

News & Notes

#1035, 11 July 2024

A weekly bulletin for residents of Auroville



Photo by Manohar

What is seen and what is not seen, what is experienced and what is not experienced, what is and what is not, — all it sees, it is all and sees. *Prasna Upanishad*

There are no roads nor chariots, nor joys nor pleasures, nor tanks nor ponds nor rivers, but he creates them by his own light, for he is the maker. *Brihadaranyaka Upanishad*

Pondering



It can become an operative part of a satisfactory explanation if this world is the field for the working out of a greater creative motive, if it is a manifestation of a divine Truth or a divine Possibility in which under certain conditions an initiating Ignorance must intervene as a necessary factor, and if the arrangement of this universe contains in it a compulsion of the Ignorance to move towards Knowledge, of the imperfect manifestation to grow into perfection, of the frustration to serve as steps towards a final victory, of the suffering to prepare an emergence of the divine Delight of Being. ...

Therefore we may conclude that we experience a real universe through our imaged sense-transcript by the aid of the intuition and the reason, — an intuition which gives us the touch of things and a reason which investigates their truth by its conceptive knowledge. But we must note also that even if our image view of the universe, our sense-transcript, is a system of symbol images and not an exact reproduction or transcription, a literal translation, still a symbol is a notation of something that is, a transcript of realities. Even if our images are incorrect, what they endeavour to image are realities, not illusions; when we see a tree or a stone or an animal, it is not a non-existent figure, a hallucination that we are seeing; we may not be sure that the image is exact, we may concede that other-sense might very well see it otherwise, but still there is something there that justifies the image, something with which it has more or less correspondence.

The Cosmic Illusion, The Life Divine, Sri Aurobindo

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House of Mother's Agenda



(continued from last week)

At length his front's indomitable line
Forces the last passes of the Ignorance:
Advancing beyond Nature's last known bounds,
Reconnoitring the formidable unknown,
Beyond the landmarks of things visible,
It mounts through a miraculous upper air
Till climbing the mute summit of the world
He stands upon the splendour-peaks of God.
In vain thou mournst that Satyavan must die;
His death is a beginning of greater life,
Death is the spirit's opportunity.

A vast intention has brought two souls close
And love and death conspire towards one great end.
For out of danger and pain heaven-bliss shall come,
Time's unforeseen event, God's secret plan.
This world was not built with random bricks of Chance,
A blind god is not destiny's architect;
A conscious power has drawn the plan of life,
There is a meaning in each curve and line.

It is an architecture high and grand
By many named and nameless masons built
In which unseeing hands obey the Unseen,
And of its master-builders she is one.

"Queen, strive no more to change the secret will;
Time's accidents are steps in its vast scheme.

Bring not thy brief and helpless human tears
Across the fathomless moments of a heart
That knows its single will and God's as one:
It can embrace its hostile destiny;
It sits apart with grief and facing death,
Affronting adverse fate armed and alone.

In this enormous world standing apart
In the mightiness of her silent spirit's will,
In the passion of her soul of sacrifice
Her lonely strength facing the universe,
Affronting fate, asks not man's help nor god's:
Sometimes one life is charged with earth's destiny,
It cries not for succour from the time-bound powers.

Alone she is equal to her mighty task.

Intervene not in a strife too great for thee,
A struggle too deep for mortal thought to sound,
Its question to this Nature's rigid bounds
When the soul fronts nude of garbs the infinite,
Its too vast theme of a lonely mortal will
Pacing the silence of eternity.

As a star, unaccompanied, moves in heaven
Unastonished by the immensities of Space,
Travelling infinity by its own light,
The great are strongest when they stand alone.

A God-given might of being is their force,
A ray from self's solitude of light the guide;
The soul that can live alone with itself meets God;
Its lonely universe is their rendezvous.

A day may come when she must stand unhelped
On a dangerous brink of the world's doom and hers,
Carrying the world's future on her lonely breast,
Carrying the human hope in a heart left sole
To conquer or fail on a last desperate verge,
Alone with death and close to extinction's edge.

Her single greatness in that last dire scene
Must cross alone a perilous bridge in Time
And reach an apex of world-destiny
Where all is won or all is lost for man.

In that tremendous silence lone and lost
Of a deciding hour in the world's fate,
In her soul's climbing beyond mortal time
When she stands sole with Death or sole with God
Apart upon a silent desperate brink,
Alone with her self and death and destiny
As on some verge between Time and Timelessness
When being must end or life rebuild its base,
Alone she must conquer or alone must fall.

No human aid can reach her in that hour,
No armoured god stand shining at her side.

Cry not to heaven, for she alone can save.

For this the silent Force came missioned down;
In her the conscious Will took human shape:
She only can save herself and save the world.

O queen, stand back from that stupendous scene,
Come not between her and her hour of Fate.

Her hour must come and none can intervene:
Think not to turn her from her heaven-sent task,
Strive not to save her from her own high will.

Thou hast no place in that tremendous strife;
Thy love and longing are not arbiters there;
Leave the world's fate and her to God's sole guard.

Even if he seems to leave her to her lone strength,
Even though all falters and falls and sees an end
And the heart fails and only are death and night,
God-given her strength can battle against doom
Even on a brink where Death alone seems close
And no human strength can hinder or can help.

Think not to intercede with the hidden Will,
Intrude not twixt her spirit and its force
But leave her to her mighty self and Fate."

* * *

He spoke and ceased and left the earthly scene.
Away from the strife and suffering on our globe,
He turned towards his far-off blissful home.

A brilliant arrow pointing straight to heaven,
The luminous body of the ethereal seer
Assailed the purple glory of the noon
And disappeared like a receding star
Vanishing into the light of the Unseen.

But still a cry was heard in the infinite,
And still to the listening soul on mortal earth
A high and far imperishable voice
Chanted the anthem of eternal love.

Sri Aurobindo, Savitri, A Legend and a Symbol
Book Six: The Book of Fate
Canto Two: The Way of Fate and the Problem of Pain

<https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain>

Gangalakshmi (HOMA)

Townhall Speaks

MANDATORY REGISTRATION OF ABSENCES from Auroville

Housing Service

Dear Community members, we would like to remind everyone about the importance of notifying the Resident Service office when leaving Auroville.

It is imperative that all absences from Auroville are registered at the Resident Service office. This requirement is crucial for housing-related matters, as outdated absence information can adversely affect residents. This notification applies to all residents of Auroville, regardless of nationality. Your cooperation in this matter is greatly appreciated. Thank you for your understanding and compliance.

Piero, Housing Service

BCC

Dear Community members, in continuation of the Working Committee and now the Housing Services, BCC would like to remind everyone about the importance of notifying the Resident Service office when leaving Auroville.

It is imperative that all absences from Auroville of over two weeks are registered at the Resident Service office.

This requirement is crucial for BCC contributions and health contribution matters, as outdated absence information can adversely affect residents which has been the case in the recent past.

This notification applies to all residents of Auroville, regardless of nationality. Your cooperation in this matter is greatly appreciated.

Thank you for your understanding and compliance.

Budget Coordination Committee

Arthi, Angurajan, Kalai, Ravindra, Victoria

DONATION CHANNELING

Dear Friends, as per Updated Ground Rules/ Guidelines, all Auroville Entities getting donations through Unity Fund have to send a quarterly report to the donors with a copy to the DCG. A template is attached to facilitate the same.

Kindly use this template in place of the earlier Auronet article dated 29.06.24.

Please don't forget to delete the Notes part of the template while sending the reports.

- [Find attachment here](#)
- **For the printed version:** Please find this form printed in the end of the issue.

*Thanks, DCG Team,
Chandresh, Naren & Sandeep
Email: dcg@auroville.org.in*

Community News

Baby Born

RAKSHAN: NEW ARRIVAL



Dear all, we are happy to inform the community that we are blessed with a baby boy, Rakshan, on 2 July 2024, at 10:32am at PIMS.

Ramakrishnan & Shanthi

Passing On

JOHN PASSES ON

John Mandeem came to Pondicherry from California in October 1968 as a young man of 24 and was accepted by the Mother as an Ashramite.

He helped set up the first screen printing workshop in the Ashram Press. All birthday cards with the Mother's symbol in those days were screen printed there besides book covers.

He took up photography in the late 1970s and got seriously into it by the 1980s, extensively documenting Auroville in all its aspects, including the Matrimandir. Since 1980 he was part of the Prisma team with Franz and Tim and they did all the publicity work for Aurelec. In 1994 he took photos for the first Auroville exhibition at the Visitor's Centre which was updated several times over the years. He also was the photographer for the Auroville Today team till writers with snap and shoot cameras took over the job. He taught photography in Aspiration school to many Auroville kids, all adults now, some of whom ended up becoming photographers themselves.

Most of the photos of the initial publications of Prisma, like the architecture books and calendars, carry John's photos. Later he was involved in doing pre-press work for other Prisma projects as well as projects of the Ashram Archives. Recently he was working with the Ashram Archives on a new book they are bringing out.

He left for his onward journey into the arms of the Mother and Sri Aurobindo at 12:55 am on July 7, 2024.

His extensive work of seeing the Auroville of earlier years, and capturing it for ages to come, is truly priceless. We salute him with gratitude, and extend our warmest condolences to Nini, his wife, and other close friends. *Lisa*



ASWATHAMAN CHANDRASEKAR PASSES ON



This is to inform the community of the passing of Aswathaman Chandrasekar, 65. He passed away last night due to a heart attack.

Our deepest condolences to his wife Matcha Gandhi, working at Solar Kitchen, and their three sons Krthikeyan, Amudhan, Muralidharan, all Aurovilians.

The remains of Aswathaman Chandrasekar were cremated on Sunday, 7 July at 5pm in the Kulapalyam Ghat. *Lisa*

KRATU



Kratu passed away peacefully, with a smile on his face, on Sunday night at 9pm, in his home and in good company.

[Read more on page 80](#)

Submitted by Lisa

REMEMBERING GAJENDRAN



Gajendran Karunanidhi (known in Auroville as Gaje) was born in Pondicherry in 1963, and joined Auroville in 1987. His father was a police officer when Pondicherry became a Union Territory, and initially Gaje trained as a police officer as well. His father then realised that Gaje was meant for something else, and suggested that he go to Auroville. From the start Gaje worked at the Matrimandir, as a garden maintenance coordinator. He worked there non-stop till the end, 35 years later.

In 1996 he saw the need to create a kitchen to provide food for the units of the industrial zone such as Shradhanjali, Aurosarjan, Auromode and Imagination, and with the support of Prema of Auromode and Abha of Shradhanjali started the GP cafe, to which he, together with his wife Latha, and his son Auroananda and his daughter Nithya up to his last days dedicated all his time and energy when not at Matrimandir. He took great care to make the lunches affordable for people on maintenance.

He was also much into fitness routines. In the early years he used to teach gymnastics at Certitude. And before he trained to be police he worked more than 3 years with Ilayaraja Music Director for several of his films. He was always proud of that past.

People remember him as a gentle, very dedicated person. His sudden passing of cardiac arrest on was a shock to many. Many many people visited his house at Prayatna and attended his funeral at Adventure on 1 July, 2024.

[More photos on page 80](#)

Annemarie

Awakening Spirit

SAVITRI SATSANG BY NARAD

Wednesdays, 6:30pm

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

Cordially inviting you all.

Submitted by William

BHARAT NIVAS:

Call for Cultural Event Participation



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

Dear Aurovilians, as we are approaching the month of August, which is traditionally a time of vibrant festivities and joyous gatherings, with the celebrations of Sri Aurobindo's 150th Birth Anniversary and of Auroville, we would like to invite you to offer the community a series of enriching activities and cultural events to be held in Bharat Nivas campus in the different venues available, such as art exhibitions, theatrical performances, classes, etc.

These events should not only celebrate the milestones of the city, but also inspire the community to reflect on the values and visions that shape Auroville's unique identity.

Please send us your proposals with contents and potential dates as soon as possible, so we can integrate them in the general calendar of activities.

Monisha, BN Team

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



By Deepti Tewari

The Mother's very last message to Auroville

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

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

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

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville:

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

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

27.03.1973

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

Parking available outside at the Bharat Nivas main gate.

Monisha, BN Team

SAVITRI BHAVAN SCHEDULE, JULY 2024



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **A new Bilingual Exhibition on "Sri Aurobindo: A life sketch in photographs"** with texts both in English and Tamil is displayed in the upper corridor.
- **Special Exhibition In Memoriam of Paolo Tommasi:** An Exhibition of his Paintings in Savitri Bhavan's Square Hall from Monday, 1 July till 20 July.
 - **Inauguration:** Monday, 1 July, 10am

Films: Mondays, 4pm, Sangam Hall

- **July 15:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 1 by Loretta Shartsis. Duration: 50min.
- **July 22:** The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2 by Loretta Shartsis. Duration: 70min.
- **July 29:** The Life Divine by Sri Aurobindo, Book 1, Chapter 1, The Human Aspiration. Shraddhavan reads the text conscious, concentrated, slow and clear, with the texts on the screen. A wonderful opportunity to listen to The Life Divine with a good English pronunciation. Duration: 24min.

Full Moon Gathering

- **Sunday, 21 July, 7:15—8:15pm** in front of Sri Aurobindo's statue

Regular Activities

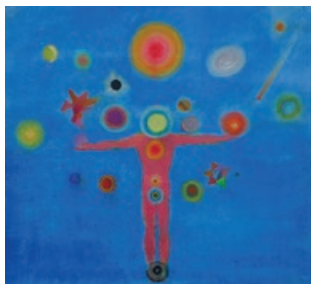
- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9—5
- **Library and Digital Library** is open Monday to Friday 9—5

In Memoriam of Paolo Tommasi:

An Exhibition of his Paintings

- **Ongoing till 20 July @ Square Hall, Savitri Bhavan**

At the age of thirty-eight, Paolo Tommasi visited Pondicherry in 1966 and met the Mother. He had always been a spiritual seeker; after meeting the Mother he realized that his quest had ended. He participated in Auroville's Founding Ceremony in 1968. When Auroville was established, he helped Roger Anger to design the "Matrimandir" as well as



the twelve gardens surrounding it. His paintings and sketches have been exhibited in many galleries across the globe.

