



News Notes

#1084 A weekly bulletin for residents of Auroville 19 June 2025



Garden of Light. Photo by Alexey

Pondering



"A free heart is ... a heart delivered from the gusts and storms of the affections and the passions; the assailing touch of grief, wrath, hatred, fear, inequality of love, trouble of joy, pain of sorrow fall away from the equal heart, and leave it a thing large, calm, equal, luminous, divine. These things are not incumbent on the essential nature of our being, but the creations of the present make of our outward active mental and vital nature and its transactions with its surroundings. The ego-sense which induces us to act as separate beings who make their isolated claim and experience the test of the values of the universe, is responsible for these aberrations. When we live in unity with the Divine in ourselves and the spirit of the universe, these imperfections fall away from us and disappear in the calm and equal strength and delight of the inner spiritual existence."

*Sri Aurobindo, The Synthesis of Yoga,
"The Perfection of Equality"*

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House of Mother's Agenda



Today is Durga puja... I have a lion under my feet, you know!

(the cushion under Mother's feet)

Pull it... (Laughing) It's nice! It keeps still.

So what are you bringing?... Nothing. Today it's not very late!...

Haven't you anything?... Neither have I, except for news of A.R. He is in his hut and says he is very fine, but he's worrying a bit: "Wouldn't I be more useful if I saw people?..." I had him answered that he himself had said he needed to be alone. He had two hernias and cured one (he told you all that), and deliberately didn't cure the second because he got it into his head that when he has the true consciousness, it will heal on its own.... Theoretically it's true, but... Can it be realized in one lifetime? I don't know. As for me, I saw that if he brought it back inside (it can be done), it would heal. But he refuses to do that—what he is asking is almost a miracle.... So he had me asked through F. if he shouldn't rather start seeing people again. I said, "That's exclusively HIS business, it's for him to know what he wants." Not "what he wants": what he MUST do—receive the Order and do what he must. Me, I can't say anything. I gave him the physical conditions he wanted. When you told me about it, I saw (I saw, I concentrated), I clearly saw that if he brought his hernia back inside, it would heal. But he refuses to do that. So I don't know anymore. You see, what he says is theoretically quite true, but... But...

He himself has worked several miracles on others.

Yes, he did, he can do it. It's possible; I tell you, theoretically it's quite possible—we'll see.

But what sort of realization is he lacking?

I don't know. He had me told that he wanted to be able to say, "I am."¹ And the "I" is, I think, the Consciousness (I don't know if he has a notion of the Divine or of a "supreme Harmony" or what, I don't know—maybe he himself doesn't know). That's what he wants: to be able to say, "I am...." For me, the process is... I say there's nothing impossible, but I much prefer the process, "You are." You understand, let the "I" disappear.

But this man doesn't have an "I."

He has one. He's extremely generous and disinterested, but he has one.

Yet I never felt he said, "I heal."

(after a silence)

I have a strong impression that what he wants to pull... He says, "The Divine is in everything," and he wants to say, "I am the Divine." From the (how should I put it?) yogic point of view, from the point of view of discipline, I found it much preferable to say, "You are" rather than "I am." Do you understand the difference?

I do understand.

And that's because he still has very strongly the sense of an individual body.

But since this body stopped having the sense of its individuality, very spontaneously and naturally it has been, "You are"—all the cells, every cell: You are.

For the cells, there's no "I."

Only, everyone has quite conceivably his own path, which is why I didn't tell him, "Don't do this." I took great care not to say that.

Yes, because after his realization, he has been very influenced by the teachings of the Swamis, for whom it's always, "You are That."²

They're wrong.

That is to say, for the entire old Indian yoga, the body is something untransformable, and therefore it's a momentary necessity that will disappear; while for Sri Aurobindo, the body is transformable, and the minute it's transformable, instead of thinking of itself as an individual, it thinks of itself as the Lord. And, you know, I guarantee that it's spontaneous, natural, and... blissful. While the idea of a separate person is a painful calamity.

(to be continued next week)

¹ See text in [addendum](#).

² Tat tvam asi.

The Mother's Agenda, October 18, 1969

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

Gangalakshmi (HOMA)

Townhall Speaks

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

May 2025

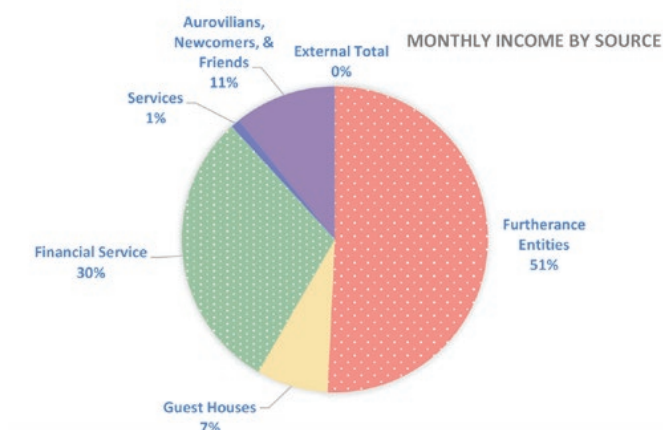
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	17,95,32,768	—	17,95,32,768
Monthly Contributions (Int. + Ext)	2,20,56,421	3,71,701	2,24,28,122
Total Contributions (OB+Monthly Inc)	20,15,89,189	3,71,701	20,19,60,890
Total Payments	1,94,35,438	3,71,701	1,98,07,139
CS Ending Balance (Includes BOB)	18,21,53,751	—	18,21,53,750
Monthly loss/ gain			26,20,982

Internal Contributions

Source	Unspecified	Specified	Total
Furtherance Entities	1,11,01,867	2,85,601	1,13,87,468
Guest Houses	16,94,693	4,000	16,98,693
Financial Services	66,33,137	69,770	67,02,907
Services	2,19,700	—	2,19,700
Aurovilians, New-comers, & Friends	24,07,024	12,330	24,19,354
Internal Total	2,20,56,421	3,71,701	2,24,28,122

External Contributions

Government of India for SAIIR	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	—	—	—
External Total	—	—	—



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

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

NOTE FOR FINANCIAL SERVICE ONLINE USERS

FS Online Notifications: New Email ID

For improved clarity, we will be shifting FS Online notifications to a new email id: fs-notifications@auroville.org.in (previously financialservice@auroville.org.in).

Rest assured that emails coming from this new email ID are legitimate and coming from us.

- You can continue to reach us on our usual email address: financialservice@auroville.org.in

Financial Service, from Massbulletin

FALLEN, FELLED, OR UPROOTED TREES

The Executives of Green Belt Services are hereby authorized to collect fallen, felled, or uprooted trees on Auroville Foundation lands with immediate effect.

The collected timber or wood pieces shall be stored in the Land Service yard and the Auroville Foundation yard under the supervision of Auroville Foundation staff.

William, FAMC Admin

Community News

Obituary

REMEMBERING BASILE

Our dear friend Basile Vignes passed away peacefully on Thursday 12 June in his house in France, surrounded by his partner Claudine, his son Simon, his stepdaughter Djénane and close friends.

Basile lived in Dana, Auroville for nearly 20 years, between 2001 and 2019.

We will remember him for his gentleness, his warm sense of humour and his fraternal spirit—always ready to help!—and for his beautiful movies.

Basile was a multimedia artist, and in 2016 published his 52-minute documentary, "Auroville: Towards a Sustainable Future" [which can be seen here](#).

May our thoughts accompany him on his final journey into the light. May he rest in peace and bliss.

Have a beautiful journey, Basile. We will always remember you with a smile and a joyful heart.

