

# News & Notes

#1080, 22 May 2025

A weekly bulletin for residents of Auroville



Photo by Alexey

*Message of the Flower: Supramental Action*

*The Mother's Comment:*

*An action that is not exclusive but total*

## Pondering



The first step of self-realisation is the discovery of the soul, not the outer soul of thought and emotion and desire, but the secret psychic entity, the divine element within us. When that becomes dominant over the nature, when we are consciously the soul and when mind, life and body take their true place as its in-

struments, we are aware of a guide within that knows the truth, the good, the true delight and beauty of existence, controls heart and intellect by its luminous law and leads our life and being towards spiritual completeness. Even within the obscure workings of the Ignorance we have then a witness who discerns, a living light that illumines, a will that refuses to be misled and separates the mind's truth from its error, the heart's intimate response from its vibrations to a wrong call and wrong demand upon it, the life's true ardour and plenitude of movement from vital passion and the turbid falsehoods of our vital nature and its dark self seekings. This is the first step of self-realisation, to en-throne the soul, the divine psychic individual in the place of the ego.

*Sri Aurobindo, The Life Divine—I:  
The Origin and Remedy of Falsehood, Error, Wrong and Evil*

# Contents

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<b>PONDERING</b>	<b>1</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>6</b>
<b>TOWNHALL SPEAKS</b>	<b>8</b>
Guest Registration Service Summer Schedule	8
<b>COMMUNITY NEWS</b>	<b>8</b>
<b>Obituary</b>	<b>8</b>
Dominique	8
<b>Matrimandir News &amp; Schedules</b>	<b>8</b>
Matrimandir Access Information	8
Amphitheatre: Meditations at sunset with Savitri	10
<b>Auroville Connect</b>	<b>10</b>
The Auroville Connect Newsletter #2	10
<b>Awakening Spirit</b>	<b>11</b>
Savitri Bhavan Schedule, May 2025	11
Laboratory of Evolution Library	11
Brahmanaspati Kshetram May 2025	12
<b>Education</b>	<b>12</b>
Announcement by Educational Support Fund ESF, unit of SAILER	12
STEAM Summer Camp @ Deepanam School	13
STEM Land—Electronic Repair Course	13
Auroville Institute of Applied Technology Offers Bachelor's Degree Courses	13
Second part of the Radical Transformational Leadership workshop in Tamil @ Unity Pavilion	14
Satori: Educational Services	14
Tuition Classes Available	14
Auroville Physical Education Body (AVPEB) Announces its One Year Course in Physical Education Teacher's Training 2025/26	15
Ilaingnarkal Education Centre Presents Let's Talk—Thoughts Blossom	15
Auroville Library Contacts and Timings	15
Fitness & Resilience Camp for Auroville Children 10—14yrs	16
Kulai Creative Center Activities	16
Visual Mathematics Classes	16
<b>Youth Initiative</b>	<b>17</b>
Interactive Psychology Sessions with Youth	17
<b>Health Care</b>	<b>17</b>
Santé Services Schedule	17
Weekly Baby Support Circle	18
Aurodent: May Dental Offer For Teeth Cleaning, Filling Treatments	18
Services provided	18
Addiction Recovery sessions @ Maatram	18

