



# News Notes

#1088 A weekly bulletin for residents of Auroville 17 July 2025



Garden of Light. Photo by Alexey

To perfect oneself, one must first become conscious of oneself. I am sure, for instance, that the following situation has arisen many times in your life: someone asks you suddenly, 'Why have you done that?' Well, the spontaneous reply is, 'I don't know.' If someone asks you, 'What are you thinking of?' You reply, 'I don't know.' 'Why are you tired?'—'I don't know.' 'Why are you happy?'—'I don't know,' and so on. I can take indeed fifty people and ask them suddenly, without preparation, 'Why have you done that?' and if they are not inwardly 'awake,' they will all answer, 'I don't know.' ... You will see that it is like that if you look well at your whole day.

*The Mother, Questions and Answers 1950-1951*

## Pondering



It is when I entirely detach the mental person from his act of self-experience that I become fully aware first, of the sheer ego and, in the end, of the witness self or the thinking mental Person, the something or someone who becomes angry and observes it but is not limited or determined in his being by the anger or the perception. He is, on the contrary, a constant factor aware of an unlimited succession of conscious movements and conscious experiences of movements and aware of his own being in that succession; but he can be aware of it also behind that succession, supporting it, containing it, always the same in fact of being and force of being beyond the changing forms or arrangements of his conscious force.

*Sri Aurobindo, The Life Divine, "Memory, Ego and Self-Experience"*

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# House of Mother's Agenda

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(continued from last week)

It's hard to say because I am convinced that everyone has his own path, but for this body, the path is to have that active aspiration.

*To have active aspiration? Yes, but then it's not that stillness anymore.*

It has found the way, it has understood how it can be done.

*The two together, the union of the two?*

Yes, they are together. That's what it has managed to get: a complete stillness and an INTENSE aspiration. And it's when stillness is left without aspiration that it falls into a dreadful anguish which instantly wakes it up.

That's it, you understand: an INTENSE aspiration. And it's absolutely still, still within, as if all the cells grew still.... That must be it: what we call intense aspiration must be the supramental vibration. It must be the divine Vibration, the true divine vibration. I have often said that to myself.

But if even for five minutes the body falls into the state of inertia—stillness without aspiration—it's woken up by an anguish as if it were about to die! To that point, you understand. For it, stillness is... Yes, it feels that the highest vibration, the vibration of the true Consciousness, is SO INTENSE that it's... it's the equivalent of the inertia of stillness—with an intensity that's not perceptible (for us). That intensity is so great that, for us, it's the equivalent of inertia.

That's what is now being established.

That's what made the body understand (because now it understands) the process of the creation.... We could almost say that it began with a state of perfection, but an unconscious perfection, and that the creation must pass from that state of unconscious perfection to a state of conscious perfection, and in between is imperfection.

Words are stupid, but you understand.

*(silence)*

You know, the impression is of being on the very edge of understanding. But it's not at all a mental understanding, not at all (we've had that one, but it's nothing; it's nothing, it's zero). It's a LIVED understanding. And that the mind can't have—it can't. The impression is that only the body—receptive, open, at any rate partially transformed—is capable of having the understanding; the understanding of the creation of what we call the creation: why and how, the two things. And it's not at all something thought, not something felt: it's something lived, and that's the only way to know... It's lived. It's a consciousness.

You know, when that understanding comes—it comes, and it does like this (*gesture like a luminous swelling*), it comes like that, then it fades away, then it comes back, and then again it fades away; but when it comes it's so evident, so simple that you wonder how you could manage not to know it!

Some more time is needed.... How much time? I don't know. But the notion of time, too, is quite arbitrary.

We always try to express our experiences in the old state of consciousness, that's the misery! We think it's necessary, indispensable—and it's stultifying. It's a terrible hindrance.

*(silence)*

And all, but all that people have said, all that they've written, all that they've taught is only one way of putting things. It's only trying to make oneself understood, but it's impossible. And to think (laughing) how much people have fought over such relative things!...

*(long silence)*

(to be continued next week)

The Mother's Agenda, October 18, 1969

<https://incarnateword.in/agenda/10/october-18-1969>

# Townhall Speaks

## CITY SERVICES CONTRIBUTIONS AND PAYMENTS, June 2025

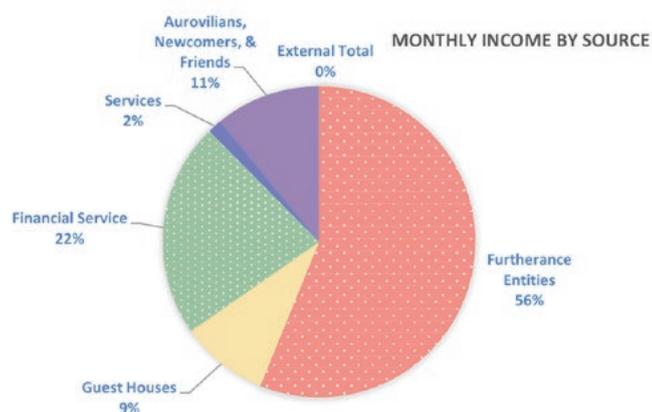
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	18,21,53,751	—	18,21,53,751
Monthly Contributions (Int. + Ext)	1,41,66,795	9,05,613	1,50,72,408
Total Contributions (OB+Monthly Inc)	19,63,20,545	9,05,613	19,72,26,158
Total Payments	1,99,68,000	9,05,613	2,08,73,613
CS Ending Balance (Includes BOB)	17,63,52,545	—	17,63,52,545
<b>Monthly loss/gain</b>			<b>-58,01,205</b>

### Internal Contributions

Source	Unspecified	Specified	Total
Furtherance Entities	79,41,374	5,19,513	84,60,887
Guest Houses	13,73,825	4,000	13,77,825
Financial Services	30,00,000	3,69,770	33,69,770
Services	2,24,200	—	2,24,200
Aurovilians, Newcomers, & Friends	16,27,396	12,330	16,39,726
<b>Internal Total</b>	<b>1,41,66,795</b>	<b>9,05,613</b>	<b>1,50,72,408</b>

### External Contributions

Government of India for SAIER	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	—	—	—
<b>External Total</b>	<b>—</b>	<b>—</b>	<b>—</b>



- E-version: [Please read the full report here](#)
- Paper version: Find the full report at the end of the issue.

**BCC Team**  
(Angurajan, Arthi, Kalaiarasi, Kalaimathi, Kaileshvaari, Punniyakodi, Raji, Victoria)

## ZOHO QUERY RESOLUTION SESSIONS

7 and 18 July 2025 @ SAIER Conference Hall

Dear Executives and Accountants, as part of the ongoing Zoho implementation process, we have scheduled Zoho Query Resolution Sessions on 17 and 18 July 2025 at the SAIER Conference Hall.

These sessions are intended for users who have specific queries and require individual support.

- Each session is 20 minutes long
- Slots are available across both days
- Booking link: [Click here to schedule your session](#)

We encourage all Zoho users to make use of this opportunity to ensure a smooth and efficient transition.

**FAMC Finance,**  
[famcfinance@auroville.org.in](mailto:famcfinance@auroville.org.in), from Mass Bulletin

## DIGITAL SIGNATURE PROCESS

Dear Trustees and Executives, this is to inform you that as mentioned in our earlier email and the last mass bulletin, a new digital signature process has been introduced for the Trust and Unit Financials (Balance Sheet) for FY 2024–25.

You will shortly receive the financials (balance sheet) of your respective unit via email from FAMC Finance sent to your email address.

We kindly request you to complete the digital signature process at your earliest convenience.

### How to Sign the Balance Sheet:

- Open the email you receive from [famcfinance@auroville.org.in](mailto:famcfinance@auroville.org.in)
- Click the “Sign Here” link in the email. This will take you to the signing page, where the balance sheet is displayed in PDF format.

You will have three options to sign:

- Upload your signature (if you have a scanned copy or image),
- Draw your signature using your mouse or touchscreen, or Type your name and select a preferred font style from the available options.
- Once the signature is completed, the signed document will be automatically received by us.

If you have any questions or face any difficulties, please feel free to visit the FAMC office. Kindly bring your email password with you, and we will guide you through the signature process. Thank you for your cooperation.

**FAMC Finance,** [famcfinance@auroville.org.in](mailto:famcfinance@auroville.org.in),  
from Mass Bulletin

## ANNOUNCEMENT OF AUROVILLE WATER SERVICE (AWS) regarding the water supply and waste water tariffs

Dear Aurovilians/ units/ services, AWS needs to increase the basic water-tariff with Rs. 4 per m<sup>3</sup> and the basic waste-water tariff with Rs. 3 per m<sup>3</sup>. This is an increase of 15%.

AWS calculates the total direct cost made for the water supply and divides this by the amount of m<sup>3</sup> water delivered (metered). The cost is mainly electricity for borewell-pumps, boosters and grey-water delivery-pumps and has increased, last year, by 20% per unit. Furthermore, AWS has operators in the different areas who also take care of the maintenance. This will increase by 8% this year. A small part of the office overhead is allocated to the water-supply (billing etc.).

As AWS has different tariffs for water-supply and waste-water in different parts in Auroville, we will apply the 15% with a minimum of Rs. 3/- per m<sup>3</sup>. For schools the tariff will be 50% of the standard tariff (Rs.15/- m<sup>3</sup>).

The tariff changes are effective from 1 July 2025.

**Toby for Auroville Water Service**

# Community News

## Matrimandir News & Schedules

### 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.

#### The Petals of the Matrimandir

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

#### 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.
- 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.

#### 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*

*Awakening Spirit*

**SAVITRI BHAVAN SCHEDULE, JULY 2025**



**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**

- **July 21 The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 1** by Loretta Shartsis: The Mother used flowers for teaching Integral Yoga. *Duration: 54min.*

The Mother named over 900 flowers brought to her by the Ashramites, and she gave a brief spiritual explanatory comment for each one. These were published in two outstanding volumes titled *The Spiritual Significance of Flowers*.

This spiritual knowledge of flowers shared by The Mother is newly ordered by colour and available on the website [www.motherandsriaurobindo.in](http://www.motherandsriaurobindo.in)

The Mother was aware that flowers are extremely receptive and that each flower expresses an essence and spiritual aspiration also found in human beings. Thus, she used flowers to transmit forces of spiritual help.

For many years, the Ashramites and the Ashram School students had been receiving flowers from the Mother for help and guidance when they went to see her. People would bring certain flowers to Mother to express their spiritual aspirations, needs, and problems, and in return, the Mother would choose certain flowers for them and charge them with a force to help them.

Consequently, the beauty and spiritual significance of flowers became a subject of great interest and contemplation as part of the practice of Sri Aurobindo's Integral Yoga, and has broadened the concept of spirituality. It also made the concepts of spiritual work and spiritual achievement easy for children to understand and follow.

This sensitive and exquisite film by Loretta Shartsis nourishes our souls and aspirations through the given spiritual knowledge and the captured beauty of flowers and plants, accompanied by flute music. Cinematography by Caren Lindfield, and music by Jean-Christophe Bonnafous.

The complete film is available on Loretta's website, Integral-Yoga-Talks: <https://www.integral-yoga-talks.com/en/videos>

- **July 28 The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2** by Loretta Shartsis. *Duration: 70min.*

**Full Moon Gathering**

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

**Dream Divine Series**

This initiative is 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.

- **Auroville Documentary (2004): Towards a Sustainable Future**
  - **Friday, 18 July, 4—5pm @ Sangam Hall** Everyone is welcome.



- **Fragmentation and Degeneration—Two Inner Difficulties on the Path—A talk by Manoj Pavithran**
  - **Friday, 25 July, 4—5pm @ Sangam Hall** Everyone is welcome.

Journeying inward brings progress, but often, it also brings a seeming setback: old habits resurface, new resistances emerge, and inner conflicts intensify. It can feel like you've regressed. Yet, there's a reason for this apparent relapse, and systematic ways to understand and overcome it. Fragmentation and degeneration are two core challenges every seeker faces. This presentation explores their dynamics and how to move through them.