With love and gratitude, Olivier



Immersed in voiceless internatal trance
The beings that once wore forms on earth sat there
In shining chambers of spiritual sleep.
Passed were the pillar-posts of birth and death,
Passed was their little scene of symbol deeds,
Passed were the heavens, and hells of their long road;
They had returned into the world's deep soul.

Along a road of pure interior light,
Alone between tremendous Presences,
Under the watching eyes of nameless Gods,
His soul passed on, a single conscious power,
Towards the end which ever begins again,
Approaching through a stillness dumb and calm
To the source of all things human and divine.

From Sri Aurobindo, Savitri
Annemarie

GALINA

Halyna (Galyna) Kubarchuk, Prayatna, passed away at home on the afternoon of 7 June. Cremation took place on Wednesday, 11 June at the Auroville Cremation Ground.

From Massbulletin



Matrimandir News & Schedules

MATRIMANDIR INNER CHAMBER

Reopened from 16 June

We are happy to announce that Matrimandir Inner Chamber reopens from 16 June. A lot of repairs and cleanup have been undertaken inside Matrimandir during the last three weeks. Thank you for your patience!

*Matrimandir Executives
Antoine, Divya, John, Judith, Sundar*

MATRIMANDIR ACCESS INFORMATION

Changes to the Access Policy

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

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurolcards.
- Savitri Readings on Thursday evenings: Guests holding only Aurolcards wishing to attend should book at 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

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

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of cost. Free passes can be obtained at the Auroville Visitors Centre.

- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre.
Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Visiting Matrimandir with Family and Friends

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

• The Park of Unity

Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens: **9am—3:30pm.**

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

• The Inner Chamber of Matrimandir

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

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

• Thursday Meditations at sunset with Savitri

The guests with Aurolcard 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 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, JUNE 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

- **23 June: Karma Yoga.** Talk by Vladimir Yatsenko at the Integral Yoga Retreat, US in 2019. Karma Yoga is a profound topic. The Mother's last message to Auroville on 27 March 1973 was about this: "Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga..." Duration: 67min.

Karma Yoga can be difficult to understand, although all of us have enough experience of work. Karma Yoga means that one is active and perceptive at the same time. The problem is that when we act with our body, we lose the inner poise and perception. It is quite an achievement to be active and to keep the inner conscious awareness at the same time.

It is Vladimir Yatsenko's assumption that Sri Aurobindo worked on this when he walked daily for many hours, year after year, in his room in Pondicherry Ashram. We can experience the benefit of his Karma Yoga when we walk consciously and regularly. It can become a fulfilling and blissful experience.

The Mother's last message to Auroville on 27 March 1973 is about dedicated conscious work: "Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work. To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as Yoga."

Activities become a means of practicing yoga and attaining union with the Divine and that is both a challenge and a blessing. We need to act, but be free of desire and attachments, as in the Gita:

1. Free from attachment to results;
2. Free from modalities of actions;
3. 3. Free from the idea of being the agent, keeping in mind that it is the Divine that is acting through us.

Besides the aspiration to live and work from within in the Integral Yoga of Sri Aurobindo, we need to become conscious of the psychic and Mother's presence and guidance. In this way, every activity will become a way to learn something about the Divine, which can be experienced as a blessing.

[Link to the video:](#) Integral Yoga Retreat, US—(2019)—Talk by Vladimir Yatsenko on Karmayoga.

- **30 June: The Aim of Life.** This film presents the aims of well-known individuals and is an outcome of the excellent educational work by late Dr. Kireet Joshi. Duration: 52min.

This month:

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

Full Moon Gathering

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

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.

Presentation by Chitra on "To be a True Aurovilian"



Flower: "Birth of True Mental Sincerity"

- **Friday, 27 June, 4—5pm**
@ Sangam Hall, Savitri Bhavan. Everyone is welcome.

Regular Activities

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

Dhanalakshmi for Savitri Bhavan


Bharat Nivas Presents

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

A weekly study circle on

The Synthesis of Yoga


- Sri Aurobindo



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

Venue :
Resource Library,
Bharat Nivas, Auroville

BHARAT NIVAS
Scan for Location



The reading circle restarted
on Tuesday, 17 June

Submitted by Monisha

LABORATORY OF EVOLUTION LIBRARY



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

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

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

Kalyani

Education

Foundation for World Education (FWE)
and Stichting de Zaaier (SDZ):

CALL FOR GRANT PROPOSALS

With regard to grant proposals for possible funding by the Foundation for World Education (FWE) and Stichting de Zaaier (SDZ) in the second half of 2025, a two part-grant application and budget request form is available on request from pcg@auroville.org.in

- **Please submit** your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: pcg@auroville.org.in
- **Latest** by Monday, 14 July 2025.

Questions and early submissions are welcome.

Devi, Pala, Sauro, Tineke, Vani
for the Project Coordination Group

WORKSHOP ON WRITING

Your PCG Funding Application

Saturday, 28 July, 9:30am—12:30pm

@ Pitchandikulam Forest

Only 12 seats available—Free Workshop

Do you have a valuable idea but feel unsure how to present it for the upcoming PCG funding application?

This free, practical workshop is designed to support Aurovilians from all backgrounds—especially those who need help with language, formatting, and proposal confidence.

• Your idea could relate to:

Education, research, publication, business improvement, art and culture, scientific study, heritage, integral education research, climate change, biodiversity, tree planting, teacher trainings, waste management, nature camps, innovative methods of teaching, creating resource materials, alternative technology, watershed management, and more.

• We especially welcome those who:

- Need bilingual support (Tamil/Hindi/your language to English)
- Tamil Aurovilians needing bilingual support
- Want help aligning their ideas to PCG formats
- Are engaged in action research and need documentation guidance
- Need a confidence boost to begin writing
- Want to respond meaningfully to the PCG grant call

• You'll receive practical support with:

Translating ideas into strong proposals

- Structuring content in line with PCG requirements
- Documenting and presenting your work clearly
- Understanding the proposal process and expectations

This is a hands-on session. You'll walk away with clarity—and possibly a nearly complete proposal!

• Seats are limited to 12. Please register early.

- Call Dr. Lourde Epinal, PhD at 9943911698

- Register your name at: lourdes@auroville.org.in

Let's make your ideas part of Auroville's future.

Lourde Epinal

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

INVITING THE COMMUNITY

To Collaborate with SAIER Research Initiatives

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

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

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

Scan to know more about the Research Desk

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

Sohela



LEARNING SPACE opens doors for kids

of guests, volunteers and newcomers from 1 July

Aarambham Learning Space is open from July 1 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.

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

Ana and Laura for SLS Team

TUITION CLASSES AVAILABLE

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

Ashwini



KUILAI CREATIVE CENTRE
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)



செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
தையல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 th Grade
கராத்தே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பந்த நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒலியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

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

Submitted by Selva for KCC

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

Health Care

VISIT OF TIBETAN DOCTOR

18, 19 and 20 June

This is for your information, the visiting Tibetan doctor and the team based in Chennai Men-Tse-Khang are paying their monthly visit to Auroville on 18, 19 and 20 June 2025.

To get your appointment

- kindly call 0413 2622401
- or message +91 8489067332 WA.



This is a monthly visit hosted and organised by the Pavilion of Tibetan Culture in Auroville.

We are happy to continue this service with you since 1987. For further information, most welcome to contact us at Pavilion of Tibetan Culture, International zone.

Kalsang Dolma

AURODENT: HEALTHY TEETH, HAPPY LIFE

A healthy mouth is the key to a healthy body. Regular dental check-ups help prevent pain, protect your smile, and save you from costly treatments later. Don't wait for the pain—prevent it!