Pondicherry was a special place for Paolo. He had once remarked: *"In no other places do I feel my soul awaken and do I achieve that inner work that gives meaning to my life; becoming more aware of myself and the mystery that surrounds us."* In 2010, he settled in Pondicherry and remained closely associated with Auroville and the Sri Aurobindo Ashram.

In the last week of June 2020, Paolo was diagnosed with Covid-19. He passed away on 17 July at the age of 92. Savitri Bhavan has been entrusted with the legacy of many of his paintings. Everyone is welcome.

The Teachings of Flowers, Part 1. The Life and Work of the Mother of the Sri Aurobindo Ashram, by Loretta Shartsis

- **Monday, 15 July, 4pm at Savitri Bhavan.**
Duration: 54min.

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

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

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

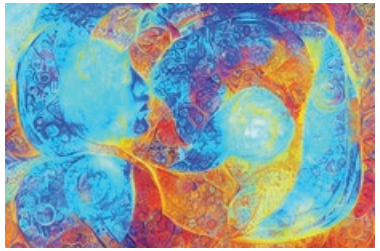
Consequently, the beauty and spiritual significance of flowers became a subject of great interest and thought as part of the practice of Sri Aurobindo's Integral Yoga and has broadened the concept of spirituality. It also made the concepts of spiritual work and spiritual achievement easy for children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

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

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

Integral Mathematics: A Journey of Insight and Inspiration

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians.



This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

Sankhya Philosophy By Kapila Muni

- **Understanding The Gunas and Tattwvada**
Saturday, 28 July, 4—5pm @ Sangam Hall

Everyone is welcome. Facilitated by Team Enlight and Savitri Bhavan.

Integral Mathematics

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

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

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

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

Book Release: Savitri Panmuga Chithiram

- Wednesday, 17 July, 4pm

Savitri Panmuga Chithiram (in Tamil) written by Buvanasundari will be released in the Sangam Hall of Savitri Bhavan. Everyone is welcome.



Margrit and Dhanalakshmi for Savitri Bhavan

SEEKING OUR INNER BEING

Circles of discussion in various languages in Auroville

Dear Friends, with regards to the Open-Circles, previously announced, on the topic of the Psychic Being that will take place on Saturdays

- **French:** 13 July, 3:30—5pm & 17 August, 3:30—5pm @ French Pavilion
- **English:** 20 July, 3:30—5pm & 24 August, 3:30—5pm @ Pavilion of Tibetan Culture

Please find below a few guidelines that we would like you to take into consideration, to ensure a smooth and respectful sharing:

- Booking in advance is recommended in order for us to be able to wait for anyone arriving (not too) late. Arriving on time shows respect to the rest of the participants :)
- There is no obligation to share in the circle, however, we would like to encourage a fully present and deep listening audience
- The circles will not be recorded as our intention is to create a sacred and confidential space for the individual sharings.



Looking forward meeting you at our upcoming circles,

Dan for the Inner Being team,
<https://innerbeing.auroville.org>



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

*To my dear little child
The eternal Mother
eternally embraces her
child.*

Calendar of regular events of July 2024

Every Thursday 6:00 - 6:30pm
Meditation

11th & 25th Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

21st, Sunday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

Location



kshetram2014@auroville.org.in

AMPHITHEATRE—MATRIMANDIR

Thursdays, 6—6:30pm (weather permitting)

During the Summer months, Sunil's music and Savitri read by Mother will be replaced by the beautiful New Year Musics, also by Sunil and with each time a different prayer by the Mother, recorded with the music



- Enjoy the beautiful open space, an immense sunset, heavenly music 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.

Dear Guests, please carry your Guest Card with you and note that access is for the Amphitheatre only from 5:45pm and until meditation ends. Surya for Amphitheater team

Education

STUDY AT AIAT FOR SKILLS OF THE FUTURE and integral personality development

Auroville Institute of Applied Technology offers opportunities for Aurovilians and Non-Aurovilian youths from the region, who passed 10+2 or equivalent certificates to pursue their higher education leading to a bachelor's degree B.Voc. in professional engineering courses affiliated with Pondicherry University. These courses in emerging technologies are three years in duration, skill-centric focusing on the implementation of technologies.



The following B.Voc. courses are based on Integral Education and conducted at AIAT Campuses in Irumbai, Aurobrindavan and Udavi—C3STREAM Land Designs campuses:

1. Software Development & Machine Learning
2. Electronics and Electric Technologies incl. Sustainable Energy
3. Mechatronics and Production Technologies
4. Applied Electronics and Chip Design
5. Information Technology

In a two-month internship program/ year at the industrial sites students will practice in an industrial environment and will be mentored by professionals. The integral education includes Radical Transformation Leadership, Yoga, Meditation, communication and entrepreneurship, 3rd Language (Hindi, German or French). The syllabuses are designed by AIAT and approved by the university, focusing on major-oriented relevant minor subjects resulting in a smaller number of subjects than for a B.E. course. The main benefits of joining a B.Voc. course against B.E./B.Tech. are:

1. Bachelor's Degree after three years instead of four years
2. Internship of 6 months and project work instead of just 2 weeks
3. Specialisation during three years instead in 4th year or in 5th year of Master's degrees
4. Relevant major-oriented minor subjects
5. It costs less and is within Auroville
6. Skill-centric, project-based and industrial experience makes you job-ready/ Placement
7. Participate in Auroville cultural programs
8. Bus facilities
9. AIAT helps you to apply for a stipend or a bank loan.

For more information Pl. contact:

Auroville Institute of Applied Technology—College

- Phone or WA: 8903166923, Webpage: aiat.in
- Or visit AIAT campus at Aurobrindavan

Lavkamad and Sanjeev Ranganathan

CALL FOR GRANT PROPOSALS**SDZ Funding in 2024**

The Project Coordination Group (PCG) will be meeting to review grant proposals for possible funding by Stichting De Zaaier. ***The last date to submit proposals for this call is Monday, 22 July 2024.*** You are welcome to submit earlier or send us a draft version of your proposal for comment prior to the due date. *(If you plan to submit a proposal, please carefully read this full announcement to the end.)* All documents related to this purpose are to be submitted in the prescribed forms as attachments, emailed to pcg@auroville.org.in

Please note that in case your proposal is not ready by this date, there will be another call for proposals for SDZ later this year.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your project is to be reviewed by all concerned School Boards prior to submitting to the Project Coordination Group. (Please contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.

For more information, application forms or assistance please write to pcg@auroville.org.in

The last date for submitting proposals for this call is Monday, 22 July 2024. Please submit earlier if possible.

NB There will be another opportunity to submit proposals for funding by Stichting de Zaaier announced later this year.

Pala for the Project Coordination Group

ILAINARKAL EDUCATION CENTRE**Auroville Further Learning Programme
for All Age Groups**

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

3 months courses is available Basic

0413 2623773, tamil@auroville.org.in

R. Meenakshi

STRUGGLING with Programming ?

Dear all, I am thrilled to help anyone who is struggling with learning a programming language or needs help with a project.

Please WA me at 9042483649

Pawan



KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulilapalayam
kulaicreativecentre.auroville@gmail.com
 8608473385



	10—11:30am	12—1pm	3—4:30pm
Monday	English Class	Mother's 12 Quality Session, Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiam, Silambam, Upcycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15		

Except English, all the others are FREE for everyone from the ages of 10 to 16, but please [register through this link](#) or scan QR code or call us 8608473385 WA

Volunteers are most welcome!



Selva for KCC

AUROVILLE LIBRARY Opening Hours



Our timings are:

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

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

Youth Initiative

MAKER SPACE

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

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

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

What can you learn?

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



A facilitator will be available to provide assistance in learning how to use the tools and technologies, as well as hands-on experience in bringing your ideas to life. Don't miss out on this exciting opportunity to be a part of our growing maker community!



Lucrezia for YouthLink team

INTERACTIVE PSYCHOLOGY

Sessions with youth

Every Monday, 4:30—6pm @ Auroville Library

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH



Empowering youth through open conversations ;
Creating a safe space for self-reflection and intentional learning

Facilitated by
**Juan Andrés and
YouthLink**

**EVERY MONDAY
UNTIL 29th OF JULY
4:30 ~ 6:00 PM
9 AV LIBRARY
AGE GROUP : 16~30**



Join Interactive Psychology Sessions with Youth! Empowering youth through open conversation, creating a safe space for self-reflection and intentional learning. Facilitated by Juan Andres and YouthLink

- **At the request of the library, we will close the entrance at 4:45pm.** Please arrive before then.
- **Age group: 16—30** *Jiseong Park for YouthLink Team*

YOUTHLINK IS LOOKING FOR Soft Skills Team people

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

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

Looking forward to working and co creating together!

*Madhu
for the YouthLink team*



SUN & SOIL NATURAL BUILDING WORKSHOP 29 July—2 August at Youth Center.



Introduction: Delve into the heart of ancient techniques and modern sustainability. Unravel the intricate tapestry of natural buildings and materials, weaving together the timeless wisdom of cob, wattle, and daub.

- Join us for this 5-day full-time workshop 7:30am—5pm.

Discover the essence of mud through hands-on exploration and theory. Bring structures to life, each whispering stories of generations yet to unfold.

- 29 July till 2 August at Auroville, at Youth Center.
- Soil Walk, Natural Building, Dorodango Art, Bio Enzyme Workshop, Open House
- For registration and more info please go to our website youthlink.org.in or scan the QR code



Free for Aurovillians, with options to contribute to support our work.

Lucrezia & YouthLink team

Health Care

**Santé Services,
July 2024**



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule



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

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

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

AURODENT EXPERIMENT





AURODENT EXPERIMENT

July Month Offer

Filling treatment for donation

We would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent. We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experiences. Note: Donations are only accepted for filling treatments during the month of July.

BOOK APPOINTMENT NOW

AUROMODE (OPPOSITE OF CSR), AUROVILLE 605101. WHAT'S UP
9629199328 LAND LINE: 0413-2622063

July Month Offer

Get your dental fillings on a donation basis! We would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent. We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experience.

- **Note:** Donations are only accepted for filling treatments during the month of July.
- **Book Appointment Now:** 9629199328 WA,
- Land line 0413 2622063 Auromode (Opposite of CSR)

Sutha for Aurodent

AYURVEDA TIPS FOR RAINY SUMMER



Late summer, with its amount of rains, brings lots of humidity and dampness in the air that affect the body and its Dosha in many different ways: Pitta ferments and shows signs of acidity, bloating, inflammation or strong body odour, lots of stagnation and retention felt in the digestive tract. Emotionally unhealthy Pitta becomes bitter, impatient and frustrated in the mind or the heart. Vata gets cold and makes the joints more painful with an irregular digestion and bowel movements and mind might be imbibed with anxious thoughts, worries or lack of concentration.

We can help ourselves with the following recommendations:

With the food

- Eat only when hungry and eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc)
- Eat green leafy vegetables, take light dishes made of mung dal, vegetable soups... all pulses and dal are good when cooked with spices (all spices are good apart from red powder-chilli powder)
- For non-vegetarian, eat white meat or small fishes
- Drink warm water all day long (especially when there's a sore throat)
- Dinner should be light and taken 2 hours before going to bed
- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Ghee used for cooking and Sesame and Olive oils for dressings
- Chew some neem or Tulsi leaves

Some immunity enhancers

- **Giloy/Guduchi** (*Tinospora Cordifolia*), a very good immune regulator; 1 tsp of powder morning and evening in warm water
- **Amalaki** (Amla): full of vitamin C; consumed fresh if available or in powder
- **Turmeric**: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- **Tulsi** (*Ocimum Tenuiflorum/ Sactum*): for the lungs, fresh leaves in warm water
- **Ashwagandha** (*Whitania Somnifera*): immune regulator and calming the nervous system; 1 tsp morning and evening in milk or warm water
- **Ginger—Turmeric—Black pepper** powders (Be No1): improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
- **Tulsi—Cinnamon—Amla—Ginger—Turmeric—Black pepper** powders (Be No3): as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it's preventive, 3 times a day before food if there are symptoms
- **Saffron, aloe vera, licorice** herbal infusions
- **Chyavanprash Avaleha**: 1 tsp in the morning with breakfast

Special treat for joint pain and inflammation

- **Shallaki Cream or Oil mixed with Castor Oil** (Eranda Tailam): massage twice a day the painful joint, it's a painkiller and anti-inflammatory
- **Rosemary Essential Oil**: 1 or 2 drops with the massaging oil and apply locally. It's anti-inflammatory
- **Shallaki Tablets**: for arthritis, muscular pain, joint inflammation
- **Triphala Guggulu Tabs**: to reduce bloating, swelling, inflammatory conditions, 1 or 2 tabs per day before meals (use for short period)

In the activities

Help Pitta and Vata to be centred and grounded:

- Be grounded in the heart or abdomen with Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Keep warm, take warm showers, cover your neck from chilled breeze
- Gargling with salty water if sore throat
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril once a day
- 4-5 drops of Castor Oil in the belly button followed by slight massage around the umbilicus at bed time
- Fragrances: sandalwood, rose, jasmine

Let's be all well, happy and healthy. *Be for Santé Clinic*

International

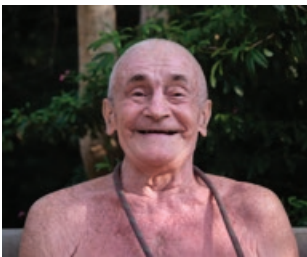
INTERVIEW OF GOUPI

By François Gautier and Rakhal

Presented by the Pavillon de France

Friday, 12 July, 5pm @ Cinema Paradiso

*In French, simultaneous translation in English
(20 headphones)*



"Great souls live within Auroville and sometimes we are not even aware of it. Definitely Guruprasad (as named by the Mother, otherwise known as Goupi), was such a man.

Some of us may have thought that his ever smile, over enthusiasm, constant 'Jai Ma', were sometimes slightly forced, but

the truth is that it was Goupi's VERY nature and we have rarely seen him angry or negative.

Of course, when we age, our atavisms, whether from this life, or past lives come up stronger and we lose some of the light and psychic touch of our youth, but Goupi continued to smile and we saw him often sitting like a yogi on the stone in Pitanga.