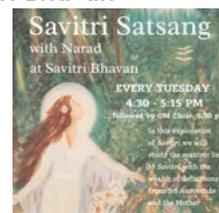
**Savitri Satsang with Narad @ Savitri Bhavan**

- **Every Tuesday, 4:30—5:15pm followed by OM Choir, 5:30pm**

In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

The Mother's words on Savitri:

- "Savitri, the Supreme revelation of Sri Aurobindo's vision."
- "... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."
- "... all the rest is preparation, while Savitri is the Message."
- "The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted."



**OM Choir**

- **Fridays at 6pm @ Ashram School, Pondicherry**
- **Tuesdays at 5:30pm @ Savitri Bhavan, Auroville**

*The voice that chants to the creator Fire, The symbolled OM, the great assenting Word. Savitri*

Please join us in this collective aspiration, in the form of a united prayer.

All are welcome, no prior singing experience required

- OM is the signature of the Lord.
- OM: I implore the Supreme Lord.



**Audios by Gangalakshmi**

In 2013, Sri Kireet Joshi suggested that I undertake French readers on the works of Sri Aurobindo, Mother.

Ex. *The Life Divine, Savitri, The Gita, The Synthesis of Yoga, The Agenda of Mother and The Adventure of Consciousness* by Satprem.

Priya from Auroville Radio informed me that there were 500 readings, until today 25.6.2025.

With infinite gratitude for this crossing. **GangaLakshmi**

**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
- **Tuesdays 4—5pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:30pm** OM Choir led by Narad
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays 4—5:30pm:** Reading Savitri in Russian with Anatoli
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

*Dhanalakshmi for Savitri Bhavan*

**Bharat Nivas Presents  
A WEEKLY STUDY CIRCLE**

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



**By Deepti Tewari**  
**4:30 pm - 5:30 pm**  
**Every Tuesday**

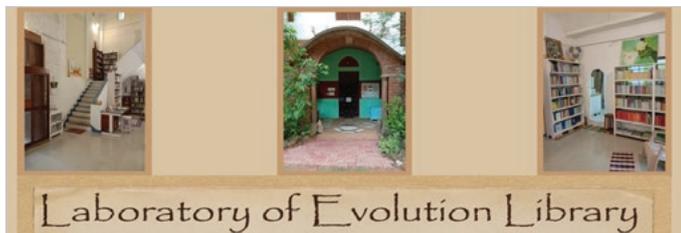
Venue :  
Resource Library,  
Bharat Nivas, Auroville



Scan for Location

*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*

**PAVILION OF TIBETAN CULTURE: EXHIBITION  
on Dalai Lama and Auroville—Three Memorable  
Visits (1973, 1993 & 2009)**

On the occasion of the 90<sup>th</sup> Birthday of His Holiness the Dalai Lama, the Pavilion of Tibetan Culture presents an exhibition on "Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)"

- Open every day except Sunday at the Pavilion.

Starting right from Auroville's inauguration day in 1968, when soil of Tibet was put into the urn by a young Tibetan girl, continuing in 1971, when the Mother took 12 Tibetan children into the Auroville school and in 1973 when the Dalai Lama spent two days in Auroville and Pondicherry (on January 17, he met the Mother in the Ashram), the exchanges between the community of Auroville and Tibetans have been frequent and regular.

In December 1991, the Pavilion of Tibetan Culture became a unit of Auroville Foundation through a resolution of the Governing Board under Dr Karan Singh and Dr Kapila Vatsyayan, the famous Art and Tibetan scholar.

In January 1993, His Holiness agreed to be the Patron of the Pavilion.

Later in the year, he came to Auroville to lay the Foundation Stone of the Pavilion and in January 2009, he returned to inaugurate the building.

*I appreciate the development occurring constantly  
I pray this place will be of immense benefit to others.*

*His Holiness the Dalai Lama  
in the Matrimandir's Guest Book, January 20, 2009*

*Kalsang  
for Pavilion of Tibetan culture*



*Education*

**JOIN KINISI COWORK'S  
first upskilling workshop!**

Theme: Prompt Writing, unlocking AI's potential

**About the Workshop**

This workshop will demystify prompt engineering, teaching you how to craft clear, effective instructions to maximize AI outputs. Learn core principles to communicate better with AI and unlock its full potential for your projects, empowering you to create, innovate, and problem-solve.

**About the facilitator**

Daniel, one of our coworkers, is an AI Solutions Developer for a New York-based Insurance Tech firm. He holds degrees in Artificial Intelligence from the University of Texas at Austin and Data Science from Deakin University.

Contact Number: 9108003639



Only 12 spots, so flash the QR code and register quickly. Prior registration is compulsory.

Cost: Free

Beginner-friendly, no need for prior experience with AI.

*Laure H*



### 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

### ILAINARKAL EDUCATION CENTRE

Vanakkam! In line with our motto—Supporting the workers and children of Auroville through shared learning and holistic empowerment—we invite you to engage with our team of resource experts. As part of our Further Learning Programs, these specialists help strengthen vocational skills—from tailoring and craftsmanship to wellness and cultural arts—and foster holistic development across our learning community. Please feel free to share this information with your teams, workers, and networks across Auroville to co-create research-based initiatives for the future of Auroville as envisaged by The Mother.

Name	Expertise	Availability
Anandou	Yoga & Wellness; Spoken English	Monday—Saturday Afternoons, 3:30—6pm
Drupad	Performing & Visual Arts Specialist	By appointment
Harshini	Women & Children Welfare Consultant	By appointment
Monika	Bharatanatyam Dance Instructor	Sundays, 3—4:30pm
Prabha	Tailoring & Textile Design Mentor	Monday—Friday, 9—3pm
R. Meenakshi	Tamil Culture, Poetry, Language & Village Social Dynamics	Thursdays Session 1: 3:30—4:30pm; Session 2: 4:45—5:45pm
Ramesh Karunakaran	Editorial Support; Tamil Language Typing & Tamil Poetry	By appointment
Sivakumar	System Design & Research in Technology and Social Entrepreneurship	By appointment
Vatchala	Library In-charge & Reading Circle Facilitator	Monday—Friday Mornings, 10am—12pm

#### To Enroll:

- Please call us at 0413 2623773 to book your slot in advance.

Thank you for helping us extend these learning opportunities to every worker and child in Auroville!

Sivakumar for Ilaignarkal Education Centre

#### SATORI:

##### Educational services

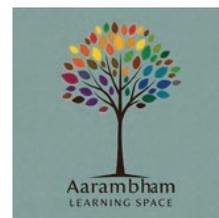
- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,  
satori.auroville@gmail.com

### LEARNING SPACE

#### opens doors for kids of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville. Learning Space is an initiative of SAIER, offering a space for orientation, integration, and exploration of Auroville before school enrollment. As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools.



A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.

Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15 to 8:45 am
- Pick up time 3:30 to 4:40 (depending on the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near Dehashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways. For admission/visit, please make an appointment at [aarambham@auroville.org.in](mailto:aarambham@auroville.org.in).

Alexey for Aarambham Learning Space team

### SUPPORTIVE LEARNING SATELLITE

#### SLS team

We are happy to share with the entire Auroville community that the Supportive learning Satellite (SLS) is now becoming an official unit under SAIER. Our service began in 2015 under the umbrella of the Teachers' Center, SAIER.

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs.

Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

- Children requiring specialized education and IEP/ICP (Individual Educational or Counseling Plans)
- Students facing specific learning challenges such as ADD, ADHD, ASD, ODD, Dyslexia, Dyscalculia, and other learning difficulties

The support provided may focus on:

- Academic or behavioral aspects
- Referrals for children requiring further medical support or assessment
- Advise and help to implement family support
- Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity
- Please contact us: 9655519546, [sls@auroville.org.in](mailto:sls@auroville.org.in)

Ana and Laura for SLS Team

### 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



*Santé*

**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. Joseph, 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 (11 August onwards)
<b>Physiotherapy &amp; Massage</b> with Galina: Monday—Friday	<b>Homeopathy</b> with Michael: TOS
<b>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday	<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.

**Announcement from Sante**

Santé is happy to welcome **Dr. Pavan** back and **Dr. Joseph** as a new member of the Santé team.

**Dr. Pavan** is an experienced general practitioner with a speciality in internal medicine: Dr Pavan has completed a fellowship at Andrew Weil Center for Integrative Medicine.

**Dr. Joseph (short Dr Joy)** joins as a volunteer and is an experienced general practitioner with a fellowship for Diabetes and Family Medicine, Dr Joseph is ready to see patients of all ages and has experience in pediatric care.

Dasha for Santé Services,  
[sante@auroville.org.in](mailto:sante@auroville.org.in),  
<http://sante.auroville.org.in>

**VISIT OF THE TIBETAN DOCTOR**

This is to share with you that the team Men-tseekhang (Tibetan Astro and Medicine) based in Chennai are visiting Auroville on

- Thursday, 17 July, 2—5:30pm
- Friday, 18 July, 8:30am—1pm & 2—5:30pm
- Saturday, 19 July, 8:30am—1pm



You are requested to make your appointment by calling us

- 0413 2622401
- or by 8489067332 WA message.

The consultation is held in Pavilion of Tibetan Culture, International Zone, Auroville.

Submitted by Kalsang for Pavilion of Tibetan Culture, International Zone

**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

**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

**CHILDBIRTH AND PREGNANCY education**

Morning Star offers education to expectant parents about conscious pregnancy, childbirth and parenting. Classes are conducted



- In both English and Tamil
- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light.

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father’s role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us.

If you would like more information or to join the class, please contact Savithri through only WhatsApp +918940571774 or email us at [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)

Paula for Morning StarTeam

**SUPPORTING COMMUNITY HEALTH  
and well-being**

We are pleased to announce two new initiatives aimed at supporting the well-being of our community:

**1. PMJAY Health Insurance Card Assistance**

We are offering support to help eligible community members apply for the PMJAY (Pradhan Mantri Jan Arogya Yojana) Health Insurance Card. This scheme is available to all Indian citizens aged 70 years and above, regardless of their economic background.

**To apply for the PMJAY card:** Please visit the Health and Healing Trust office at the Arka Wellness Center

- We will be available from 15 July every Tuesday and Thursday, 10am—12pm to assist you.
- For any question kindly contact us at 0413 263799.

**Important Note:** To complete the application, you must have access to a mobile phone with an internet connection, as the process requires downloading a mobile app. Additionally, the mobile number used must be the same number linked to your Aadhaar card, as it is necessary for verification and OTP (One-Time Password) authentication.

We also request all Aurovilians to bring their Chief Minister Health Insurance Card and PMJAY card (if already issued), which are essential for accessing key health services in Tamil Nadu and offer significant financial coverage for medical treatment.

**2. Community Blood Donors Group**

We are forming a voluntary blood donor group within the AV community to support those who may need urgent blood donations.

If you are willing to be part of this group, please email the Health and Healing Trust with your blood group and contact details. Your participation can make a real difference in times of medical emergencies.

We encourage all eligible members to take part in these meaningful initiatives.

Thank you for your continued support and commitment to community well-being.

*Suriya for Health and Healing Trust,  
Arka Wellness Center*

**AURODENT: JULY SPECIAL OFFERS**

Open to all Aurovilians and Guests  
Valid until 31 July 2025

This whole month: something special for families!

- **Free Dental Check-up for Kids** (up to age 14)
- **20% on any treatment** for children
- **Parents' Bonus:** If a parent comes along with their child for treatment, they get 10% on all their own treatments too!

General check-up + Scaling now at 10% off!

**For Appointment:**

- +91 9629199328 WA, 0413 2622063 landline
- [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

**Working Hours:**

- Monday to Friday: 9am—5:30pm
- Saturday: 9am—1pm
- @ Auromode



*Jayasutha for Aurodent*

*Animal Care*

**DOG STERILISATIONS AND RESCUE OPERATIONS  
might be suspended soon!**

Auroville's Dog Shelter is facing a breakdown of its services, a crisis directly triggered by a recent decision by the AVF Auditors to ban crowdfunding in Auroville. This ban eliminates nearly half of the shelter's vital income, leaving the shelter with a massive budget shortfall. A petition signed by over 1,000 residents and animal lovers demanding that the monthly budget be increased from Rs. 50,000 to Rs. 3.5 lakhs has been ignored since last year.