For Appointment

- 9629199328 WA,
0413 2622063 landline
- aurodent@auroville.org.in

Working Hours:

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

Jayasutha for Aurodent



SANTÉ SERVICES



Santé

Schedule

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

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

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

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

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm @ Lilaloka

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

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

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

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

Rotem



SERVICES PROVIDED

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



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

- Pain is a sign that has to be taken care of.
- Kindly get in touch with me if you need my service.

+91 7904769496 WA,
auroshruthi@auroville.org.in
 Sruthi Sundaram

ADDICTION RECOVERY SESSIONS

@ Maatram

Every Tuesday, 3:30—4:30pm

@ Maatram, 1st floor, Arka

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

International

French Pavilion presents

WORLD MUSIC DAY

Saturday, 21 June, 4—10pm

@ French Pavilion, Auroville—International Zone

Join us for an evening dedicated to "musical diversity and intercultural exchange", right in the heart of Auroville's International Zone.

The festival opens with a "Yoga & Sound performance" honoring International Yoga Day, featuring live Handpan music—followed by an *eclectic mix* of Acoustic, Jazz, Drum Circle, Rock, all in tune with Auroville's cosmopolitan spirit.



Event Schedule:

- 4:30pm: Yoga & Sound by Threads of Light
- 5pm: Ronny, Rolf & Tommaso—Acoustic Trio
- 6pm: Drum Circle with Tommaso (BYO Drum)
- 7pm: "Bluepers" Rock Band
- 8pm: "Seven Decades" Music Set by Mirco

Come and celebrate the universality of music, and let yourself be carried away by sounds from all over the world!

Presented by Pavillon de France
 & Brotherhood House (International Zone)
 In collaboration with Kalabhum Music Studio
 & Hibiscus Art Village
 Submitted by Elena

SUNDAY PÉTANQUE: Call for a Co-Leader

Every week, 4—6:30pm

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

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



Vivekan

Unity Pavilion Presents



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

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

* Sessions are available as a one-on-one experience or for groups (4+ people).

* Children (5+ years) are welcome. Special Kids birthday sessions available.

Rs. 400 per person

Rs. 300 per person for Groups of 4 or more

PRE-BOOKING OR BY APPOINTMENT

Call/Whatsapp +91-9385428400 for bookings



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

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

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



Priya for Unity Pavilion

Animal Care

A small male cat is up for adoption

He's healthy, playful, and needs a caring home. If you or someone you know is interested, feel free to reach out!

6304601523/ 7702921977,
Meera



CONFIRMED RABIES CASE IN KUILAPALAYAM and Urgent Public Health Advisory

Please be aware of yet another confirmed rabies case. Yesterday, a young male dog with a blue collar was rescued in Kuilapalayam, exhibiting aggressive behavior, sadly passed away last night at the Auroville Dog Shelter. A quick test by veterinarian specialists from Mettupallayam College on a brain sample has returned positive for rabies, and will be sent for a lab re-confirmation. The Department of Animal Husbandry has been notified. The blue collar suggests this dog may have an owner. We urge the public to help identify this individual.



If you have had any close contact with the saliva of this dog or have been bitten, please seek immediate post-exposure treatment at a hospital. Rabies is fatal if left untreated.

It is critical to vaccinate your pets against rabies and parvovirus. Recently, there has been an increase in parvo infections in the entire area. Due to severe budget limitations, the Auroville Dog Shelter has a very limited supply of rabies and multi-vaccinations and cannot currently offer a mass vaccination drive nor mobile vaccination services. Please contact your private veterinarian to ensure your animals are protected.

Please work together to keep our Community safe!

Arthur for Auroville Dog Shelter
aurovilledogshelter@auroville.org.in

Theatre, Music & Arts

Nritya Nirvana Presents

MAHARASHTRA DARSHAN



Sunday, 22 June, 7pm @ CRIPA, Auroville

Maharashtra's vibrant cultural heritage manifests through lively folk dances and expressive storytelling.

We would love to see you there.


- Entry: donation-based
- Contact: 8248308610/ 9370026907

Varsha Pawar

Bharat Nivas Presents



Kathak Recital



06:30 pm - Saturday
21st June 2025

Venue:
SAWCHU,
Bharat Nivas, Auroville

Kathak Recital
Offering by
Tanni Chaudhuri
Kathak Danseuse | Actress | Social Worker

BHARAT NIVAS
भारत निवास
The Pavilion of India, Auroville
In Collaboration with
SAWCHU
Presents

Submitted by Monisha

AURELEC: GIOVANNA ARYAFARA

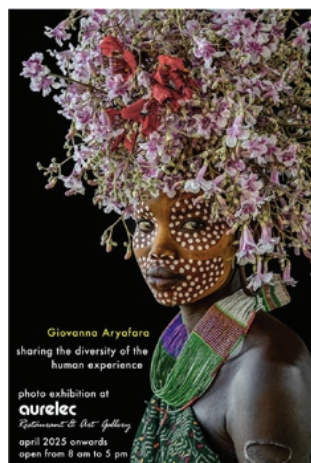
Sharing the Diversity of the Human Experience

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

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

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

Jana for Aurelec



Dance Activities

GARBA

The Vibrant Folk Dance of Gujarat

1 July—30 September 2025

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

Submitted by Maud



DANCE CLASSES BY MANI

Choose your Dance:

Bachata, Kizomba, Salsa, Tango

Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

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

@Bakisata_dance

Tango Dance @ CRIPA

Monday

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

Friday

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

Contact: +91 8637633696



Mani

Theatre, Music & Art Activities

CREEVA: INFORMATION & UPCOMING NEWS



Weekly Art Workshops & Sessions

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

For info contact Sathya:

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

Sathya for CREEVA Art Studio, Creativity

SVARAM ACTIVITIES

Svaram Experience—Sound Garden



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

Svaram Musical and Sound Healing Instruments Showroom

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



Svaram Sound Experience



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

Our Social Media links

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

Aurelio for the SVARAM Team

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, +33 620284999 WA

Antoine

Sports & Martial Arts

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

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

GIRLS' FUTSAL FOOTBALL CLUB

Tuesday and Friday, 5:10pm @ Dehashakti

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

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

Beber



ABHAYA MARTIAL ARTS



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



Our regular classes for adults @ 5:30pm

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

AIKIDO CLASSES

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

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



Adult Aikido classes

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

Children/ young students

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

Contact for more info and registration

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

Cristo, Rita, Surya & Philippe for Auroville Aikido

KALPANA GYM

Open 7—9am & 5—8pm Monday to Saturday

Satyakam

Multiple Activities

Announcement to All Aurovilians

COLLABORATE WITH BHARAT NIVAS!



Dear Auroville Community, Bharat Nivas—the Pavilion of India and the heart of our Indian cultural gateway—is inviting collaborations across a wide range of activities: Yoga classes, Meditation, Pranayama and Philosophy courses, cultural exchanges, art workshops, music sessions, and more!

Our vision is to make Bharat Nivas a vibrant, community-driven hub for physical and social development where all residents and guests can learn, practice and grow together.

Whether you are a seasoned practitioner, a teacher in training, an artist or simply passionate about sharing your skills and knowledge, we want to hear from you.

What We're Looking For:

Regular Classes & Workshops (daily or weekly)

- Various Yoga style practices
- Pranayama sessions
- Meditation methods (mindfulness, mantra, moving meditation)
- Martial arts offerings (Tai Chi, Silambam, Gatka)
- Talks on Indian schools of philosophy (Vedanta, Sankhya, Sri Aurobindo's Integral Yoga)
- Classical music or dance (Kathakali, Odissi, Carnatic vocals, Tabla, Sitar)
- Ayurveda & wellness sessions (abhyanga, dietary consultations)
- Handicraft & cultural arts (Madhubani painting, block printing, Kathakali mask-making)

One-off Events & Masterclasses

- Short intensives (1–7 days) like a dance & movement workshop
- Long intensives (>7 days) such as a residential Ayurveda immersion or multi-week dance module
- Multi-disciplinary performances (dance-music-yoga fusions)
- Cultural exchanges (guest artists)
- Digital content creation (recorded lectures, podcasts, virtual masterclasses)

Why Collaborate?

