



# News Notes

#1082 A weekly bulletin for residents of Auroville 5 June 2025



Auroville Road Service workers at work. Photo by Alexey

*Earth's million roads struggled towards deity. / All stumbled on behind a stumbling Guide, / Yet every stumble is a needed pace / On unknown routes to an unknowable goal.*

*Sri Aurobindo, Savitri, The Debate of Love and Death*

## Pondering



When Science discovers that Matter resolves itself into forms of Energy, it has hold of a universal and fundamental truth; and when philosophy discovers that Matter only exists as substantial appearance to the consciousness and that the one reality is Spirit or pure conscious Being, it has hold of a greater and completer, a still more fundamental truth. ... This Matter, like Mind and Life, is still Being or Brahman in its self-creative action. It is a form of the force of conscious Being, a form given by Mind and realised by Life. It holds within it as its own reality consciousness concealed from itself, involved and absorbed in the result of its own self-formation and therefore self-oblivious.

And, however brute and void of sense it seems to us, it is yet, to the secret experience of the consciousness hidden within it, delight of being offering itself to this secret consciousness as object of sensation in order to tempt that hidden godhead out of its secrecy. Being manifest as substance, force of Being cast into form, into a figured self-representation of the secret self-consciousness, delight offering itself to its own consciousness as an object,—what is this but Sachchidananda? Matter is Sachchidananda represented to His own mental experience as a formal basis of objective knowledge, action and delight of existence.

*Sri Aurobindo,  
The Life Divine, Matter*

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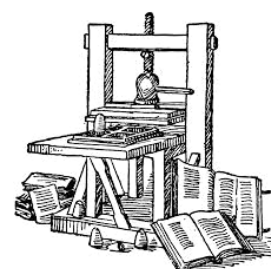
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# House of Mother's Agenda

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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)

And now there comes the supreme word and most secret thing of all, *guhyatamam*, that the Spirit and Godhead is [B.G.18.64](#) an Infinite free from all dharmas and though he conducts the world according to fixed laws and leads man through his dharmas of ignorance and knowledge, sin and virtue, right and wrong, liking and disliking and indifference, pleasure and pain, joy and sorrow and the rejection of these opposites, through his physical and vital, intellectual, emotional, ethical and spiritual forms and rules and standards, yet the Spirit and Godhead transcends all these things, and if we too can cast away all dependence on dharmas, surrender ourselves to this free and eternal Spirit and, taking care only to keep ourselves absolutely and exclusively open to him, trust to the light and power and delight of the Divine in us and, unafraid and ungrieving, accept only his guidance, then that is the truest, the greatest release and that brings the absolute and inevitable perfection of our self and nature. This is the way offered to the chosen of the Spirit,—to those only in whom he takes the greatest delight because they are nearest to him and most capable of oneness and of being even as he, freely consenting and concordant with Nature in her highest power and movement, universal in soul consciousness, transcendent in the spirit.

For a time comes in spiritual development when we become aware that all our effort and action are only our mental and vital reactions to the silent and secret insistence of a greater Presence in and around us. It is borne in upon us that all our Yoga, our aspiration and our endeavour are imperfect or narrow forms, because disfigured or at least limited by the mind's associations, demands, prejudgments, predilections, mis-translations or half translations of a vaster truth. Our ideas and experiences and efforts are mental images only of greatest things which would be done more perfectly, directly, freely, largely, more in harmony with the universal and eternal will by that Power itself in us if we could only put ourselves passively as instruments in the hands of a supreme and absolute strength and wisdom. That Power is not separate from us; it is our own self one with the self of all others and at the same time a transcendent Being and an immanent Person. Our existence, our action taken up into this greatest Existence would be no longer, as it seems to us now, individually our own in a mental separation. It would be the vast movement of an Infinity and an intimate ineffable Presence; it would be the constant spontaneity of formation and expression in us of this deep universal self and this transcendent Spirit. The Gita indicates that in order that that may wholly be, the surrender must be without reservations; our Yoga, our life, our state of inner being must be determined freely by this living Infinite, not predetermined by our mind's insistence on this or that dharma or [B.G.18.75](#) | [B.G.18.76](#) | [B.G.18.77](#) | [B.G.18.78](#) any dharma. The divine Master of the Yoga, *yogeśvaraḥ kṛṣṇaḥ*, will then himself take up our Yoga and raise us to our utmost possible perfection, not the perfection of any external or mental standard or limiting rule, but vast and comprehensive, to the mind incalculable. It will be a perfection developed by an all-seeing Wisdom according to the whole truth, first indeed of our human swabhava, but afterwards of a greater thing into which it will open, a spirit and power illimitable, immortal, free and all-transmuting, the light and splendour of a divine and infinite nature.

(to be continued next week)

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



# Community News

## Matrimandir News & Schedules

### MATRIMANDIR CHAMBER

#### Will Remain Closed for One More Week

Due to unforeseen reasons, the maintenance inside Matrimandir is taking longer than expected. As a result, the Matrimandir chamber will remain closed for one more week.

Reopening is scheduled for **Monday, 16 June, 6am.**

*Matrimandir Executives*



### 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](mailto:mmconcentration@auroville.org.in).
- Thirdly, all guest houses and home stays please note: Guests only holding Aurocards, 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](mailto: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](http://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](mailto: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](mailto: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](mailto:mmconcentration@auroville.org.in)

- Any day except Tuesday & Sunday:  
8—8:35am. Arrival at 7:45am at the Office Gate.

The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

- Tuesday 9—11am.

Auroville units can bring their staff to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)

- Tuesday 8—8:30am.

### 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 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](http://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](mailto: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](mailto: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 Team*

## 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 Aurocard** wishing to attend must book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:45pm.
- Guests are requested to bring along their Aurocards.
- **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

Velmurugan for Access team

*Auroville Connect*

### AUROVILLE CONNECT: May 2025 Newsletter

Auroville Connect, which started as a WA group, is a growing platform dedicated to connecting people in and around Auroville who care deeply about the Dream, the Charter, and the future of this unique city and its experiment in human unity.

This is not a forum for opinion or debate, but a field of shared intention. Whether one lives in Auroville or simply resonates with its ideal of a universal city, Auroville Connect invites you to stay attuned to the deeper pulse behind the visible events.

Each issue brings together essential updates, thoughtful reflections, and voices from within and around Auroville—for those who seek clarity amid change and presence amid complexity. It will be shared via mass-bulletin to keep you informed and connected with the evolving journey of Auroville.

- <https://sites.google.com/view/aurovilleconnect/newsletter?authuser=4>

Anu for Auroville Connect

*Awakening Spirit*

### SAVITRI BHAVAN SCHEDULE, JUNE 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

## Films

Mondays, 4pm

- **23 June: Karma Yoga.** Talk by Vladimir Yatsenko at the Integral Yoga Retreat, US in 2019. Karma Yoga is a profound topic. The Mother's last message to Auroville on 27 March 1973 was about this: "Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga..." Duration: 67min.
- **30 June: The Aim of Life.** This film presents the aims of well-known individuals and is an outcome of the excellent educational work by late Dr. Kireet Joshi. Duration: 52min.

#### This month:

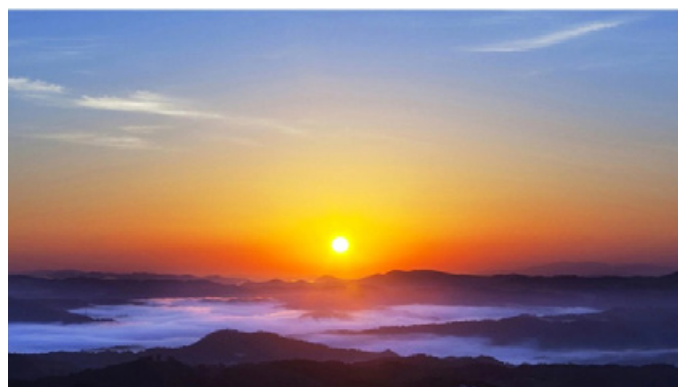
- NO OM Choir and NO Savitri Satsang
- NO Satsang led by Ashesh Joshi

#### Full Moon Gathering

- **Tuesday, 10 June, 7:15—8:15pm** in front of Sri Aurobindo's statue

#### Relaunch of Dream Divine Series

- **Friday, 13 June, 4—5pm** @ Sangam Hall of Savitri Bhavan



As a first session Dr. Alok Pandey will speak on Religion and Spirituality.

