Breath Therapy • Consciousness/ Energy/ Body Work based on Integral <p>Only by Appointment baritam@auroville.org.in</p>
Pepe	<ul style="list-style-type: none"> • Body Logic • Soft Massage • Deep Tissue Massage. • Monday to Saturday <p>By Appointment: +91 9943410987</p>
Silvana	<ul style="list-style-type: none"> • Cranio-sacral • Lomi Lomi • Kahuna massage • Barefoot body massage • Monday to Saturday <p>y Appointment only: +91 9047654157</p>
Antarjyoti (English & French)	<ul style="list-style-type: none"> • Psychospiritual Introspective Tarot Reading • Deconditioning Self Inquiry • I ching oracle • Inner/subpersonalities forces awareness • Monday to Sunday <p>By Appointment only: 0413 2623767 antarcalli@yahoo.fr</p>
Niyati Thakkar	<ul style="list-style-type: none"> • Integral Regression therapy • Integral reiki healing • Holotropic technique breathwork • Monday to Sunday <p>By Appointment only: +91 7041391995 narayani-nc@auroville.org.in</p>
Olesya	<ul style="list-style-type: none"> • Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines) <p>By Appointment only: +91 9159052743 olesya@auroville.org.in</p>
Shruti	<ul style="list-style-type: none"> • Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell’s palsy, General fitness, Ergonomic advice, <p>By Appointment only: +91 7904769496 auroshruthi@auroville.org.in</p>

Classes

Teachers	Classes	When
Damien	Acroyoga	by Appointment only +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm by Appointment only +91 7867998952
Olesya	Iyengar yoga	Wednesday, Saturday, 6:30—8am Monday, Thursday, Saturday, 5—6:30pm or by Appointment +91 9159052743
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Sunday, 7—8am by Appointment only +91 8012305151/ 9704258709
Priyamvada	Hatha yoga	Monday, 8—9am, Friday, 7:30—8:30am by Appointment +91 9486261640

Services

Aurokiya: Eye Care Center

- Monday & Saturday, 9am—12:30pm, 1:30—5pm
- +91 8012305151, aurokiya@auroville.org.in

Morning Star: Birth & Women Wellness

- morningstar@auroville.org.in

Maatram: Psychological & Psychiatric Consultation

- By appointment, +91 9087709434
maatram@auroville.org.in

Convalescence Facility: Post-Surgical and Care Facility

- For Aurovilians only, Max. stays 3 weeks
- Please contact Arka
0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & Emergency Service

- +91 9442224680, ambulance@auroville.org.in

Svasti: Homeopathic Consultation

- By appointment: +91 9428429642
adititva@auroville.org.in

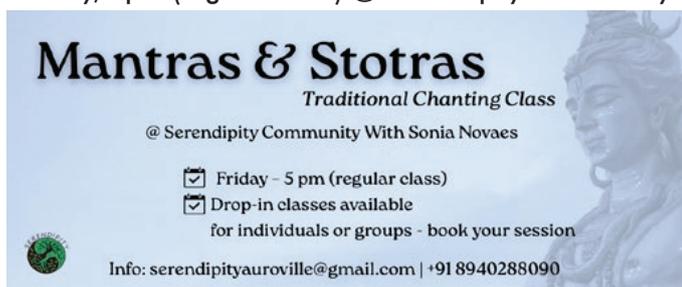
Health & Healing Trust: Administration Office

- Health & Healing Trust
healthhealingtrust@auroville.org.in

Ramana, Arka

**MANTRAS & STOTRAS
Traditional Chanting Class**

Friday, 5pm (regular class) @ Serendipity Community



Mantras & Stotras
Traditional Chanting Class
@ Serendipity Community With Sonia Novaes

- Friday - 5 pm (regular class)
- Drop-in classes available for individuals or groups - book your session

Info: serendipityauroville@gmail.com | +91 8940288090

+91 8940288090, serendipityauroville@gmail.com

Sonia

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.



- By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.

- 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.

- Contact** 9385428400 call/ WA to book your session today! Donation Based
Submitted by Isha

PITANGA CULTURAL CENTRE:



Program May 2025

Dear friends, it's time for annual repair work: Pitanga will close to the public from Monday, 2 June, onwards. We will be back with regular activities on Monday, 7 July.