Auroville does not honour enough its elders as it should.

Rakhal and I did a an extensive interview of him when he was in his prime. Come and see: Goupi shines through it like a beacon of joy and positivity!"—François Gautier.

Submitted by Vivekan

CO-WORKING SPACE!



New co-working space !

- Mon 8:00AM to 12:00PM
- Tues 8:00AM to 12:00PM
- Thur: 8:00AM to 12:00PM

GOOD 20 FREE
WiFi Chairs Tea

The **European House** is pleased to welcome you in its co-working space. Come benefit from our wifi and the quiet of our place to focus and get your work done!

Free contribution, Help us pay our internet bills and improve the place! Come enjoy the quiet of our conference room 3 mornings a week! **A place you can privatize!** Do you need a place to host a meeting? A workshop? Or any other group activity: Send a request and book the place!

Marie, +33 695524430,
european.house.auroville@gmail.com

A TREE AND A BOY

Presented by Korean Pavilion

12 July, 11am and 7pm @ CRIPA



A Tree and a Boy

12 JULY | 11.00 a.m. and 7.30 p.m.

FOR CHILDREN AGED 4+ AND FOR ADULTS

Non - Verbal (50 min)
theBEFU Company, South Korea
Directed by: LEE MIHEE

VENUE: CRIPA AUDITORIUM, AUROVILLE.

A visually and aurally strong non-verbal puppet production that juxtaposes the lives of a boy and a tree to unveil the mystery and magic of existence.

Presented by:  InKo CENTRE

In association with:  **KOREAN PAVILION**
KOREAN EXHIBITION 2015

Submitted by Mint

Business Activities

BHARAT NIVAS INVITES

Arts and Crafts

Dear Aurovilians, Bharat Nivas invites individuals and activities interested in putting up art, craft, and food stalls in our Pathway and exhibitions and artwork in Kalakendra.

Please write to us at bharatnivas@auroville.org.in or contact our Trustee Janmejaya at 8249335483.

Monisha, BN Team



Music & Arts


BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE


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



Bharat Nivas presents

Mānushī
on a quest
Bharatanatyam
By Radhika Shetty



Scan for Location
07:00 pm
19th July 2024
Venue:
SAWCHU,
Bharat Nivas, Auroville

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

[See more on Page 81](#)

Submitted by Monisha

KALABHUMI Goes LIVE!
A Live Concert event powered by Sunshine Music - Unit of Auroville Foundation



G@WWLI

Book your seat here!


Visitors from outside Auroville? fill the form!




StarFish
a Kalabhumi Music Studio cover band ft;
Kirtana, Shanks, Alex, Santosh & Edo

 KALABHUMIMUSICSTUDIO.AV

 AUROFILM

 OGB

**FOOD
DESSERTS
BEVERAGES**

 Parking only at
Gaia field / Cripa
back entrance

 drugs/alcohol prohibited

Submitted by Edo

Multiple Activities





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



REGULAR WORKSHOP, CLASS & EXHIBITION



MONDAY to FRIDAY
 06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall



TUESDAY & THURSDAY
 06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall



MONDAY, WEDNESDAY & FRIDAY
 06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall



TUESDAY
 04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library



FRIDAY
 11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library



WEDNESDAY
 05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall



MONDAY TO SATURDAY
 09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY



09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra



09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)



09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Dance Activities



AUROVILLE
TANGO
 New batch starts
 the first week of each month

MON	WED
<p>19:00 Introduction to Tango</p> <p>20:00 Opensource</p>	<p>19:30 Guided Practica</p> <p>20:00 Practilonga</p>



Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- **Monday**
 - 7pm—Introduction to Tango, 8pm—Open Source
- **Wednesday**
 - 7:30pm—Guided Practica,
 - 8pm—Long Practice

No partner required. Bring socks or dance shoes.

And plenty of joy!

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

Maud

DANCE CLASSES by Mani

Salsa Dance Class



A poster for a Salsa Dance Class. The top half features a photograph of a man in a purple shirt and a woman in a white top dancing together in a studio. The bottom half is a dark blue banner with white and orange text. On the left, it says 'Choose your Dance' with a list of four options: Bachata Dance, kizomba Dance, Salsa Dance, and Tango Dance, each preceded by a checkmark icon. Below this is an orange button that says 'Register Now' and a WhatsApp icon followed by the number '+91 86376 33696'. At the bottom left is an Instagram icon followed by the handle 'Bakisata_dance'. On the right, the text 'SALSA DANCE CLASS' is written in large white letters. Below that, it says 'Tuesday salsa class 6:30 pm' and 'Saturday workshop 7:0 pm'. At the bottom right, it says 'New creation, dance studio' and 'Embrace the Rhythm and Let Go!' in green.

Choose your Dance

- ✓ Bachata Dance
- ✓ kizomba Dance
- ✓ Salsa Dance
- ✓ Tango Dance

Register Now
+91 86376 33696
Bakisata_dance

SALSA DANCE CLASS

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

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

Tango Dance



A poster for a Tango Dance class. The left side has a yellow background with black text. It says 'MONDAY' in large letters, followed by 'Beginner 6:30 to 7:30 pm' and 'Intermediate 7:30 to 8:30pm'. Below that is 'FRIDAY' in large letters, followed by 'Workshop 6:30 to 7:30pm' and 'Open practice 7:30 to 8:30pm'. At the bottom left, it says 'Auroville, cripa' and 'CONTACT US BY' followed by a WhatsApp icon and the number '+91 86376 33696' and an Instagram icon followed by the handle 'Bakisata_dance'. The right side features a circular photograph of a man and a woman dancing tango. The text 'TANGO DANCE' is written in large white letters over the top of the photo.

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

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

Auroville, cripa

CONTACT US BY
+91 86376 33696
Bakisata_dance

TANGO DANCE

Submitted by Mani

A CALL TO CO-CREATE Multidisciplinary Improvisation Lab

Thursdays, 5—7pm
@ CRIPA Small Hall

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

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

Discover the boundless potential of collaborative improvisation



A poster for a Multidisciplinary Improvisation Lab. The top half has a red background with white text. It says 'A CALL TO CO-CREATE' in small letters, followed by 'MULTIDISCIPLINARY IMPROVISATION LAB' in large letters. Below that, it says 'THROUGH DANCE, MOVE, VISUAL ARTS, POETRY, SPOKEN WORD, THEATER, AND MUSIC'. The bottom half has a black background with white text. It lists the same seven bullet points as the previous block. At the bottom, it says 'THURSDAYS 5PM TO 7PM CRIPA SMALL HALL' and 'DISCOVER THE BOUNDLESS POTENTIAL OF COLLABORATIVE IMPROVISATION'.

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

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

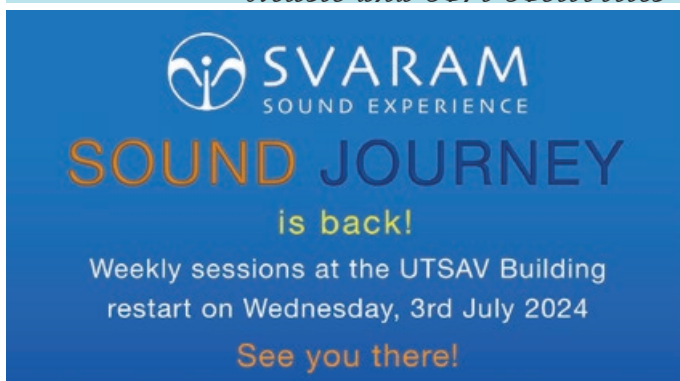
THURSDAYS 5PM TO 7PM CRIPA SMALL HALL
DISCOVER THE BOUNDLESS POTENTIAL OF COLLABORATIVE IMPROVISATION

Submitted by Krishna



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

Music and Art Activities



For details please scan the QR Code or click this link:
• <https://svaram.org/sound-journey-the-atelier/> Zech



Dear unit-holders, well-wishers and fellow community members in Auroville, our community of musicians and collaborators at Kalabhumi Music studio, has been organizing Live music events featuring Auroville musicians and the likes from the Bioregion and other parts of India.

With the aspiration to build a thriving live music culture in Auroville, that develops as a platform for musicians to curate their music and grow, we are on the lookout for sponsors and patrons who believe in what we are doing, and would like to join us on this collective musical journey. You can follow us on Instagram and Youtube for a recap of our programmes and upcoming events. Links and contacts below.

KGL Organising Team, Mehul & Edo
+91 9843893852, mehulk_no@auroville.org.in
[@kalabhumimusicstudio.av](https://www.instagram.com/kalabhumimusicstudio.av)

CREEVA ART ACTIVITIES

Centre for Research Education
Experience In Visual Arts



Our Art Activities:

- **Watercolor Landscape** by Sathya
Wednesday 5—7pm.
- **Figurative Drawing Session**
Friday 5—7pm.
- **Root Of Art** by C. Sivacoumar to know the basic value of art, contact: +91 8870129626
Saturday 4:30—6:30pm.
- **Portrait by Sathya.** All art lovers! Looking for a unique and personalized portrait experience? I'm offering live portrait sketches and paintings done within about 30 minutes of your sitting. Capture your essence in a beautiful artwork. Let me know to book your session.



Open Studio is a creative space where individuals can explore various forms of visual art, such as Printmaking, Drawing, Painting, Recycled art, Installation, Collage, Sculpting, and more. Art supplies are provided, and you are welcome to stay as long as you'd like during your session. A facilitator will be available if you need assistance.

- The studio is open from 12:30 to 4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in advance, contact Abi +919042058981.

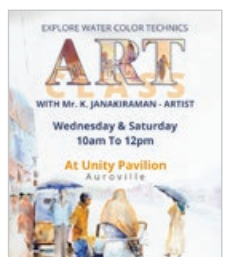
CREEVA Studio, Creativity Community
sathyacolour@auroville.org.in, +91 9486145072 WA,
Sathya

EXPLORE

WaterColor Techniques

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

Submitted by Arun



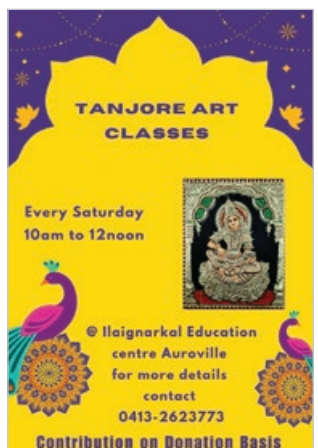
TANJORE ART CLASSES

Every Saturday,
10am—12noon

@ Ilaignarkal Education Center

Tanjore paintings hold cultural and religious significance, originating in Tamil Nadu, India. They depict Hindu deities and mythology with vibrant colors and intricate details. The use of gold leaf adds opulence, reflecting the region's artistic heritage. These paintings serve representations of South Indian art, preserving traditional techniques and contributing to the rich tapestry of India's cultural history

- For more details contact
0413 2623773
- Contributions on Donation Basis



Submitted by Ayyanar

LIGHT FISH Professional Photography Studio

Photography Services

- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

Samvit Blas, Light Fish,
9442526287,
sales@light-fish.com



Sports & Martial Arts

SWIMMING CLASS BY MANI

Swimming class

Swim to Serenity: Waves of Strength!

Watersport_mani

Book Now

+91 86376 33696

20% Swimming class only

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

Package swimming class

KSHETRA KALARI, ASPIRATION @ Aspiration Sport Ground

- **Kalari Class 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 apointment, 9042009200, Maneesh



Where Body Becomes Eyes, Maneesh For Kalari Team

TAI CHI CLASSES

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7:30—8:30am: Chi
 - 8:30—9:30am: Form
- **Tuesdays—Fridays**
 - 7:30—8am: Chi, 8—9am: Form

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- **Our next beginner's intensive: 5—24 August**

taichi.auroville.org, taichi@auroville.org.in
Warmly, Krishna



AIKIDO NEWS UPDATE

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. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.



Adult classes

The Aikido group at Auroville Budokan (Dehashakti) welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice! So, we are happy to share our schedule:

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

To progress with the practice and feel its benefits, all students are encouraged to be regular and attend a minimum of 2 classes a week.

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue. We have some in stock and can lend them out.

Your Health Fund or private insurance are required, as well as a reasonable contribution for AV Budokan (SAILER) are requested. Non Aurovilians will contribute per class or monthly according to status in Auroville (see the teacher in charge). For children classes please see separate announcement.

- **Contact for more info and registration**

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

Auroville Aikido,

Registration of Children/ young students

- **School year 2024-2025**
- **Restart the year on Monday, 8 July**

Dear Parents, dear All,

- **Registration:** We welcome all students (new and the already registered ones) from 8 years of age (3rd Grade) to register for the Aikido classes. We restart the year on Monday, 8 July, on par with Dehashakti Sports. As you may know, classes take place at the Aikido Dojo at Dehashakti (the Auroville Budokan).

- **Attendance:** Students joining for the first time are given a one-two month trial period during which they can withdraw if they do not like or it is felt unsuitable for them at the moment. Then to integrate and progress with the practice, students of all ages are expected to be regular and attend at least 2 classes a week out of the 3 offered.

As in any school, a whole year commitment is required; presence is noted down and submitted monthly to the School Board/representative; parents are expected to communicate with us in case the child is/will be absent. Evaluations (kyu passage) will be held once or twice during the year, and possibly a workshop with (an) invited high-ranked Aikido master(s) will be organised if funds are available...

- **Timing:** Monday, Wednesday and Friday from 4 to 5 pm (for the time being no Saturday 9 to 10 am class are offered. Let's see later this year if it is possible for us to organise it...)

- **Practice outfit:** In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue the practice. We have some in stock and will lend them out. Nandini can also make the keikogi for your child if needed and if you are a participant to the service.

- **Note:** Please return the keikogi (with the belt!) to the Budokan if your child has stopped or if it needs to be changed. They will be re-used!

Conditions:

1. Please note that all students need to be part of the **Auroville Health Fund or insured** by a personal insurance.
2. We are maintaining the Budokan/Aikido Dojo ourselves (without city budget) and therefore all students (and the teachers too!) are asked to contribute Rs. 1650/- as an annual contribution, to be deposited in the Aikido/ Budokan Account **#252731**. Thank you for your attention to this. The annual contribution will need to be transferred shortly after the beginning of the school year, or after the successful trial period (August/ September).
3. A monthly contribution is asked from non Auroville children. For information, AV Budokan is a sub-unit of SAILER.