This is a relaunch of an initiative designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

Everyone is welcome

#### 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
- **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

Bharat Nivas Presents

**A WEEKLY STUDY CIRCLE  
on The Synthesis of Yoga—Sri Aurobindo**

A weekly study circle on

# The Synthesis of Yoga

- Sri Aurobindo



**By Deepti Tewari**

**4:30 pm - 5:30 pm**

**Every Tuesday**

**Venue :**

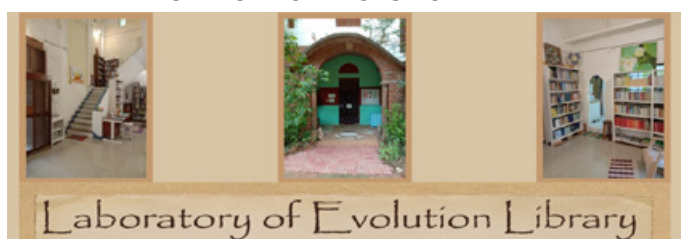
Resource Library,  
Bharat Nivas, Auroville



The reading circle will restart on Tuesday, 17 June

*Submitted by Monisha*

## 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*

## 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*

## 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](mailto:satori.auroville@gmail.com)*

## INVITING THE COMMUNITY

### To Collaborate with SAIER Research Initiatives

**Friday, 20 June, 3—4pm @ SAIER Conference Hall**

SAIER invites the community with the aim of widening research initiatives in Auroville and living by the values envisioned in the Auroville charter.

This session offers an introduction to the SAIER team and the upcoming programmes that will flourish with the active participation from the community. At SAIER we want to bridge the gap between Auroville and the rest of the world. By using research as a reflective practice, documentation and policy engagement we can create workable prototypes from Auroville that can inspire building a conscious society.

Scan to know more about the Research Desk

- Web link: <https://tinyurl.com/4js8w3e2>

*Sohela*



## A NEW SPACE FOR LEARNING AND REFLECTION

We're pleased to announce the upcoming opening of Aarambham Learning Space, an **SAIER unit** designed with the intention of **discovery, clarity, and personal growth**.

Aarambham Learning Space is an initiative of SAIER to provide for children who have newly arrived in Auroville and their families a place to spend time for orientation, exploration, and integration before enrolling in Auroville school. It will also offer activities and learning programs open to all Auroville children/youth/adults, including Art and STEM (Science, Technology, Engineering, Mathematics).

For **Auroville students aged 6 to 12**, our space will be open during school holidays, with student numbers aligned with our capacity to hold a space.

**We are located** at the ex-TLC base camp, just before the right turn to Dehashakti sports ground.

Its natural setting offers an atmosphere designed to encourage introspection and a more organic approach to learning. It's built upon the principle of balance, seeking harmony between concepts like freedom and responsibility, discipline and flexibility, joy of creativity with the aim to perfection.

### Activities for Engagement:

A selection of activities will be offered to facilitate various forms of participation and learning:

- **Artistic Pursuits:** This will include dancing and singing, painting/drawing classes, toy craft, and stitching/embroidery.
- **Outdoor and Experiential:** Time will be offered for exploring the Dehashakti playground, engaging in treasure hunting, and forest walking.
- **Community and Practical Skills:** Activities such as lunch preparation, weekend cooking events, and opportunities for repairing and creating things will be present.
- **Movement and Voice:** There will be space for singing and dancing.
- **Personalized academic activities**, tailored to each child's age.
- **Sports & Play:** Sports activities are planned for the afternoons in the Dehashakti sports ground.
- **Structured Exploration:** Story creation, Shadow theater, Visiting different units and communities of Auroville, as well as visits to Matrimandir, are part of our educational process.

This space is intended to be inclusive, serving as a point of connection for children, facilitators, and parents. It aims to support personal transformation.

We look forward to welcoming you to this natural flow of learning, receiving, and giving.

*Alexey,*


*for the Learning Space team*



## AUROVILLE PHYSICAL EDUCATION BODY (AVPEB)

**Announces its One Year Course  
in Physical Education Teacher's Training  
2025/26**

# Integral Approach To Physical Education-IAPE



Auroville Physical Education Body- SAIER Unit under Auroville Foundation



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

For details- Scan QR code to fill the form or WhatsApp Savitri +91 89404 77667 Lijun +91 84893 11336

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**



## KULAI CREATIVE CENTER ACTIVITIES



**KULAI CREATIVE CENTRE**  
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)



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 18 years
செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாணல் நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 <sup>st</sup> Grade to 9 <sup>th</sup> 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
மத 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
ஒலியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) OR [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)  
WhatsApp: +91-86084 73385 / 9843195290 WEBSITE: [www.kulaicreativecentre.org](http://www.kulaicreativecentre.org)

Submitted by Selva for KCC

### TUITION CLASSES AVAILABLE

- Tuition classes available from 1<sup>st</sup> to 12<sup>th</sup> grade level in all subjects.
- Crash course available for 10<sup>th</sup> and 12<sup>th</sup> grade level.
- For further information contact [ashree@auroville.org.in](mailto:ashree@auroville.org.in)/ 8270512606 WA only.

Ashwini

*For Your Information*

### TEMPORARILY

### Closed Road Access—Aurodam



As part of the ongoing Crown Road project, the section that was temporarily left open for Aurodam access is now scheduled for completion. To carry out this work, we will need to temporarily close this access starting from Monday, 26 May, 2025. [See the map here](#)

We kindly request you to use the alternative route via Radial 6, which is marked in blue on the attached map. The section marked in yellow will remain closed until the work is completed. Thank you for your cooperation and support.

**Auroville Road Service Team,  
Ph: +91 413 3509957,  
[roadservice@auroville.org.in](mailto:roadservice@auroville.org.in)**





## Youth Initiative

### YOUTHLINK HAS MOVED OFFICE SPACE

9:30am—12pm, Monday to Friday

We would like to inform you that YouthLink has moved office space.

We are still in Town Hall but have been relocated to the old Virindhu building, right next to the Vehicle service and Blue Light. Come say hi!

As always, our Help Desk is open from 9:30am—12:00pm Monday to Friday. We look forward to continuing to host events and gatherings from our new office space!



YouthLink.  
Submitted by editors

## Health Care

### 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

<b>Doctor Consultation</b> with Dr. Pavan & Dr. Sana: Monday to Saturday	<b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
<b>Ayurveda</b> with Dr. Be: Tuesday/ Wednesday/ Friday	<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday (TOS from 13 June onwards)
<b>Physiotherapy &amp; Massage</b> with Galina: Monday—Friday (Available from 16 June onwards)	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Midwifery &amp; GYN Care</b> with Paula: TOS	<b>Soundbed Session</b> with Sandhya/ Thilagam: Monday to Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena— <a href="mailto:adminsante@auroville.org.in">inquiry email: adminsante@auroville.org.in</a>	

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](mailto: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**

## 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](mailto:auroshruthi@auroville.org.in)  
**Sruthi Sundaram**

## ADDICTION RECOVERY SESSIONS @ MAATRAM

Every Tuesday, 3:30—4:30pm

@ Maatram, 1<sup>st</sup> floor, Arka

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

**Raam & Palani**

## International

### Unity Pavilion Presents



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.

**Rs. 400 per person**  
**Rs. 300 per person for Groups of 4 or more**

**PRE-BOOKING OR BY APPOINTMENT**  
Call/Whatsapp +91-9385428400 for bookings

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

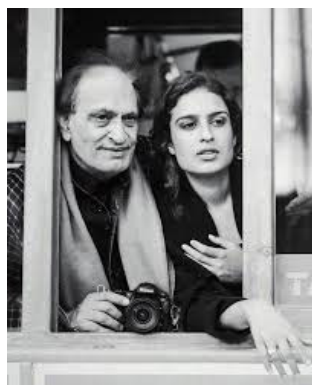
## INDIA THROUGH A PHOTOGRAPHER'S LENS:

**Raghu Rai**

**Saturday, 14 June, 7pm @ French Pavilion**

A documentary film by Avani Rai. 55 min, Hindi and English, French subtitles.

An intimate and visually striking portrait that immerses us in the world of legendary Indian photographer Raghu Rai, seen through the eyes of his daughter, filmmaker Avani Rai. This documentary, both biographical and introspective, traces the prolific career of a man who has captured the soul of India for over fifty years—from national tragedies to spiritual figures, and the beauty of everyday life.



Through this dual perspective—between father and daughter, image and memory—the film explores not only one man's commitment to his country, but also the sensitive relationship between two generations of artists.