Drop-In Classes:

- Join without prior registration!

Mondays	
4pm–5pm	Listening Within guided by Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Flowrina
Tuesdays	
7:30am–8:30am	Hatha Yoga with Priyamvada , not on 27 May
5pm–6:15pm	Yoga: Restore & Relax with Flowrina
Wednesdays	
5:30pm–6:45pm	Vinyasa Flow Yoga with Flowrina
Thursdays	
7:30am–9am	Prana Kriya with Flowrina
4pm–5:15pm	Healthy Pelvic Floor with Flowrina, for women only
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
5:30pm–6:45pm	Vinyasa Flow Yoga with Flowrina
Saturdays	
7:30am–8:45am	Prana Kriya with Flowrina
2:30pm–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés

Classes, by Prior Registration

- Prenatal Yoga Circle with Flowrina**
 - Mondays, 10:30am—12:30pm
- Kolam Yoga with Grace**
 - Tuesdays, 10am—12pm

Healing Space, by Appointment

- Shamanic Healing by Auromira
- Yoga Therapy with Nadia A.

New Activities

- Prana Kriya Sadhana with Flowrina

Prana Kriya is a deep practice that is used for mental and energetic cleansing.

- Thursdays, 7:30—9am, Saturdays 7:30—8:45am
- Drop-in class, Practice for all levels

In its simplified version Prana Kriya includes a set of specific exercises that combines posture, movement, breath, concentrated attention and visualisation directed towards each main energetical point in order to stimulate and awake the perception within.

- Healthy Pelvic Floor with Flowrina

- Thursdays 4pm—5:15pm, For women only

A weekly drop-in class about the maintenance and health of the pelvic floor. Just like a house needs a strong foundation, our bodies rely on a well-aligned pelvic floor for stability and health. This class is designed to bring awareness and care to this essential part of our body.

Through interactive and practical sessions, we'll explore exercises to strengthen and relax the pelvic floor as needed. Inspired by yoga and pelvic floor gymnastics, the class will offer valuable techniques for long-term wellbeing.

Open to women of all ages and levels, including pregnant and postnatal participants. Prevention is key—start caring for your foundation now.

Flowrina invites: *"I'm here to guide and support you on this journey."*

Workshops

- Born free to live free with Ange Sabine Blanchflower



- Monday, 19 May—Friday, 23 May, 5 days
- Daily, 12:45pm—1:45pm
- Registration required

Ange invites, *"Discover how you can deconstruct the Beliefs that keep you from living your best life and your Purpose."*

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division. Her mentor Bob Proctor is to this day the leading Teacher of Self Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless. If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!

2622403/ 9443902403 WA, info@pitanga.in,
Andrea for Pitanga Team

VÉRITÉ EVENTS MAY 2025

Please contact Vérité
@ 0413 2622045, 2622606,
9363624083

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



Yoga & Other Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Deep Sound Bath	5—6pm	Satyayuga
Tuesday	Sivananda Hatha Yoga (No class on 27 May)	7:30—8:30am	Nikki
	Slowing Down Through Yoga	5—6pm	Dharani
Wednesday	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
Thursday	Sivananda Hatha Yoga (No class on 29 May)	7:30—8:30am	Nikki
	Deep Sound Bath	5—6pm	Satyayuga
Friday	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Taralaya Flow Dance (no class on 2 May)	5—6:30pm	Vera
Saturday	Slowing Down through Yoga	7:30—8:30am	Dharani
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Hatha Yoga (No class on 24 & 31 May)	5—6pm	Nikki

Treatments and Therapies

Therapist	Therapies (by appointment only)
Dharani	Yoga as Therapy
Mamta	Face & Neck Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
Parvathi	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Workshops

(pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 16 May	Drinking Water the Correct Way	3—6pm	Mila
Saturday, 17 May	Exploring the Vegetal Realms: Shamanic Practices to Connect with the Healing Power of Plants & Trees	9:15am—12:15pm	Auromira

Workshops

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

Drinking Water the Correct Way with Mila

- Friday, 16 May, 3—6pm

Our body, which is 60% liquid, does not contain a single drop of pure water. It is water with electrolytes for conductivity and Life to happen. The modern habit of drinking 1.5—2 litres of liquid with low salt intake unbalances the chemistry, affecting the functions of several systems in the body. It is also showing to be the cause of some new maladies.