Unless a solution is found quickly, the shelter will have to suspend its highly successful sterilization project, which aims to sterilize 1,000 dogs per year and has already helped hundreds. To stretch the last remaining funds so that dogs can be fed, some staff, including the rescue team, might have to be laid off at the end of the month. This would leave the shelter unable to respond to emergency calls or rescue dogs in distress.

The lack of funds also has dire public health consequences. The shelter has run out of vaccinations, and while Pet City generously donated a limited stock, it is not enough to maintain a vaccination drive to combat the rabies threat in Auroville. There was no response from the AV administration when we informed them about the rabies outbreak. The shelter cannot order other essential medicines and thus cannot keep up the necessary level of care for its dogs and provide treatment to the rescues. Critically, without a proper quarantine facility and the rescue team potentially laid off, the shelter cannot catch and contain dogs that are suspected to be infected with rabies, leaving the community exposed to the risk.

In addition to the immediate crisis, a long-term neglect to act on a new facility as promised by the Governing Board last year has left the shelter in an untenable situation. The flood-prone, old shelter has deteriorated in recent years, lacking essential facilities and thus violating government guidelines. Plans to build the new Auroville Dog Shelter have been stalled for over 2 years for various reasons. With an inspection by the new Joint Director of the Department of Animal Husbandry approaching, the shelter's dire situation will be under sharp scrutiny.

The shelter team hopes that a solution can be found in this time of crisis with the Auroville Foundation and other well-wishers to save the shelter and green-light the construction of the new Auroville Dog Shelter. Auroville needs its shelter and the vital services it provides to the AV Community. Please support us!

- **For Donations:** FS 251391 or [www.aurovilledogshelter.com](http://www.aurovilledogshelter.com) for bank information

*Arthur*

**ADOPT US NOW!  
We are worth it**

6 weeks, female, dewormed, litter trained, extremely friendly. **We deserve a forever home together or not!**

Our present caretaker cannot keep us, but she is ready to contribute to any medical expenses for our vax and sterilization.

- Message or call Marga 9503332918

*Submitted by Kay*



*Ecology*

**COMMUNITY PRESENTATION:  
Sea Change Programme transforming marine environmental education**

Saturday, 26 July, 4—5pm  
@ MMC Auditorium, Town Hall

We invite you to join the WasteLess team, for an inspiring presentation about our **Sea Change Programme**.

Come discover how our educational initiative has reached over 13,499 Tamil Nadu government school students, transforming their understanding of marine plastic pollution and nurturing the next generation of environmental advocates.



Join us to learn about:

- Our evidence-based approach to curriculum development addressing the ocean plastic crisis
- The comprehensive social impact study on student knowledge and behaviour change
- How we built strategic partnerships with government education departments
- Our vision for scaling environmental education across India

This presentation will showcase how our locally-developed educational programme was supported by the National Geographic Society to address one of today's most urgent environmental challenges. The Sea Change Programme exemplifies Auroville's commitment to creating meaningful solutions that serve both our local communities and contribute to global needs.

We look forward to sharing this journey with you and exploring together how education can be a powerful catalyst for environmental transformation.

Open to all! Warm wishes from the WasteLess team!

*Ribhu and Chandrah  
on behalf of the WasteLess team*

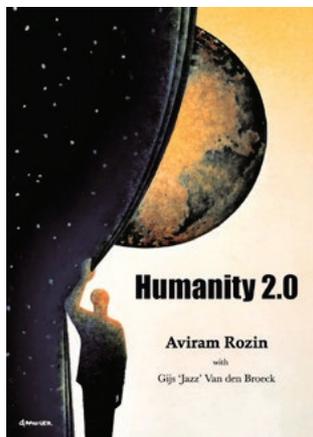
*Books*

**BOOK LAUNCH:  
Humanity 2.0 by Aviram Rozin**

Friday, 25 July, 6pm @ Sadhana Forest

Humanity 2.0: 10 Principles for a Compassionate Society.

Based on over 20 years of building community in Auroville, and combined with the latest scientific insights, Aviram Rozin, together with Gijs 'Jazz' Van den Broeck, are happy to present to you their new book about a compassionate society.



- The book launch will take place at Sadhana Forest's weekly Friday Eco Film Club. [See Cinema section for more details.](#)
- This book is a gift for all of you, free of charge, you can download it at [www.sadhanaforest.org/humanity2](http://www.sadhanaforest.org/humanity2) or come and get a hard copy at Sadhana Forest on Friday.

Looking forward to sharing this special moment with all of you!

Aviram

*International*

*Unity Pavilion Presents*  
**SENCHA-STYLE TEA CEREMONY**



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

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

\* Sessions are available as a one-on-one experience or for groups (4+ people)  
\* Children (5+ years) are welcome. Special Kids birthday sessions available.

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.

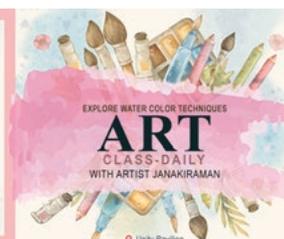
Discover a new perspective on tea drinking as you embrace awareness and relaxation.

- 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

**THE MOTHER'S SYMBOL, MATRIMANDIR & 12 QUALITIES**



**ART CLASS: WITH ARTIST JANAKIRAMAN**



Priya for Unity Pavilion

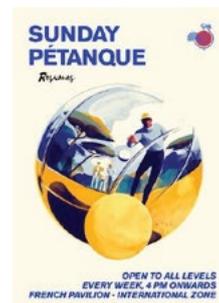
*French Pavilion presents*  
**@ Pavillon de France, opposite the Visitor Center**

**SUNDAY PÉTANQUE**

Every Sunday, 4—5:30pm

Sunday pétanque is back!

Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun. Come and share a convivial moment and bond with others in a relaxed and welcoming atmosphere!



Submitted by Vivekan

**BOARD GAMES**

Wednesdays, 4—5:30pm

French Pavilion welcomes you every Wednesdays, 4 to 5:30pm for Board-games.

Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



Vivekan

*Theatre, Music & Arts*

**BHARAT NIVAS: INDIAN CLASSICAL  
And Semi-Classical Vocal Performance**



Submitted by Monisha

**TUK, TUK, HURRA**  
photo exhibition by Tuksouth  
July 2025 onwards, 8am—5pm

@ Aurelec Restaurant & Art Gallery

When four Kenyans lose their jobs due to the coronavirus, they scrape together their last savings, buy two Tuk, Tuks, drive towards Cape Town, make funny videos, and raise money for Africa's Wildlife Rangers.

Who needs a four-wheel drive, air conditioning, or even doors? The "Tuk South" project represents the spirit, courage, and freedom of a crazy adventure.

Armed with two eight-horsepower Piaggio TukTuks and no schedule, four Kenyans, Jasper, Ivo, Josh, and Robby, hijacked their impossible camper vans from their natural habitat in downtown Nairobi and drove them 23,000 kilometers across Africa's wildest dirt roads.

Along the way, they documented the lives and work of the rangers for a feature-length documentary and raised funds.

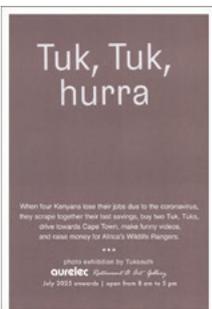
It was an odyssey with breakdowns, flat tires, many imponderables, damaged spines, and numerous rollovers.

The four guided their workhorses, named "Princess Buttercup" and "Wesley," past elephants and smoking stratovolcanoes, navigating through jungles, savannas, and the Kalahari and Namib deserts. Their destination? Cape Town, South Africa, where they arrived after two and a half years.

But is the journey over now? Not at all. In February 2025, an overseas container arrived in Argentina, containing the three-wheeled beauties from Nairobi. The plan?

Of course, first down to Patagonia. And then, double-logo, up the Pan-American Highway to Alaska. This is going to be fun!

By Franz Fassbender



**TOUCHING THE SUBLIME**

• Venue: MAJI @ Maroma

An exhibition celebrating creativity rooted in Auroville and Pondicherry. *Touching the Sublime* celebrates works of exceptional quality and depth, inviting viewers to pause, reflect, and engage with beauty in all its forms. It is a must-visit experience for anyone interested in the vibrant creative spirit of our bioregion.



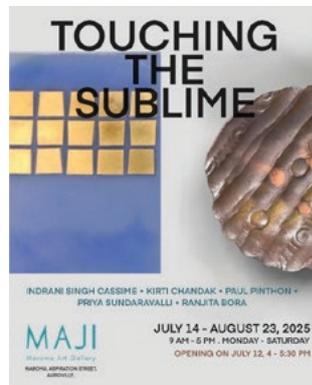
**About MAJI**

MAJI is a cultural initiative by Maroma, a globally trusted brand that has been crafting natural wellness and fragrance products in Auroville for nearly 50 years. Through MAJI, Maroma extends its purpose beyond products—offering a platform for creative expression and artistic collaboration.

Curated by Supriya Menon Meneghetti, a ceramic artist and curator, the exhibition brings together diverse artistic voices rooted in sustainability, spiritual inquiry, and cultural harmony. Featuring ceramics, art candles, and paintings, this thoughtfully curated show offers a visual dialogue between nature and form, inner and outer worlds, tradition and experimentation.

As MAJI continues to grow, it seeks to amplify Auroville's artistic expressions while engaging in a larger global dialogue around conscious art, aesthetics, and community.

Sagarika, Gallery Manager



**MERAKI THEATRE GROUP PRESENTS:  
Sculptor sculpture**

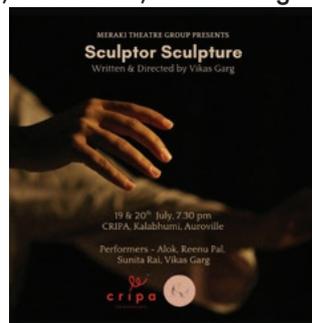
19 & 20 July, 7:30pm @ CRIPA, Kalabhumi

Written & Directed by Vikas Garg

Performers: Alok, Reenu Pal, Sunita Rai, Vikas Garg

Meraki Theatre Group is based out of Delhi, came into existence in 2019 when a bunch of artists along with their director couldn't resist an urge to explore the theatre space with an honest and enthusiastic approach. Meraki was born from the idea of infusing theatre with soul, creativity, and love.

Divya Dave



**NOMAD VILLAGE**



Lee Kyonghyon

## Dance Activities

### NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

- **Toddlers' dance initiation** from 4 to 5 years old, every Monday, 2:30pm
- **Children' ballet class** from 6 to 8 years old, every Saturday, 9:15am
- **Tweens' ballet class** from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries: +91 9600225764 *Fleur*

### GARBA: THE VIBRANT FOLK DANCE OF GUJARAT

1 July—30 September, Tuesdays, 4:45—6pm  
@ CRIPA, Auroville



Step into an immersive experience of Garba—the vibrant folk dance of Gujarat. Rooted in the celebration of Shakti, this is a living tradition of rhythm, reverence and the collective—deeply experienced during the festival of Navratri! Connect with not just the dance but a whole culture that surrounds it.

- **Contribution:** Pay as per your comfort. Please consider the 3 facilitators, venue, props and items needed. Note that this is not a regular class but an immersion in a culture.
- More details on the following link:  
<https://lightwithin.my.canva.site/garba>

+91 8870730567 WA, Megha

### 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 Practice  
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) *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

### AUROVILLE SINGING FESTIVAL 2025

#### Selection Process

We're delighted to announce that the Auroville Singing Festival 2025 will be held on 4 & 5 October @ CRIPA Hall.

If you love to sing and feel at ease performing on stage, we warmly invite you to be a part of this celebration of voices!

We would especially love to hear songs in your native language, bringing the richness of your culture and spirit to our shared space.