- **Contact for more info and registration**

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

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

ABHAYA MARTIAL ARTS RESTARTING

Dear Community, Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Brown belts (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**; a martial art academy recognized by the Olympic Committee.



Our regular classes

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

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

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

Giacomo

ULTIMATE FRISBEE

Regular Sessions

- Wednesday, Saturday,
4:30—6:30pm @ Gaia Field

No prior experience needed!

*Selvi for Ultimate Frisbee
Auroville Women's Team*



BHARAT NIVAS PRESENTS

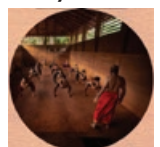
Kalaripayattu Class

in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bharatnivas@auroville.org.in,
office: 0413 2622253

Monisha for BN Team



GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

We started a girl's football team in Dehashakti. We are training every Wednesday at 5:10pm, already 10 girls. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details

Beber



KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

Nature Activities

EDIBLE WEED WALK

Saturday, 13 July, 7:30am

**A little bit of rain,
trigger a lush growth
Let's Go for a Walk**

Saturday, July 13 th
7:30am to 8:30am (8:45am max)

Registration w/ contribution is required (min 8 max 10 in this walk)
Registration deadline : Friday, 12th @ noon

Location of walk within Auroville will be decided and shared with the registered participants on Friday evening

Contribution :
Rs. 500/person (for all).
Rs.350/person for Aurovilian and SAVI-registered volunteers

Contribute only by : FS Account # 251937 or by UPI (scan QR code)

If walk is cancelled contribution will be returned within 2 working days using same payment method used

WhatsApp +91 98409 36907

Edible Weed Walk @ NinaS

Tamil Nadu is experiencing a wet summer. Wettest in 20 yrs it seems. This regular sprays may not last for long, but enough to encourage some lush growth in wild weedy plants. Inspired by this rain announcing this special Edible Weed Walk on **Saturday, 13 July 2024 at 7:30am.**

- To join you would need to pre-register w/ contribution only through **FS Account #251937** or via the UPI QR code on the poster.

The walk will be at an easily accessible location within Auroville. Exact location will be decided after the registration closes. Registered participants will be informed. The walk will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.


However if the registration doesn't reach a minimum of 8 people, or if it rains at 7am on Saturday, 13th, the walk will be canceled and by or before 10th all contributions will be refunded using the payment method used within 2 working days.

Submitted by Nina

A HERBAL MEDICINAL PLANTS COURSE

For Beginners

Monday—Friday, 9—11:30am



AN HERBAL MEDICINAL PLANTS COURSE FOR BEGINNERS

MARTUVAM HEALING FOREST

Discover 35 medicinal plants and their health benefits to support your health and well-being.

Workshop Highlights:

- Curriculum**
Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.

Martuvam Healing Forest

Discover 35 medicinal plants and their health benefits to support your health and well-being.

No prior experience necessary

Workshop Highlights

- **Curriculum:**
 - Learn how to identify the herbal medicinal plants and the names of the plants in 4 languages.
- **Expert Guidance:**
 - Guided by 20 years experienced herbalists Shivaraj (Nutritionist), Dr. Geeta Auropremi MD, and Sylvie Roques.
- **Contact Us:**
 - martuvam@auroville.org.in,
 - +91 9345454232 call/ WA,
 - @ Alankuppam.

Submitted by Shivaraj

FOOD FOREST TOUR & Mini Raw Food Workshop



FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden!
We will take a look at local foods and you will get an idea on how to start growing your own food.
Come and connect with nature and learn about healthy and sustainable food options
This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious **VEGAN ICE CREAMS** and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)
for groups of min 5 people it can happen any day of the week

Sign up and infos whats app Sarah 9047421044
myfoodforestgarden@gmail.com
myfoodforestinfo.wordpress.com
www.youtube.com/myfoodforest

Submitted by Sarah



terra soul
@ AUROVILLE
Permaculture 360°
Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?
Join us
Saturday from 11:00 AM to 1:00 PM
for an immersive tour of our permaculture farm in Auroville!

- ✓ Guided tour of our lush permaculture farm
- ✓ A chance to connect with Nature and like-minded communities
- ✓ Delicious farm-to-table lunch made from our fresh harvest

CALL & BOOK A TOUR NOW
📞 **JUAN - 9443434182**
📷 **terrasoul_community**

Every Saturday, 11am—1pm @ Terra Soul

Join us every Saturday from 11am to 1pm for an immersive tour of our permaculture farm in Auroville!

What to Expect: Guided tour of our lush permaculture farm, hands-on experience with sustainable practices, delicious farm-to-table lunch made from our fresh harvest, a chance to connect with Nature and like-minded individuals

- **Auroville Contact:** Juan 9443434182
- Limited spots available!

Register now to secure your place before coming and step into a world of sustainability.

Follow us on Instagram **@terrasoul_community** for more updates and glimpses of farm life!
Juan

Bioregion Activities



Tours

Sound Bath

Fireside Drumming

Instrument Workshop

Cooking Class

Pottery Workshop

+91 9159468946, enlight@auroville.org.in



Astanga Yoga



Deep Tissue Massage



Sound Healing



Dance Movement



Karalakattai

+91 91594 68946

enlight@auroville.org.in

Arun, Anand and Balaji

AUROVILLE BAMBOO CENTRE July Program 2024

Tours

Bamboo Centre Campus Tour

- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.



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.

Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm, Every Saturday

Book your slot and enjoy our delicious Bamboo special lunch featuring a variety of fresh, local and organic ingredients. Reserve before Friday afternoon to secure your spot.

***Note:** People are requested to Manage their own transport & Contribution for the tour is mandatory.*

Training and workshop

- **Daily Make and Take Hands-On Workshop Experiences**

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs 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.

One-Day, Make and Take Workshops

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Registration one day in advance.



Furniture Workshop

This immersive learning experience offers the opportunity to learn the fundamentals of Furniture Construction and then MAKE AND TAKE the furniture piece back home. This unique workshop will take place under the guidance of an expert.

Bamboo Lampshade

Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.

3 Hours Make and Take Workshops

- 10am—12:30pm or 2:30pm—5pm
- Every day except Sunday
- Walk-in registration available



Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.

Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.

Bamboo Planter

Come and learn to make your own Bamboo Planters at Bamboo Centre and take home your own hand made Planter at the end of the workshop.

Upcoming Workshops & Camps, July 2024

Bamboo & Wood furniture Workshop, Intermediate Course

- 13—15 July, 9am—5pm

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Geodesic Workshop, Advanced Course

- 27—29 July, 9am—5pm

This workshop focuses on where you will learn how to design and build a Geodesic Dome using bamboo.

The Bamboo Geodesic workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Auroville Bamboo Summer Camp

- 15—20 July

Join us this summer for an unforgettable experience at our Eco-Living Summer Camp! Dive into the world of sustainable living, learn the art of bamboo furniture and construction, and immerse yourself in the beauty of eco-friendly practices.



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

Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org

or +91 8300949081, 0413 2623806, 2964727

Flexible training dates offered to groups

- **Contact:** Voice call and WA: 8300949081, <https://aurovillebamboocentre.org/>

Balu

MOHANAM, SOUL OF SOIL, JULY 2024

Conscious and Cultural Tour,
Workshops & Therapy, Auroville Bio
region hub for art, craft and culture
to bridge and promote
Local Tamil culture.

*Touch, Ride, Feel, Taste, Hear,
Discover, Experience, Tours*





MOHANAM

Celebrate
International Moon day with

Nila Soru

Cherish your Evening with

1. Authentic Moonlight Dinner Experience among Trees
2. Organic Healthy Food
3. Nostalgic Moments with Moon
4. Poetic Lines and Talk about Nila
5. Entertaining Games

on **July 20th**

**0413-2190757**
0413-2622667

**+91 83009 49079**
+91 94883 63729

**6.00pm to 8.00pm**

**Mohanam Campus,**
Isai Ambalam Road, Auroville.

Book Now

*Participation by advance bookings only

Tours

- Advance booking is necessary
- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sundays

Auroville Northwest Tour

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

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

Mohanam Campus Tour

- 10am—4pm, every day except Sunday

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, bio region art and craft centre, Lively one village boutique with products by bio region village artisans, Saree & Veshti library, herbal tea.

Make and Take Workshops

- One day advance booking is necessary
- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sunday
 - Pottery making _____ 1 hrs
 - Kolam Mandala Painting ____ 2hrs
 - Coconut shell craft _____ 3hrs
 - Incense Making _____ 1 1/2hrs
 - Lampshade Making _____ 3hrs
 - Paper Marbling _____ 1hrs
 - Candle making _____ 1 1/2hrs
 - Soap making _____ 2hrs or 1 day

Classes

- Cooking Class,
10am—12:30pm, every Saturday
- Saree and Veshti Experience
10am—4pm, every day, except Sunday

Auroville Bioregion Experience with Mohanam Team

- Village Tour _____ 3hrs
- Munnur & Perumukkal visit _____ 6hrs
- Salt Dune & Kaluveli Tank Visit _____ 6hrs
- Bio-region Village Temple Tour _____ 6hrs
(Irumbai Shiva Temple & Panchavadi Hanuman Temple)
- Navagraha Temple visit _____ 3hrs
(Moratandi Navagraha Temple & Prithyangara Temple)
- Wood Fossil Visit and Quarry Shower ____ 6hrs

All above activities one day Advance booking is necessary

- Contact: preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667
- 10am—4pm, every day except Sunday

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services (Aurunachala—Auroville): Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience

For more information, contact us:

- Preferred mohanamorogram@auroville.org.in or 8300949079, 04132190757, 04132622667

Balu for Mohanam Centre

TOUR TO THIRUVANMALLAI



Again, starting a tour to Thiruvananthapuram, every Tuesday. Leaving at 6 or 6:30am from visitors center back at 6:30pm.

To register: 9090819998 WA. Arabinda



Retail Store



Products



Workshops



Skilling

+91 9791896488, egai@auroville.org.in.

Anand

Craft Activities

WELLNESS WOODCRAFT: Carpentry & Wooden Craft Workshops



Fri
&
Sat

DIY WOODWORKING

AGE: 15+ DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

**MAKE & TAKE WORKSHOP
Kitchenware & Home Decor**

(Bowl, Chopping Board, Rolling pin, Candle & Incense holder)

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



SPOON CARVING WORKSHOP

BEGINNER LEVEL

Basics of wood & tools
Marking & cutting
Shaping with hand tools
Sanding & finishing

Age: 15+

**2 Days
Make & Take
workshop**

WELLNESS WOODCRAFT AUROVILLE

*Every
Wed & Thu*

DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

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



DM to Book spots: 9952589649
wellnesswoodcraft@auroville.org.in

Age: 15+

Mon & Tue

WOOD JOINERY

BEGINNER LEVEL

Mortise & Tenon
Half-laps
Bridle Joints
Hand & Power tools

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

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

PAPER CRAFT WORKSHOP @ Wellpaper, Auroville

10am—4pm, every day except Sunday

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

- Contact Zeevic, +91 9385744722, 0413 2969722

Zeevic



Available

X-Pulse 200 CC EFI—BF6 motorbike

Available X-Pulse 200 CC EFI—BF6 motorbike, September 2021, 7500 km, first owner, very good condition & good price. Contact: phil.av@philome.mooo.com or 8300189062 (no WA), 0413 2622037 or 2623813



Surya

Office Spaces Available: Aurelec

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



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

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

Siva for ADPS Trust

Office Space Available: Auromode

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



Interested people may contact

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

Pandian

Offering House & Pet Sitting

We're a married couple from Europe with a love of nature and animals big-and-small. We've been housesitting for the past 3 years and will be returning to Auroville for the fourth time from mid-December 2024 until April 2025 and are available to house sit for you and your pets.



- Contact us at benkatrin@nomadicwanderers.world and read more about us at nomadicwanderers.world

Ben & Katrin

Twin Size Bed Available

Twin size bed, silk cotton mattress, coconut choir separate base mattress, four silk cotton cushions, two yoga size cotton mattresses all in good condition!

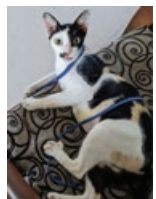
- Contact mobile 8072449091, **Grace**

Looking For

Calico Cat Needs a Home

Hello, can any animal lover give an indoor-outdoor home to a beautiful young calico cat, female, 1-2 yrs, operated? Very playful and feisty personality. Leaving for Europe.

Thanks, Allie
9751395232, phone/ WA



Vikas Community is looking for a full-time gardener

Given the next retirement of our gardener who has worked here for over two decades, Vikas Community is looking for a full-time gardener. English communication skills are required. Please get in touch with Gali: gali@auroville.org.in



Gali

Deepanam School is looking for full-time gardener

Deepanam School is looking for a full-time gardener to maintain the school campus. Work timings: 8am—4pm, Monday to Saturday. To know more, contact

- Kamala: 9442067030 or Anu: 94888 26660.



Shaalini for the Deepanam Team

Part-Time Nanny Needed

We are seeking a female for our 10 months old.

Job Description: Engage in playtime activities, ensure the baby's safety, 4 hours a day. If you are interested, for more details please contact: 9042457622.



Sivaoli

Help Needed

SUPPORT FOR GIUSEPPE

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

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

Shivaya and Enrica

SEEKING EDUCATIONAL FUNDING

Dear friends, My name is Mithila, born and brought up in Auroville. I have passed my 12 grades at New Era School in Science stream academic year 2023-24 batch.

After a lot of thinking, research and discussions I have decided to take up Bachelors in Pharmacy at Sathyabama College in Chennai.

Both my parents have been giving their service to Auroville for the past 16 to 26 years. My mother Nirmala is a teacher at Isai Ambalam School and my father Kumar is working with Farm group. Currently our family is being runned by one maintenance worker that is from my mother. I have an elder brother who is also studying at MGR University Chennai in his final year of Bachelors in Physiotherapy. To support both of us for our studies my family has been facing issues financially.