Exploring the Vegetal Realms

Shamanic practices to connect with the healing power of plants and trees with Auromira

- Saturday, 17 May, 9:15am—12:15pm

In this advanced 3-hour shamanic workshop, participants will deepen their connection to the natural world through embodied techniques designed to access the healing wisdom of the vegetal realms of plants and trees. Building on the foundation of the “Introduction to Shamanic Practices” workshop, we will explore plant intelligence and how to communicate with their consciousness. This workshop is experiential with guided journeys, sensory awareness practices, and grounding exercises. Inviting you to embody vegetal realm teachings for personal transformation and growth.

Aparna & Anandhi

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.

- For more details see www.innersightav.org or Kardash +91 9940934875 WA.
- Please note updated timings:
 - Mornings: Monday & Wednesday,
 - Afternoons: Tuesday & Thursday
 - Full Day: Alternate Friday or Saturday

Kardash



It Matters

Schedule from 18—31 May
Weekly Activities—A/C Room

All activities are:

Rs. 500 for guests and 50% discount for Aurovilians/ Newcomers/ Savi registered volunteers. Extra discount vouchers available, only for weekly activities, not for workshops.

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED



LOCATION:
Auroville Main Road
Kullapalayam

- It Matters Café is open now!
- Workshop pre registrations:
 - itmatters@auroville.org.in,
 - or +91 9344087925 WA

Date	Activity
Sunday, 18 May, 3—5pm	Integral Psychology n#3: 4 Week Study Course with Matthias
Sunday, 25 May, 3—5pm	Integral Psychology n#4: 4 Week Study Course with Matthias
Date	Workshops in May*
Saturday, 17 May, 3—5pm	Mandala & Mindfulness: Art Workshop with Anusha, free contribution Rs 1 to 1000
Saturday, 24 May, 11am—1:30pm	Me, Myself and I: Writing & Self Exploration with Navni, Rs 900
Saturday, 31 May, 3:30—5:30pm	Introduction to Contemplative Studies with Anshul, free contribution Rs 1 to 1000

*Pre-registration for Workshops is required
More info on instagram: @auroville.curated

Saranya for It Matters

Languages

NEWS FROM
AUROVILLE LANGUAGE LAB
15 May, 2025

Tomatis

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguagelab.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance.



- Send an email to tomatis@aurovillelanguagelab.org.
- Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.
- Resonance, the book!
Check it out:
<https://books.aurovillelanguagelab.org>
- To enquire or register:
tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

Courses

Current Schedule of Classes as of 15 May

See details here:

- <https://aurovillelanguage.org/current-schedule/>

Current Schedule of Classes as of 8 May

Lan-guage	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday Monthly with Rupam
	Pre-Intermediate & Intermediate	10:30–11:30am	Tuesday & Thursday Monthly with Rupam
	Creative Writing	9:30–10:30am	Monday & Wednesday Monthly with Rupam
	Learn English through theatre	11am–12pm	Monday & Wednesday Monthly with Rupam
	Beginner with Ashwini	4:30–5:30pm	Wednesday & Friday
	Kids with Ashwini	4:30–6pm	Tuesday & Thursday
French	Beginner Adults	3–4:30pm	Wednesday & Friday with Auroasha
	Beginner Children	3–4:30pm	Wednesday & Friday with Jade
Tamil	Beginner	9:30–10:30am	Tuesday & Friday with Saravanan
Spanish	Beginner	2:30–4pm	Monday & Wednesday with Mila
Hindi	Spoken Beginner	5:30–6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	Registration Open with Karuna

New! Japanese for Beginners

We are pleased to announce the launch of a comprehensive Japanese course for beginners, designed to follow a structured syllabus using the renowned textbooks “*Minnano Nihongo—Books 1 and 2*”. This program spans 1.5 years, with classes held once a week for 1.5 hours. Students will be required to purchase the textbooks.

The course will be taught by Naoko d’Anjou, a professionally trained instructor in Japanese language education. We are fortunate to have her expertise guiding this class.