- The selection process begins in **early August**, so if you're interested in participating, [please sign up here](#).

We look forward to seeing you—and hearing your voice!

*With joy and music, Shakti for AVSF Team*



### CREEVA: INFORMATION & UPCOMING NEWS



**CREEVA**  
Centre For  
Research  
Education  
Experience in  
Visual  
Arts



#### 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

### 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>

### SVARAM Experience—Sound Garden

- Daily, [see location and timings 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

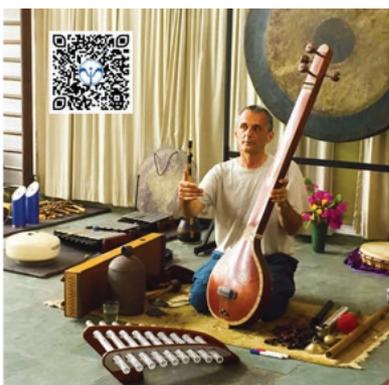
### SVARAM Musical and Sound Healing Instruments Showroom

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



### Creativity & Music in Sound Healing—ISSP Course

- 4—9 August 2025
- By direct booking only



Please [click here for details and contact info](#) or scan the QR Code

### Sound Journey with Gianluca

- 19 July 2025, 5—6pm, by direct booking only



- Please [click here for details and contact info](#) or scan the QR Code

*Aurelio for the SVARAM Team*

### THE WOMEN'S CHOIR 'AUROVILLE HARMONIES' Is Recruiting

You are a woman; You love to sing; Or you want to sing  
Join Auroville Harmonies and discover the songs of the world.  
Beginners are welcome. Rehearsals resume in mid-July.

- If you are interested, contact Antoine:  
[antoine@auroville.org.in](mailto:antoine@auroville.org.in), +33 620284999 WA

*Antoine*

### KOREAN CALLIGRAPHY

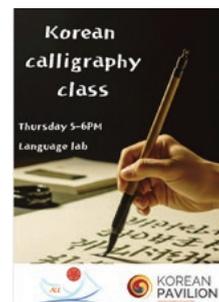
Thursdays 5—6pm @ Language Lab

Hangeul is the Korean alphabet. It was created in 1443 by King Sejong the Great and his scholars to help people read and write easily. Hangeul is known for its scientific design—the shapes of the letters show how the mouth moves when making the sounds.

It has 14 basic consonants and 10 vowels, and they are combined into blocks to form syllables. Today, Hangeul is considered one of the most logical and efficient writing systems in the world.

Discover the art of Korean calligraphy by learning the graceful forms of Hangeul consonants, vowels, and their harmonious combinations.

*Mint*



## *Sports & Martial Arts*

### AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring.

We play futsal in Dehashakti,

If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



**Girls all age/ level** are playing

- Mondays and Wednesday, 5pm
- Please contact Balaji:  
8940224950



**Boys 16yo+** are playing

- Tuesdays and Fridays, 5pm
- Please contact Beber  
638563 5943



*Submitted by 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 Tanguy 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*

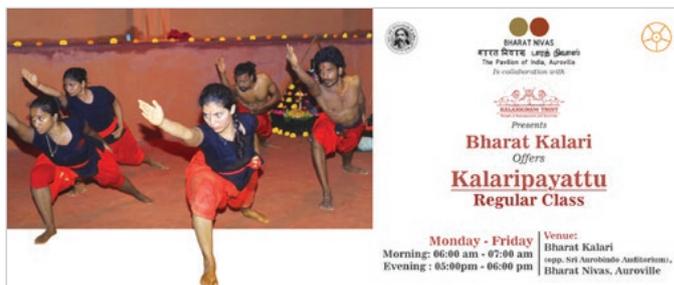
## KSHETRA KALARI @ ASPIRATION SPORT GROUND

- **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*

## Bharat Nivas presents KALARIPAYATTU REGULAR CLASS



- Monday to Friday
  - Morning: 6—7am, Evening: 5—6pm
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium  
*Monisha for BN Team*

## THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

### Tai Chi Quan & Chi

- @ Dehashakti outside
- Tuesday and Friday, 6:30—7:45am

### Body awareness & Relaxation

- @ Budokan Dojo, Dehashakti, Wednesday, 5—6:15pm

For more info: 8110848123 WA.

*Hans*



## 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*

## SWIMMING CLASS

Swim to Serenity: Waves of Strength!

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

@watersport\_mani

Book now: +91 8637633696

Package swimming class



*Mani*

Multiple Activities



Bharat Nivas, the Pavilion of India in Auroville, offers a vibrant calendar of classes and experiences rooted in India's spirit of practice, learning, and cultural expression. All are welcome to join and co-create a space of growth and well-being.

**Kalaripayattu—Ancient Martial Art of India**

- @Bharat Kalari (Opp. Sri Aurobindo Auditorium)
  - Monday to Friday, Morning: 6—7am, Evening: 5—6pm
- A dynamic blend of movement, discipline, and inner strength. This South Indian martial art cultivates flexibility, endurance, focus, and body-mind coordination. Open to all levels. Taught in a respectful, energizing environment.

**Vinyasa Flow Yoga with Bala**

- @ Progress Hall, Bharat Nivas
  - Thursday, Friday & Saturday
  - 5:30—7pm
- Connect movement and breath in a fluid sequence to enhance strength, flexibility, and inner clarity. Open to both beginners and experienced practitioners. Find your rhythm, balance, and calm with this mindful practice.

**Auroville Tango**

- @ Harmony Hall, Bharat Nivas
- New batch starts the first week of each month. No partner required. Please bring socks or dance shoes.
- Monday
    - 7pm—Introduction to Tango
    - 8pm—Improvers
  - Wednesday
    - 7:30pm—Guided Practica
    - 8pm—Long Practice
  - Contact:
    - Maud +91 98211 66082, [tango@auroville.org.in](mailto:tango@auroville.org.in)

**Study Circle: The Synthesis of Yoga**

Facilitator: Deepti Tiwari

- @ Resource Library, Bharat Nivas
- Every Tuesday, 4:30—5:30pm

A weekly gathering to explore Sri Aurobindo's teachings on Integral Yoga in a collective, thoughtful setting. Open to all levels of experience and interest.

**Kala Kendra Art Gallery—Exhibition center**

- @ Kala Kendra, Bharat Nivas
- Visit During regular gallery hours, open to all

Ongoing exhibitions featuring visual artists from Auroville and across India. A space for aesthetic experience, dialogue, and inspiration.

**Souvenir Shop—Gifts with Meaning**

- Near Sri Aurobindo Auditorium
- Monday—Saturday, 10am—4pm

A curated selection of Auroville-made items: T-shirts, bags, magnets, and coffee cups. Beautiful keepsakes and thoughtful gifts.

**Bharat Nivas Café—The Pathway to Flavour**

- @ Pathway Café, open daily

Serving all-day dosas—Masala, Ghee, Onion—comforting Pongal or Khichdi, and organic chai for Rs 20. Simple food, warm hospitality, and an authentic taste of South India.

**Marketplace Stalls—Auroville Made**

Explore handmade products and crafts from local initiatives:

- Hemplanet:** Hemp-based wellness and skincare
- Deepam Candles:** Hand-poured artisan candles
- Taste of Nature:** Herbal teas, jams, snacks
- La Boutique:** Ethical clothing and crafts
- Egai:** Workshops: incense, jewellery, coconut shell
- Auroville Explore:** Guided tours of Auroville

**Weekly Cultural Programs & Events**

Bharat Nivas hosts music, dance, theatre, and guest talks every week—many at the Sri Aurobindo Auditorium and SWACHU—open to Auroville residents and visitors.

- Instagram: [@BharatNivasAuroville](https://www.instagram.com/BharatNivasAuroville)
- Facebook: [BharatNivasAuroville](https://www.facebook.com/BharatNivasAuroville)

**Invitation to Collaborate**

Bharat Nivas invites teachers, artists, wellness practitioners, and facilitators to co-create meaningful offerings. We welcome proposals for workshops, classes, performances, and gatherings across our venues: Harmony Hall, Progress Hall, Sri Aurobindo Auditorium, SAWCHU, and open-air spaces. If your work aligns with conscious living and creative exchange, we'd love to hear from you.

- Contact: [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in)

Monisha, BN Team

**IT MATTERS—WEEKLY ACTIVITIES—A/C ROOM**

**Schedule 19 to 26 July**

@ It Matters, Auroville Main Road

More info on instagram:

- [@auroville.curated](https://www.instagram.com/auroville.curated)

Workshop pre-registrations\*:

- [itmatters@auroville.org.in](mailto:itmatters@auroville.org.in) or +91 9344087925 WA



Date	Workshops in July*
19, Saturday, 9am—1pm	Collage Work (Art & Self Exploration) with Elvira. Free contribution Rs. 1 to 2000
26, Saturday, 10am—1pm	Me, Myself & I (Writing & Self Exploration) with Navni. Free contribution Rs. 1 to 2000

\*Pre-registration for Workshops required

Bhakti & Sandra

Bioregion & Nature Activities

**WELLPAPER WORKSHOP**

10am—4pm, every day except Sunday

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



Wellpaper:  
+91 9385744722, 0413 2969722

Viji

## SOLITUDE FARM ACTIVITIES

### Saturday Free Farm Tour!

Be a part of a weekly farm tour to learn where your food comes from.

- Free guided farm tour only on Saturdays, 11:30am.

For the larger group (5+) and private bookings, there is a separate charge.

- Please email us at: [solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)



### Education at Solitude Farm

Education at Solitude Farm is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

#### • 3 days Intensive Permaculture Weekend Workshop

- View schedule and book here: <https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

#### • Mini Permaculture Workshop

- Please email us: [solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com) for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

- *Introduction to permaculture through local food:* Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!
- *Handmade Soap-Making:* By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

### Farm Fresh Basket Service

A long term commitment to your health!

A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

- Please email us at [solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com) to book your basket.

Krishna  
for the Solitude farm & café  
[Krishna's newsletter!](#)



## 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—1pm	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.

**Gingee One-Day Experiential Tour**

One-Day Symposium on Gingee and Pondicherry: Its History, People, and Connections.

Discover the deep-rooted cultural and historical ties between Gingee and Pondicherry in this immersive one-day symposium Led by Prof. A. Chellaperumal, Tagore National Research Fellow, the day offers a unique blend of heritage exploration, sacred sites, village traditions, and artisan interactions. With the theme *Sustainably Rooted in History & Spirit*, the journey unfolds from millet breakfasts to fort hikes, temple visits to village lunches, ending in quiet sunset reflection.

Come experience the people, stories, and spirit that connect these timeless landscapes.

**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*

**ENLIGHT**



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop



+91 76398 10621/82700 71581/0413-2963034  
[enlight@auroville.org.in](mailto:enlight@auroville.org.in)

*Arun, Anand and Balaji for Enlight Team*

**AUROVILLE BAMBOO CENTRE EVENTS**

**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**

- Every day except Sunday

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 Workshop: Musical Installation**

- 25 & 26 July, 9am—5pm

This workshop explores the intersection of sound, scale, and sustainability by building a large-scale xylophone using bamboo.



The Bamboo Music Installation 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)

Balu for Bamboo Centre 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

**SADHANA FOREST:**

**Plant based Saturday**

Every Saturday, see the schedule

Join us every Saturday for a day of connection, learning, and delicious plant-based food!

Whether you're curious about sustainable living, enjoy spending time with cows, or want to explore new recipes, we'd love to have you with us.

**Schedule:**

- 09:00 Breakfast
- 10:00 Cow Connection
- 11:00 Plant-Based Cooking Class
- 12:30 Talk on Diet & Nutrition
- 18:00 Dinner

You're welcome to join for the whole day or just a part of it, all offered to you as a gift from Sadhana Forest free of charge.

Aviram

*Office Spaces*

**Kinisi Cowork**

Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings.

- **Opening hours:** 7am—11pm
- **Flexible Passes & Validity:**

- 1 Day Pass
- 5 Days Pass (Valid 14 Days)
- 25 Days Pass (Valid 60 Days)
- 60 Days Pass (Valid 120 Days)



- **Conference Room:** As Booked (4 hrs)
- **Amenities:** Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).
- **Community & Connection:** Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.