After several searches over colleges that have a good facility to facilitate my studies. So I decided to pursue my course in Sathyabama College Chennai. The fee structure for my course is as following,

- Course Name: **B.Pharm.**
- Fee per annum: **Rs.2,50,000**
- Fee for the entire course: **Rs.10L**
- Hostel Fee per annum: **Rs.1,20,000**

Since my brother's studies were supported by SEF, so I had reached out with a request for financial support, they have offered to support my study with **Rs.1,50,000** with which I have managed to confirm my admission at Sathyabama College.

With this I would like to reach out to my fellow Aurovilians to cover the balance fee for my course and the hostel fee, even a small contribution is most welcome and much appreciated.

I am sure that my studies will be helpful for Auroville in the coming future.

- Financial Service Account no: **251777**
- Account name: **Mithila study**

With lots of love & hope, Mithila, submitted by Vinith

THAMARAI LEARNING CENTRE

Needs Sports Equipment



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

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

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



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



Carla, for the Thamarai Team

Work Opportunities

SEEKING NEW CREATION GUEST HOUSE

Manager Assistant

We are looking for someone to help in New Creation Guest House—Manager Assistant



It is a very nice opportunity for someone looking for a long-time engagement. We are here in a very good position to work on our-selves and do our karma yoga. We are looking for someone to join the team on a long term. Full time work and maintenance available.

- **Must speak Tamil**

We are looking for someone having those qualities:

- Empathy and understanding (customer service oriented)
- Multi-tasking and multi skills
- Computer skills are a must
- Leadership and attention to detail
- Communication
- Operational and financial management.
- Having a sense of service work in Auroville, understanding values of AV.
- Flexibility in terms of work and timings

More details

- Perhaps **communication skills** are on the top of the list of what makes an excellent hotel manager;
- Having a **friendly attitude** is one of the most essential qualities of excellent hotel management.
- Having friendly and **professional** personal skills are truly a must. As a hotel manager, you are a role model;
- Having a **strong Auroville work ethic** is an essential quality in our list of qualities.
- **Hotel managers must be good organizers.**
- **Respect is everything**, in every field of work and, importantly, in hospitality.
- In an Auroville service—Karma Yoga oriented

To get in touch with us

- newcreationgh@auroville.org.in
- Or contact Beber 638563 5943

Beber

RIDER OPPORTUNITY AT DROPZY

Dropzy, a mobile app platform for Products and Services from in and around Auroville helping to deliver to its customers is looking for “Riders” to join its rider pool.

Dropzy has been steadily growing over the last 8 months since its launch and is at a stage now that it needs to increase its rider pool for efficient and timely delivery to its customers in Auroville and Pondy.

As a rider, you'll be alerted through our mobile app alert system when new orders arrive and if you are in a position to accept the order, you can accept the order to pick up and deliver it.

- This isn't full time work, if you are someone that can spare some of your time during the day (anytime from 8am till 10pm) at your convenience and want to earn some extra pocket money, then this is for you.
- Driving license for legally riding a two-wheeler is a must.
- Please get in touch with us by sending a WA message or calling the number 8098144686 for more details.

Sathish Arumugam For Dropzy
+91 8098144686, www.dropzy.in
Follow us on Instagram for updates



AUROFILM IS LOOKING FOR



a Graphic Designer/ Marketing person

Aurofilm is looking for a Graphic Designer/Marketing person, to create Marketing Material for their upcoming Film and Animation Courses and to spread the word about it via local PR and online marketing.

- Please contact us at 08300189062 (Surya) or 7517394469 (WA Abhijit).
- Compensation offers will be discussed upon meeting.

Surya

Honorary Voluntary

INTEGRAL MATHEMATICS SESSIONS

looking for an Assistant

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

Requirements

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



Working Hours:

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

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

Snehal

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day **from 7am onwards**, and have a vegan breakfast at **8:45am**.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

VOLUNTEER OPPORTUNITY:

English Teaching with Reach for the Stars

Sundays, 2—3:30pm

Reach for the Stars in Auroville is seeking English teaching volunteers for weekly classes held on Sundays from 2 to 3:30pm. If you're passionate about education and making a difference, join us in empowering students through English language skills.

- **Requirements:** Fluency in English, enthusiasm for teaching.
- **Contact:** reachavteam@gmail.com

Make a difference with Reach for the Stars!

Poovizhi

KUILAI CREATIVE CENTER

Seeks Volunteers

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
 - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact:

- kuilaicreativecentre@auroville.org.in
- or call us 8608473385 *Selva for KCC*

INSIDE AUROVILLE

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

Focus:

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

Contact Details:

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

Balaji

FARM SERVICE

is looking for Volunteers

Mondays at 10:30am, for an interview

@ Bhumika Hall, Bharat Nivas

Dear Friends, The Farm Service is looking for volunteers to serve in the farming sector. Interested candidates (Aurovilians) may come to the Bhumika Hall (Bharat Nivas) on Mondays at 10:30am for an interview.

Gino



AUROORCHARD: Volunteer and Learn Farming



 **AuroOrchard**

Volunteer and learn farming hands-on!

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce.

JOIN US! PLEASE REACH OUT TO US FOR ANY QUERIES!

MONDAY to SATURDAY
7AM TO 9AM and/or
9:30AM TO 12PM

EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

Nidhin for AuroOrchard team

Honorary Vountary Offering

SEEKING HALF-TIME MISSION

Dear Auroville Community, I'm Jeremie, a Newcomer since May 2023, looking for an afternoon half-time mission starting in August. My background includes:

- 10+ years in transportation and mobility management
- Experience in electronic sensors, data analysis, and statistics reporting
- Skills in customer service, team management, and administration
- Education in Wildlife Management and Project Management



I'm passionate about nature, wildlife, technology, and cultural exchanges. Currently working with Savi in the morning and YouthLink in the afternoon, I'll be available afternoons from August.

- If you think my skills could benefit your unit, please contact me at jefollet@yahoo.fr. I'm excited to explore new opportunities!

Jeremie

Foods, Goods and Services

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in **Utsav Complex**. And we would always like to provide you with fast and reliable service.



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

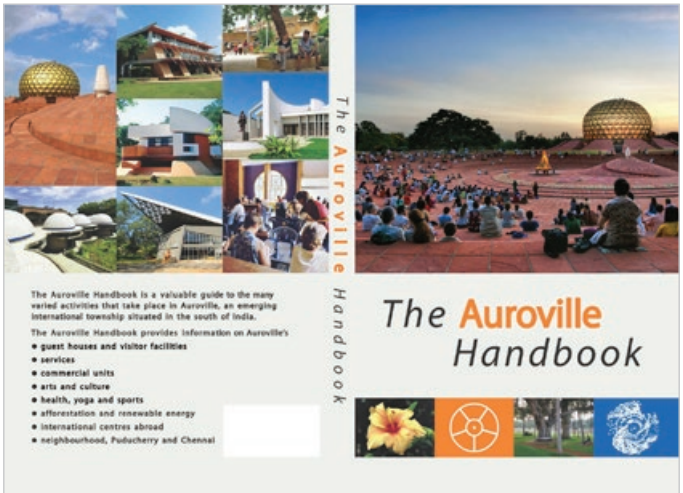
Contact Sarvam Computers

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

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

Submitted by Bala

AUROVILLE HANDBOOK



Dear friends, greetings from Prisma, Auroville!

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

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

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

Please contact us:

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

Franz for Prisma

BOOK BINDING

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

8940648542, Michel



SATURDAY FOODLINK MARKET

Saturdays, 10am—12:30pm

**FOODLINK
MARKET**

Fruits, vegetables,
milk & eggs
from Auroville farms

13th July
Saturday
10:00 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804



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

Dear community, we are organising a market weekly on Saturdays between 10am and 12:30pm. Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

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

REDUCED-PRICE MAROMA PRODUCTS



for all Aurovilians in the Outlet Store

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is

- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

See you there!

Jesse for The Maroma Team



Bella Vita

OUR DAILY BREAD & MORE!

Our opening hours will be 10 am to 9 pm
every day except Wednesdays



REACH US
Utsav Building, Auroville 605101 Tamil Nadu
0413-2972034 / 2622034 / 2623267
naturellement@auroville.org.in www.naturellement.in

10am—9pm every day except Wednesdays

Dear Auroville community, it is our great pleasure to share the opening of our new outlet Bella Vita on Monday, 1 July. You will find Bella Vita in the Utsav building, (just opposite the Vérité programs entrance.)

- **Our opening hours will be 10am to 9pm every day except Wednesdays**

In Bella Vita all Naturellement products will be available and an additional range of baked goods, as well as salads, ice cream and other delicacies! Since Bella Vita will be open up to 9pm, **Naturellement Garden Cafe will close at 5:30pm for the next month or two.** We'll keep you updated.

You are welcome to experience our new space; for a light meal, a refreshing drink, an ice cream and much more!

0413 2972034/2622034 /2623267

naturellement@auroville.org.in

<https://www.naturellement.in/>,

Chitra

HAIRDRESSER

Hairdresser. For you and/ or your child's next haircut: inspired, striving-for-the-perfect, 12 yrs young artist Ahana looks after you and/ or your child's hair and well being.

For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de



Ulrike

KINDNESS KITCHEN: MUMBAI SPECIAL

Sunday 14 July

10 am—Learning & Preparing, 1 pm—Lunch



Come learn, cook, eat, laugh, chat and make heart bonds with like-minded people.

Menu

- Vada Pav—A soft & crispy spiced potato dumpling (Vada) in a soft bun (Pav)
- Misal Pav—Sprouted lentils in a fiery misal masala, topped with crunchy farsaan and fresh garnishes.

Hosted at the home of Nirmala & Naresh: Pushpanjali, Kottakarai, Bioregion Auroville.

- To RSVP: [fill the form](#) or +91 9223379171 WA

Kindness Kitchen is an experiment in generosity and heart-felt connections. No prices, no strings attached.

Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala

ANITYA: COMMUNITY LUNCH

12:30 on Thursdays and Saturdays



Our community lunches are still happening during the summer! Contact Serena on WA to book one day in advance: +91 84897 60966

- Contribution required, (discount for AV/ NC & Volunteers)

See you at 12:30 on Thursdays and Saturdays in our community kitchen!

Nikethana for the Anitya team



GLOBAL ORGANIC TEXTILE STANDARD
GOTS - CERTIFIED
Organically certified

eco • femme

Monday to Friday 9 am to 5 pm
Auroshilpam 605 101, Auroville

ecofemme.org

f i y

Open House every Thursday, 10:30am

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

Mila



**CRAVING
SOUTH
INDIAN
FOOD ?**

Vegetarian & Homely Food

**Break-Fast,
Lunch &
Dinner Available**

**Open Monday to Saturday
(8.30 am to 9.30 pm)**

Open-Mic night at Yatra's 'Artiste Café' every Saturday
from 7pm to 9:30pm!

Artist Café
Near New Creation, Kulapalayam, Auroville.
2623071, 9786772209
yatraartistecafe@gmail.com

2623071, 9786772209,
yatraartistecafe@gmail.com, Yatra Srinivassan

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

B for Qutee Electric Scooter Service

TRAVEL NEWS FROM INSIDE INDIA

(Tuesday, 9 July 2024)

We are always open and ready to take the hassle away from you when it comes to booking your travels, be it in and out of India, as well as Inside India itself...

You name it, we do it: Flight tickets, Bus tickets, Train tickets, Travel Insurance, Visas, transport in Taxis, even some required nights of rest if that is the case...



Our door is open from 9:30 till 4pm.

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30 till 4pm, landline 2623030 (Monday to Friday). Saturdays on appointment only.

He can also be contacted anytime via mobile or WA:

- +91 9894598686 and
- by e-mail: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email:

- insideindia@auroville.org.in or
- insideindia@inside-india.com

Some current offers

- **Armenia** airways announces the commencement of its operation in India from Delhi to Yerevan weekly three days Tuesday, Thursday and Sunday.
- **Air India** has offer fare from Chennai to Milan, Copenhagen, London.
- **Ethiopian** airline offer one way business class from Chennai to Africa.
- **Etihad** airways offer fare is available from Chennai to Milan, Brussels, Madrid, Munich.
- **Malaysian** airways, Singapore airways & Thai airways special fare from Chennai to Seoul.
- **Air Vistara** special fare from Chennai to Frankfurt, Paris.
- **Oman** airways offer fare from Chennai to Milan, Munich, London.
- **Aeroflot** flight offer fare is available from Delhi—Moscow—Delhi.

Trip ideas

Looking for a weather change, why not Nepal, Kashmir, or Ladhak... and of course closer to Auroville, Kodaikanal is there too...

A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...

We are accepting both Indian and International debit and credit cards, as well as UPI IDs and QR code payments at our office. #Conditions apply. And of course transfer on our Financial Service Account are very welcome...

Travel Tips:

- **Several travellers were "boarding denied"** as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backed it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.
- **Indian nationals** can now be issued long-term, multi-entry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.

- **Srilankan Tourist Visa** 30 days single entry fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further notice. Indian Nationals can apply for E-tourist visa through the given link <https://www.srilankaevisa.lk/> Indian Nationals are entitled to visa exemption for the purpose of tourism and short-term business engagements, for a period not exceeding 60 days. Visa on arrival at the immigration checkpoints on arrival for the purpose of tourism, for a period not exceeding 15 days.
- **The Embassy of the Republic of Turkey** announces that Turkish authorities has commenced requiring the "Electronic Airport Transit Visa" (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.
- Thailand has extended its visa exemption program for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.
- Also, [this LINK will tell you](#) all that you need to know about Flight delays and/or cancellations.
- Finally, [this LINK can be useful too](#) in case you are traveling on your own... or not...

*Thanks a lot to all of you who already trusted us.
Have a great week...*

Priyal, Rima, Olivier for Inside India New Team

SURABHI SUPPLIES

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



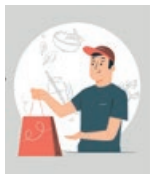
Contact us for all your procurement needs:

- surabisupplies@auroville.org.in
- +91 98438 46458 WA, Phone: Iyyappan

Let's simplify and optimize your sourcing process together!
Iyyappan, Surabhi Supplies

DROPZY

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc. Dropzy delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.



Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

- **Download link as shown below:**

[Android](#)

[iPhone](#)

[Desktop](#)



Stay tuned in to our announcements and the app regularly, for more updates.

*Sathish Arumugam for Dropzy,
+91 8098144686, www.dropzy.in*

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

- Office Landline
0413 2622295
- 9443090082/ 8098193820
- newwaves@auroville.org.in
newwavesauroville@gmail.com
- Office open afternoons only
Monday to Saturday, 2—5pm



Dhanda

RAPID CARE SERVICES

Dear Residents, we are happy to announce that Rapid Care Services have successfully completed one year. We began operations in December 2022. We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, DTH, Security Camera
Electrical Works	Wiring & Meter box, Lights, Switches & Sockets, Motion sensor.

- Contact: + 91 8270071581/ +91 7639810621
- Primary Email: rapidcare@auroville.org.in
- Secondary Email: rcsrapidcareservice@gmail.com
- Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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

South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi. Please book sessions in advance.

- Monday to Saturday, 10am—5pm @ Creativity.

Thai Massage

- Monday—Saturday, 9am—5pm.

To book massage sessions or for more information, please contact me personally.

Tailoring

We can tailor and customize any kinds of dresses, sari-blouses and kurtas.

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

Rupavathi Joy

FREESTORE
Invites you to Participate



Dear Community members, As many of you would know, the Freestore was conceived since the inception of Auroville. By divine grace, we at the Freestore continue to serve in the joyful spirit of free sharing as a community. We invite you again to be a part of our joyful journey together!

- You can do that by participating in our free exchange concept of items like clothes, accessories, and many more by giving what you don't use any longer and taking what you find useful.
- Volunteer your services by helping us check, display beautiful items, interact, care, and create in so many unique ways.

Do join, share and care along with us at the free store.

At her service, Kamala

Poetry

ROOM

*After it came in like a dark bird
Out of the snow, barely whistling
The notes father, mother, child,
It was hard to say what made us happiest.*

*Seeing the branches where it had learned
To stir the air? The air that opened
Without fear? Just the branches
And us in a room of wild things?*

*Like a shapeless flame, it flew
A dozen times around the room.
And, in a wink, a dozen more.
Into the wall, the window, the door.*

*You said the world turns to parts.
You said the parts are cunning spheres.
You said you always love the face of sin.
You said it's here, the lips and eyes and skin.*

*Outside the snow deepened
With heaves of discontent.
Inside, the tremor of our life
Flew in and in and in.*

David Biespiel

TILL THE HEARTLAND

*Till the heartland
Till it becomes
The Homeland.*

With joyful Gratitude, Anandi Z.

Voices and Notes

PSYCHIC BEING, JIVATMAN AND THE HEROIC VITAL

Sri Aurobindo distinguished between the soul progressing from life to life—the psychic being—and the eternal, immutable, divine soul and center. This essential soul or central being is the *jivatman*.

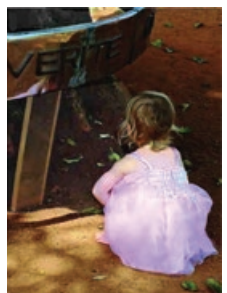
From my book “Becoming One—the Psychology of Integral Yoga”, 2018, fourth print:

“The psychic being was traditionally known in India as the *caitya purusha*, and it normally acts from behind while supporting the imperfect mental, vital and physical instruments, growing along with their experiences. The abode of the psychic being is located deep within, behind the heart chakra, the seat of the emotions, which generally find their origins in the mental and vital planes of being. In fact, in addition to the psychic being, the *Jivatman* or central being delegates a representative of itself on each level of being: the true mental being, *manomaya purusa*; the true vital being, *pranamaya purusa*; and the true physical being, *anamaya purusa*. So long as one lives an unreflective life, the being is organized around the mental, vital or physical purusa according to one’s predominant nature. Although the psychic being can be accessed through the inner mental, vital and subtle physical planes of being, it is reached most directly via the purified emotions of the higher vital.

There comes a time in the soul’s journey when the psychic being starts to cast its influence directly over each of the inner planes of being gradually psychicising their movements, until, at last, it comes in front. The psychic being is the leader of one’s deeper and higher movements and the source of the dynamic impulsion for individualisation, which eventually includes becoming conscious of its joining with the individual Self or Jivatman above. Thus, *“When the inmost knowledge begins to come, we become aware of the psychic being within us and it comes forward and leads the sadhana. We become aware also of the Jivatman, the undivided Self or Spirit above the manifestation of which the psychic is the representative here.”* [22:270] The psychic being is evolutionary, whereas the Jivatman is self-existent, forever the same. As Sri Aurobindo wrote, *“The psychic being... enters into the evolution, enters into the body at birth and goes out of it at death; but the Jivatman, as I know it, is unborn and eternal although upholding the manifested personality from above. [22:276]”*

At an advanced evolutionary stage, the psychic being determines one’s birth, choice of parents and educationists, environment etc. However, the psychic being remains dominant in children unless a mechanical mental education and most parents’ influence dry it up, hence the importance of a psychic education. Re-housing the students in a promising environment, the Mother also instituted the Ashram’s boarding. During her questions and answers sessions with the students there was no aspect of Yoga she didn’t discuss.

Psychic being and spiritual being are two distinct entities. People may have prominent psychic qualities without necessarily being spiritual; this was my repeated experience, in Italy as in Canada. But a quality that must be present for the psychic to pierce through is sincerity; this sets the tone right away: one is in, or is out. The Mother advocated sincerity till the end.



The spiritual transformation may not happen; whether at the Ashram or Auroville, very few are ripe. But the psychic opening, much before the psychic realization and transformation, is an absolute necessity; this is what the text *“To be a true Aurovilian”* is about. *Conditio sine qua non*, it is the basis of the ‘goodwill’ the Mother sets to be accepted in Auroville. Without psychic opening there is no beginning, and sincerity is the starting point.

Even if the spiritual being is not manifest and the psychic realization may happen much later, journeying through the psychic is sufficient to live according to Mother’s guidelines, spontaneously. But psychic conversion means psychicisation of all layers of being: mental, vital and physical. Of the three, conversion of the vital is the first necessity. Taming the crudeness of the low vital, the heroic vital is a tremendous tool; then the journey can safely proceed.

Paulette

CRADLE OF AN EPIC SUPRAMENTAL QUEST

Purpose. Without an aim human life is meaningless. And purpose as we can easily observe range from mediocre aims to epic quests. Here in Auroville the City of Dawn founded by the Kalki Avatar Sri Aurobindo and the Mother, it is obviously an Epic Quest:

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

"The aim of human life is to discover the Divine and to manifest It."

Auroville is situated in the bosom of Mother India the Guru of Nations, the sacred land of Yoga with the Divine. Thus without having a yogic understanding and a firm will to act as per our Core Vision-Goal of hastening the advent of the new apex species beyond the obvious limitations of Homo sapiens, one will be stuck forever in the painful churning of universal Nature trying to solve one's existential human problems with old, unconscious ways.

Here's Divine Guidance to anyone who wishes to participate in this Epic Quest:

"It is, in fact, a revolt against the whole universal Nature."

<https://incarnateword.in/agenda/12/december-11-1971>

"Auroville is intended to hasten the advent of the Supramental reality upon earth."

The help of all those who find that the world is not what it ought to be is welcome.

Each one must know if he wants to associate himself with an old world on the verge of death, or to work for a new and better world ready to be born."

* * *

"The first thing the physical consciousness must realize is that all the difficulties we encounter in life arise from the fact that we do not rely exclusively on the Divine to find the help we need."

The Divine alone can liberate us from the mechanism of universal Nature. And this liberation is indispensable for the birth and development of the new race."

Only if we give ourselves entirely to the Divine with total trust and gratitude will the difficulties be surmounted."

<https://incarnateword.in/agenda/13/february-1-1972>

The common understanding of True Aurovilians is that the Creative Power of the Divine is the Mother MahaShakti who is the Eternal Creatrix and Supreme Powerholder of the Cosmos. In the ongoing supramentalisation of universal Nature, only She has the Supreme Power to eventually transform us. Thus She is our Supreme Object of Yoga here in Auroville. We call this the Sunlit Path of Bhakti, the easiest and most joyful path.

Our early Aurovilians were guided by the Mother to build Matrimandir first which took 37 years to complete. Matrimandir is the symbolic Seat and Centre of the Supreme Divine Mother MahaShakti who summons some of Her more receptive children from all over the world, dynamically engaging as distinct archetypes to hasten the advent of the new apex species which will take many more generations. Our Three Core Ideals are our constant uplifting reminders to persevere on with this Divine Purpose:

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

In our current stage of development since Auroville's inauguration on 28 February 1968, the protection against infiltration and admixture seems to be the current pressing challenge based on the ongoing highly sensitive community issue of Land Consolidation. This is how the Mother foresaw the City of Dawn:

"What I myself have seen... was a plan that came complete in all details, but that doesn't at all conform in spirit and consciousness with what is possible on earth now (although, in its most material manifestation, the

plan was based on existing terrestrial conditions). It was the idea of an ideal city, the nucleus of a small ideal country, having only superficial and extremely limited contacts with the old world. One would already have to conceive (it's possible) of a Power sufficient to be at once a protection against aggression or bad will (this would not be the most difficult protection to provide) and a protection (which can just barely be imagined) against infiltration and admixture.... From the social or organizational standpoint, these problems are not difficult, nor from the standpoint of inner life; the problem is the relationship with what is not supramentalized—preventing infiltration or admixture, keeping the nucleus from falling back into an inferior creation during the transitional period.”

<https://incarnateword.in/agenda/02/july-18-1961>

Thus the very powerful players engaging and needed in the continued development of this Ideal City of Dawn that since its inception in 1968 to 1988 to the present has evolved to legally include the Government of Mother India administering and governing Auroville through Her Ministry of Education, with selected participants from more than 60 nations all over the world bringing in their unique contributions.

Collective life in Auroville is an intensely dynamic multifaceted evolutionary process, quite intense and nerve-racking for some of the yogic initiates at times, but is only proper to what is to be expected in the Cradle of an Epic Supramental Quest.

As Willing Servitors and Hero Warriors we consciously continue on in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti towards the envisioned Life Divine on Earth for all...

Zech, 2024.07.08

<https://zechjoya.blogspot.com/>

AN APPROACH FOR A CITY OF THE FUTURE

An approach for a city of the future is to structure building frames and local infrastructures: for living and working spaces for a high density of people, and integrated renewable clean energy and water systems. If the energy systems are not building and locally integrated, the energy and fuels come from outside. Sustainable clean energy and fuels coming from outside of urban and rural planning areas are feasible and there are some promising R&D accomplishments. However very few regions can deliver clean energy and fuels to urban and rural planning geographical zones. Countries and regions are still planning future development based on polluting and imported fossil fuels and government dictates sometimes do not support alternatives, even quashing sincere indigenous efforts.

Joel H. Goodman

Classes, Workshops & Healing Arts

LEELA THERAPY

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

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

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

- For more details see www.innersightav.org or contact Kardash on 9940934875 WA. **Kardash**





Ayurvedic Massage



Head and Foot Massage



Sound Healing



+91 97513 95939

QUIET HEALING CENTER



Watsu Yoga Round with Ellie & Fred

- **Thursday, 1 August, 3—6:30pm**

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and offers a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.



While immersed in warm water during the Watsu Yoga Round, your body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive feeling of well-being: body and mind become free to dance!

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

Watsu Basic with Fred

- **Saturday, 3 & Sunday, 4 August, 8:45am—6:30pm**

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and—ultimately—for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

OBA Basic—Liquid Joy with Fred

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

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



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

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

OBA 1—Fluid Body with Fred

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

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



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

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

WOGA (Yoga in Water) 1 & 2 with Pooja

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

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, and in floating position), pranayama and meditation.



Woga sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period; the difference is that you are in a warm water pool!

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

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

Watsu Basic with Pooja

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

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and—ultimately—for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

Guido for Quiet Healing Center, +91 9488084966

www.quiethealingcenter.info/

quiet@auroville.org.in

AUROMODE YOGA SPACE

July 2024 Schedule

Registration a must for all the programs.

Email or WA us to know about the fee structure and other details.

balaganesh.siva@gmail.com

+91 9892699804 WA only



Day	Time	Description
Monday, Friday	10am—11am	Mobility with Karalakattai
Every Friday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Every Saturday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
Every Sunday	5:30pm—7pm	Vinyasa flow Asanas, Pranayama & Meditation
July 10—13	5pm—7pm	Yoga Nidra -Theory and Practice
July 10—14	6:30am—9:30am, 10 am—1 pm & 5pm—7pm	5 day Auroville Yoga Festival
July 15, Monday	5pm—6pm	Kirtan Evening -Come—Chant together
July 16, Tuesday	5:30pm—6:30pm	Classical Tamil Music evening
August 1—22	6:30am—9:30am & 3:30pm—7pm	200 Hr Vinyasa Flow TTC

Vinyasa flow with Bala

- **Friday, Saturday, Sunday, 5:30—7pm**

Vinyasa Flow yoga is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels. Like to try them ? Join us.

Mobility with Karalakattai

- **Monday to Friday, 10—11 am**

Ready to enhance your flexibility and mobility? Karalakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karalakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

5 day Yoga, Meditation, Pranayama and Yoga Nidra Workshop

• 10—14 July, 6:30—9:30am, 10am—1pm & 5—7pm

Join us for a five-day meditation, pranayama, and Yoga Nidra workshop! In this workshop, we will have daily meditation, learning about various pranayama techniques, and exploring the theory and philosophy of Yoga Nidra and of course Asanas. Our intention is to bring you the best of the world through this five-day intensive workshop. This is a non-residential workshop, but if you need accommodation in Auroville for these five days, we can provide recommendations. DM to know more

Yoga Nidra - Theory & practice

July 10 to 13 - 5 00 pm to 7 00 pm

Yoga Nidra, also known as Yogic Sleep, is a state of consciousness between waking and sleeping, where profound relaxation and rejuvenation occur. Through guided meditation and deep relaxation techniques, you will explore inner tranquility and unlock your innate potential for healing and self-discovery.