We are seeking three highly committed students who are prepared to fully engage with the coursework. In addition to weekly classes, students will be expected to complete assignments and dedicate time for self-study and review outside of class. The course will be conducted entirely in Japanese, without translation, to create an immersive learning environment.

This program places a strong emphasis on mastering Japanese sentence patterns, oral communication, reading, writing, and kanji. Our goal is for students to reach JLPT N4 proficiency within six months and JLPT N5 within one year. Consistent pre-class preparation and post-class review are essential.

If you are ready to commit to this 1.5-year journey and are serious about learning Japanese, please send an email to info@aurovillelanguage.org with the subject line: “Japanese”.

The moment we get the required minimum of 3 registered students will determine the course start date.

Course Objectives:

- Learn beginner Japanese using “*Minnano Nihongo—Books 1 and 2*”
- Study kanji alongside grammar and vocabulary

- Focus on sentence patterns, oral practice, reading, and writing
- Achieve JLPT N4 level in 6 months, and N5 in one year
- Commit to weekly self-study and review

We welcome your inquiries and look forward to hearing from dedicated learners ready to embark on this rewarding language journey.

Call for Arabic Language Teacher

We are seeking a dedicated Arabic teacher for one-on-one lessons. The ideal candidate will possess a native-level command of Arabic, along with a passion for language instruction. Prior teaching experience and the ability to tailor lessons to individual student needs are desirable.

If you are enthusiastic about sharing your expertise and helping learners achieve fluency, we would love to hear from you! To apply, please send a brief cover email outlining your experience to:

- info@aurovillelanguage.org.

NEW! French classes with Auroasha and Jade

Auroasha is pleased to offer a new beginner French course, starting May 7th and continuing through June. This course is designed for complete beginners who wish to start their journey in learning the French language and culture.

Course Details:

- **Instructor: Auroasha**
- Wednesdays and Fridays, 3—4:30pm
- Starting 7 May, open to all adult beginners

Auroasha’s classes will focus on building foundational skills in French, including essential grammar, vocabulary, and pronunciation, through interactive and practical activities. The aim is to help participants gain confidence and fluency in everyday communication, as well as an appreciation for Francophone culture.

Additionally, Jade will be offering a dedicated beginner French course exclusively for children. This course will run on the same days and at the same time as Auroasha’s, providing a supportive and engaging environment tailored to young learners.

Children’s Course Details:

- **Instructor: Jade**
- Schedule: Wednesdays and Fridays, 3—4:30pm
- Starting 7 May. Children only (15yrs and under)

Both courses emphasize active participation and practical language use, ensuring that learners can quickly begin to communicate in French and understand the basics of the language.

For more information or to register, please contact the Language Lab at info@aurovillelanguage.org. Don’t miss this opportunity to start learning French in a friendly and supportive setting!

Private and group classes for English

Rupam: Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.

Vismai: offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual’s level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

Beginner English with Ashwini:

- Wednesday and Friday, 4:30—5:30pm

Ashwini will take on a new group of students and work through her proven English lesson plans that she has been giving for over a decade.

Head on over to the Lab's online form and complete your registration now so that we can keep you posted! <https://aurovillelanguagelab.org/registration/>

Spoken Hindi for Beginners with Ashwini

- Started 4 April, Wednesdays and Fridays, 5:30—6:30pm.

Brush up your language proficiency with this 12-hours Hindi crash course. We will fast-track our way to acquiring an essential vocabulary for everyday conversations using techniques to speak effectively and confidently. This will be supplemented with quick and widely applicable grammar tips.

Conversational Tamil (pre-intermediate) with Saravanan

- Registration Open. Started 15 April. Wednesdays and Fridays, 9:30—10:30am

Especially suitable for those who have gone through a beginner level, this course will help you apply the fundamentals acquired earlier while gaining confidence in conversational Tamil. Our fun, interactive lessons and supportive environment will make it easy and enjoyable.

Beginner Spanish Course with Mila

- Mondays and Wednesdays, 2:30—4pm, started 17 March.