- **Share Your Gift:** Enrich Bharat Nivas's offerings and deepen community bonds.
- **Learn & Grow:** Access support from our coordination team, dedicated teaching spaces (Harmony, outdoor spaces, rooftop, Progress & SWACHU halls), and technical resources.
- **Co-create Auroville's Future:** Help build a living laboratory of human unity and integral education.

Interested? Here's How to Connect

- **Email us at bharatnivas@auroville.org.in with:**
 - Your name & Auroville affiliation (Aurovillain, New Comer, SAVI Volunteer)
 - Proposed activity (title, brief description, frequency/dates)
 - Any resources or support you'll need (space, equipment, co-facilitator)
- **We'll follow up** to discuss logistics, scheduling, and how we can support your initiative.
- **Deadline for Initial Proposals July 15, 2025.** Feel free to reach out any time—this is an ongoing, rolling invitation!

Let's come together to co-create a rich tapestry of practice, learning and cultural exchange at Bharat Nivas. We look forward to your ideas, enthusiasm and collaboration!

Bala, Bharat Nivas
Events & Programs Coordination Team

Bioregion & Nature Activities

EGAI GIVING

Arts and Crafts



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

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

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

Incense Workshop: Come and make your own agarbatties.

Products



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

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

Anand

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



Submitted by 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



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 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 café—Mondays, Wednesdays or Fridays.

- Please email us at 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

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
Kaluvelli 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.



MOHANAM PROGRAM

Tours inside Auroville with Mohanam

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

Thiruvannamalai Eco & Spiritual Services

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

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

For more information, contact us:

- mohanamprogram@auroville.org.in, 8300949079

Balu for Mohanam Program

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.



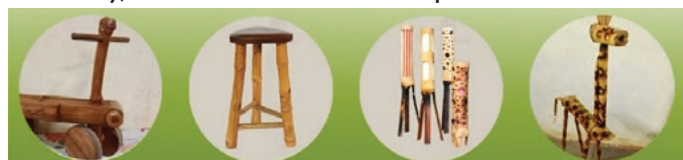
Trainings and workshops

- 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.

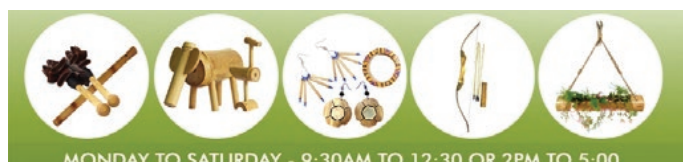
Daily, Make and Take Hands-on Workshops Experiences

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 Workshops, June 2025

Musical Installation

- 20—21 June, Friday & Saturday, 9am—5pm

This workshop explores the intersection of sound, scale, and sustainability by building a large-scale xylophone using bamboo. The Bamboo Musical Installation workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.



- Learn cutting and joineries, Splitting, Bending and straightening, Theory about Bamboo and its uses, Wood with Bamboo combination
- Towards contribution

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

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

Karthik for Bamboo Centre Team



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

Office Spaces

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

Siva for ADPS Trust

Office Space Available: Auromode

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

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



Pandian

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

Honorary Voluntary

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

Aviram
for Sadhana Forest team

VOLUNTEERING @ ECOSERVICE

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

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

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

B for Ecoservice,
7598911090 WA



Work Opportunities

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY seeking for qualified candidates

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.

Amarnath

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

AIKIYAM SCHOOL:

Join Our Team of Educators!

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

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

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

What We Offer: Competitive salary package, Supportive and dynamic work environment, Professional development opportunities, Engaging curriculum and innovative teaching methodologies

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

Join us in nurturing the leaders of tomorrow.

Radhakrishnan, Principal NCBS

FULL TIME AMMA

We are looking for a full time amma in Aurogreen for cleaning the house, 6 days per week. Ideally the amma should have her own transport and a phone.

Tine, 9843984181 WA

Foods, Goods & Services



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

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

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

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

We offer

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

Kyonghyon Lee for Right Path Cafe

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



NATURELLEMENT GARDEN CAFE

Summer Discount every Thursday

For those staying on in Auroville in the heat and sweating it out with us! Through May and June we offer a 50% discount on our menu in Naturellement Garden Cafe every Thursday.

So please come and chill out in our AC lounge!

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

Martina for the Naturellement team



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



Vérité
VEGAN CAFE
TASTE OF YOGA

Raw | Gluten-free | No added sugar
Vérité Integral Learning Center



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

Monday to Saturday
08:30 - 16:30

Kathir for Vérité programming

THE SPROUT TIMINGS



Daily, 7am—4pm

Monica for The Sprout team, 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

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, +91 8838012456

Available for immediate supply.

Suha from Siddhartha Farm

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

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

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

Isabella for FoodLink

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

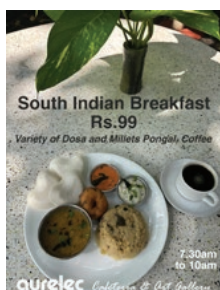
@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and
Millets Pongal, Coffee

Rs.99

Submitted by Shiva



ANY TIME DOSA AND PONGAL

@ the Pathway Café

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

Arabinda
for Bharat Nivas team



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

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

Lakshmi for UTS

SUNRISE TAXI SERVICE



Book
A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

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

Rajesh.D

for Shared Transport 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.

ITS Survey

We are surveying to understand your mobility needs and improve the shared transport system, starting with electric ITS Autos. Your input is vital in helping us create an efficient, affordable, and sustainable community-based transport service.

The survey has two parts:

- **ITS Auto Service—In and Around Auroville:** This section focuses on your current transport needs within Auroville and its immediate surroundings.
- **Shared Electric Mobility in Auroville and Pondicherry:** This section addresses your future mobility requirements for travel to Pondicherry and areas around Auroville.

Please take a few minutes to [fill out the Google Form](#).

Thank you for your participation.

Rajesh for ITS

KINISI E-MOBILITY

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



Our Services Include:

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

Repair & Service:

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

Contact Us:

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

Debo

QUTEE ELECTRIC SCOOTER SERVICE

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



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

- You may call Qutee 9443372418/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

AI OFFICE HOURS

Every Saturday from 10—11am

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

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

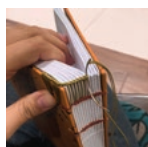
Please join the AV GenAI User Group on WhatsApp to be updated on any changes in Location and Timing.

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

AL Majumdar
+91 9843941207 WA

BOOK BINDING

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



8940648542, Michel

AUROVILLE PUNCTURE SERVICE TOUR

Wednesday, 18 June to Saturday, 21 June

Please note that the Auroville Puncture Service team will be away on their annual tour from Wednesday, 18 June to Saturday, 21 June. During this period the workshop will be closed to the public. Thank you for your understanding.

Arumugam for Auroville Puncture Service

avpunctureservice@auroville.org.in

RAPID CARE SERVICES

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



Services offered

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

- Contact: + 91 8270071581

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

CONSCIOUS CLOTHING CIRCLE

@ Upasana

28 June, 10am—4pm

A day to slow down, connect, and co-create.

Upasana's Conscious Clothing Circle is a monthly gathering—a living laboratory of design, dialogue, and discovery. Held on the last Saturdays of the month at the Upasana campus in Auroville, this space invites dreamers, designers, artisans, and changemakers to come together around a shared intention: to reimagine clothing as a conscious, collective, and creative culture.