An evening dedicated to transmission and dialogue between India and the world, through the lens of a witness to contemporary history.

*Yris for Pavillon de France*

## 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](mailto:france.auroville@gmail.com)

Vivekan

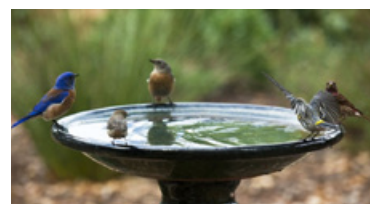


## Animal Care

### NEWS

#### From Auroville Greenbelt Service!

Calling all animal and bird lovers! With the heat of summer fast approaching, Auroville Greenbelt Service is taking a thoughtful step to care for our feathered and furry friends. We're providing free water tubs to help birds and small animals stay cool and hydrated during these scorching months.



If you'd like to be part of this compassionate initiative, simply visit Auroville David Nursery to pick up your water tub. Place it in your garden, balcony, or any quiet outdoor spot where animals can safely access it.

Let's join hands in showing kindness to nature. A small act like offering water can mean the world to a thirsty bird or animal.

- The pickup point will be using ex-David's place in Auro-Dam where the late David lived.
- It is open from 9am—4pm, Monday to Saturday.
- For more information Contact Greenbelt Service 9345454232, 9751292838.

*Aviram, Saravanan & Sivaraj  
for Green Belt Service*

### INTEGRATING THE ANIMAL NATION in the Governance of the Planet?

*Inspirational note by Mukhande*

By working together to address the painful situation of the animal world, and dogs in particular, in Auroville, we will certainly be able to pass a milestone in learning to work towards a new humanity.

The Dog Shelter of Auroville proposes to hold the space to energize our reflection and set a concrete milestone for enhanced human behaviors towards all living beings: to reflect on a charter of Aurovilian attitudes towards animals.



Couldn't this be one more crucial, pioneer experiment emanating from the Aurovilian Community, to feed the global conversation on an upgraded governance for peace and unity in all directions? At least, to me, it sounds like an unprecedented immersion in an adventure of loyalty, love and supramentalized verbal expression to pave the way forward.

- Whoever wants to join the group to write the Animal Charter together, please WA message to Arthur, 812222266

*Mukhande*

### AUROVILLE DOG SHELTER

#### Monthly Transparency Report May

##### Overview

- New admissions: 14 (476 since April 2023)
- Rabies confirmed case: 0
- Adoptions and Releases: 7
- Vaccinations administered: 45
- ABC shelter dog sterilizations: 70
- Deworming: approx. 50



## Meeting regarding Third-Party-Platform Donations

This month, a meeting between auditors, FAMC, DCG, BCC, and the dog shelter took place regarding the topic of whether Auroville needs a policy to accept third-party platforms like Donatekart, Milaap, etc, for fundraising for AV projects. In the auditor's opinion, which FAMC shared, it is preferred to use CSR instead of third-party platforms for donations to raise funds for AV projects and units. It was agreed that no policy is needed. The outstanding donations that Donatekart had collected for the dog shelter will be released.

## Donations received

In May, we received donations through AVI USA for USD 417 (Rs. 35.469). Donations by kind Aurovilians to our FS account Rs. 10.700, from other dog lovers Rs. 70.625, from BCC Rs. 50.000, and Rs. 35.900 onto our ICICI account—a total of Rs. 202.694 and thus again far below our monthly running costs of approx. Rs. 3.5 lakhs.

## Expenditures

- **Animal Food:** In May, we fed our dogs 1.6 tons of rice, 1.7 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh.
- **Staff Costs:** Total staff costs for this month for our workers, paid animal care staff, 1 veterinarian, 1 surgery vet, 2 vet assistants, and volunteers were approximately. 1.7 lakh
- **Medical Costs:** As we could not collect sufficient donations last month to cover even our basic running costs, we had to cut back on buying medicines. Our stock of rabies vaccinations is dangerously low. Please donate to keep Auroville safe!
- **Infrastructure Improvements:** Our Office/Caretaker container has been almost completed and was outfitted with a desk, cupboards, a donated fridge, a bed, and an air conditioner. The modification costs remained within the budget of Rs. 1.2 lakhs

## Project Sterilising 1000 Dogs in 1 Year

This month we managed to sterilise 70 dogs, up from 66 last month, and well on the way to reaching our monthly goal of 80 dogs. We are asking all dog owners to sterilise their dogs to counter the mass of dumped puppies everywhere and increase health benefits. As we don't have any budget or grant money to provide free sterilisations, we are asking, if possible, for a minimum donation of Rs. 1500 for the shelter. We encourage all Aurovilians and dog lovers to please use this opportunity to do the right thing and eliminate suffering by helping to control the canine population. Contact Shirley under our new WhatsApp Sterilisation Hotline 8903176612 for booking an appointment.

## Invitation to Write Together: The Auroville Animal Charter

Recent heartbreaking cases of severe animal neglect and abuse highlight a painful truth: Auroville, a city meant to be guided by the Mother's infinite love, compassion, and respect for all living beings, still lacks a clear framework defining our relationship with all sentient beings. It's time that we do something about it.

Drawing from the Mother's deep compassion, wisdom, and guidance, this charter should become a framework for how to live in a harmonious co-existence with all sentient beings in Auroville. This vital document must be born from our collective consciousness and the Mother's guiding spirit, and can only be written if we put our collective consciousness and minds together. It will define how humans and animals thrive side by side in our shared evolution, upholding the rights and ensuring the place of all sentient beings in our Community, while unequivocally stating that violence or harm towards beings cannot have a place in our City of the Future. If you want to participate in our weekly meetings, please WhatsApp message Arthur 8122225266

## New Auroville Dog Shelter

The new Auroville Dog Shelter is urgently needed; our current facility is critically overcrowded, lacks even the basic infrastructure, and is rapidly deteriorating. After two years of waiting and months of dedicated negotiations, there is finally hope on the horizon. Stay tuned for updates!

Auroville Dog Shelter Team. Tine, Arthur

## Theatre, Music & Arts

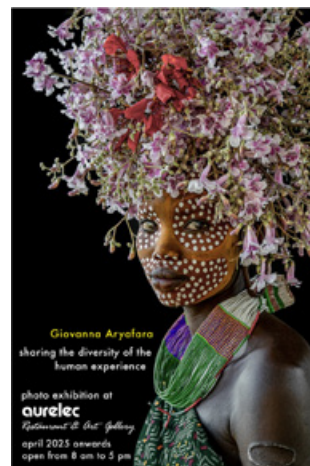
### GIOVANNA ARYAFARA

#### 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](mailto: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



Mani

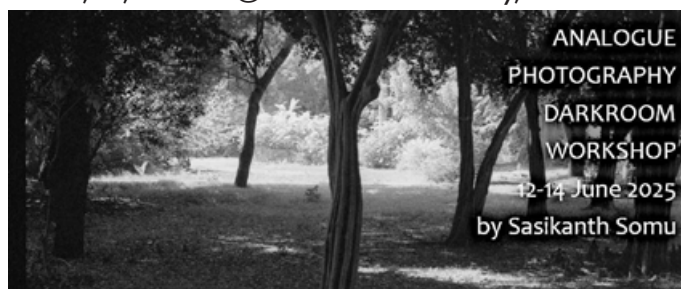


## Theatre, Music & Art Activities

### BASIC ANALOGUE PHOTOGRAPHY

**Darkroom Workshop by Sasikanth Somu**

12,13,14 June @ Centre d'Art Gallery, Citadines



#### Program & Timings:

- **Thursday, 12 June, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 13 June, 9am—2pm:** Film photo shoot (in your own time), 2—5pm: Develop your roll of film.
- **Saturday, 14 June, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Contact: [centredart@auroville.org.in](mailto: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



#### 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](mailto:sathyacolour@auroville.org.in)

Sathya for CREEVA Art Studio, Creativity

## 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

### Svaram Sound Experience



- By Appointment Only
- Available sessions: Solo, Duo, or Group
- Please [click here for details and contact info](#)
- or scan the QR Code

### Our 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 for the SVARAM Team



## *Sports & Martial Arts*

### WOMEN'S FITNESS CAMP FOR 14+ YEARS

Monday, 16 June—Friday, 20 June  
4:15—6:15pm



#### @ Dehashakti Sports Ground

Deepen your core strength, flexibility, and body awareness through Surya Namaskars and guided stretch sessions.