Ready to join? Learn more and book your spot:

- +91 9429690049, [hello@cowork.kinisi.in](mailto:hello@cowork.kinisi.in)
- CSR Campus, Auroshilpam, Auroville—605101
- [cowork.kinisi.in](http://cowork.kinisi.in)

Laure

**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

**Aurelec Spaces Available**

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

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

Siva for ADPS Trust

*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

**Looking for a second-hand e-reader/book**

I am looking for a second-hand e-reader/book (Kobo, Kindle, or else) to buy.

7410509358, Vivekan

*Available*

**2010 Honda Unicorn motorcycle**

Towards contribution. New engine, carburetor, tires. Contact Jorge at +91 9786296441

Jorge

**Bicycle**

Towards contribution. Good bicycle, not too used. Accepting offers. **Anandi, Realization,** [anandi7@auroville.org.in](mailto:anandi7@auroville.org.in)



*Help Needed*

**MORNING STAR**

**Help Us Build a Place for Respectful Maternity and Women's Wellness Care**

Construction at the Morning Star site is in full swing! This center for community-based natural birthing and women's wellness is deeply rooted in Auroville's values: honoring conscious birth for women of all nationalities, including fathers in the sacred moments of pregnancy and birth; supporting health for women throughout the lifespan—all in a sustainable, beautiful building surrounded by trees and gardens.



To manifest and sustain Morning Star, we are seeking your support—from within Auroville, across India, and around the world. This is your chance to be part of a meaningful step toward the future of humanity. Every contribution—big or small—makes a real difference.



**How You Can Contribute**

**1. Aurovilians (Indian Nationals Only)**

You can contribute directly through a Financial Service (FS) transfer:

- Send your FS Transfer to Auroville unity fund FS account 240001. Project Name: Morning Star

Once done, please inform us so we can acknowledge and account for your donation properly.

**2. Indian Nationals (Outside Auroville)**

Please donate via the Auroville online donation portal:

- <https://auroville.org/page/donations>

Select your preferred payment method. In the Project/ Remarks field, enter: Morning Star

**3. Foreigners Residing in Auroville (Non-Indian Nationals)**

Due to FCRA regulations, direct FS transfers are not allowed. Please follow these steps:

- Write a cheque addressed to: Auroville Foundation
- Submit it to us or to the Unity Fund at the Financial Service
- Provide a copy of your passport

The Unity Fund team will process and route the donation to our project in compliance with FCRA regulations.

**4. Foreign Donors (Outside Auroville)**

Donations can be routed through any of the AVI centers. Please check the Auroville International Centres for more information: [http://auroville-international.org/avi\\_centres/](http://auroville-international.org/avi_centres/)

Our fundraising partners: AVI-USA

- <https://give.aviusa.org/page/MorningStar>
  - Donations via Auroville International U.S.A. are tax-exempt.

AVI-UK:

- <https://aviuk.org/fundraising/donate/>
  - Tax-exempt donations via Auroville International U.K. Please mention: Morning Star

All donations are processed through the Auroville Unity Fund in accordance with FCRA rules of India ensuring compliance, full transparency and proper usage.

**Need Help?**

Our fundraising coordinator, Balaganesh Siva, is happy to assist with any questions about the donation process.

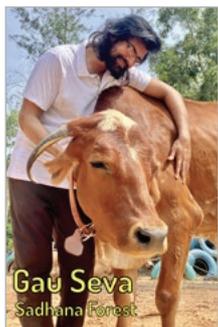
- [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com)
- +91 98926 99804 WA/ Call

Let's build this dream together and bring conscious, respectful care for women, babies, and families—not only to Auroville, but to the world.

Paula for  
The Morning Star Team,  
[www.aurovillemorningstar.org](http://www.aurovillemorningstar.org)

## 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

### AARAMBHAM LEARNING SPACE

#### looking for a Volunteer Caretaker

Aarambham Learning Space is looking for a volunteer caretaker. Simple place to stay & lunch provided in exchange for physical work few hours a day.

For details, please contact [aarambham@auroville.org.in](mailto:aarambham@auroville.org.in) or + 91 83002 88303 WA messages only Alexey

## Work Offering

### AIAT'S INTERNSHIP COLLABORATION OPPORTUNITY:

#### Software development & IT

Students from the "Software Development & Machine Learning" program at Auroville Institute of Applied Technology (AIAT) are eager to collaborate on meaningful community-based projects as part of their annual internship.

We invite Auroville Units and Activities to engage with our students on real-time initiatives, whether long-term or short-term that not only align with software development and IT-related areas but also contribute positively to the community.

Our experienced staff, with decades of industry expertise, are actively involved in guiding the students and overseeing the quality of project outcome.

If you have a project that could benefit from enthusiastic student involvement and support the collective growth of Auroville, please reach out to us at:

- [amarnath.t@auroville.org.in](mailto:amarnath.t@auroville.org.in),  
+91 9994216702 WA

We look forward to building meaningful collaborations that support both student learning and community development.

Amarnath

### AMMA IN SEARCH OF FULL-TIME WORK

My trustworthy Amma, Lakshmi from Bommayalalayam, is in search of full-time work. She has her own scooter and mobile phone. Please contact her daughter, Ramya, to discuss opportunities: +91 9345732911, Forest

## Work Opportunities

# eco femme

### is looking for a communications lead

Eco Femme is seeking a dynamic and passionate Full-Time Communications Lead to drive our growth and brand awareness. We are looking for an experienced candidate in marketing strategy, leadership, and project management to guide our team to meet organizational and programme goals.

#### Proven experience required

- Minimum 1 year of experience leading a team, including cross-functional coordination
- Marketing strategy development and implementation
- Basic understanding of performance marketing and analytics
- Platform-specific expertise in Instagram, Facebook, LinkedIn, YouTube, Google Business, website, and email marketing
- Project management/ campaigns

We are based in Auroshilpam.

**Starting date:** Immediate. This position requires the candidate to be present at our office on a daily basis.

**For more detailed information and applications,** please write to [maha@ecofemme.org](mailto:maha@ecofemme.org) with your updated CV. Looking forward to hearing from you!

Mahalakshmi Prabhakar, +91 7094278777

### CONTENT CREATION, RETREAT LOGISTICS, proofreading, website updates

Hello, I am looking for people who can support the different areas of my work—content creation, retreat logistics, proofreading, website updates etc.

- Some roles are ideal for interns or volunteers,
- and others could be paid.

If you feel you can contribute to the field of Vedic Astrology, or know someone who might be a good fit, please take a look at this page: <https://www.allthingsvedic.in/work-with-us>. You'll find all the details there, along with a short form to be filled.

Vikram Devatha 9843948288,  
Submitted by Megha

### COLOURS OF NATURE: LOOKING FOR A GARDENER

We are looking for a gardener to take care of our garden. Basic experience in gardening is preferred. Interested person may contact us at 0413 2622587 landline.

Manikandan for the Colours of Nature, Auroshilpam

### AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

#### Seeking for qualified candidates: Assistant professor

Auroville Institute of Applied Technology (<https://aiat.edu.in/>) is currently seeking qualified candidates for the position of Assistant Professor in the field of Electrical and Electronics background. Applicants must hold a Master's degree in a relevant discipline.

- Interested candidates are invited to send their CV to [info@aiat.edu.in](mailto:info@aiat.edu.in).

#### Looking for a Hindi language teacher

Auroville Institute of Applied Technology (AIAT) is currently inviting applications for the position of Hindi Language Teacher. Candidates with a Master's degree in Hindi or a related field will be given preference.

- Qualified and interested individuals are requested to send their CV to [info@aiat.edu.in](mailto:info@aiat.edu.in). Amarnath

*Foods, Goods & Services*

**ANNOUNCEMENT OF AUROVILLE WATER SERVICE (AWS)  
regarding the water supply  
and waste water tariffs**

Dear Aurovilians/ units/ services, AWS needs to increase the basic water-tariff with Rs. 4 per m3 and the basic wastewater tariff with Rs. 3 per m3. This is an increase of 15%.

AWS calculates the total direct cost made for the water supply and divides this by the amount of m3 water delivered (metered). The cost is mainly electricity for borewell-pumps, boosters and grey-water delivery-pumps and has increased, last year, by 20% per unit. Furthermore, AWS has operators in the different areas who also take care of the maintenance. This will increase by 8% this year. A small part of the office overhead is allocated to the water-supply (billing etc.).

As AWS has different tariffs for water-supply and wastewater in different parts in Auroville, we will apply the 15% with a minimum of Rs. 3/- per m3. For schools the tariff will be 50% of the standard tariff (Rs.15/- m3).

The tariff changes will be effective per July 1st, 2025.

*Toby for Auroville Water Service*

**AUROVILLE BAKERY CAFE IN TOWN HALL**

7:30am—4:30pm

Auroville Bakery Cafe is excited to announce the opening its new branch in Town Hall!

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe.

The Cafe will also host an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants.

In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.

We warmly welcome you to join us from this Monday onwards!

*Auroville Bakery & Cafe Team,  
from Mass Bulletin*

**GOYO KOREAN SILENT RESTAURANT**

@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm



Please book one day in advance  
+91 9489693809, [goyo@auroville.org.in](mailto:goyo@auroville.org.in)  
*Won Ja for Goyo*

**PT PURCHASING SERVICE  
has extended its closing time to 5:30pm**

*Pour Tous மீர் தூஸ் For All*

Office: 0413 2622152/ 2623091

Email: [ptps@auroville.org.in](mailto:ptps@auroville.org.in)

WhatsApp: +91 9786526171

Aspiration, Kuilapalayam, Auroville, Tamil Nadu

*From Mass Bulletin*

**NATURELLEMENT GARDEN CAFE DISCOUNT:  
Extended for July**

Our 50% discount on Thursdays during May and June for Aurovilians, Newcomers and Savi volunteers has received such great feedback that we are now extending it for July as well.



*Martina for Naturelement*

**AUROMODE RESTAURANT IS OPEN**

Monday to Saturday, 12—3:30pm & 6—9pm

We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

*Pavithra  
for Auromode Restaurant*



**RIGHT PATH CAFE**



- 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!

**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*

**NEEM TREE CAFE OFFER**

Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- We are open every day Monday to Saturday @ Mahalaxmi park (Near Solar Kitchen). Sunday is holiday.
- Our prices are 20 to 200 only inclusive all taxes

Come and enjoy!

*Parthasarathy Krishnan*

## TASTE OF YOGA VÉRITÉ CAFÉ





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

**VEGAN CAFE**  
TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat  
08:30 - 16:30

*Kathir for Vérité programming*

## THE SPROUT TIMINGS

Daily, 7am—4pm



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

## 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*

## 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*

## FOODLINK MARKET IS OPEN EVERY DAY



Fruits, vegetables, milk & eggs from Auroville farms

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*

## TAMIL NADU BASMATI RICE

### @ Siddhartha Farm

At Siddhartha Farm, we have introduced Tamil Nadu Basmati rice, which we have been successfully cultivating here. It is now available at the following outlets: PourTous Distribution Centre (PTDC), PourTous Purchasing Service (PTPS), Farm Fresh, and Hers.



This aged, semi-polished Basmati raw rice is available in both whole grain and broken grain forms.

- Direct bulk orders are welcome, with a 25% discount offered on the following minimum quantities:
  - Whole grain rice, 25 kg
  - Broken grain rice, 15 kg
- Door delivery within Auroville will be provided as part of our service.

If there is a positive response from the community, we look forward to continuing its cultivation.

- For pricing and orders, please contact us at: [siddhartha.farm@auroville.org.in](mailto:siddhartha.farm@auroville.org.in), +91 8838012456

Available for immediate supply.