- Please register at office@upasana.in.

Uma



Inside India is **closed on all Saturdays in June**. For urgent matters or emergencies, you may contact our ticketing agent Ganesh at +91 9894598686.

Itineraries & Ticketing

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 to start planning.

- **We are open** Monday to Friday, 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.

Special Flight Offers

- **Etihaad airways**—From Chennai to Paris, Frankfurt, Amsterdam, Brussels, Madrid, Vienna, Zurich, Barcelona, Rome, Milan.
- **Air India**—From Chennai to Paris, Frankfurt, Amsterdam, London, Milan, Seoul.
- **Lufthansa**—From Chennai to Paris, Amsterdam, Madrid, Rome, Milan.
- **Gulf airways**—From Chennai to London
- **Emirates**—From Chennai to London, Madrid, Barcelona, Milan

Philippines Now Visa-Free for Indian Nationals

As part of efforts to boost tourism from India, the Philippine Government is implementing the following visa policies for Indian citizens effective 8 June 2025:

14-Day Visa-Free Entry: Indian nationals may enter the Philippines without a visa for a non-extendible and non-convertible stay of up to 14 days for tourism. Entry is granted upon presentation of the following:

- A passport valid for at least six (6) months beyond the intended stay
- Confirmed hotel booking/accommodation
- Proof of financial means
- A return or onward ticket to another destination

30-Day Visa-Free Entry with AJACSSUK Visas/Permits:

Indian nationals holding valid and current visas or residence permits from the United States, Japan, Australia, Canada, Schengen Area, Singapore, or the United Kingdom (AJACSSUK) may enter the Philippines visa-free for up to 30 days, provided they present:

- A passport valid for at least six (6) months beyond the intended stay
- A return or onward travel ticket

Thailand Financial Proof Requirement Reinstated

Thailand has reinstated the mandatory financial proof requirement for tourist visa applicants effective May 2025. This requirement was previously suspended in 2023 to support post-pandemic travel.

Requirement Details

- **Minimum Funds:** 20,000 Thai Baht (approx. \$550 USD / €510 EUR)
- **Acceptable Documents:** Bank statements (including from a sponsor if someone else is covering your trip)

Although financial proof is not officially required for Visa on Arrival, immigration officers may request it upon entry.

Our Recommendation for All Travelers to Thailand

Carry financial proof—even if entering via Visa on Arrival, to ensure a smooth entry into Thailand

Passenger Advisory Notice for All Travellers: Flight Delays & Extended Travel Times

Due to the ongoing conflict between Israel and Iran, travelers may experience flight delays, cancellations, and extended travel times, particularly on routes through or near affected airspace. Airlines are rerouting flights for safety, which may result in longer travel durations and altered schedules.

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 our next flight? We're just a message away!

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 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

FREE STORE SUMMER TIMINGS



As we move into the summer months, please note the updated operating hours for the Freestore for June:

Monday to Saturday, 9am—12:30pm

Closed in the afternoon

Kamala for the Free Store team

SERVICE AVAILABLE

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

Please contact Ranjith, Aurovilian:

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

Ranjith

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Sarvam Computers is located in Utsav Complex. Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.



Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

RUPAVATHI JOY ACTIVITIES

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

South-Indian Cuisine: Cooking class: Learn to cook some delicious delicacies of south India with Rupavathi.

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

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

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

Rupavathi

SURABHI SUPPLIES

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



- Contact us for all your procurement needs: surabhisupplies@auroville.org.in

+91 9843846458 WA, Phone, Iyyappan

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.140](#) (Literature)
- [Savitri—Ep.12 : Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.496](#) (Integral Yoga)

Latest Youtube Video:

- [Menstrual Wellbeing—Ep.1: Conversation with Kalvikarasi from Eco Femme](#)
- [Savitri Ep.3: Introductory Comments in Tamil by Dhanalakshmi](#)

...and more! on www.aurovilleradiotv.org

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

Sai Priya for Auroville RadioTV Team

Paths of Light: Tales of Spiritual Awakening in Auroville

THE WISDOM OF THE BANYAN:

A Journey To Inner Peace (Part 1)

It was a quiet evening at the Matrimandir Banyan tree. A middle-aged Aurovillian named M., who visited almost every day, sat under the sprawling branches, seeking solace. But the last two days had been very challenging for her. When she closed her eyes to meditate, her mind became a battlefield. Faces of people who disliked her surfaced repeatedly. Memories of her past mistakes haunted her. She remembered her mother's smiling face, a recent quarrel with her husband over a trivial matter, and uncompleted tasks with looming deadlines. She worried about future threats—all these thoughts swirled chaotically.

As she sat there, more thoughts flooded her mind. She remembered the harsh words her colleague had said to her at work, making her doubt her capabilities. She thought about the time she had accidentally hurt her best friend's feelings with a careless comment and wondered if their relationship would ever be the same. Financial worries crept in, concerns about bills piling up and whether she would have enough savings for the future. She felt a pang of guilt for not visiting her father more often, his lonely eyes flashing in her mind.

Her thoughts turned to her health. She fretted over a recent doctor's appointment, fearing the worst from the upcoming test results. She worried about aging, about losing her vitality and independence. Thoughts of global issues also intruded—climate change, political instability, and the suffering of people in war-torn countries.

She was desperate for peace, unsure how to rid her mind of these incessant thoughts. Suddenly, she heard a voice. "Don't worry, it is easy as it is." Startled, she opened her eyes, but no one was there. Closing her eyes again, she heard the voice once more, gentle and reassuring. "I am the Banyan tree. I am here to help you."

She smiled at the tree and listened. The Banyan tree continued in a soft voice, "I will explain through examples. Your thoughts are like the living things around me. Look, there are a few people coming towards me. They walk under my branches and then move on. Like some thoughts, they come to your mind and pass away quickly."

The tree smiled and continued, "Other people sit near me for a while before leaving, much like thoughts that linger in your mind for some time before fading away. Look at my left branch. There are birds nesting here. They stay for a few months, raise their babies, and then leave. Some thoughts persist for longer periods, revisiting your mind repeatedly." "Now," the Banyan tree continued with a soft voice, "notice those two dogs barking loudly. They stay for a few minutes, quarrel, and then run off. Some thoughts argue and create noise within you. Look at those children swinging from my roots. They enjoy their time here and then leave happily, just like some thoughts that bring joy and then fade away."

"See the cleaning lady over there?" the tree continued with a smile. "She gathers the dry fallen leaves and tidies the place, just as you can clear your mind of clutter. Look at the bats hanging from my branches. They are here during the day and fly away at night. Similarly, some thoughts stay for a while and then disappear."

"I neither welcome nor reject any of these beings," the Banyan tree continued softly. "I simply stand still and observe without judgment. I don't label them as good or bad. You should do the same with your thoughts. Just watch them without reacting. By doing so, you will find enjoyment even in your thoughts. You won't be trapped by them and will become more alert and aware. Thoughts will enter your mind, stay for a while, and then leave. If you practice this, your thoughts will disturb you less and less, and you will find peace."

As the Banyan's voice gently faded into the tranquil air, its timeless wisdom lingered in the stillness of the moment. "If you follow and practice these golden lessons in your daily meditation practices," it whispered, "then you will feel the blossoming of inner peace, effortlessly unfurling within you."

With these words, the Banyan's presence dissolved, leaving behind a profound sense of tranquility and a path to serenity M. followed the Banyan's advice diligently. She began by setting aside a few minutes each day to practice observing her thoughts without judgment. Initially, it was challenging. When she closed her eyes, she still felt overwhelmed by the chaotic swirl of worries, regrets, and anxieties.