**About the 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. Only 20 spots available.

*Lijun and Nilima,  
for Dehashakti and AVPEB*

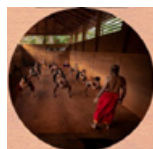


#### Bharat Nivas presents

### KALARIPAYATTU CLASS

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

*Monisha for BN Team*



### KSHETRA KALARI

#### @ Aspiration Sport Ground

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



*Maneesh*

### 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*



## ABHAYA MARTIAL ARTS



Abhaya Martial Arts is proud to have trained over 500 students of all genders, ages, and experience levels. We've hosted expert Muay Thai coaches, Brazilian Jiu-Jitsu (BJJ) black belts, and introduced our students to a range of transformative practices. Our team has participated in national competitions and begun awarding official belts and degrees recognized by the **Shou Dao School**—a martial arts academy acknowledged by the Olympic Committee.



#### Our regular classes for adults @ 5:30pm

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Muay Thai/K1 with Coach Ruben, Coach Tangy and Coach Giacomo

#### Please note:

- Contribution required
- Be punctual
- Short nails, sportswear and no jewelry
- Stay home if you're unwell or have open wounds

For updates and participation: +91 9487340778 WA msg.

#### Brazilian Jiu-Jitsu classes for kids!

- **Tuesdays & Thursdays, 3:30—4:30pm**  
for kids aged 4 to 13, @ Dehashakti Gym
- Contribution required

After many requests, we're thrilled to restart Brazilian Jiu-Jitsu and foundational MMA classes for children at Dehashakti Gym! Send your child in sportswear, with a water bottle—and a big smile!

Classes are led by **Monica**, an experienced assistant instructor beloved by the kids. At Abhaya, we teach Brazilian Jiu-Jitsu in a **non-competitive way**, focusing on **discipline, self-control**, and a solid, practical foundation in martial arts. BJJ is one of the most effective real-life self-defense systems and is proven to enhance **cognitive skills** and **fine motor development**, especially in young children.

- **For more info or to join the kids' WA group:**  
+91 84480 77070

*Giacomo for Abhaya*

## 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*



*Submitted by Mani*

## 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](mailto:budokan@auroville.org.in)
  - 8300643963 WA, Philippe G.
  - 9952812843 WA, N. Murugan
- Cristo, Rita, Surya & Philippe for Auroville Aikido*

## KALPANA GYM

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

## Bioregion & Nature Activities

### MOHANAM PROGRAM

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

[mohanamprogram@auroville.org.in](mailto: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.

### 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 Jewellery	2 hours
Dreamcatcher	2 hours
Henna	2 hours



- The Make & Take workshops can be booked for any day **Monday—Saturday, 10am—12:30pm or 2—5pm**.

## 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.

### Tours inside Auroville with Mohanam

Tour Activity, Time	Description
<b>Auroville Northwest Tour</b> Monday to Saturday, 10:30am—10pm	Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville.
<b>Mohanam Campus Tour</b> Monday to Saturday, 10am—4pm	Visit Mohanam Bio-region Cultural Centre to experience Tamil culture with all your senses—taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.

### Thiruvannamalai Eco & Spiritual Services

*Thiruvannamalai—Mohanam Services. Arunachala—Auroville. Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience*

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

For more information, contact us:

- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079

*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.

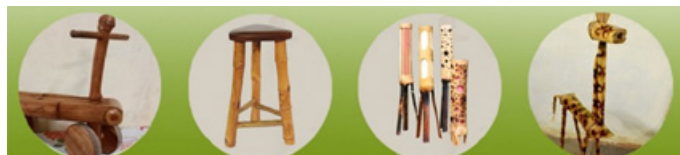
### Trainings and workshops

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

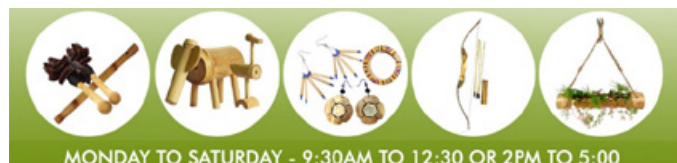
One-Day, Make and Take Workshops:



- 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 handmade 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.

### Upcoming Workshops June 2025

#### [Hyperbolic Paraboloid Dome Workshop](#)

- 13 & 14 June 2025, 9am - 5pm

This workshop focuses on Bamboo Hyperbolic Paraboloid Dome building construction from bamboo and various natural materials.

The Bamboo Hyperbolic Paraboloid Dome workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.



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

- Preferred: [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)
- or +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- [www.aurovillebamboocentre.org](http://www.aurovillebamboocentre.org)

Archana for Bamboo Centre Team

## ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



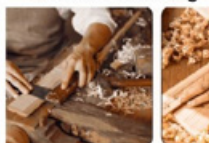
Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

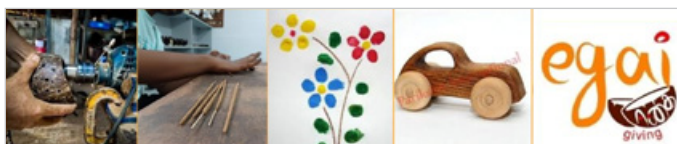
+91 76398 10621/82700 71581/0413-2963034

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

Anand

## 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

## Looking For

### Family of 4 Looking for a Long-Term House Sitting

We are a family of 4 with 2 kids, age 2 and 5, newly newcomers, and we are looking for a long-term house sitting in Auroville. We are clean and minimalist people, the kids mostly like to play outside, so an outdoor space would be wonderful. Please feel free to contact me on +916385549802 WA.

Meghan and family

## Office Spaces

### 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](mailto:pandian@auroville.org.in)

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](mailto:sadhanaforest@auroville.org.in),

8525038274WA or call 8122274924

Aviram

for Sadhana Forest team

### 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

### 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!

- **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](mailto: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*

### LANDLINE NUMBER CHANGED

Kindly update this in your contacts:

#### **Guest Registration and Accommodation Service @ Visitor's Centre**

Please note that the landline number of Guest Registration and Accommodation Service, Visitor's Centre has changed from 0413 2622704 to 0413 3509222. **GRAS Team**

#### **Auroville Water Service**

Dear Residents, please note that the landline number of Auroville Water Service has changed from 0413 2622877 to 0413 3509161. **AWS Team**

### NATURELLEMENT GARDEN CAFE

#### Summer Discount every Thursday

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*

### 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 healthy 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*

### 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.

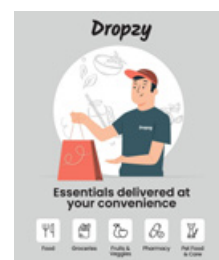
*Kyonghyon Lee for Right Path Cafe*

### 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*

### 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*



## LA TERRACE IS CLOSED for Annual Tour

Thursday, 12 June—Sunday, 15 June 2025.

See you again on Monday, 16 June

Angelika for La Terrace

## THE SPROUT TIMINGS



Daily, 7am—4pm

Monica for The Sprout team,  
[www.thesprout.in](http://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

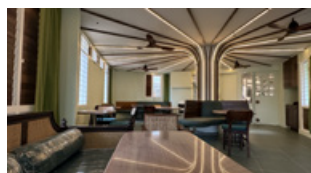
## LIVING ROOM CAFÉ

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](mailto:uts@auroville.org.in)

Lakshmi for UTS



**Book  
A Taxi 24/7**

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

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

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



Sathish for Sunrise Taxi

## 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](mailto:its@auroville.org.in)

Rajesh.D

for Shared Transport Service

## KINISI E-MOBILITY

At Kinisi we are passionate about making sustainable, electric transport accessible and convenient for everyone in Auroville. Whether you're a guest, long-term volunteer, newcomer, or Aurovilian, we have tailored solutions to get you moving quietly, cleanly, and efficiently.



**Our Services Include:**

- E-Cycle, E-Scooter & E-Bike Rentals:
- Flexible pricing depending on the duration of rentals for guests. <https://app.kinisi.in/>
- Special discounted rates for SAVI registered for long-term volunteers—ask about our volunteer scheme! <https://app.kinisi.in/volunteer/>
- KIM Scheme: Exclusive benefits for Aurovilians and Newcomers. <https://app.kinisi.in/kim/>

**Repair & Service:**

- Comprehensive repair and maintenance for all models of e-cycles, e-scooters, and e-bikes—no matter where you bought it!
- General Service, Battery, Motor, and Controller check, parts replacement, and recycling services.