This comprehensive beginner Spanish course, starting 17 March led by our veteran instructor Mila, is designed to equip you with the fundamental skills needed to understand and speak Spanish. Over the course of three months (36 hours), you will delve into essential grammar, vocabulary, and pronunciation, enabling you to engage in basic conversations and navigate everyday situations in Spanish. Whether you're planning a trip to a Spanish-speaking country or simply want to expand your language skills, this course offers a supportive and immersive learning environment to kickstart your Spanish language journey.

Italian—Beginner Level, Registration Open

Our long time Italian teacher Karuna, with years of experience would love to start a new class. So, if you've been thinking about starting or getting back into learning Italian, please do register your interest online.

<https://aurovillelanguagelab.org/registration/>

Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions happen weekdays from 5 to 6pm as follows:

- **Mondays:** French
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays:** Spanish with Gloria
- **Thursdays:** We are looking for a new anchor to host one more meet-up for English.
- **Fridays:** Conversational Hindi with Smriti, 5—6pm

We are still looking for native speakers to facilitate German, Italian and English conversation. Actually, any weekday from 5—6pm is open for people to offer their language. Big thanks to Darren for his time and presence for English the last few months, and to Isabelle and Patricia for French.

Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website and at the Lab, where you are welcome to come and watch them. All are welcome.

Communication with the Lab

Service through our BSNL phone numbers: 2623661 (Lab) and 2622467 (Tomatis).

- For language-related matters: +91 9843030355WA.
- For Tomatis please use 0413 3509932.

Mita, Mano, Louis & Vismai for Auroville Language Lab

LEARN

English and Hindi

- Learn spoken/ written English and Hindi language for fluency and confidence!

- For more information contact Ashwini: 8270512606.

Ashwini, Aspiration

Cinema

ECO FILM CLUB:

Every Friday @ 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, 16 May

Planet Earth: Mountains

2017/ 49 minutes/ Alastair Fothergill & Mark Linfield

Mountains are the most prominent products of the immense forces which shape the living planet: tectonic drift, volcanic activity and erosion by wind, water, frost and precipitation. We see how wildlife adapts to the harsh, often extreme conditions in various types of mountain ranges.



Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
19—25 May

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

Indian—Monday, 19 May, 8pm
Saramsha

India, 2024, Writer-Dir. Surya Vasishta w/ Sruti Hariharan, Surya Vasishta, Deepak Subramanya, and others, Drama, 132mins, Kannada w/ English subtitles, Rated: NR (PG-13)

Does a writer create the story, or does the story find its writer? Tejas, a C.A. longing to be an author, stumbles into a moment that feels straight out of fiction—an unexpected encounter with Abhay. As reality bends into magical realism, an emotional drama unfolds, weaving metaphors, pop culture, and profound questions about fate and choice. This acclaimed film is a novel-like journey through storytelling itself.

Potpourri—Tuesday, 20 May, 8pm
Coal Miner's Daughter

USA, 1980, Dir. Michael Apted w/ Sissy Spacek, Tommy Lee Jones, Levon Helm, Music-Drama, 124 mins, English w/ English subtitles, Rated PG:

This fictionalized biography follows the legendary life of country superstar Loretta Lynn. Poor and hungry, married at 13, and a mother of four before she was 20, her rise to stardom for her songwriting and singing, was nothing short of miraculous. It all started with a gift of a guitar from her husband, Oliver "Doolittle" Lynn—with whom she shared a tumultuous journey in life and to superstardom.

Selection—Wednesday, 21 May, 8pm
La Vénus à la fourrure (Venus In Fur)

France-Poland, 2013, Writer-Dir. Roman Polanski w/ Emmanuelle Seigner, Mathieu Amalric, and others, Showbiz-Drama, 96mins, French-German w/ English subtitles, Rated: NR (R)

Exhausted director Thomas Novacheck struggles to find the right lead for his new play, an adaptation of Leopold von Sacher-Masoch's 1870 novella. Just as he's ready to give up, Vanda arrives, seemingly wrong for the role. Yet as she takes the stage, reality and fiction blur, transforming her into the story's powerful heroine. As tensions rise, the boundaries between control, obsession, and identity dissolve, leading to an unpredictable power struggle in this gripping psychological drama.