Dr. Lourde Nadin Epinal, PhD

THE FUTURE OF THE EARTH

"You know that scores of people have come for Auroville.... Instead of working, they spend their time talking and chatting! And they send me letters. Their whole mental ego is bubbling with excitement, all of them. Have you seen them? No. I am afraid they may "summon" me!

They've already begun discussing what the city's political situation will be—even before the first stone has been laid! And one of them, the one with a Communist creed (he is the one who has the greatest energy and power of realization), is scandalized: he wrote to me yesterday, saying he couldn't take part in something that wasn't "purely democratic"!... So I answered him this (*Mother hands Satprem her note*):

"Auroville must be at the service of the Truth, beyond all social, political and religious convictions."

I told him many things (*Mother makes a gesture of mental communication*), but above all, I insisted a lot on the fact that it would be better to build the city first! And that we would see afterwards. Because he told me it was important for him that we should remain in the democratic system "until something better has been found." I felt like answering him, "How do you know that something better hasn't been found?" But I didn't say anything.

(Circa 2025: now we know...)

Then I also wrote something for J. He had asked me for a "message" for his school (*Mother hands another note*):

"He who lives to serve the Truth is unaffected by any external circumstance."

[The Mother's Agenda of the Supramental Action Upon Earth, 13 August 1966](#)

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent."

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

Why the perseverance to prepare for the future gnostic supramental beings concurrently with the building of the Divine Mother's City of Dawn? [Here's why.](#)

The many more generations of psychic beings who want to participate in this Supramental Vision-Goal on Earth are still in their transitional mortal human bodies that need basic needs and support to prosper: an awakened and caring community, food, shelter, clothing, basic needs, protection from adverse and hostile forces, future-oriented education and wealth-generating work, inner and outer.

The whole Government of Mother India is on board supporting the building of the Divine Mother's City of Dawn. Let us all work consciously together to prepare the Supramental Avatars' Auroville to make happen sooner the Golden Age, the Satya Yuga, the Life Divine for all.

"The future of the earth depends on a change of consciousness.

The only hope for the future is in a change of man's consciousness and the change is bound to come.

But it is left to men to decide if they will collaborate for this change or if it will have to be enforced upon them by the power of crashing circumstances.

So, wake up and collaborate!"—The Mother

An effective crystal clear warning to anyone resisting in the building of Her City of Dawn specifically created as a col-



lective conscious preparatory cradle for the soon coming Divine Manifestation of the new apex species the Supramental being.

The above is an affirmative response from another aspiring Aurovillian's post:

Date: 16/06/2025. Thirukkural, Couplet 371:

Wealth-giving fate power of unflinching effort brings;
From fate that takes away idle remissness springs.

Couplet Explanation 371:

Perseverance comes from a prosperous fate, and idleness from an adverse fate."

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



Zech

Poetry

OUR HOME

The stone stairs
Roughly smooth
Support the feet
That step on them
To ascend or descend

Anandi Z.

Classes, Workshops & Healing Arts

AUROVILLE JOINS THE INTERNATIONAL DAY OF YOGA

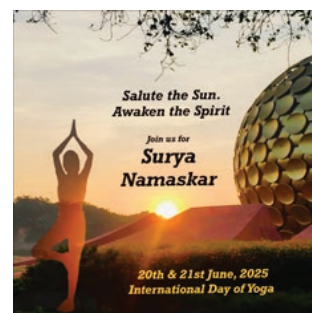
These events are in support of the United Nations resolution made in 2014 proclaiming 21 June as the International Day of Yoga.

Surya Namaskar Challenge

20 June, 6:30am onwards @ Dehashakti Sports Ground

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

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



International Day of Yoga

21 June, 5:30—7am @ Amphitheatre—Matrimandir

- All are welcome. Pre-registration is compulsory. To register fill the google form at link below
 - <https://forms.gle/3WDDCYqE4J6EAhsQ9>

We are looking for volunteers to support the events on 20 and 21 June 2025.

- If interested write to us at avpeb@auroville.org.in

Nilima and Muthukumari
for AVPEB and Marathon Yoga Teams

MINDFULNESS KINDFULNESS

Half day retreat with Helen

- **Saturday, 28 June, 9:15am—12:30pm**
@ Creativity Hall of Light

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

This session blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion. Participants are in silence for most of the session, allowing a chance to go deep within.

Participants will have the choice of practicing in a seated position or lying. It is suitable for all—those new to meditation and experienced meditators looking to deepen their practice.

- It is a paid event (although it is on contribution basis, so the amount is of participants choice).
- It is offered through Inner Sight (an activity under Hospitality Trust).
- Booking is required. To register contact Helen
 - on 7094753054 WA or visit innersightav.org

The Potential of Kindness:

Random Acts of Kindness week

- 1—7 July 2025
- **Launch event:**
Monday, 30 June, 4:30pm @ Creativity Hall of Light

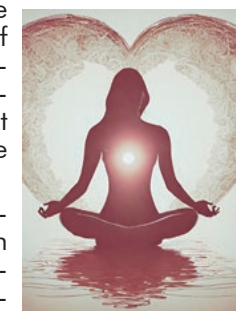
As part of our research exploring the Potential of Kindness we're launching a 1 week Random Acts of Kindness Challenge. We're curious to see what—if anything—shifts within when we consciously undertake acts of kindness.

Research suggests that kindness can be most transformative when we go beyond our usual circles of compassion—so the challenge will be to offer acts of kindness to a range of people. This will include someone you do not know so well, someone you have a little difficulty with & yourself as well as those you care deeply about.

The week will run from 1—7 July and we ask participants to undertake 6 acts of kindness over 6 of those days.

Everyone aged over 16 is welcome to participate in the challenge. All we ask is that you read the guidance, undertake the challenges and complete three surveys to help us discover if and how undertaking acts of kindness creates positive shifts in how we feel. Those under 16 are of course most welcome to undertake acts of kindness over the week—they just do not need to register or complete the surveys.

- **We will be launching the event** with full details on Monday, 30 June, at 4:30pm @ Creativity Hall of Light, so if you intend to participate we encourage you to attend this event.
- However if you are unable to attend [you can register here](#) and we will send you the details needed to participate.
- **If you have any questions** WA Helen on 7094753054 or Nikki on 7094716136.



Helen & Nikethana

MANTRAS & STOTRAS

Traditional Chanting Class

Friday, 5pm (regular class)

@ Serendipity Community

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

✓ Friday - 5 pm (regular class)

✓ Drop-in classes available

for individuals or groups - book your session

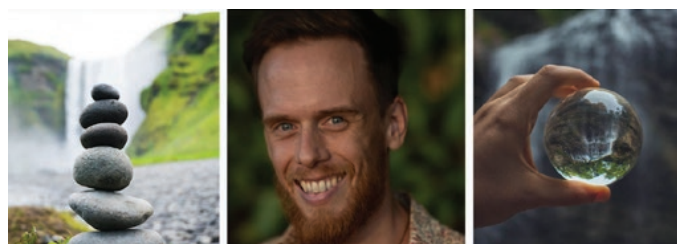
Info: serendipityauroville@gmail.com | +91 8940288090

+91 8940288090,
serendipityauroville@gmail.com

Sonia

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

BHARAT NIVAS: YOGA SCHEDULE, JUNE 2025



The Pavilion of India, Auroville

Evening Vinyasa Flow Yoga with Bala

- **Thursday, Friday & Saturday, 5:30—7pm**

Vinyasa Flow yoga emphasizes the coordination of breath and movement, creating a dynamic and fluid practice. This style links various yoga poses together in a seamless sequence, building a continuous flow of postures that energizes the body and calms the mind. Whether you're a beginner or an experienced yogi, Vinyasa Flow classes adapt to your level, offering the perfect balance of intensity and mindfulness.