**Contact Us:**

- +91 8300460679/ 680, [info@kinisi.in](mailto:info@kinisi.in)
- <https://bit.ly/2Jl4Q9Z>, <https://kinisi.in/>

Debo



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 for I.T.S.**

### 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](mailto:govindaraj@auroville.org.in) for any of your requirements. Upgrade to electric transport and solar power.

**Govindaraj & B for Qutee Electric Scooter Service**



not just a **Furniture company**

We Design  
Produce & Manage your wood works




[www.prakrit.org.in](http://www.prakrit.org.in)

Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

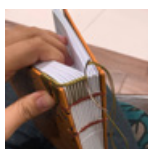
Head over to our website to check out our portfolio of projects done in collaboration with various architects and businesses over past years. Reach out to us for enquiries and collaborative opportunities.

**Mehul for Prakrit, +91 9634424066**

### BOOK BINDING

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

**8940648542, Michel**



### AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store ([auroville.com](http://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**

### 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](mailto:rapidcare@auroville.org.in)
- Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
- Instagram handle:** @rapidcare1 **Balaji & Arun**





Inside India is closed on all Saturdays in 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](mailto:tours@insideindiaauroville.com).

As always, we're open **Monday to Friday, 10am—5pm,**  
@ our Kalpana Office.

Shaheen for Inside India Team

## 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:**

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

+91 9843846458 WA, Phone, Iyyappan

## 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](mailto:subramani13@auroville.org.in)

Ranjith

## 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](mailto: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](mailto:rupavathijoy@gmail.com)

Rupavathi

## Voices & Notes

### THE DEVA SANGHA OF BHARAT MATA

From the Mother's Agenda of 21 July 1962:

"Read this; it shows a slightly new side of Sri Aurobindo's thought. I mean, he took a sterner tone when addressing Indians, and he gave a fuller account of his experience of the West."

<https://incarnateword.in/agenda/03/july-21-1962>

"Our business is not with the formless Spirit alone; we have also to direct the movement of life. And there can be no effective movement of life without form. It is the Formless that has taken form and that assumption of name and form is not a caprice of Maya. Form is there because it is indispensable. We do not want to rule out any activity of the world as beyond our province. Politics, industry, society, poetry, literature, art will all remain, but we must give them a new soul and a new form."



"What I have in view is a Samgha [community] founded in the spirit and in the image of its oneness. It is with this idea that the name Deva Samgha has been given—the commune of those who want the divine life is the Deva Samgha. Such a Samgha will have to be established in one place at first and then spread all over the country."

Thus Auroville was created for this Supramental Deva Sangha, with our crystal clear integrated Core Vision-Goals: <https://auroville.org/page/core-documents>

And we as the Knowers of the True Being who have come back again and again in this World of Matter are the Torchbearers, Willing Servitors and Hero Warriors who will courageously continue on towards the Life Divine on this very Earth, concentrated here in the Supramental Kalki Avatar's Auroville the City of Dawn, formally Government-legislated and administered, nurtured and protected by the awakened sons and daughters and adopted children of Mother India who is Bharat Mata the Guru of Nations.

As Matrimandir the Soul of Auroville and Temple of the Supreme Divine Mother MahaShakti has since been completed, and after a brief rest period bottoming in the covid awakening, we have again entered a hastened and intensified upward progressive phase of inner and outer development.

As decreed and modulated by the Supreme Divine Mother, all the necessary elements and conditions are now in place in conscious preparation of this city-wide Deva Sangha, this modern Gurukulam, the greatest Seat of Integral Supramental Knowledge and Action on Earth, specifically as an epicentric crucible for the eventual Divine Manifestation, the advent of the new apex species the Supramental being, the blossoming of the long promised Golden Age, the Satya Yuga.

But until the day of victory, the Divine Supramental Dharma must be upheld in this City of Dawn and the whole Nation of Bharat protected from the pervasive influence of the [undivine forces of the vital world](#).

"Verily you shall see her, the Mother of the Bharatas, striking down her foes mightily in the thick of the fight.

Summon forth to battle the ancient tribes of the Bharatas. Let there be victory; fear not. Lo, I have awakened! Where is the bow, where the sword? Arise, arise, O sleeping lions!"

<https://incarnateword.in/cwsa/09/bhavani-bharati>

**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

## Paths of Light: Tales of Spiritual Awakening in Auroville

### THE AUROVILIAN AND THE INNER PEACE:

#### Finding the Matrimandir Within

After years of deep practice and dedication, an old Aurovilian descended from the spiral ramp of the Matrimandir Inner Chamber in Auroville, having just completed a profound meditation. His face radiated with joy, his eyes wide open, taking in the world with a sense of newfound clarity. His steps were slow and deliberate, each breath carrying the peace he had absorbed in the Inner Chamber. He felt as if he had attained something extraordinary, something that others might spend their entire lives searching for but never find.

With a serene smile, he made his way towards the Banyan tree, the heart of Auroville, which had witnessed countless moments of reflection and spiritual realization. Reaching the stone bench beneath its sprawling branches, he sat down, still enveloped in the silent joy that had filled him during his meditation at the Inner Chamber of Matrimandir. Closing his eyes, he continued his silent communion with the universe.

But then, a sudden sensation interrupted his peace. A wet, unpleasant splatter on his head and face startled him out of his meditation. He opened his eyes, and his smile vanished, replaced by a look of irritation. His face tightened, eyes narrowed, and anger surged through him. He looked up, and there they were—birds, perched among the branches, singing their songs.

The noise, once harmonious, now grated on his nerves, and the mess they had made on his head only fuelled his frustration. His mind, so calm moments ago, was now filled with agitation. The silence of the Matrimandir Chamber had disappeared, replaced by the cacophony of birdsong and the sticky sensation on his skin.

Just then, the Banyan tree, ancient and wise, began to speak to him, its voice gentle yet profound: "My dear Aurovilian, you have tasted the peace of the Matrimandir Chamber, but remember, that peace is not yours; it belongs to those places, to the environment that creates it. True peace, the peace that is yours, is the one you carry within. As The Mother said, True spirituality means being able to meditate in the noise and confusion of a marketplace as well as in the quiet of a forest. If you can remain calm and composed amidst the chaos of the Pondicherry fish marketplace, the bustling crowds of Chennai's Ranganathan Street, or even in a busy railway station, a stinking toilet, or a garbage dump, then you have found your own inner peace. If you can smile amidst the noise of crowded markets, then a Matrimandir Chamber resides in your heart.

Your peace is not tested in the silence of the Chamber but in the noise of the world. It is not found in the absence of disturbance but in the presence of inner stability, even when the world around you is chaotic. The birds may sing, and the world may throw its challenges at you, but if you can maintain your smile, your calm, then you have truly achieved something great. Let this moment remind you that true peace is not about escaping the noise but finding silence within it."

As the Banyan tree's words settled in, the Aurovilian's anger began to dissipate. He looked up at the birds again, but this time, he saw them differently—not as a nuisance, but as part of the world he was learning to embrace. He wiped the mess from his face, and a small smile returned to his lips. Closing his eyes once more, he breathed deeply, feeling the tranquility return—not from the outside, but from within.

And in that moment, under the Banyan tree, surrounded by the songs of the birds, the Aurovilian found the Matrimandir and Himalaya in his heart.

From that day forward, he began practicing silent walking in the busiest streets he visited. Whether standing, sitting, or walking through bustling fish markets or crowded, noisy markets, he dedicated time to his silent practices. He discovered his inner peace with a smile, untouched by external disturbances. Nothing could disturb his tranquility now.

*Dr. Lourde Nadin Epinal, PhD,  
Pitchandikulam Forest, Auroville*

## Poetry

### SPIRIT RISES

*Spirit rises.*

*Tears fall.*

*A solemn silence*

*Resounds.*

*Anandi Z.*

## Classes, Workshops & Healing Arts

### SOMATIC RESOURCING MOVEMENT RITUAL



**Saturday, 7 June, 3:30 – 6pm**  
**@ CRIPA**

This session offers a powerful 14-step **somatic movement ritual** first introduced by movement therapist and pioneer **Tripura Kashyap**.

Designed as a **self-practice** tool, the ritual supports you in releasing stuck energy, grounding the nervous system, and reconnecting with your body's wisdom—gently, intuitively, and at your own pace.

You'll be guided through each step and will leave with a repeatable **home ritual** for emotional self-regulation, rest, and renewal.

All movements are simple, adaptable, and invitational.

The workshop is offered as a gift, contributions are encouraged towards the venue.