*Suha from Siddhartha Farm*

## 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*

### 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

### 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—10am

Variety of Dosa and Millets Pongal, Coffee  
Rs.99

Submitted by Shiva



### 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 (Aurovillian) 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*

### INTEGRATED TRANSPORT SERVICE



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 ITS*

### SUNRISE TAXI SERVICE



**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*



**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*

### 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 Aurovillian, 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*

### 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**

#### 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

#### 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**



inside india  
DREAMS & MEMORIES

Vanakam, Bonjour and Hello from Inside India.

**Inside India is now open on Saturdays too!** Come by our office for your tickets, insurance, and visa queries!

#### Itineraries & ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across **India and Sri Lanka**. Write to us at [tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com) to start planning.

- **We are open Monday to Saturday,** 10am—5pm, @ our Kalpana Office in Auroville.

We also offer **Auroville Tours, Bicycle Tours** in the bio-region, and more! Get in touch to know what's on offer.

Have any questions? Need more support on our next flight? We're just a message away!

#### Cycling tours in bio-region on request

We are now offering cycling tours on request for all levels. Off-roads, single track and half-day tours are now available. Does this pique your interest? Reach out to us.

#### Exciting Airline offers

- **Etihad Airways**—From Chennai to Madrid, Barcelona, Rome, Milan
- **Air India**—From Chennai to London, Milan
- **Cathay Pacific**—India to San Francisco flight schedule available. Easily connects Chennai, Bangalore, Hyderabad, Mumbai, and Delhi.

#### Free visa for Indian Citizens to Palau

The Republic of Palau has introduced a 30-day visa-free entry scheme for Indian citizens, marking a significant step forward in bilateral relations and tourism diplomacy.

Palau is a hidden gem in the western Pacific Ocean, known for its untouched beauty, marine biodiversity, and strong commitment to sustainable tourism. The islands offer a unique blend of pristine beaches, crystal-clear lagoons, dense jungles, and rich cultural heritage.

Indian travellers are increasingly seeking offbeat and eco-conscious destinations. With growing connectivity through airlines such as United, China Airlines, Qantas, Japan Airlines, Nauru Airlines, and Hong Kong Airlines, Palau is quickly becoming a top choice.

Whether you want to snorkel among vibrant coral reefs, dive into the world-famous Jellyfish Lake, kayak through limestone islands, or simply unwind in a tranquil paradise—Palau offers it all.

Reach out to us to help plan your journey to this tropical paradise and support one of the world's leading ecotourism destinations.

#### We are booking tickets for Rail Europe

*(Foreign national India PAN card is mandatory)*

We are pleased to inform you that we are now offering booking services for Rail Europe—a convenient and efficient way to travel across the European continent by train.

Rail Europe provides access to an extensive network of trains that connect travellers to over 30 countries across Europe.

#### Passenger Advisory Notice for All Travellers

Passengers are advised to:

- Check flight status regularly with their airlines
- Allow extra time for connections and airport procedures
- Stay informed through official airline and airport channels

Have any questions? Need more support on your next flight? We're just a message away!

*Happy Travels, Shaheen for Inside India Team*



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

### 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



Mornings: Monday to Saturday, 9am—12:30pm

Afternoons: Tuesday & Thursday, 2:30—4:30pm

You're welcome to bring clean items to the Freestore.

We kindly ask that you come during open hours when someone is around, and avoid leaving things outside the door.

Kamala for the Free Store 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: [surabhisupplies@auroville.org.in](mailto:surabhisupplies@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

### 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

### Poetry

#### COURAGE ON THE ROAD

Two mynahs on the roadside.  
As I drive the scooty past Pitanga,  
one crosses the road,  
the other waits for me to pass.  
She will cross when she is ready,  
in her own time.  
Nature does not hurry.

On the wings of time,  
touched by a still ray of sun,  
her feathers flutter.

*Scooty: a light, gearless electric scooter, in Auroville, India. It is commonly used as a quiet, eco-conscious way to move through the landscape in harmony with nature.*

Alka Balain

#### MIND YOU!

"Be mindful."  
"My mind is already full."

Anandi Z.

### Voices & Notes

#### AUROVILLE RADIO TV

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



#### Last published podcasts

- [Marlenka's weekly Offering—Ep.144](#) (Literature)
- [Soul Tracks S.6, Ep. 16: What is and What Should Never Be.](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.500](#) (Integral Yoga)

#### Latest Youtube video

- ['Kalālāpa'—A Kolam Art Exhibition by Jyothirmayee Bommanna | Tibetan Pavilion, Auroville](#)
- [Smrithi Adinarayanan talks about "The Context" in Integral Education in Tamil | IEPG 5—Day 2](#)
- [Smrithi Adinarayanan talks about "The Context" in Integral Education | IEPG 5—Day 2 | SAIER](#)

...and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Sai Priya  
for Auroville RadioTV Team

## GUIDED MATRIMANDIR MEDITATION

Greetings from Rolf (ex Petite Ferme) from the Black Forest in Germany. Every morning I sit in my orgone accumulator with Sri Aurobindo's photo book open behind my back and Mother's photo book open in front of my chest. Then I begin my guided meditation...

I open the gate to the entrance of the Matrimandir Gardens. "(Namaste) Vanakkam", I say to Mani, the entrance guard. Smiling, I cross the small bridge that leads over the canal. On the way to the banyan tree, the center of Auroville, I encounter the tree full of blossoms, white with a yellow dot in the center. Mother called this 'Psychological Perfection'. I take two fallen blossoms with me. Now I'm standing in front of the banyan tree and offering it both blossoms, I embrace it with an: *Om Namō Bhagavate!* How wonderful that you exist. You are the center of Auroville!

I visit the eldest of his 26 tree-children and I embrace him with an: *Om Namō Bhagavate!*

I continue to the Matrimandir and stand between two petals, looking under the MM. On the way to the entrance, I meet Otto and Francis with a Namaste. Thank you, your guardians of the MM. How wonderful that you exist!

I walk to the stairs of the MM and line up my shoes. I slowly climb the 25 steps and stand in front of the glass door, which I open, and go to the white socks. With white socks on my feet, I slowly climb the 20 white marble steps and stand in front of one of the four mighty supports of the MM. A bottle of oil and a flame sits on a marble stand directly next to the spiral walkway. My hands circle the small flame three times, saying: *Om Namō Bhagavate!* Thank you, Mother, that you have manifested Auroville, and that Matrimandir is the soul of Auroville.

My hand glides up the long white handrail. Then I stand in front of the white marble door to the inner chamber. I open the door and greet the guardian with a silent Namaste! Then I stand in front of the crystal with my hands clasped together. Three times, silently, I hear: *Om Namō Bhagavate!*

I find my place at one of the white pillars and enter into a deep meditation. Thank you! Thank you! Thank you! Unconditional love of God that creates these universes, galaxies, these solar systems, this Earth, this Humanity! May humanity recognize the Divine cells within all of you. Divine women, Divine men! May the dream of the Divine—Auroville, laboratory for humanity—find its inner peace. May Auroville share this inner peace with the outside world. May Auroville plan and conduct a World Peace Conference with the world for the world! May Auroville recognize world peace with the world and implement it with humanity in all lands. Peace, peace, peace, the great Peace of God stands supreme!

Thank you, thank you, thank you, Mother! What you manifested in your last incarnation, everything, everything, but also everything for this Earth, this World, this Humanity, India, Pondicherry and Auroville. Thank you, Mother, for radiating your Darshan from the spiritual world over this Earth, this World, this Humanity, India, Pondicherry and Auroville. Thank you!

Thank you, Thank you, Thank you, Sri Aurobindo! What you manifested in your last incarnation, everything, everything, absolutely everything, for this Earth, this World, this Humanity, India, Pondicherry and Auroville. Thank you, Sri Aurobindo, for manifesting the Supramental Consciousness into the field of consciousness of this Earth. Thank you, Sri Aurobindo, for your words.

Thank you Satprem, for writing down Sri Aurobindo's words and the Mother's words, for humanity. These words of yours, Sri Aurobindo, led me to India, Pondicherry and Auroville, to continue my service as a servant of the Divine, which will never end! Thank you!

*Om Namō Bhagavate!*

Love is the most powerful force in the universe!

Rolf, ex Petite Ferme

## CONSTANT

As there is in essence only One  
Then the Divine Will of a human,  
As with any will undivine or anti-divine,  
Is also only the One's option.  
Taking You are That into consideration,  
We return to this Great Cosmic Game:  
The ego-mind cannot truly love;  
Its karmic perception is false-separative,  
Its character selfishness and greed.  
Aspire for the Supramental,  
A Truth Consciousness-Force unitive,  
Its character Eternal and Infinite.  
And the easiest Path to That  
Is the most joyful Sunlit,  
The Avatar's tip most effective  
To manifest Divine Love and Bliss.

13 July 2025, Auroville

Sri Aurobindo and the Mother's Directive:

*Listen: The supramental world has to be formed or created in us by the Divine Will as the result of a constant expansion and self-perfecting.*

That is to say, to hope to receive, use and form in oneself a supramental being, and consequently a supramental world, there must first of all be an expansion of consciousness and a constant personal progress: not to have sudden flights, a little aspiration, a little effort, and then fall back into somnolence. This must be the constant idea of the being, the constant will of the being, the constant effort of the being, the constant preoccupation of the being."

- <https://incarnateword.in/cwm/08/27-june-1956>  
(read in full)

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



Zech

## Classes, Workshops & Healing Arts

### YOUR MIND MATTERS

A 5 day transformative workshop  
by Ange Sabine Blanchflower

Monday, 21—Friday, 25 July, 12:45—1:45pm

Reset your mind 5-day workshop! I would love to invite you to a 5 day workshop, which may very well help you re-set your mind in a way you have not thought about in the past.



I am a certified Mindset Coach with the Proctor Gallagher Institute, and I am offering a Free 5 day Mindset reset workshop, based on ideas and principles that make up a transformative program called: Thinking into Results.

It is a paradigm shifting program that has changed millions of people's lives all over the world, including mine!

I will show you how you can start living from the inside out and the Up-side down, and become a master of your life.

Interested? And ready to challenge some of your favorite, long-held negative beliefs? Welcome! Please register in advance with Pitanga: 2622403/ 9443902403 WA, [info@pitanga.in](mailto:info@pitanga.in)

Ange

## UPCOMING MINDFULNESS OFFERINGS

with Helen

### Miksang: Colour—Mindful Photography workshop

- Saturday, 19 July—9:30am—12pm  
@ Radiance, Aurodam

Miksang is a contemplative photography practice. Meaning 'Good Eye' in Tibetan it is a practice to synchronise the heart, mind & inner being. Miksang invites us to see the world with fresh eyes, to let go of our conditioning, our stories, our techniques. Through practice we open our hearts and minds to the magic of the world.



The session includes an introduction to miksang, mindfulness practices to attune, and then time for practice. In this session we will be focusing on the element of colour. We will explore and perceive color as a pure element of the visual world and deliver this through images.

It is suitable for all—participants just need to bring something to take photos with (a phone is fine).

- Booking is required. To book contact Helen on 7094753054 WA or see [innersightav.org](https://www.innersightav.org)

### Mindfulness for Stress Reduction—1 week course

- Monday, 28 July—Saturday, 2 August
- 7:15—9:15 Monday—Friday & 9am—3:30pm Saturday
- @ Radiance, Aurodam

The Mindfulness Based Stress Reduction (MBSR) course is recognized as the gold standard in mindfulness meditation. Drawing from practices of vipassana and zen it synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, positive psychology & Mind-Body Medicine, and provides practical tools to look within.



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

The course has been found to help with anxiety, stress, depression, management of chronic pain, diabetes, blood sugar levels, immune functioning & menopausal symptoms. It can also improve emotional regulation, increase focus & build resilience.

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

- Booking is required. To book contact Helen on 709475305 WA.
  - For more details: <https://www.innersightav.org/1weekmbsr>
- Individual and group mindfulness sessions with Helen are also available on request.
  - To book contact Helen on 709475305 WA or see [innersightav.org](https://www.innersightav.org)

Helen

## BODY RESONANCE:

Expression by Yumiko Yoshioka

10—17 August @ CRIPA, Auroville



Reconnect with your body, mind, and soul through the transformative power of organic movement led by Yumiko Yoshioka, renowned Japanese Butoh dancer, choreographer and teacher based in Berlin.