<b>International</b>	<b>19</b>
Unity Pavilion Presents	19
The Mother's Symbol, Matrimandir & 12 Qualities	19
Art Class with Artist Janakiraman	19
Sencha-Style Tea Ceremony	19
French Pavilion Presents	19
Sunday Pétanque	19
Call for a Co-Leader	19
<b>Theatre, Music &amp; Arts</b>	<b>20</b>
Bharat Nivas Presents: Salangai Pooja	20
Giovanna Aryafara	20
Sharing the Diversity of the Human Experience	20
<b>Dance Activities</b>	<b>20</b>
Auroville Tango	20
Dance Classes by Mani	21
<b>Theatre, Music &amp; Art Activities</b>	<b>21</b>
SVARAM Activities	21
CREEVA: Information & upcoming News	22
<b>Sports &amp; Martial Arts</b>	<b>22</b>
Women's Fitness Camp for 14+ years	22
Bharat Nivas presents Kalaripayattu Class	22
Kshetra Kalari @ Aspiration Sport Ground	23
Abhaya Martial Arts	23
Girls' Futsal Football Club	23
Kalpana Gym	23
Aikido Classes	24
Swimming Class	24
<b>Bioregion &amp; Nature Activities</b>	<b>24</b>
4-Day Earth Architecture Training @ Auroville Earth Institute	24
Wellpaper Workshop	24
Mohanam Program	25
Auroville Bamboo Centre	26
Enlight	27
Egai Giving	28
May Fermentation Workshop Series	28
<b>Looking For</b>	<b>28</b>
Eco Femme is Looking for Office Space & Storage Room	28
Amma is Looking for Work	29
I Want to Work, I Want to Learn	29
<b>Available</b>	<b>29</b>
House Available for Housesitting	29
Antique Teakwood Cane Chair	29
Work Tree Cupboard	29
Co-working space at It Matters	29
Office Space Available: Auromode	29
Avenger bike 220cc 2016	30

<b>Honorary Voluntary</b>	<b>30</b>
Gau Seva at Sadhana Forest!	30
Volunteering @ Ecoservice	30
<b>Work Opportunities</b>	<b>30</b>
Aikiyam School: Join Our Team of Educators!	30
Live Edge Furniture Making	31
<b>Foods, Goods &amp; Services</b>	<b>31</b>
Auroville Water Service New Landline Number	31
Cafeteria @ Visitor Centre Closed on Tuesday, 27 May	31
Naturellement Garden Cafe Summer Discount every Thursday	31
Taste of Yoga Vérité Café	31
Download or Access Dropzy App	32
Right Path Cafe summer news	32
Bharat Nivas Pathway	32
Tanto & Plenty Close for Annual Break	33
Hemplanet: Explore the Benefits of Hemp!	33
FoodLink Market is open every day	33
The Sprout Timings	33
Annapurna Farm Baskets	33
Living Room Café	34
South Indian Breakfast @ Aurelec Cafeteria	34
Any time Dosa and Pongal @ the Pathway Café	34
UTS Transport Service	34
Integrated Transport Service	34
Sunrise Taxi Service	34
Shared Transport Service	35
Qutee	35
Electric Scooter Service	35
AI Office Hours	35
Book Binding	35
Surabhi Supplies	35
Free Store	36
Rapid Care Services	36
Inside India Summer News	36
Service available	37
Sarvam Computers Offers Reliable Service	37
Rupavathi Joy Activities	37
<b>Poetry</b>	<b>37</b>
Poetry Circle	37
Pointing fingers	37
<b>Voices &amp; Notes</b>	<b>38</b>
That's Why	38
Paths of Light: Tales of Spiritual Awakening in Auroville. Whispers Beneath the Banyan: A Tale of Divine Recognition	40
Auroville Radio TV	41

<b>Classes, Workshops &amp; Healing Arts</b>	<b>41</b>
Auroville Joins the International Day of Yoga	41
World Game Summer Special	42
Creating Genius: Workshop for Mothers	42
Heart Weaving Exploration	42
New Story Pod	43
Integral Unfoldment	43
Arka Wellness Center May Program	44
Mantras & Stotras Traditional Chanting Class	45
Pitanga Cultural Centre: Program May 2025	46
Auromode Spa Offers Cosmetology Services	47
Upcoming Mindfulness Offering	47
It Matters Schedule from 24—31 May	48
Leela Therapy	48
Vérité Events May 2025	49
Yoga & Other Classes	49
Treatments and Therapies	49
Sound Therapy & Self Healing	50
<b>Languages</b>	<b>50</b>
News from Auroville Language Lab	50
Courses	50
Tomatis	50
Learn English and Hindi	53
<b>Cinema</b>	<b>54</b>
Cinema Paradiso:	
Film Program 26 May—1 June	54
Auroville Film Institute presents	
Embodied Cartographic Workshop:	
Reflections on Certitude Grounds	56
Aurofilm	56
Eco Film Club: Every Friday @ Sadhana Forest	57
<b>About N&amp;N</b>	<b>57</b>
News and Notes Guidelines	57
<b>Accessible Auroville Public Bus</b>	<b>58</b>
<b>Emergency Services</b>	<b>58</b>