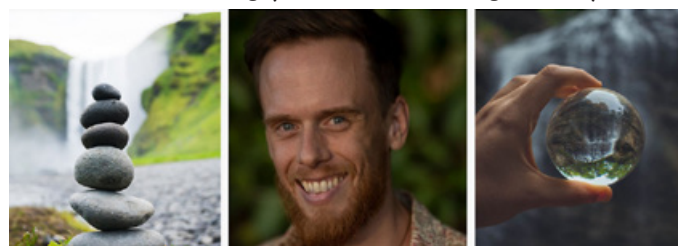
Limited spots to hold depth and safety.

- DM at +91 7094716136 or [nikethana2001@gmail.com](mailto:nikethana2001@gmail.com) to join or ask questions.

*Nikki for Activity under JOI Anitya,  
Hospitality Trust*

### 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*



## 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
- Friend
- Dreamer
- 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

## 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



## AUROVILLE MARATHON YOGA CAMP 2025



**Dates: 16 - 20 June, 2025**

**Venue: Dehashakti Sports Ground**  
Time: 7:30 to 8:30 am

**Open for All (10+ years)**



### Surya Namaskar Challenge on 21 June

Open to ALL 10 years and above

Join the camp to train and prepare for the Surya Namaskar Challenge on 21 June. This camp and the IDY Surya Namaskar Challenge is in support of the of the United Nations resolution made in 2014 proclaiming 21 June as the International Day of Yoga-IDY.

Let's come together to uphold the spirit of this ancient and universal practice.

- Register by [clicking on the link](#) or scan the QR code:

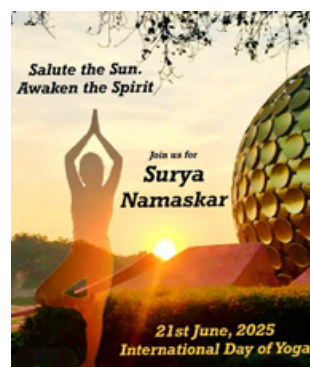
Nilima and Muhthukumari for  
AVPEB and Marathon Yoga Team

## AUROVILLE JOINS THE INTERNATIONAL DAY OF YOGA

Surya Namaskar Challenge on 21 June

Taking inspiration from the Auroville Marathon, we are organising a Surya Namaskar Challenge on 21 June to celebrate unity, well-being, and the spirit of yoga. An ancient physical, mental and spiritual practice that originated in India, which today has a universal appeal.

This event will also be in support of the United Nations resolution made in 2014 proclaiming 21 June as the International Day of Yoga. **All are welcome.**



You can choose to participate in the challenge by registering for **one of the 3 levels** given below:

- **Beginner**, आरम्भकः (Ārambhakāḥ)—21 Surya Namaskars. Meaning: One who is starting or initiating something.
- **Intermediate**, मध्यमः (Madhyamāḥ)—54 Surya Namaskars. Meaning: One who is in the middle stage; moderate or intermediate.
- **Advanced**, प्रवीणः (Pravīṇaḥ)—108 Surya Namaskars. Meaning: Skilled, proficient, or advanced in knowledge or practice.

We will share details for registrations and more soon. Stay tuned! #Auroville #YogaDay #SuryaNamaskar #IDY2025

We are also looking for support and collaboration to design, plan, and organise this event.

- Write to us at [avpeb@auroville.org.in](mailto:avpeb@auroville.org.in)

Nilima and Muthukumari  
for AVPEB and Marathon Yoga Teams

## WORLD GAME SUMMER SPECIAL



## World Game Summer Play!

Here is an opportunity to create 'your World' in a box filled with sand. This simple activity, known as 'Sandplay' opens up imagination and intuition, and reveals your own unique living soul.

What people say: "It was a very fluid, immersive and spontaneous experience, with all that one can choose from, play with and place in one's world. What was being built revealed a lot about my life trajectory and future orientation."

The duration of a session is 1,5 hours. It can be individual or together with a good friend. (A parent and child are welcome too.)

- Click to know more: [Adults](#) or [Children](#)
  - <https://spiritandnature.org.in>
- Contact Aikya: +919488084952 WA
  - [spiritandnature@auroville.org.in](mailto:spiritandnature@auroville.org.in)

Aikya

## ARKA WELLNESS CENTER

### Program

[arka@auroville.org.in](mailto:arka@auroville.org.in), 0413 2623799



### Treatments

Therapist	Treatments, When
Barbara	<ul style="list-style-type: none"> <li>Yoga of Mother and Sri Aurobindo</li> <li>Healing and Awareness on all levels (physical, vital, emotional, mental and psychic)</li> <li>Mother's Flower Medicine (vibrational remedy)</li> <li>Individual Sessions and Groupwork</li> <li>Psychosomatic Therapy and Breath Therapy</li> <li>Consciousness / Energy / Body Work based on Integral</li> </ul> <p>Only by appointment <a href="mailto:baritam@auroville.org.in">baritam@auroville.org.in</a></p>
Pepe	<ul style="list-style-type: none"> <li>Body Logic</li> <li>Soft Massage</li> <li>Deep Tissue Massage</li> <li>Monday to Saturday</li> </ul> <p>By appointment, +91 9943410987</p>
Silvana 2 months TOS	<ul style="list-style-type: none"> <li>Cranio-sacral</li> <li>Lomi Lomi</li> <li>Kahuna massage</li> <li>Barefoot body massage</li> </ul> <p>Monday to Saturday, by appointment only +91 9047654157</p>
Antarjyoti <i>English</i> & <i>French</i>	<p>Psychospiritual Introspective Tarot Reading</p> <ul style="list-style-type: none"> <li>Deconditioning Self Inquiry</li> <li>I ching oracle</li> <li>Inner/subpersonalities forces awareness</li> </ul> <p>Monday to Saturday, by appointment only 0413 2623767, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></p>
Niyati Thakkar	<ul style="list-style-type: none"> <li>Integral Regression therapy</li> <li>Integral reiki healing</li> <li>Holotropic technique breathwork</li> </ul> <p>Monday to Saturday, by appointment only +91 7041391995, <a href="mailto:narayani-nc@auroville.org.in">narayani-nc@auroville.org.in</a></p>
Olesya 2 months TOS	<ul style="list-style-type: none"> <li>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)</li> </ul> <p>By appointment only, +91 9159052743 <a href="mailto:olesya@auroville.org.in">olesya@auroville.org.in</a></p>
Shruti	<ul style="list-style-type: none"> <li>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</li> </ul> <p>By appointment only, +91 7904769496 <a href="mailto:auroshruthi@auroville.org.in">auroshruthi@auroville.org.in</a></p>

### Classes

Teachers	Classes	When
Damien 1 month TOS	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 2 months TOS	Iyengar yoga	Monday, Wednesday, Saturday 6:30—8am. Monday, Thursday, Saturday 5—6:30pm. Or by appointment, +91 9159052743
Aurosugan & Priyanka	Eye yoga and well- ness retreat	Monday to Saturday, 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 to Saturday, 9am—12:30pm, 1:30—5pm
- +91 8012305151, [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in)

#### Morning Star: Birth & women wellness

- [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)
- Tuesday Morning

#### Clinical/ Private consultation

- Saturday, 9:30am—12:30pm, 2—4:30pm

#### Maatram: Psychological & psychiatric consultation

- By appointment, +91 9087709434  
[maatram@auroville.org.in](mailto:maatram@auroville.org.in)

#### Convalescence Facility: Post-surgical and care facility

- For aurovilians only, Max. stay 3 weeks
- Contact Arka 0413 2623799, [arka@auroville.org.in](mailto:arka@auroville.org.in)

#### Emergency Services: Ambulance & emergency service

- +91 9442224680, [ambulance@auroville.org.in](mailto:ambulance@auroville.org.in)

#### Svasti: Homeopathic consultation

- By appointment, +91 9428429642  
[aditiiva@auroville.org.in](mailto:aditiiva@auroville.org.in)

#### Health & Healing Trust: Administration office

- [healthhealingtrust@auroville.org.in](mailto: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](mailto:serendipityauroville@gmail.com) | +91 8940288090

+91 8940288090, [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

Sonia



## VÉRITÉ PROGRAM, JUNE

Please contact Vérité  
@ 0413 2622045, 2622606,  
9363624083

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



### Yoga & Other Classes

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

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga for Energy Activation	7:30—8:30am	Mani
	Surya Namaskar—Yoga Foundation	9:15—10:15am	Jivitesh
	Sivananda Hatha Yoga	5—6pm	Nikki
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yin Yoga—Deep Stretch & Relaxation	5—6pm	Jivitesh
Wed	Sivananda Hatha Yoga	7:30—8:30am	Nikki
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Connect to the Inner Self—Stretch, Meditate & Journal	5—6pm	Jivitesh
Fridays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Breathwork Foundation—Learn, Practice & Integrate	5—6pm	Jivitesh
	Taralaya Flow Dance	5—6:30pm	Vera
Saturdays	Yoga for Energy Activation	7:30—8:30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

### Yoga for Energy Activation: Energize & Align with Mani

- Mondays & Saturdays, 7:30—8:30am

A complete yoga session including asana, kriya, pranayama, chanting and relaxation to activate energy and begin the day in peace and harmony. Suitable for all, including beginners.