She created the 'Body Resonance' methodology, which explores the body as a living archive of memories and sensations. This approach bridges the internal and external worlds through organic movement, reflecting her profound understanding of the importance of deepening consciousness of the body. Her method not only enhances dance and expression but also illuminates daily life, opening individuals to the deeper layers of their inner world and re-discovering subtle beauty in each moment.

Open to all those who wish to reconnect with their bodies and discover new ways of expression. Yumiko's workshops are attended by all genders and age groups from 20s till 70s. Many professional dancers, actors, performers, therapists, healing practitioners join to learn and integrate the techniques into their practices.

- Aurovilians and Newcomers wishing to join the workshop, please send an email to: [av.bodyresonance@gmail.com](mailto:av.bodyresonance@gmail.com).
- Guest registration details at: <https://bodyresonance.wixsite.com/info>

Hosted by Auroville Consulting  
in partnership with CRIPA. Raghu

## SHIATSU COURSE

@ Budokan

Aware and conscious Touch, free flowing Energy & meaningful connection. Explore Shiatsu (Japanese: "thumb pressure") as an Art of Touch and Connection. Study the 12 Meridians of Traditional Chinese Medicine and their link to holistic balance, the Five Elements and the deeper energetic layers of our being. Here is your invitation.

### Intro to Shiatsu (Free & Optional)

Getting a sense: Saturday, 26 July 3—4:30pm

Join one or both Workshops:

### Sinking and 'Synch-ing' deeper

Workshop 1: Foundations & The Five Elements:

- Wednesday to Friday, 23—25 July

Workshop 2: Foundations & The Layers of Meridians

- Wednesday to Friday, 30 July—1 August
- Tuesday to Thursday, 5—7 August

**Timings for all workshop days:** 9:30am—3:15pm

- Saturday, 9 August, 1—5pm for Special Practise Afternoon.

Shiatsu is practised fully clothed on mats. The course is suitable for everyone curious about our energetic body, the magic of touch, self discovery and practise.

**Facilitated by:** Ulrike Urvasi, Quantum Shiatsu, 20+ years of Shiatsu practice & teaching

**For more info and registration:** Ulrike Urvasi 9751513906, [shiatsuindia@gmail.com](mailto:shiatsuindia@gmail.com)

Ulrike Urvasi

**PITANGA CULTURAL CENTRE**



**Program, July 2025**

**Yoga and Classes**

Days	Drop-in Classes	Timings	Presenters
Monday	Yoga Therapy	8am—9:30am	Gala
	Listening Within	4pm—5pm	Mike
	Hatha Yoga	5:30pm—6:30pm	Priyamvada
Tuesday	Hatha Yoga	7:30am—8:30am	Priyamvada
	Yoga: Restore & Relax	4pm—5:30pm	Florina
Wednesday	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—7pm	Florina
Thursday	Prana Kriya	7:30am—9am	Florina
	Aviva Exercise—for women only	4:30pm—5:30pm	Suriyagandhi
	Yoga: Restore & Relax	5:30pm—7pm	Florina
Friday	Pranayama, for former "The Art of Living" course participants	6:45am—8am	François & Namrita
	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—7pm	Florina
Saturday	Breathing & Mudra	8am—9:30am	Gala
	Hatha Yoga	4pm—5pm	Priyamvada

**Classes by Prior Registration**

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults	3pm—5pm	Gala
Friday	Neurographica®—Art Therapy for families	3pm—5pm	Gala
Saturday	Odissi Dance—advanced	5:15pm—6:30pm	Rekha

**Healing Space**

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine)
	Chiropractic
Auomira	Shamanic Healing
Juan	Thai Yoga Massage

**Youth Activities**

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4pm—5:15pm	Lisbeth, Florina

**New Activities**

- **Listening Within:** A guided exploration by Mike
  - Mondays 4—5pm

Through stillness and silence we will listen deeply into our bodies. Tuning into the natural workings of our being, feeling its physical/ subtle rhythms taking place in our bodies. Letting go of any sort of technique/ method or meditation we will attempt to tune directly into Presence.

Instead of "doing" something, our intention will be to listen directly into the depths that govern our life,

By listening deeper and deeper within... "In absolute silence sleeps an absolute Power". Sri Aurobindo

**Workshops**

- **Your Mind Matters: A 5 day Transformative Workshop by Ange Sabine Blanchflower**

- Monday, 21—Friday, 25 July, 12:45—1:45pm

- Please register in advance with Pitanga



Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know!

If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!

Andrea for Pitanga Team  
2622403/ 9443902403 WA  
[info@pitanga.in](mailto:info@pitanga.in)

**LEELA THERAPY**

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



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

Leela therapy is offered by Kardash in person or on-line.

- 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

**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

Friday, 5pm (regular class) @ Serendipity Community  
+91 8940288090, [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

Sonia

**BODY AWARENESS & RELAXATION**

with Hans

Wednesdays, 5—6:15pm  
@ Budokan Dojo, Dehashakti

For more info:  
8110848123 WA, Hans

**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."

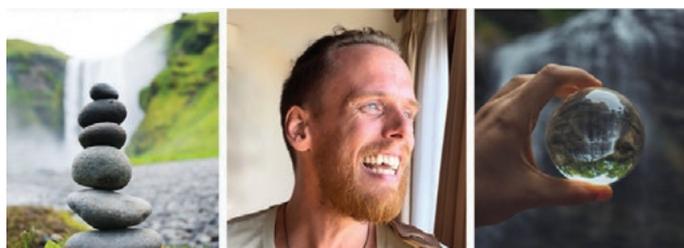
The duration of a session is 1.5 hours. It can be individual or together with a good friend. (A parent and child are welcome too.)

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

Submitted by Aikya

**INTEGRAL UNFOLDMENT**

Life Coaching (Aletheia Coaching School)



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

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

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

By Dave (JOI Anitya), +44 7564119728 WA

**ARKA WELLNESS CENTER**

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 Yoga</li> </ul> Only by appointment <a href="mailto:baritam@auroville.org.in">baritam@auroville.org.in</a>
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> By appointment, +91 9943410987
Silvana 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> Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English &amp; French</i>	Psychospiritual Introspective Tarot Reading <ul style="list-style-type: none"> <li>• Deconditioning Self Inquiry</li> <li>• I ching oracle</li> <li>• Inner/subpersonalities forces awareness</li> </ul> Monday to Saturday, by appointment only 0413 2623767, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Niyati Thakkar	<ul style="list-style-type: none"> <li>• Integral Regression therapy</li> <li>• Integral reiki healing</li> <li>• Holotropic technique breathwork</li> </ul> Monday to Saturday, by appointment only +91 7041391995, <a href="mailto:narayani-nc@auroville.org.in">narayani-nc@auroville.org.in</a>
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> By appointment only, +91 7904769496 <a href="mailto:auroshruthi@auroville.org.in">auroshruthi@auroville.org.in</a>

**Classes**

Teachers	Classes	When
Damien 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
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

**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)

**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
- [adititva@auroville.org.in](mailto:adititva@auroville.org.in)

**Health & Healing Trust: Administration office**

- [healthhealingtrust@auroville.org.in](mailto:healthhealingtrust@auroville.org.in)

Ramana, Arka

**VÉRITÉ PROGRAM, JULY**

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

**Yoga & Other Classes**

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



Days	Drop-in Classes	Timings	Presenters
Mon-days	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yin Yoga: Deep Stretch & Relaxation	9:15—10:15am	Jivitesh
	Pranayama and Dharana	3:30—4:30pm	Kalidas
	Yoga Asana: Deep Stretch & Relaxation	5—6pm	Radha
Wednes-days	Pranayama & Vocal Toning	7:30—8:30am	Nikki
	Surya Namaskar: Yoga Foundation	9:15am—10:15am	Jivitesh
	Deep Sound Bath	5—6pm	Satyayuga
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Connect to the Inner Self: Stretch, Meditate & Journal	9:15—10:15am	Jivitesh
	Pranayama & Dharana	3:30—4:30pm	Kalidas
	Yoga Asana	5—6pm	Radha
Fridays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Breathwork Foundation: Learn, Practice & Integrate	5—6pm	Jivitesh
	Taralaya Flow Dance (No Class on 4)	5—6:30pm	Vera
Satur-days	Deep Sound Bath (No Class on 5)	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

**Workshops**

Day & Date	Workshops (pre-registra-tion required)	Timings	Presenters
Friday, 18 July	Rise in Love: Yoga	9:15am—12pm	Jivitesh
Saturday, 19 July	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 19 July	Face & Eye Yoga	2—4:30pm	Mamta
Saturday, 26 July	Why Yoga Works: An Experiential & Scientific Exploration	9:15am—12pm	Dharani

**Rise in Love: Yoga with Jivitesh**

- Friday, 18 July, 9:15am—12pm

Surya Namaskar (sun salutation), breath-work, and heart connection to cultivate inner alignment, presence and warmth. Flowing movement with breath and awareness to ground the body; heartfelt self-reflection and affirmations to honour the light within and around, and a soothing Yoga Nidra to nurture deep rest and renewal. Start your day with love—as a salutation to yourself and the life that flows through you!

**Pawanamuktasana Series: Energize the Joints with Mani: Saturday, 19 July, 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.

**Face & Eye Yoga with Mamta**

- Saturday, 19 July, 2—4:30pm

Learn simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve the efficiency of our sense organs, and tips on preventing eye damage caused by screen time.

**Treatments and Therapies**

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

+91 413 2622 606, +91 9363624083 WA

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

Aparna & Anandhi

## 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



## 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*



## Languages

### NEWS FROM

#### Auroville Language Lab, 17 July

#### 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, 17 July

See details here:

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

#### Intensive Beginner German Course

Start Speaking in Just 1 Month! Get Started!

- A free introductory session: Thursday, 1 July, 9:30am @ the Lab

Discover the course details, ask questions, and see how quickly you can start speaking German!

Are you ready to speak German with confidence?

Join our fast-paced, immersive Beginner German Intensive and transform your language skills in just one month!

Why Join Us?

- **Daily Practice:** Classes run Monday to Saturday (1—1.5 hours/day) for maximum progress.

- **Real-World Skills:** Focus on practical speaking and listening from day one.
- **Essential Foundations:** Master key grammar and vocabulary in a supportive environment.
- **Build Confidence:** Start real conversations and connect with fellow learners.

Don't miss out. Reserve your spot today and take the first step towards fluency!

#### New and free! Hangeul: The calligraphy of Korea's Ingenious Alphabet

- Every Thursday, 5—6pm, starting 17 July.

In collaboration with the Korean Pavilion, Auroville's own Mint is offering a free one-hour calligraphy class

Hangeul is the beautifully designed Korean alphabet, crafted in 1443 by King Sejong the Great and his dedicated scholars. Their mission? To create a writing system that was simple, accessible, and easy for everyone to learn. What sets Hangeul apart is its scientific brilliance—each letter mirrors the shape of the mouth and tongue when producing its sound. With just 14 basic consonants and 10 vowels, these characters combine into neat syllabic blocks, making reading and writing both intuitive and elegant. Today, Hangeul is celebrated as one of the most logical and efficient scripts in the world.

Step into the world of Korean calligraphy and experience the beauty of Hangeul firsthand — from the graceful curves of its vowels to the structured strokes of its consonants, and the harmony they create together.

#### 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@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.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.

### Coming Soon! Pre-Intermediate English w. Ashwini

There are plans for taking on a new batch of beginner English students some time mid-July (depending on registration take-up).

Keep an eye out for confirmed dates in upcoming News & Notes and the Lab's online course schedule [here](#)

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

### Intermediate English with Ashwini:

- Tuesday and Thursday, 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/>

### New! Next-Gen English: AI, Projects & You

Ready to take your English to the next level? Join us for a fun and flexible language course where learning is anything but boring!