*Matrimandir*

May 2025



[Matrimandir Newsletter, May 2025 you can read here](#)

# House of Mother's Agenda



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

(continued from last week)

For after giving out all the laws, the dharmas, and the deepest essence of its Yoga, after saying that beyond all the first secrets revealed to the mind of man by the transforming light of spiritual knowledge, *guhyāt*, this is a still deeper more [B.G.18.63](#) secret truth, *guhyataram*, the Gita suddenly declares that there is yet a supreme word that it has to speak, *paramaṁ vacaḥ*, and a most secret truth of all, *sarva-guhyatamam*. This secret of secrets B.G.18.64 the Teacher will tell to Arjuna as his highest good because he is the chosen and beloved soul, *iṣṭa*. For evidently, as had already been declared by the Upanishad, it is only the rare soul chosen by the Spirit for the revelation of his very body, *tanuṁ svām*, who can be admitted to this mystery, because he alone is near enough in heart and mind and life to the God-head to respond truly to it in all his being and to make it a living practice. The last, the closing supreme word of the Gita expressing the highest mystery is spoken in two brief, direct and simple slokas and these are left without farther comment or enlargement to sink into the mind and reveal their own fullness of meaning in the soul's experience. For it is alone this inner incessantly extending experience that can make evident the infinite deal of meaning with which are for ever pregnant these words in themselves apparently so slight and simple. And we feel, as they are being uttered, that it was this for which the soul of the disciple was being prepared all the time and the rest was only an enlightening and enabling discipline and doctrine. Thus runs this secret of secrets, the highest most direct message of the Ishwara. "Become my-minded, [B.G.18.65](#) | [B.G.18.66](#) my lover and adorer, a sacrificer to me, bow thyself to me, to [B.G.9.34](#) me thou shalt come, this is my pledge and promise to thee, for dear art thou to me. Abandon all dharmas and take refuge in me alone. I will deliver thee from all sin and evil, do not grieve."

The Gita throughout has been insisting on a great and well-built discipline of Yoga, a large and clearly traced philosophical system, on the Swabhava and the Swadharma, on the sattwic law of life as leading out of itself by a self-exceeding exaltation to a free spiritual dharma of immortal existence utterly wide in its spaces and high-lifted beyond the limitation of even this highest guna, on

many rules and means and injunctions and conditions of perfection, and now suddenly it seems to break out of its own structure and says to the human soul, "Abandon all dharmas, give thyself to the Divine alone, to the supreme Godhead above and around and within thee: that is all that thou needest, that is the truest and greatest way, that is the real deliverance." The Master of the worlds in the form of the divine Charioteer and Teacher of Kurukshetra has revealed to man the magnificent realities of God and Self and Spirit and the nature of the complex world and the relation of man's mind and life and heart and senses to the Spirit and the victorious means by which through his own spiritual self-discipline and effort he can rise out of mortality into immortality and out of his limited mental into his infinite spiritual existence. And now speaking as the Spirit and Godhead in man and in all things he says to him, "All this personal effort and self-discipline will not in the end be needed, all following and limitation of rule and dharma can at last be thrown away as hampering encumbrances if thou canst make a complete surrender to Me, depend alone on the Spirit and Godhead within thee and all things and trust to his sole guidance. Turn all thy mind to me and fill it with the thought of me and my presence. Turn all thy heart to me, make thy every action, whatever it be, a sacrifice and offering to me. That done, leave me to do my will with thy life and soul and action; do not be grieved or perplexed by my dealings with thy mind and heart and life and works or troubled because they do not seem to follow the laws and dharmas man imposes on himself to guide his limited will and intelligence. My ways are the ways of a perfect wisdom and power and love that knows all things and combines all its movements in view of a perfect eventual result; for it is refining and weaving together the many threads of an integral perfection. I am here with thee in thy chariot of battle revealed as the Master of Existence within and without thee and I repeat the absolute assurance, the infallible promise that I will lead thee to myself through and beyond all sorrow and evil. Whatever difficulties and perplexities arise, be sure of this that I am leading thee to a complete divine life in the universal and an immortal existence in the transcendent Spirit."