### Surya Namaskar: Yoga Foundation with Jivitesh

- Mondays 9:15—10:15am

We focus on posture alignment, correct breathing, and holding the asanas (postures) for a deeper experience, and allow time to pause and reflect after each round to notice the changes in body and mind. Appropriate for all levels, including beginners.

### Sivananda Hatha Yoga: Strength, Flexibility, Peace with Nikki

- Mondays at 5—6pm,  
Wednesdays & Fridays at 7:30—8:30am

Hatha yoga in the Sivananda tradition builds strength, flexibility and vitality in the body while calming the mind. The class will include Pranayama (breathing), Surya Namaskar (warm up), Asanas (steady postures) and Savasana (relaxation posture).

### Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Tuesdays & Thursdays at 7:30—8:30am &  
Saturdays at 5—6pm

A classic Sivananda session, including basic pranayama (breathing) and Surya Namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

### Yin Yoga: Deep Stretch & Relaxation with Jivitesh

- Tuesdays at 5—6pm

Poses are held for longer periods to gently stretch the deeper connective tissues, promote stillness in the body, and quiet the mind. An evening practice that helps to unwind, release stress and sleep deeply.

### Connect to the Inner Self: Stretch, Meditate & Journal with Jivitesh

- Thursdays at 5—6pm

Gentle full-body stretches for better blood flow; Anapana meditation (observing the natural breath, just as it is) to help calm the mind, develop concentration, and come into the present moment, and a guided journaling practice to deepen self-awareness and our connection to the divine and inner self.

### Breathwork Foundation: Learn, Practice & Integrate with Jivitesh

- Fridays at 5—6pm

A beginner-friendly session to understand the foundations of pranayama (Yogic breathing)—what it is, how it works, and when to use it. Learn simple, effective techniques that support calm, clarity, energy, and better sleep, and ways to integrate the practice into daily life.

### Taralaya Flow Dance: Move in Freedom with Vera

- Fridays 5—6:30pm

Taralaya (a hybrid of two Sanskrit words, Taranga and Laya) means “flowing rhythm”. Taralaya Flow Dance offers a space for free movement exploration, with gentle guidance at the beginning and the end of the session.

### Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Saturdays 5—6pm

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

### Workshops

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 6 June	Breathe to Restore: Exploring Pranayama for Holistic Well-being	2—4pm	Dharani
Saturday, 7 June	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 7 June	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Tuesday, 10 June	Resonant Healing: A Trauma Healing Practice	9:15am—12pm	Karine
Saturday, 14 June	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 14 June	Panchakarma: Ayurvedic Purification Techniques Workshop	2—4pm	Dr Geeta
Saturday, 21 June	Rise in Love—Yoga	9:15am—12pm	Jivitesh
Saturday, 28 June	Why Yoga Works: An Experiential & Scientific Exploration	9:15am—12pm	Dharani

## Breathe to Restore: Exploring Pranayama for Holistic Well-being with Dharani

• Friday, 6 June, 2—4pm

Explore pranayama (yogic breath) through traditional wisdom, modern scientific research, & guided practice. Experience how balancing, energizing, & calming breaths affect the brain, heart, & nervous system. Learn accessible tools to integrate into your daily life. Open to all—no prior experience needed.

## Master Class: Sivananda Yoga with Mani

• Saturday, 7 June, 9:15am—12pm

The session begins with basic breathing and pranayama practices and continues with sun salutations and the 12 classical Sivananda hatha yoga poses. The asana sequence is designed to massage and rejuvenate the entire spine, freeing the flow of prana. Between asanas, there is time for relaxation. This rhythmic alternation between effort and relaxation allows a re-patterning of the nervous system, enhancing the ease and effectiveness of the final guided relaxation.

## Introduction to Ayurveda and its Lifestyle with Dr. Geeta

• Saturday, 7 June, 2—4pm

Ayurveda, the ancient Indian medical system, offers simple lifestyle practices for self-care and healing. Learn the principles and practices of diet, exercise, sleep and relaxation which help to detoxify, rejuvenate, and restore balance to body, mind and spirit, according to your own nature.

## Resonant Healing: A Trauma Healing Practice with Karine

• Tuesday, 10 June 9:15am—12pm

Adverse experiences, especially in childhood, can cause parts of us to become lost in the unconscious. These 'inner orphans' often hold unprocessed emotions & unmet needs. Resonant Languages®, developed by neuroscientist Sarah Peyton, speak directly to the emotional brain with warmth & care.

## Pawanamuktasana Series: Energize the Joints with Mani

• Saturday, 14 June, 9:15am—12pm

A structured series focusing on gently and safely moving the joints, from the toes to the neck, to help release energy blockages and reduce stiffness and muscular tension. The practice enhances circulation and range of motion, supporting a balanced flow of prana (vital energy) throughout the body, which is often experienced as an increase in energy level and a sense of lightness in the body-mind.

## Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 14 June, 2—4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.



## Treatments and Therapies

By appointment: [treatments@verite.in](mailto:treatments@verite.in)

+91 413 2622 606, +91 9363624083 WA

Therapist	Therapies (by appointment only)
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
	Head Massage with Hair Care
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage
Marion	Chakra Balancing
	Access Bars: Energetic Head Massage Session

### Face & Neck Massage with Mamta

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

### Yoga Chikitsa: Personalized Yoga Therapy with Mani

One-to-one yoga therapy sessions tailored to everyone's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements) asanas (isometric stretches) pranayamas (rhythmic breathing control) and relaxation techniques.

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

Personalized guidance in nutrition and lifestyle modifications to support health and well-being. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

### Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs with Parvathi

Healing Facial Therapy helps cleanse the facial skin, remove dead cells, boost collagen, reduce wrinkles, treat acne and allow the skin to glow, and feel soft and smooth. The indigenous herbs used are natural products that are selected for your specific skin type.

### Head Massage with Haircare with Parvathi

A relaxing massage to the head and scalp using hair tonic oil. Stimulates blood circulation, helps to condition the hair, strengthen the roots, & relieve stress.

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

A massage that integrates elements from Acupressure (application of pressure on specific points on the body), Deep Tissue (sustained, slow, deep strokes to target the inner layers of muscles and connective tissues) and Heart Healing (a gentle, relaxing technique that improves the delivery of oxygen to the heart).



## Healing Sound Bath with Tuning Forks with Satya-yuga

Sound Healing is a gentle yet powerful method to help you reconnect with your own innate high-level vibration. The vibration of the tuning forks and Tibetan bowls helps to recalibrate and free blocked energy, balance the right and left brain, and harmonize the chakras. This resonance supports the recalibration of our energy system, allowing creativity and peace to flow.

## Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner's hands. Based on the belief that a "vital energy" flows through the body, a Reiki practitioner gently places their hands on or near the client's body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

## Holistic Foot Reflexology with Vyshnavi

Manual pressure is applied to specific "reflex points" of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, brings more oxygen & nutrients to the cells, & helps reduce stress, improves digestion & promotes sound sleep.

## Holistic Rebalancing Massage with Vyshnavi

A full-body treatment integrating elements of deep tissue massage, joint release, & energy balance. Rhythmic strokes & deep yet gentle pressure release tension from muscles & fascia, improving circulation & enhancing the body's natural ability to heal.

## Chakra Balancing with Marion

Blockages and toxins can accumulate not only in the body but also in our main energy centres, the chakras. These can be energies that are connected to our own past or that we have absorbed from our environment. Chakra cleansing aims to strengthen the energy field by dissolving blockages and activating self-healing powers, promoting fresh energy and a sense of lightness.

## Access Bars: Energetic Head Massage Session with Marion

Similar to acupuncture, the energy points on the head, which are connected to our most important brain areas, are activated by laying hands on them, creating a specific flow of energy. This treatment induces a transformation of deeply ingrained beliefs and thought patterns. After one or a few applications you can initiate changes in our lives more easily—new synapses are created. This method is very helpful for chronic stress, burnout, anxiety, PTSD and it supports your general well-being as well as physical healing processes of all kind.