- Just bring your coffee and come ready to grow!
- Get customized English classes designed around your communication goals.
- Learn through creative games, team projects, and interactive exercises — powered by AI models.
- Improve your grammar naturally while building real-world speaking and writing skills.
- Dive into debates, explore multimedia resources, and take on exciting written and spoken assignments. Some activities might take place outside our Language Lab, so be flexible and ready to move around!

Whether you're brushing up for your career, studies, or personal growth, this course makes English fun, effective, and refreshingly different.

### 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/>

### 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).

## 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.

### French classes with Auroasha

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.

The emphasis will be on 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!

### Tamil (Beginner) with Saravanan

- Next course starting on 1 July. Tuesdays and Fridays, 9:30—10:30am.

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

### Beginner Spanish Course with Mila

- 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.

### Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time.:

- **Mondays:** French, 5 to 6pm
  - 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, 5 to 6pm
- **Wednesdays:** Sanskrit chanting w. Remesh 5:30—6:30pm
- **Thursdays:** Korean Calligraphy with Mint 5—6pm
- **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.

**Current Schedule of Classes, 17 July**

Lan-guage	Level	Time	Day(s) of Classes
English	Next-Gen English: AI, Projects & You	9:30–10:30am	Tuesday & Thursday 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
	Intermediate with Ashwini	4:30–5:30pm	Wednesday & Friday
	Kids with Ashwini	4:30–6pm	Tuesday & Thursday
French	Beginner Adults	3–4:30pm	Wednesday & Friday with Auroasha
	Beginner Children	3–4:30pm	Wednesday & Friday-with Jade
Tamil	Beginner	9:30–10:30am	Starting 1 July with Saravanan
German	Beginner Intensive	TBC	Starting 3 July with Benedict
Hindi	Spoken Beginner	5:30–6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	Registration Open with Karuna

**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*



ॐ  
All are welcome to join an online course on  
**संस्कृत संभाषणम्**  
**SANSKRIT CONVERSATION**

Dr. Anuradha Choudry This online course on Sanskrit Conversation will be offered through the NPTEL website and the SWAYAM platform.

**21 July to 10 October, 2025**

All are welcome join an online course on संस्कृत संभाषणम् Sanskrit Conversation from 21 July to 10 October, 2025

**About the Facilitator**

- **Dr. Anuradha Choudry** teaches Sanskrit, Indian Psychology, French and Language Sciences at IIT Kharagpur. She is an alumna of Sri Aurobindo International Centre of Education, Puducherry.

This online course on Sanskrit Conversation will be offered through the NPTEL website and the SWAYAM platform.

To know more and register, visit

- [onlinecourses.nptel.ac.in/noc25\\_hs209/preview](https://onlinecourses.nptel.ac.in/noc25_hs209/preview)

To join a local practice group in Auroville

- [vidyamandir@auroville.org.in](mailto:vidyamandir@auroville.org.in)

*Vidyamandir Team, Auroville*

**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, 18 July**

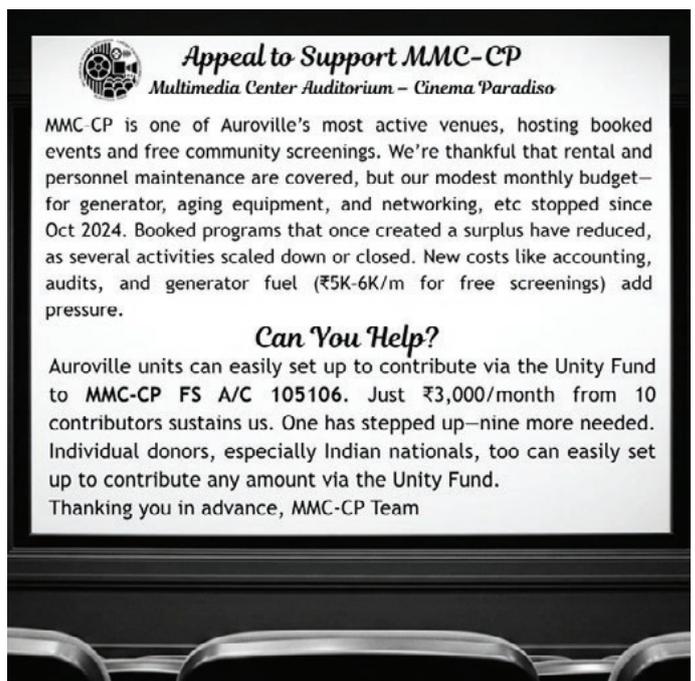
**Amazing Animals with Unusual Superpowers**

*41 Minutes/ 2017.*

This documentary highlights animals with incredible abilities, from the basilisk lizard running on water to the chameleon's rapid tongue and color changes. It showcases unique adaptations like spider monkeys' tree-swinging and paradise tree snakes' aerial flight, illustrating nature's remarkable engineering in action.

*Aviram*

**PARADISO NEEDS HELP**



**Appeal to Support MMC-CP**  
Multimedia Center Auditorium - Cinema Paradiso

MMC-CP is one of Auroville's most active venues, hosting booked events and free community screenings. We're thankful that rental and personnel maintenance are covered, but our modest monthly budget—for generator, aging equipment, and networking, etc stopped since Oct 2024. Booked programs that once created a surplus have reduced, as several activities scaled down or closed. New costs like accounting, audits, and generator fuel (₹5K-6K/m for free screenings) add pressure.

**Can You Help?**

Auroville units can easily set up to contribute via the Unity Fund to MMC-CP FS A/C 105106. Just ₹3,000/month from 10 contributors sustains us. One has stepped up—nine more needed. Individual donors, especially Indian nationals, too can easily set up to contribute any amount via the Unity Fund.

Thanking you in advance, MMC-CP Team

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



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**21—27 July**

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, 21 July, 8pm**

**Ek Betuke Aadmi Ki Afrah Raatein**

**(The Joyous Nights of a Ridiculous Man)**

India, 2023, Dir. Sharad Raj w/ Adil Hussain, Mia Maelzer, Archana Gupta, and others, Drama, 97 mins, Hindi-Bengali w/ English subtitles, Rated: A (R)

Inspired by stories from Dostoevsky and Premchand, this film follows Gulmohor's bleak small-town life-defined by routine, TV, porn, and a fragile relationship with Anita, a Bangladeshi immigrant and sex worker. When a riot breaks out, his refusal to act costs her life. In Lucknow, he tries to make amends: reuniting lovers and raising Anita's orphaned son. A haunting yet redemptive journey through caste, desire, and consequence. *The film was scheduled on 26 April 2021; the day India entered its second COVID-19 lockdown. We thank the director for reconnecting and offering the film.*

**Potpourri—Tuesday, 22 July, 8pm**

**Mystic Pizza**

USA, 1988, Dir. Donald Petrie w/ Annabeth Gish, Julia Roberts, Lili Taylor, and others, Comedy-Romance, 104mins, English w/ English subtitles, Rated: R

In a quaint coastal town, Kat, Daisy, and Jojo navigate love, class divides, and personal dreams while working at a local pizza parlor. As relationships unravel and deepen, each woman confronts what she truly wants from life. A warm, witty coming-of-age tale that launched several major careers and became a cult classic for its heartfelt portrayal of friendship.

**Selection—Wednesday, 23 July, 8pm**

**The Wind That Shakes the Barley**

Ireland-UK-Germany-Italy-Spain-France-Switzerland, 2007, Dir. Ken Loach w/ Cillian Murphy, Pádraic Delaney, Liam Cunningham, and others, Drama-War, 127mins, English-Irish Gaelic-Latin w/ English subtitles, Rated: NR (R)

In 1920s Ireland, young doctor Damien abandons a medical career to join his brother Teddy in the guerrilla resistance against British rule. As independence leads to civil war, the brothers are torn apart—Damien by idealism, Teddy by loyalty to the new state. Their bond unravels in an atmosphere of betrayal, conviction, and sacrifice. The film won the Palme d'Or at Cannes for its unflinching portrayal of revolution and brotherhood.

**Interesting—Thursday, 24 July, 8pm**

**Gunda**

Norway-USA-UK-Belgium, 2020, Writer-Dir. Victor Kossakovsky w/ Gunda, B&W, Documentary, 93mins, No language, Rated: G

Shot in black and white with no dialogue, this meditative documentary follows Gunda, a mother pig, as she nurtures her newborn piglets. Alongside her, two cows and a one-legged chicken live out quiet, expressive lives. With no narration or music, the film invites deep reflection on animal consciousness. *It received universal acclaim and was shortlisted for the Academy Award for Best Documentary Feature.*

**International—Saturday, 26 July, 8pm**

**Phoenician Scheme**

USA-Germany 2025, Writer-Dir. Wes Anderson w/ Benicio Del Toro, Mia Threapleton, Michael Cera, and others, Comedy-Crime, 101mins, English-French w/ English subtitles, Rated: PG-13

In 1950s Europe, ruthless tycoon Zsa-Zsa Korda survives an assassination attempt and names his estranged daughter Liesl—a Catholic nun—as heir to his empire. As they navigate sabotage, espionage, and buried family secrets, Liesl and Korda confront morality, legacy, and love. *A surreal, darkly comic tale of redemption and betrayal, it premiered at Cannes and earned much acclaim for its visual artistry.*

**Children's Matinee—Sunday, 27 July 4 pm**

**Middle School: The Worst Years of My Life**

USA, 2016, Dir. Steve Carr w/ Griffin Gluck, Lauren Graham, Alexa Nisenson, and others, Comedy-Family, English-Central Khmer-Spanish w/ English subtitles, Rated: PG (For ages 10 and up; PG for younger kids)

Rafe Khatchadorian, a rebellious middle schooler with a wild imagination, launches "Operation R.A.F.E."—a mission to break every absurd school rule after his sketchbook is destroyed by the principal. With help from his imaginary friend Leo and Jeanne, Rafe turns chaos into creativity. *A clever mix of pranks, heart, and humor, the film blends live action with animation.*

**Classic World Cinema @ Ciné-Club**

**Ciné-Club Sunday 27 July, 8pm**

**Tōkyō Monogatari (Tokyo Story)**

Japan, 1953, Dir. Yasujiro Ozu, w/ Chishū Riyū, Chieko Higashiyama and Others, Drama, 137 mins, Japanese w/ English subtitles, Rated: PG

An elderly couple head to Tokyo to spend a few days with their children and grandchildren. Initially welcomed with warmth, their visit soon becomes inconvenient for the busy children, who begin to see them as more of a hindrance than guests. The couple's quiet patience contrasts with the children's detachment—until a sudden event reveals the emotional divide between generations.

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 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)

**NEW MOON MOVIE**

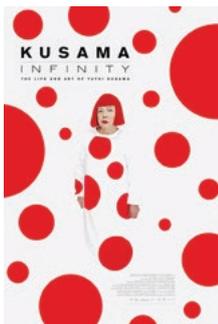
Thursday, 24 July, 5pm

@ Multimedia room, Centre d’Art, Citadines

Every New Moon day Art movie screening at Centre d’Art, Citadines. This month it will happen on Thursday, 24 July, 5pm, in the Multimedia room.

**Kusama: Infinity by Heather Lenz**  
2018, 76min, original version with english subtitles

Kusama: Infinity is a 2018 American biographical documentary film that chronicles the life and art of Japanese contemporary artist Yayoi Kusama, now one of the best-selling artists in the world, who overcame sexism, racism, and a stigma of mental illness to achieve international recognition relatively late in her career. Everybody is welcome.



Marco



*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.

**Visiting hours:**

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

**Hard deadline for submissions: Tuesday 3pm**

**Poster to publish: Width 9.5cm x Height 4cm**

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

*Emergency Services*

**Ambulance (24/7):**

- Auroville—9442224680
- PIMS—0413 2656271

**Security (24/7):**

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

**Health:**

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

**Mental health 24/ 7 support:**

- Vandrevala Foundation +91 9999666555

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

*Accessible Auroville Public Bus*

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



**Auroville TO PONDICHERRY**

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



**Pondicherry TO AUROVILLE**

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

**Below link to join WhatsApp group of Auroville Bus**

to get the regular updates of the bus:  
<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>