✦ **Benefits of Yoga Nidra:**

- Reduce stress and anxiety
- Improve sleep quality
- Enhance creativity and focus
- Connect with your inner self
- Open for all levels

Rukmini - Dancer, Kalaripayatu practitioner completed her Yoga Nidra TTC from Bihar school of Yoga and taught this practice for many years in India & abroad.

Registration Must

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



Kirtan Evening

Kirtan Evening

July 15, Monday, 5 pm to 6 pm

Experience the soul-stirring melodies and rhythmic chants of Kirtan as we come together for an evening of devotion and joy. Immerse yourself in the uplifting vibrations of sacred mantras led by our experienced Kirtan leaders. Let the music transport you to a place of inner peace and spiritual connection. Whether you're a seasoned practitioner or new to the practice, all are welcome to join our community in this celebration of sound, music and spirit.

Bring your instrument and join us.

FREE ENTRY

All are welcome

Auromode Yoga Space

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



Classical Tamil Music Evening

Classical Tamil Music Concert

Auromode Yoga Space

July 16, Tuesday

Time- 5 30 to 6 30 pm .

Welcome to a captivating evening of Tamil music and soul-stirring songs from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvassagam, set to the melodious strains of "Tamil Pann". Prepare to be mesmerized as we embark on a musical journey that resonates with the depths of devotion and spirituality. Sit back, relax, and immerse yourself in the timeless beauty of Tamil music

Free Entrance - Donation suggested

Auromode Yoga Space -balaganesh.siva@gmail.com - WA + 91 98926 99804



Featuring Artist - Mr Deva, who has mastered classical Tamil music through attentive listening. Deva, will be accompanied by Mirudangam Mr.Poobalan Violin- Mr.Sathish

Auroville Yoga 200 hr TTC schedule

- 200 hours, 22 days, August 1—22
- 6:30—9:30am & 3:30—7pm
 - Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.
 - Yoga Philosophy of Patanjali and other texts.
 - Sequencing skills, subtle anatomy, mantra chanting
 - Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
 - Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
 - Introduction to Kalaripayatu, Animal flow,
 - Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited. *Bala*

MINDFULNESS

Miksang—a Mindful Photo Walk

- Saturday, 20 July, 8am—9:30am

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.



In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment—seeing, appreciating, comprehending, expressing, sharing—that is all there is. This practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

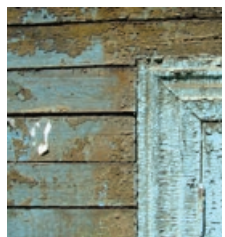
No prior experience (of anything) is needed. All you need is something to take photos with.

- The session will be led by Helen—a mindfulness teacher with a passion for Miksang.
- For details and booking message Helen on 7094753054 or visit innersightav.org

Mindfulness for Stress Reduction (MBSR)

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

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



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

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

FREEDOM OF THE BODY

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

We would like to thank all the participants who attended the wonderful 'Freedom of the Body' workshop at Harmony Hall in June. It was truly an amazing transformational experience for everyone. We experienced a dialogue with



the cells through deep meditation, deep relaxation and natural spontaneous dance. Many visualizations and exercises helped us to connect with the cells, listen to them and explore cellular memories. Cellular consciousness is definitely the last great and urgent adventure, as Mother said. It was a great joy for Thierry and I to welcome you, to share with you, to guide you in this adventure, with Mother's presence and blessings.

Special thanks to Bianca and Sajiv for their great support with the organization.

- **The next and new workshop Freedom of the Body** will be held 16, 17, 18 August, 9am—1 pm, @ Harmony Hall Bharat Nivas

It will be a joyful and wonderful experience in the powerful energy of Sri Aurobindo's birthday and Mother's blessings. The workshop is open to all. It is always a new experience with different programs.

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

*Philippe and Thierry,
Surya Performance Lab*

A SATSANG on the Integral Yoga



Tuesdays and Thursdays, 5:30—7pm

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville." —The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, or at an agreed upon venue in Auroville
- **By appointment only:** please call 8300191193



[Please click this link for details](#) or scan the above QR Code
Also check Zech's Weekly Sharings:

- <https://zechjoya.blogspot.com>

Or scan the QR Code on the right



Zech

VÉRITÉ

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

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



Workshops, Pre-registration required

Understanding Pranayama & its Practice in Asanas & Meditation with Radhika

- Friday, 12 July, 9:15am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Awareness Through the Body: Exploration of the Element Space with Amir

- Saturday, 13 July, 9:15am—12pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In this session, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way.

Food is Medicine: Lifestyle Health Practices with Parvathi

- Saturday, 13 July, 2—4pm
- Saturday, 20 July, 2—4pm

Learn about your body's constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Face & Eye Yoga: Face your Self with Mamta

- Saturday, 20 July, 2—4:30pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Taste Of Yoga @ Vérité

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with integrating principles to promote overall wellbeing.



Kathir for Vérité Programming

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga, Breath & Meditation Practice for Beginners	7:30am—8.30am	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30am—8.30am	Mani
	Open Heart Space Meditation	5—6pm	Samrat
Wednesdays	Pranayama & Meditation	7:30am—8.30am	Radhika
	Kirtan Songs for Your Soul (no class 3 July), contributions are voluntary	5—6pm	Mamta
Thursdays	Gentle Hatha Yoga	7:30am—8.30am	Ramya
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Restorative Yin Yoga	7:30am—8.30am	Radhika
	Face & Eye Yoga	5—6pm	Mamta
Saturdays	Sivananda Yoga	7:30am—8.30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Face & Neck Massage	Mamta
Biodynamic Craniosacral Therapy	Mila
Food is Medicine: Lifestyle Health Practices Consultation	Parvathi
Birenda Massage	Radhika
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Energy Healing Reiki	Vyshnavi
Holistic Foot Reflexology	Vyshnavi
Integrated Energy Healing & Holistic Foot Reflexology	Vyshnavi

Workshops (pre-registration required)



Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 12 July	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am—12pm	Radhika
Saturday, 13 July	Awareness Through the Body: Exploration of the Element Space	9:15am—12pm	Amir
Saturday, 13 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 20 July	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
Saturday, 20 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi
Saturday, 27 July	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 27 July	Food is Medicine: Lifestyle Health Practices	2—4pm	Parvathi

Integral Healing

Light of Ayurveda and guidance of Mother and Sri Aurobindo

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

Venue:
Bhumika Hall,
Bharat Nivas, Auroville



Workshop by DR. GEETA AUROPREMI

- Brief introduction of Ayurveda
- Swasthya, Aswasthya
- Dosha, prakriti
- Some herbs
- Lifestyle

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

Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle

Enquiry Contact Monisha +91 8489347454 **Monisha**



Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h

Experiences of previous participants

Because of the ecological problems humanity is facing, I didn't want to have children, but after this circle today, I do again. Guest

I'm very sensitive and I could feel the spirits of Mother Nature with us in this circle; very beautiful. Newcomer

This talking-stick gives me Power; and with great Power, comes great Responsibility. Aurovilian

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

Submitted by Nadim

ACROYOGA

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

Damien



ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular Activities, July

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



Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday by Appointment: 0413 2623767 antarcalli@yahoo.fr
Chinese Fire Cupping and Moxibustion Therapy	Chun	Monday to Saturday by Appointment 8098900708

Classes

Classes	Teacher	When
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday, 5:30—6:30pm, by Appointment: 7867998952

Ramana for Arka

TAO OF TEA



The Universe In a Cup of Tea, the unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.)

Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available.) Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a “once-in-a-lifetime” experience that will completely change your perspective on tea-drinking, especially if you are a tea lover.

The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- **Venue:** To be decided when you call to confirm your appointment. the ceremony can be conducted at your place of residence as well.
- Possibility to buy the tea after our session.
- Sessions are donation-based with the flow of Generosity.
- Call/WA +91 9385428400

Submitted by Isha

SOUND THERAPY & SELF HEALING, 2 in 1 Session

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

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



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

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

Submitted by Isha

MINDFUL MONDAY

Every Monday, 7:30am,
followed by breakfast

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

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

MINDFUL MONDAY

YOU DONT WANT TO MISS THIS!

1 Reduces stress
2 Makes you happier
3 Better Sleep
4 Regulates heart rate
5 Promotes positive mood

WITH MIRACUL JAIN

EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST

Learn how a unique Japanese scientific meditation blended with ancient wisdom...can change your life!

BOOK YOUR SPOT NOW

0413 2623071, +91 9751033162

Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kulapalayam

- 0413 2623071, +91 9751033162 Yatra Srinivassan

TRADITIONAL MANTRAS AND STOTRAS Chanting Classes

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

traditional
Mantras & Stotras
Chanting Class

@Serendipity Community
With Sonia Novaes
Fridays, 17h (Regular Class)

Info: +91 8940288090
serendipityauroville@gmail.com

serendipityauroville@gmail.com +91 8940288090 Sonia

It Matters

Schedule from 11 July to 20 July

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



Date	Activity
11 July, Thursday 5:30—6:30pm	Mandala Drawing with Thamizh
12 July, Friday 5:30—6:30pm	Kollywood Dance with Pranathi
13 July, Saturday 2—4pm	Intuitive Painting with Chetana Deorah*
13 July, Saturday 4:30—5:30pm	Psychology and Mantric Poetry with Matthias
15 July, Monday 5:30—6:30pm	Taichi, The way of the Leaf with Kaarthikeyan Kirubhakaran
16 July, Tuesday 5—6:30pm	Energy and Spiritual Science with Louis-Patrick
18 July, Thursday 5:30—6:30pm	Mandala Drawing with Thamizh
19 July, Friday 5:30—6:30pm	Kollywood Dance with Pranathi
20 July, Saturday 2—4pm	Intuitive Painting with Chetana Deorah*
20 July, Saturday 4:30—5:30pm	Psychology and Mantric Poetry with Matthias

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

INTEGRAL ALIGNMENT

ALINEAMIENTO INTEGRAL

Reservas en:

Bookings on: +91 7457085676, Rachel

• **One to One lessons—Small groups:** Weaving a tapestry of gentle guidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you to return with yourself, aligning your body, mind and spirit.

• **Clases particulares—Pequeños grupos:** Tejiendo un tapiz de suaves movimientos, guiándote verbalmente a través de cada asana con detalle, como un hilo dorado que conecta la respiración y el movimiento con tu propia Esencia. Cada Asana, como expresión de equilibrio, invitándote a resintonizar contigo misma, alineando cuerpo, mente y espíritu. **Rachel**

DETOX YOUR MIND & BREATHE HEAL YOUR BODY

- **Scientific Meditation with sound healing for distress Mind Body and Soul.** Experience exclusive sound frequencies created by a Japanese Scientist.
 - Monday, Wednesday, Friday, 7—8:30am
 - Advance registration required
- **One To One Health & Wellness Therapy.** Anxiety, Depression, Mental Disorders, Sleep disorder Emotional Blockage Sensory Development
 - Pre appointment is required
- **Analysis of Multiple Intelligence using Scientific Neuroscience Tools.** Eligibility: Anyone from 6 years to 60 years of age: pre appointment is required
- **Conscious Circle & Chanting**
 - Tuesday, 6:30—7:30pm
 - Reserve your space in advance



Yatra Srinivasan,

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

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

Languages

BOLSTERING ENGLISH

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

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

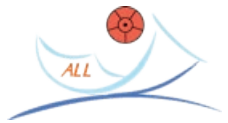


- Also inviting anyone at any level for SAVITRI.
- Scheduling is as-you-wish: long or short session(s); long or short intervals between sessions.

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

NEWS FROM AUROVILLE LANGUAGE LAB

Please remember to put your mobile phones on flight mode and switch off all wireless and blue-tooth devices before you enter the Lab. We are a wireless-free space!



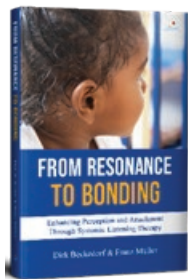
Evening Programs!

From 1 February 2024, we launched a new experiment. The Language Lab extended its opening hours from 5pm—6pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

This program is free of cost to everyone: Aurovilians, New-comers, Volunteers, Guests, and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests, are welcome to join. Come share your language with others!

People have started to come back. **Sanskrit Chanting, Spanish, French and English Conversation Practice sessions** are happening on Mondays, Tuesdays, Wednesdays and Thursdays, 5-6pm. For the English conversation sessions, the focus continues to be on the Auroville Charter and The Dream. All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguagelab.org or a WA message to +91 98430 30355. *You don't need to be a teacher; you simply should enjoy conversing with others and offer yourself for conversation practice. Incidentally, age no bar!*



Our first full-length publication

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

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

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

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

We are delighted to announce that our website has been updated and is now online. We warmly invite you to visit and explore the new features and services we have added.

Tomatis

Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations. In case you wrote earlier but haven’t heard back from us, please send us a reminder by email.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/alfred-tomatis-method/>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New Language Courses at ALL

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

Intensive German class with Ben, level A2

- Mondays and Wednesdays, 10:30am—12pm
- (drop-in possible)

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

French conversation for beginner and intermediate

- Saturdays, 20 July, 9—11am

We’re delighted to welcome Yanis, of Romanian and French origin, who will offer French conversation for beginner and intermediate levels. Yanis is 23 years old and loves meeting people. He’s very dynamic, creative and extremely motivated to teach French conversation. It would give him great pleasure to help people learn to speak French. We will have a first session for Yanis to meet all those interested, on Saturday 20.07.24, from 9—11am. Whatever your level of Spoken French, come, and we’ll see

if the group can be managed together, or divided into two levels. This French Conversation class will be once a week, on Saturdays. See you on the 20th!

Spanish Beginner Class with Mila

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

- **Mondays & Wednesdays, 2:30—3:30pm**

Tamil Reading & Writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. His daughter is fine now, (many in Auroville know the story), so he is happy to re-start teaching at the Lab. He will offer one class of Intermediate Tamil as well as another class specifically focussed on learning to read and write Tamil. Both classes will be an hour each and will start this coming Saturday (13.07.24).

- **Saturdays, 9—10am and 3—4pm**
- The classes have not started yet. Registration is still open.
- Murugesan is also available for **individual private** classes in Tamil on Saturdays. All sessions to be booked in advance.