Aparna & Anandhi

## PITANGA CULTURAL CENTRE



### Closed in June

Dear friends, it's time for annual repair work: Pitanga will close to the public **from Monday, 2 June, onwards.**

We will come back to you by the end of June with a new program. Meanwhile, we wish you a good summer!

Andrea for Pitanga Team

## 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](http://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

## 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

## It Matters

**Will be closed in June**

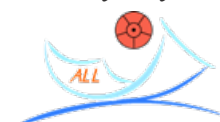
We hope to see you all in July!

Bhakti & Sandra

## Languages

## NEWS FROM AUROVILLE LANGUAGE LAB

5 June, 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](mailto: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](mailto:tomatis@aurovillelanguagelab.org) or call 0413 2622467 or 3509932.

## Courses

### Current Schedule of Classes

See details here:

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

### 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](mailto: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.

*So far, we have received just one (1) serious registration; unless we get at least two (2) more we will have to cancel the offering.*

### 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://aurovillelanguage.org/registration/>

## 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](mailto:info@aurovillelanguage.org).

### French classes with Auroasha and Jade

Auroasha is pleased to offer a new beginner French course, starting 7 May 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](mailto:info@aurovillelanguage.org). Don’t miss this opportunity to start learning French in a friendly and supportive setting!

### Spoken Hindi for Beginners with Ashwini

- **New class starting in June with specific dates to be confirmed, 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.

### Tamil (Beginner) with Saravanan

- Next course starting in June.  
Exact dates to be confirmed (TBC)

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.

### 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://aurovillelanguage.org/registration/>



## Beginner Spanish Course with Mila

- New class starting in August with specific dates to be confirmed, Mondays and Wednesdays, 2:30—4pm

This comprehensive beginner Spanish course, 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 kick-start your Spanish language journey.

### Current Schedule of Classes

Language	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 Aurosha
	Beginner Children	3–4:30pm	Wednesday & Friday with Jade
Tamil	Beginner	9:30–10:30am	Starting June—TBC with Saravanan
Hindi	Spoken Beginner	5:30–6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	Registration Open with Karuna

## 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 (1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> week of the month)
  - with Coco and Gaspard (2<sup>nd</sup> and 4<sup>th</sup> 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, 6 June

### Wild Karnataka

2019 / 52 minutes / Amoghavarsha J. S. & Kalyan Varma  
This film displays the varied habitats and species across Karnataka. Showcasing Bengal tigers and Indian elephants, along with lesser-known species like lion-tailed macaques, Indian leopards, birds, amphibians and reptiles. Come experience the wonders of Karnataka! The film is narrated by Sir David Attenborough.

Aviram





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**9—15 June**

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, 9 June, 8pm**

**Bomma! (An Island Story)**

Sri Lanka, 2025, Writer-Dir. Navayuga Kugarajah w/ Yashoda Rasanduni, Navayuga Kugarajah, and others, PostWar-Drama, 85mins, Tamil w/ English subtitles, Rated: NR (R)

Thamizh, a former female freedom fighter, is haunted by memories of her past while struggling with schizophrenia and lingering trauma as she tries to rebuild her life. When Thenu, a 6-year-old girl, goes missing, she embarks on a daring rescue, drawing strength from Neelam, a fearless historical figure. As secrets unravel, Thamizh confronts her deepest wounds, uncovering the shocking truth behind Thenu's fate. *This acclaimed debut film, yet to be released internationally, has only screened at festivals and has already won awards. We thank the director and filmmakers for sharing it with our discerning audience. Join us for this special screening, followed by a Q&A with the director, offering insights into the film's vision, themes, and creative process. Let me know if you'd like any refinements!*

**Potpourri—Tuesday, 10 June, 8pm**

**Fast Forward**

USA, 1985, Dir. Sidney Poitier w/ John Scott Clough, Don Franklin, Tamara Mark, and others, PopMusical-Drama, 110mins, English w/ English subtitles, Rated: PG

In the early 1980s, as Michael Jackson rose to global fame, a new wave of dance films emerged—before *Dirty Dancing* made its mark. A group of young small-town dancers heads to the city, chasing their dream of stardom in a national competition, blending street moves with classical technique to defy expectations. *Nice watch!*

**Selection—Wednesday, 11 June, 8pm**

**A Hologram for the King**

UK-France-Germany-Mexico-USA, 2016, Writer-Dir. Tom Tykwer w/ Tom Hanks, Omar Elba, Sarita Choudhury, and others, Comedy-Drama, 98mins, English-Arabic w/ English subtitles, Rated: R

Alan, a struggling American businessman, travels to Saudi Arabia to pitch a cutting-edge holographic technology to the king. Lost in cultural barriers and bureaucratic delays, he finds unexpected friendship with Yousef, a charismatic driver, and Zahra, a compassionate doctor. As he waits for his chance, Alan embarks on a journey of self-discovery, questioning his past and finding purpose in the most unlikely places.

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

**iCasa Bonita Mi Amor!**

USA, 2024, Dir. Arthur Bradford w/ Trey Parker, Matt Stone, Jared Polls, and others, Food-Documentary, 88mins, English w/ English subtitles, Rated: NR (PG)

A beloved Mexican restaurant in Colorado, famous for its cliff divers and quirky charm, faces closure. Determined to save this childhood treasure, two passionate creators step in, navigating challenges to restore its magic. A heartfelt journey of nostalgia, resilience, and revival, celebrating a place that holds deep cultural and personal significance.



**International—Saturday, 14 June, 8pm**

**Zielona Granica (Green Border)**

Poland-France-Czech Republic-Belgium, 2023, Writer-Dir. Agnieszka Holland w/ Jalal Altawil, Maja Ostaszewska, Behi Djanati Atai, and others, PoliticalDrama, 152mins, Polish-Arabic-English-French w/ English subtitles, Rated: NR (R)

Psychologist Julia moves to Podlasie, unaware she's stepping into a humanitarian crisis at the Polish-Belarusian border. As refugees, including a Syrian family and their Afghan teacher, struggle to reach safety, she joins activists helping them despite legal risks. Their journey intertwines with Jan, a conflicted border guard, forcing them to question—what truly defines humanity?

**Children's Matinee—Sunday, 15 June, 4pm: Rio 2**

USA-Iraq-Canada, 2014, Writer-Dir. Carlos Saldanha w/ Jesse Eisenberg, Anne Hathaway, Jamaine Clement, and others, Animation-Adventure, 101mins, English-Portuguese w/ English subtitles, Rated: G

Blu and Jewel, now parents to three young macaws, leave their comfortable life in Rio to search for more of their kind deep in the Amazon. As Blu struggles to fit in, he faces challenges from Jewel's long-lost family, a vengeful enemy, and a looming threat to their rainforest home. Amid dazzling adventure and vibrant chaos, Blu must prove his worth and protect his family.

**Ciné-Club Sunday, 15 June, 8pm: Julieta**

Spain-France, 2016, Dir. Pedro Almodovar w/ Emma Suárez, Adriana Ugarte, and others, Drama-Mystery, 99 mins, Spanish w/ English subtitles, Rated: R

After a casual encounter, a brokenhearted woman decides to confront her life and the most important events involving her estranged daughter Antia. She decides to write the heartbreaking story of her life from when she was a young woman meeting her beloved future husband and Antia's father Xoan, all the way up to the losses of Xoan and Antia.

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

To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). We are facing challenges in maintaining and replacing equipment, as well as providing essential support for visiting filmmakers who share their work in person. We kindly request you to set up a recurring contribution for "MMC-CP" or "Filmmaker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

Nina for MMC/CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)





In our global crisis of imagination, Auroville holds a pivotal role in turning the impossible into the inevitable. If not here, where? If not us, who? If not now, when?

Let's come together to create and screen inspirational narratives about why we came and/or where we might go together.

- Times and dates are to be determined, but please contact [daniel@ic.org](mailto:daniel@ic.org), +1 9783941711 WA to express your interest.

Submitted by Sivakumar,  
[sivakumar@auroville.org.in](mailto:sivakumar@auroville.org.in)



### 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

*About N&N*

### 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.

Katiya & Alexey, [NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

### Accessible Auroville Public Bus

[avbus@auroville.org.in](mailto: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:**

- Vandrevalla Foundation +91 9999666555

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