- **Drop in & Pre-registrations** are suggested through e-mail or WA. Write to us to know more about the fees structure and other details.

- **Contact:** balaganesh.siva@gmail.com
& +91 9892699804 WA only

Monisha, BN Team

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	<ul style="list-style-type: none"> Yoga of Mother and Sri Aurobindo Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) Mother's Flower Medicine (vibrational remedy) Individual Sessions and Groupwork Psychosomatic Therapy and Breath Therapy Consciousness / Energy / Body Work based on Integral Yoga <p>Only by appointment baritam@auroville.org.in</p>
Pepe	<ul style="list-style-type: none"> Body Logic Soft Massage Deep Tissue Massage Monday to Saturday <p>By appointment, +91 9943410987</p>
Silvana 2 months TOS	<ul style="list-style-type: none"> Cranio-sacral Lomi Lomi Kahuna massage Barefoot body massage <p>Monday to Saturday, by appointment only +91 9047654157</p>
Antarjyoti <i>English</i> & <i>French</i>	<p>Psychospiritual Introspective Tarot Reading</p> <ul style="list-style-type: none"> Deconditioning Self Inquiry I ching oracle Inner/subpersonalities forces awareness <p>Monday to Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr</p>
Niyati Thakkar	<ul style="list-style-type: none"> Integral Regression therapy Integral reiki healing Holotropic technique breathwork <p>Monday to Saturday, by appointment only +91 7041391995, narayani-nc@auroville.org.in</p>
Olesya 2 months TOS	<ul style="list-style-type: none"> Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines) <p>By appointment only, +91 9159052743 olesya@auroville.org.in</p>
Shruti	<ul style="list-style-type: none"> Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice <p>By appointment only, +91 7904769496 auroshruthi@auroville.org.in</p>

Classes

Teachers	Classes	When
Damien 1 month TOS	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Olesya 2 months TOS	Iyengar yoga	Monday, Wednesday, Saturday 6:30—8am. Monday, Thursday, Saturday 5—6:30pm. Or by appointment, +91 9159052743
Aurosugan & Priyanka	Eye yoga and well- ness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709
Priyamvada	Hatha yoga	Monday, 8—9am Friday, 7:30—8:30am By appointment, +91 9486261640

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in
- Tuesday Morning

Clinical/ Private consultation

- Saturday, 9:30am—12:30pm, 2—4:30pm

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

- For aurovilians only, Max. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

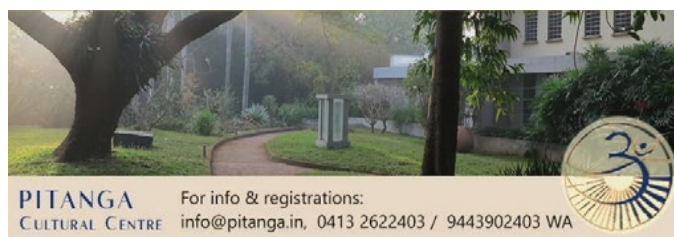
- By appointment, +91 9428429642
adititva@auroville.org.in

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

PITANGA CULTURAL CENTRE



Closed in June

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

Andrea for Pitanga Team

VÉRITÉ PROGRAM, JUNE

Please contact Vérité
@ 0413 2622045, 2622606,
9363624083

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



Yoga & Other Classes

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

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

Yoga for Energy Activation: Energize & Align with Mani

- Mondays & Saturdays, 7:30—8:30am

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

Surya Namaskar: Yoga Foundation with Jivitesh

- Mondays 9:15—10:15am

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

Sivananda Hatha Yoga: Strength, Flexibility, Peace with Nikki

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

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

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

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

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

Yin Yoga: Deep Stretch & Relaxation with Jivitesh

- Tuesdays at 5—6pm

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

Connect to the Inner Self: Stretch, Meditate & Journal with Jivitesh: Thursdays at 5—6pm

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

Breathwork Foundation: Learn, Practice & Integrate with Jivitesh: Fridays at 5—6pm

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

Taralaya Flow Dance: Move in Freedom with Vera

- Fridays 5—6:30pm

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

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Saturdays 5—6pm

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

Workshops

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Saturday, 21 June	Rise in Love—Yoga	9:15am—12pm	Jivitesh
Saturday, 28 June	Why Yoga Works: An Experiential & Scientific Exploration	9:15am—12pm	Dharani

Rise in Love—Yoga with Jivitesh

- Saturday, June 21, 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!

Why Yoga Works: An Experiential & Scientific Exploration with Dharani

- Saturday, June 28, 9:15am—12pm

Explore how mindful movement, breath, & attention influence our musculoskeletal, nervous, respiratory, circulatory & endocrine systems. Gentle yoga practices, simple scientific models, & guided reflection to bridge intellectual understanding with embodied awareness. Open to all; no prior knowledge of anatomy or physiology required.

Treatments and Therapies

By appointment: treatments@verite.in
+91 413 2622 606, +91 9363624083 WA

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

Face & Neck Massage with Mamta

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

Yoga Chikitsa: Personalized Yoga Therapy with Mani

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Haircare with Parvathi

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

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

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

Healing Sound Bath with Tuning Forks with Satya-yuga

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

Energy Healing Reiki with Vyshnavi

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

Holistic Foot Reflexology with Vyshnavi

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

Holistic Rebalancing Massage with Vyshnavi

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

Chakra Balancing with Marion

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

Access Bars: Energetic Head Massage Session with Marion

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

Aparna & Anandhi

LEELA THERAPY

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



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

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

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

Kardash



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

Aikya

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*



It Matters

Is closed in June

We hope to see you all in July!

Bhakti & Sandra

Languages



NEWS FROM Auroville Language Lab 19 June

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.aurovillelanguage.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@aurovillelanguage.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.aurovillelanguage.org>
- To enquire or register: tomatis@aurovillelanguage.org or call 0413 2622467 or 3509932.

Courses

Current Schedule of Classes, 19 June

See details here:

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

Japanese for Beginners

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

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

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

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

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

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

Course Objectives:

- Learn beginner Japanese using "Min-nano Nihongo—Books 1 and 2"
- Study kanji alongside grammar and vocabulary
- Focus on sentence patterns, oral practice, reading, and writing
- Achieve JLPT N4 level in 6 months, and N5 in one year
- Commit to weekly self-study and review

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

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

Private and group classes for English

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

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

Beginner English with Ashwini:

- Wednesday and Friday, 4:30—5:30pm

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

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

Call for Arabic Language Teacher

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

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

- info@aurovillelanguage.org.

French classes with Auroasha and Jade

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

Course Details:

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

Auroasha's classes will focus on building foundational skills in French, including essential grammar, vocabulary, and pronunciation, through interactive and practical activities. The aim is to help participants gain confidence and fluency in everyday communication, as well as an appreciation for Francophone culture. Additionally, Jade will be offering a dedicated beginner French course exclusively for children. This course will run on the same days and at the same time as Auroasha's, providing a supportive and engaging environment tailored to young learners.

Children's Course Details:

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

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

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

Spoken Hindi for Beginners with Ashwini

- **New class starting in June with specific dates to be confirmed, Wednesdays and Fridays, 5:30—6:30pm**

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

Tamil (Beginner) with Saravanan

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

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

Italian—Beginner Level

- **Registration Open**

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

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

Beginner Spanish Course with Mila

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

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

Reminder about our free Evening Programs

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

- **Mondays:** French
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays:** Spanish with Gloria
- **Wednesdays:** Sanskrit chanting w. Remesh 5:30— 6:30pm
- **Thursdays:** We are looking for a new anchor to host one more meet-up for English.
- **Fridays:** Conversational Hindi with Smriti, 5—6pm

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

Film Shows

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

Current Schedule of Classes, 19 June

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

Communication with the Lab

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

- For language-related matters: +91 9843030355WA.
 - For Tomatis please use 0413 3509932.
- Mita, Mano, Louis & Vismai for Auroville Language Lab*

LEARN ENGLISH AND HINDI

- Learn spoken/ written English and Hindi language for fluency and confidence!
 - For more information contact Ashwini: 8270512606.
- Ashwini, Aspiration*

Cinema

AUROFILM



Attention!