Interesting—Thursday, 22 May, 8pm
The Remarkable Life of Ibelin

Norway, 2024, Dir. Benjamin Ree w/ Mats Steen, Robert Steen, Trude Steen, and others, Documentary-Animation, 103mins, English-Norwegian-Danish w/ English subtitles, Rated: PG-13

When Norwegian gamer Mats Steen passed away at 25, his parents believed he had led an isolated life—until they discovered his deep friendships in the gaming world. The film explores his vibrant digital existence, blending animated reconstructions, blog entries, and interviews to reveal a remarkable young man whose connections transcended physical boundaries, proving the power of online communities.

International—Saturday, 24 May, 8pm
Didi

USA, 2024, Writer-Dir. Sean Wang w/ Izaac Wang, Joan Chen, Shirley Chen, and others, TeenDrama-Comedy, 93mins, English-Mandarin w/ English subtitles, Rated: R

In this acclaimed film, Chris, a 13 yrs-old Taiwanese American boy, spends the summer before high school navigating first love, friendship, and his cultural identity. As he bonds with friends, skateboards through his neighborhood, and connects online, he also wrestles with his relationship with his hardworking single mother. This heartfelt coming-of-age story explores family, self-discovery, and finding one's place in the world.

Children's Matinee—Sunday, 25 May, 4pm
Turning Red

USA-Canada, 2022, Writer-Dir. Domee Shi w/ Rosalie Chiang, Sandra Oh, Ava Morse, and others, Adventure-Animation, 100mins, English-Cantonese-Korean w/ English subtitles, Rated: PG

In Toronto, 2002, 13-year-old Mei Lee is a high achiever trying to balance her independence with her family's expectations. But when emotions run high, she undergoes a bizarre transformation—turning into a giant red panda! As puberty and growing pains collide, Mei must navigate friendships, family, and self-discovery in this heartwarming and visually stunning coming-of-age adventure.

Ciné-Club Sunday 25 May, 8pm
Volver

Spain, 2006, Dir. Pedro Almodovar, w/ Penélope Cruz, Carmen Maura and Others, Comedy-Drama, 121 mins, Spanish w English subtitles, Rated: R.

Having weathered a series of bad relationships and traumas, Raimunda and her sister Sole remain close as they continue to mourn their mother Irene, who died years ago in a suspicious house fire. Raimunda's resourcefulness and strength of character shift into unresolved conflicts to call upon her and Sole to return home. Multiple generations of women reunite to mourn their losses, mend old rifts, and harness the healing powers of their collective resilience in the face of age-old adversities.

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

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. We have a new projector and are undergoing major maintenance. To support this, please consider contributing to "Cinema Paradiso" (Account #105106) through one-time or recurring donations. Recurring contributions can be channeled through Unity Fund from your Unit/Activity. Individual Aurovilians, guests, or one-time contributions can be made directly to MMC-CP Account #5106; we'll pay the GST on them and treat it as a donation. Your support is greatly appreciated!

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

AUROFILM



Attention:

Dear film lovers, we inform you that in the upcoming months from April to June, Aurofilm will not screen its Friday movies at the MMC auditorium/ Cinema Paradiso. We hope to return in July after the summer!

We hope to raise enough financial support to continue promoting the best values of Cinema as a service to the community! Therefore, Aurofilm is happy to announce that it has been accepted as an AVI USA partner.

Here we are sharing the link to support us. You can consider becoming a monthly supporter!

- <https://give.aviusa.org/page/AuroFilm>
- Or, you can make your contribution through our financial collection account number **252658**.

We look forward to seeing you at our studio in Kalabhumi!

Note: Contributions are very welcome!

- Aurofilm Collection Acc. No. **252658**

Susana and Aurofilm team



NEWS AND NOTES

Guidelines

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

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.

The aim of New and Notes is to support any idea, that can shift Auroville as a community towards solutions:

- *If you see the problem and can share creative and constructive ways of sorting it out, we will print your article.*
- *If you are unsatisfied how the things are going on and simply want to express your frustration, we will not.*

Visiting hours:

- Monday & Tuesday, 10am—12pm
in N&N office in Multi Media Center

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- Width 9.5cm x Height 4cm

Katiya & Alexey,

NewsAndNotes@auroville.org.in



Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

Monday to Saturday	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

Monday to Saturday	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

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