Tamil Beginner Course with Saravanan

Catch up on Tamil sounds, learn basic grammar, and gain confidence in conversational Tamil. Our fun, interactive lessons and supportive environment make it easy and enjoyable. The class has started; it is a very nice group; join now else you'll have to wait for the next round.

- **Tuesdays and Fridays, 9:30—10:30am**

Experience the magic of Persian Language and Poetry

Explore the rich culture of Persia with Anita, from Iran, who studies ancient history and myths. Learn about famous poets like Rumi and Khayyam, and discover the stories of the ancient Zoroastrians. Listen to the lilting beauty of Persian and take your first steps to learn it. All are welcome to join this two-month course and also drop in per session.

- **Saturday 10—11:30am**

New Beginner Hindi with Kaushal

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 month) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

- The class has not started yet. We are waiting for a group of five to start. Registration is still open.
- **Wednesdays, 2—4pm**
- Duration 16 hours, over two months

New Beginner Sanskrit with Kaushal

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation, and chanting of selected mantras.

- The class has not started yet. We are waiting for a group of five to start. Registration is still open.
- **Thursdays, 2—4pm**
- Duration 16 hours, over two months

To join or enquire

- Please fill our form at <http://register.aurovillelanguagelab.org/>
- Or drop us an email: info@aurovillelanguagelab.org
- call us at 2623661, text or WA at +91 9843030355 or come visit us!

Please Note: Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is completed, thank you!

Language Courses at ALL

Lan- guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11am—12pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11am—12pm	Monday & Wednesday
	English Pre-Intermediate Youth Group 8-Hour (4 weeks)	3—4pm	Monday & Wednesday
	English Pre-Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Monday & Wednesday
	English Intermediate Adult Group 8-Hour (4 weeks)	4—5pm	Tuesday & Thursday
	Conversation Intermediate Started 9 April 8-Hour (4 weeks)	3—4pm	Tuesday & Thursday
	Beginner English for children between five and seven	11am—6pm	Saturday
	Facilitating English Teacher Training 8-Hours (4 weeks)	5—6pm	Monday, Tuesday & Wednesday
French	Conversation, Beginner 8-Hour (1 months)	9—11am	Saturday
German	Level A2, Intermediate	9:30 to 11:30	Monday & Wednesday
Persian	Persian Language and Poetry	10—11:30am	Saturday
Sanskrit	Beginner	2—4pm	Thursday
Hindi	Beginner	2—4pm	Wednesday
Tamil	Spoken Beginner	09:30—10:30am	Tuesday and Friday
	Spoken Intermediate (TBA)	11am—12pm	Saturday
	Reading & Writing	9:30—10:30	Saturday
Spanish	Beginner	2:30—3:30	Monday & Wednesday
	Intermediate	To Be Announced	TBA
Italian	Beginner	To Be Announced	TBA
	Intermediate	To Be Announced	TBA

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

English

The Language Lab is happy to provide a dynamic English program.

- **English Pre-Intermediate**, Mondays & Wednesdays, 4—5pm,
- **English Intermediate**, Tuesdays, Fridays, 4—5pm.
- Additional timings available, contact the Auroville Language Lab to schedule what works for you!

This includes

- **English Language Teacher Training:** learn how to incorporate student-driven content into a creative and holistic lesson plan. Mondays, Tuesdays, 5—6pm
- Have you ever wondered how ‘cards’ can often make sense of certain situations and help guide you forward? Do you wish you could read them yourself instead? Come learn the **art of card reading in English or French**. Private classes to be scheduled with Taranti.
- **Beginner English for children** between five and seven. Saturdays 11—12pm. Let’s play, have fun and learn together!

New Beginner English Class

Rupam will offer a new class for complete beginners: Let’s start with the ABC of English!

Discover the Fun in Learning English through Theatre by Rupam

- Explore Shakespeare, other playwrights, short stories, and poetry with us. Enhance your English communication skills through fun and interactive sessions.
- Monday and Wednesday, 11am—12pm, age: 12+

Ongoing English Classes

The English Pre-Intermediate Youth group, general Pre-Intermediate, and Intermediate courses taught by Taranti and Rupam continue. Please see the schedule below.

The Language Lab is open

- Monday—Friday, 9am—12pm & 2pm—7pm
- Saturday, 9am—12pm & 2pm—5pm
 - **Location:** International Zone, after Unity Pavilion & Pump House.
 - **Phones:** 2623661 (Lab), +91 9843030355 (Lab, WA) 2622467, 3509932 (Tomatis)
 - **Email:** info@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org

Submitted by Mita

Cinema





**MANIFEST
DANCE-FILM
FESTIVAL '24**

 **FREE AND OPEN TO ALL**

FRI 26 - SUN 28 JULY

PONDICHERRY

ALLIANCE FRANCAISE

9 AM - 9 PM

Friday, 26—Sunday, 28 July
@ Alliance Francaise, Pondicherry. 9am—9pm
Free And Open To All

Submitted by Ashavari

AUROFILM



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

- **Reminder: Friday, 12 July:**
Arrival By Denis Villeneuve, 2016
- **And Friday, 19 July:**
Pebbles, Original Title: *Koozhangal*
India (Tamil Nadu) 2021, Duration 1h.15'

Written & Directed by P.S. Vinothraj

With: Chellapandi, Karuththadaiyaan, Philip Arulodss

In collaboration with Pr. Sivakumar M. and film director P.S. Vinothraj, we are happy to bring you this critically acclaimed Tamil film released in 2021.



Synopsis: In a remote little town, an abusive and angry father drags his young son out of school and embarks on a journey to bring back his wife who has left. However, the commotion in his wife's village pushes the duo to walk back home where the unforgiving barren land and the punishing sun, force them to confront their emotions. (Some people might find the movie disconcerting.)

Overview: *Koozhangal* is the director's debut film, it is extremely well shot and known for its poignant storytelling, the vastness of landscapes and exceptional performances by Karuththadaiyan and Chellapandi. It will be introduced by **Pr. Sivakumar and possibly, Vinothraj**, will also be with us! Please mark this Friday and do not miss the event.

Original version in Tamil with English Subtitles

Surya for Aurofilm team

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served



21:15 Free bus from Sadhana Forest back to Solar Kitchen
Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00 :)

Friday, 19 July

Lentils: A Miracle of Nutrition

2019 / 52 minutes / Frigge Mehring

In this documentary we dive deep into the world of lentils! Lentils are undemanding plants from drier regions, yet at the same time they are extremely rich in protein and are real power packs, full of minerals and trace elements. They could hold the key to fighting famines and to boost the nutritional profile of many people in an inexpensive way.

Submitted by Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
15 July 2024—21 July 2024

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. *Watch out, now some days are mixed up from the usual!*

Indian—Monday 15 July, 8pm
Aathvani (Memories)

India, 2023, Writer-Dir. Siddhant Sawant w/ Mohan Agashe, Mahendra Chaudhari, Pratamesh Deshpande, and others, Drama, 124mins, Marathi w/ English subtitles, Rated: NR (PG)

Rahul writes for films but experiencing writer's block. Riya, his girlfriend's family, are not willing to wait any longer for them to get married but he does not have a secured earning. One day he finds a wallet that belongs to Ramakant. Inside there is a 48yrs old letter by someone called Sunanda. Rahul gets a clue about a love story and tries to trace both Sunanda and Ramakant. Will he succeed? *Come and watch!*

Potpourri—Tuesday 16 July, 8pm
Frida

USA, 2003, Dir. Julie Taymor w/ Salma Hayek, Alfred Molina, Geoffrey Rush, and others, Biography-Drama, 123mins, English-French-Russian w/ English subtitles, Rated: R

The film chronicles the life of Frida Kahlo as she and Diego Rivera took the art world by storm. From her complex and enduring relationship with her mentor and husband to her illicit and controversial affair with Leon Trotsky, to her provocative and romantic entanglements with women, Frida Kahlo lived a bold and uncompromising life as a political, artistic, and sexual revolutionary. *In July we had both her birth and death anniversary. This is a tribute!*

Selection—Wednesday 17 July, 8pm
Neskolko Dney Iz Zhizni I.I. Oblomova (A Few Days from the Life of I.I. Oblomov)

USSR, 1980, Writer-Dir. Nikita Mikhalkov w/ Oleg Tabakov, Yuriy Bogatyryov, Elena Solovey, and others, Comedy-History, 142mins, Russian w/ English subtitles, Rated: NR (PG)

St. Petersburg, mid-19th century: The indolent, middle-aged Oblomov doesn't do much. His friend, Stoltz, a successful businessman introduces Oblomov to his circle, including Olga. When Stoltz leaves for several months, Oblomov takes a house near Olga's, and she takes it upon herself to refine him. Soon, Olga and Oblomov are in love; what happens to Stoltz?

Interesting—Thursday 18 July, 8pm
Down To Earth

UK-USA, 2015, Writer Dir. Renata Heinen & Rolf Winters, Documentary-Adventure, 90mins, English-Various languages w/ English subtitles, Rated: NR (PG)

This film is a mirror to humanity, a poignant and timely reflection on our 'civilized' world. It takes us on an inner journey, inviting us to re-connect with the source and the mutual path we are walking. We get to see the world through the eyes of the Earth Keepers, who having lived in hiding for centuries, see that now is the time to step forward and share their insights. *Are we ready to listen? A must watch!*

International—Saturday, 20 July, 8pm

Aristotle And Dante Discover The Secrets Of The Universe

USA, 2022, Writer-Dir. Aitch Alberto w/ Max Polyares, Gonzales, Veronica Falcón and others, Drama, 98mins, English-Spanish w/ English subtitles, Rated: PG-13

Resentful at the world, 15yrs old Aristotle Mendoza is a misfit and until he meets the free spirit Dante Quintana one summer. Dante is everything Ari isn't, finally, he has a friend in him. Dante disrupts Aristotle's world, introducing him to music, poetry, and lessons about the sky. Summer ends and the two are torn apart. Armed with a new perspective, Ari uses Dante's absence to understand who he wants to be in the world of infinite possibilities that Dante represents. At first, he feels scared, but soon realizes that he can't go back to who he was. His way forward is letting go of a secret he did not know he was keeping and embracing the universe.

Children's Matinee—Sunday, 21 July, 4pm

Toki O Kakeru Shôjo

(The Girl Who Leapt Through Time)



Japan, 2006, Dir. Mamoru Hosoda w/ Riisa Naka, Takuya Ishida, Mitsutaka Itakura, and others, Animation-Adventure, 98mins, Japanese w/ English subtitles, Rated: (PG)

A high-school girl named Makoto acquires the power to travel back in time and decides to use it for her own personal benefits. Little does she know that she is affecting the lives of others just as much as she is her own.

Black & White Classics @ Ciné-Club

Ciné-Club Sunday 21 July, 8pm

Der Stand Der Dinge (The State of Things)

Germany, 1982, Dir. Wim Wenders w/ Allen Garfield, Isabelle Weingarten, and others, Drama, 120 mins, German w/ English subtitles, Rated: R

The movie captures the behind-the-scenes tensions, boredom and messes of moviemaking. The rambling screenplay makes some good points about storytelling, the clash between illusion and reality, and the ominous presence of impermanence and death. Although there are only a few scenes that break through to some intensity, the last quarter of the tale is both surprising and gripping.

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. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

*Roy & Agnijata, News & Notes,
Media Centre, Town Hall,*

NewsAndNotes@auroville.org.in

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and AgniJata*

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Bus passes

- Rs.800: **For All** (10 single trips)
- Rs.850: **One-Way** Monthly (Workers/Volunteers)
- Rs.1200: **Student** Monthly pass

AV account / Cash / UPI Transfer :

- Rs.100: **One way trip**—for all
- Rs.200: **Round trip**—for all.

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join WhatsApp group

of Auroville Bus to get the regular updates of the bus:

- <https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

The Last Moment

REMEMBERING KRATU



Kratu, an Aurovilian artist, was born on the 2 May 1942 in Lonigo, Verona, Italy. In his early twenties, his passion for art led him to live in various different countries and to hitch-hike around the Mediterranean.

At a certain point, while living in Belgium, he came to know of Sri Aurobindo and wrote to the Mother expressing a wish to come to live in the Ashram.

In 1969 he started his journey towards India and Nepal overland, hitch-hiking all the way. When he arrived in Nepal, he explored Tibetan Buddhism for a year, after which he directed his steps towards the Sri Aurobindo Ashram where he arrived in December 1970. There he met the Mother and chose to join Auroville.

While living in Pondicherry's Auroville Guest House, he worked with Roger Anger, at Aurofuture's office in Pondicherry for about a year. Towards the end of '71, he asked Mother to accept him in the Ashram, which She did. Until 1987 he worked with Nata in the publication of an Italian magazine (Domani) where translations of the works of Sri Aurobindo and the Mother were published.

During this time he met his life partner Aloka, for an adventure that lasted 52 years.

In 1991, they moved to live and work in Auroville with their younger son Virya.

Kratu setup a ceramic unit where he expressed himself through sculpture, until its closure in 2016. He crafted many beautiful pieces with his hands, which many of us will always enjoy.

After a long struggle with cancer, he peacefully liberated himself from his body with a smile. He now rests in the Love and Light of Sri Aurobindo and the Mother.

*Aloka, Pushkar, Virya, Shona, Namu and Tamika
and Nùria, Joan and Anandi*

REMEMBERING GAJENDRAN



[Read the Article on the Page 10](#)

Annemarie



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

Bharat Nivas
In Collaboration with
AURODHAN PONDICHERY
Presents



Purnamidam
Exploration of Pure Kathak

Curated by
Lalit Verma

Performed By **Neha Banerjee**
KATHAK DARPAN TRUST INSTITUTE

Live Music & Pure Kathak Dance Exploration Journey

21st JULY 2024 | 07:00 PM

Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville

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

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Scan for Ticket

Carnatic Flute Recital



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

Bharat Nivas presents

Carnatic Flute Recital
By **J.A.Jayant**



Mridangam
K.Swaminathan

Kanjira
S. Sunil kumar

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SCAN FOR BOOKING

07:00 pm
27th July 2024

Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

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

Submitted by Monisha
for BN Team