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

We hope to **return in July** after the summer!

We hope to raise enough financial support to continue promoting the best values of Cinema as a service to the community!

Therefore, Aurofilm is happy to announce that it has been accepted as an AVI USA partner.

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

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

We look forward to seeing you at our studio in Kalabhumi!
Susana and Aurofilm team

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, 20 June

Urban Mining—Gold in our trash

40 mins/ English/ 2015/ Frank Wiering

A ton of broken mobile phones, computers or other electronic waste contains sixty times the amount of gold a ton of gold ore has. Moreover, it is easier to get at. It is estimated that 30 to 40 percent of total world demand for rare metals can be covered by urban mining and this is only the beginning.

Aviram

AUROVILLE STORIES:

1968—2068



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

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

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

*Submitted by Sivakumar,
sivakumar@auroville.org.in*



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
23—29 June

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

Indian—Monday, 23 June, 8pm

Barah by Barah

India, 2024, Writer-Dir. Gaurav Madan w/ Aashit Chatterjee, Bhumi Dube, Harish Khanna, and others, Drama, 118mins, Hindi w/ English subtitles, Rated: NR (PG-13)

At Varanasi's Manikarnika Ghat, Tathagata captures the final portraits of the departed, documenting life's fleeting nature. As he navigates the cycle of death and renewal, his own mortality looms—his son will one day photograph him. A profound, visually stunning meditation on existence, tradition, and the quiet inevitability of fate. *A film to watch!*

Potpourri—Tuesday, 24 June, 8pm

Tôkyô Monogatari (Tokyo Story)

Japan, 1953, B&W, Writer-Dir. Yasujiro Ozu w/ Chishû Ryû, Chieko Higashiyama, Sô Yamamura, and others, Psychological Drama, 137mins, Japanese-English w/ English subtitles, Rated: NR (PG-13)

Shukishi and Tomi, an elderly couple, travel to Tokyo to visit their grown children, only to find themselves treated as an afterthought. As they navigate indifference and neglect, their widowed daughter-in-law, Noriko, offers unexpected kindness. A deeply moving exploration of family, duty, and generational change, that is universal. This masterpiece is a poignant reflection on life's fleeting connections.

Selection—Wednesday, 25 June, 8pm

Flammen & Citronen (Flame & Citron)

Denmark-Germany-Norway-France-Sweden-Finland-Czech Republic, 2008, Dir. Ole Christian Madsen w/ Thure Lindhardt, Mads Mikkelsen, Stine Stengade, and others, History-Thriller, 130mins, Danish-German w/ English subtitles, Rated: NR (R)

Flammen and Citron, two fearless Danish resistance fighters, carry out high-risk assassinations against Nazi collaborators. As their mission shifts to targeting Germans, doubt creeps in—are they fighting for justice or being used for personal vendettas? With betrayal closing in and a deadly target ahead, they must navigate deception, survival, and the true cost of heroism. Based on true events, this gripping war thriller unravels the moral dilemmas of resistance, loyalty, and sacrifice. *A good watch!*

Interesting—Thursday, 26 June, 8pm

The Lunatic Farmer

USA, 2025, Dir. Alec Engerbretson w/ Joel Salatin, Documentary, 76mins, English w/ English subtitles, Rated: NR (PG)

Joel Salatin, a bold advocate for regenerative farming, defies industrial norms and regulatory pressures to protect his land and principles. At Polyface Farm, his innovative, nature-driven methods restore ecosystems and produce healthier animals, embodying a vision of sustainable agriculture rooted in stewardship, resilience, and faith.

International—Saturday, 28 June, 8pm

Gouzen (Black Dog)

China, 2024, Writer-Dir. Guan Hu w/ Eddie Peng, Liya Tong, Jia Zhang-ke, and others, ComingOfAge-Drama, 116mins, Mandarin w/ English subtitles, Rated: NR (PG-13)

Recently released from prison, Lang returns to his hometown in Northwest China, struggling to rebuild his life amid prejudice and isolation. Assigned to a dog patrol clearing strays before the 2008 Olympics, he forms an unexpected bond with a black stray. A powerful, visually stunning tale of redemption, resilience, and the healing connection between man and animal.

Children's Matinee—Sunday, 29 June, 4pm

Diary of a Wimpy Kid: Dog Days

USA-Canada, 2012, Dir. David Bowers w/ Zachary Gordon, Robert Capron, Devon Bostick, and others, TeenComedy-Family, English w/ English subtitles, Rated: PG

School's out, and Greg Heffley is determined to have the best summer ever filled with video games and relaxation. But his dad has other plans, pushing him toward outdoor activities and responsibility. With Rowley, Rodrick, and a mischievous new pet in the mix, Greg's summer turns into a hilarious adventure of mishaps, lessons, and unexpected fun.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 29 June, 8pm

Laura

USA, 1944, Dir. Otto Preminger, w/ Gene Tierney, Dana Andrews, and Others, Drama—Film-Noir, 88 mins, English w/ English subtitles, Rated: PG.

When famous advertising executive Laura Hunt is found dead in her apartment, Detective Lieutenant Mark McPherson is in charge of the investigation. Three days into the investigation, someone walks through Laura's apartment door that changes the focus of the investigation and answers some nagging questions on McPherson's part, but also adds one more person to the long list of suspects.

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

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

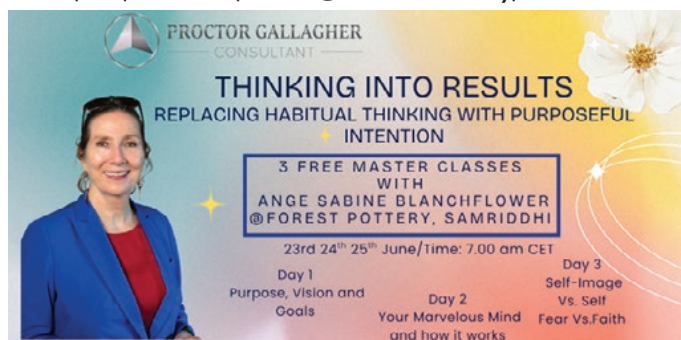
Nina for MMC/CP, Group Account# 105106,
mmcauditorium@auroville.org.in

The Last Moment

THINKING INTO RESULTS

Free 3 day workshop

23, 24, 25 June, 7am @ Forest Pottery, Samriddhi



I would like to invite you to a Free 3 day workshop. I would love to share with you what I have learned and been coaching on these last years.

Everything starts in your mind. Find out how you can change your life by replacing habitual old thought patterns, (reactive) with thoughts that build a reality of your choice (creative).

Abundance doesn't come to you, it comes from you.

Joy doesn't come to you, it comes from you.

Love doesn't come to you, it comes from you.

Wealth is a state of consciousness. It doesn't come from awareness of lack.

You were meant to thrive, not to fit in.

Since our minds are fresh at the start of the day, I am offering the sessions at 7am. To be followed by tea/coffee and a small snack.

- @ Forest Pottery, Samriddhi near Purity Guest House
- RSVP : +44 7424 548741 WA

Ange



About N&N

NEWS AND NOTES GUIDELINES

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

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

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

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

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

Visiting hours:

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

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katiya & Alexey, NewsAndNotes@auroville.org.in

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108