(to be continued next week)

*Sri Aurobindo—Essays on the Gita,  
The Supreme Secret*

<https://incarnateword.in/cwsa/19/the-supreme-secret>

*Gangalakshmi (HOMA)*





# Townhall Speaks

## GUEST REGISTRATION SERVICE

### Summer Schedule

9:30—12:30, Monday—Saturday

Guest Registration Service at Town Hall will be open:

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

Rajeswari for GRS Team, [grs@auroville.org.in](mailto:grs@auroville.org.in)

# Community News

## Obituary

### DOMINIQUE

We are deeply saddened to share that Dominique has passed away. His daughter, Lisa, informed us that he passed away a few days ago in France, where he had gone to undergo medical treatment.

Dominique was a part of Auroville for nearly 40 years, living in communities like Simplicity, Revelation, and Horizon. He was actively involved in Development, AV Radio, and various Auroville groups. He was known for his generosity, having purchased land in Simplicity to provide support and space for Tamil families.



Dominique was a devoted follower of Sri Aurobindo, often reflecting on The Life Divine. He was a restless seeker, constantly searching for peace and understanding. Though his words and expressions were sometimes difficult to grasp, his longing for calmness was evident.

We, his friends, are deeply sorry that we could not do more to help him in his time of need. Now, in his passing, we pray that he finds the peace he was searching for. May the Mother guide him to rest in eternal stillness and light.

Our thoughts are with his daughter, Lisa. We hold her close in our hearts during this time of loss.

*With love and remembrance, Louis and Ramu*

## Matrimandir News & Schedules

### MATRIMANDIR ACCESS INFORMATION

#### Changes to the Access Policy

- Firstly all Pass Holders and Aurovilians bringing guests will have to sign into a register at the Office Gate.
- Secondly Aurovilians can bring their close family members to the Gardens 4:30—6:30pm daily as long as they inform before 11am on the day of the proposed visit to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in).
- Thirdly, all guest houses and home stays please note: Guests only holding Aurocards, who wish to attend the Savitri Readings in the Amphitheatre on Thursday evenings will have to book one or two days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in).
- The Matrimandir Access team also wishes to remind all Aurovilians acting as guides for visitors or guests that your guests can not be treated as friends and brought to the Park of Unity at any time. All Tours and guided individuals and parties should be taken to the Viewing Point.



- The Matrimandir Access team also wishes to remind anyone running workshops and camps that visits to Matrimandir or the Park of Unity are not to be included in the itinerary. All group visits should be to the Viewing Point only. Individuals attending these events who wish to concentrate in the Inner Chamber are welcome to make a booking in the normal way at [auroville.org](http://auroville.org).

### **Access to the Park of Unity**

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

### **Access to the Inner Chamber of the Matrimandir**

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

- Monday—Saturday: 6—8am, 4:30—7:30pm.  
Sunday: 6am—12pm, 4:30—7:30pm.

The Inner Chamber is open to SAVI registered Volunteers:

- Wednesday—Monday, 8—8:40am.  
Arrival at 7:45am at the Office Gate.

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)

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

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

### **Access to Matrimandir for Visitors and Guests**

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

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

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

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

## The Petals of the Matrimandir

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

## Visiting Matrimandir with Family and Friends

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

- **The Park of Unity**

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

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

- **The Inner Chamber of Matrimandir**

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

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

- **Thursday Meditations at sunset with Savitri**

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

*Antoine for Matrimandir Executives Team*

## AMPHITHEATRE—MATRIMANDIR

### Meditations at sunset with Savitri

**6—6:30pm**, every Thursday (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:45pm.
- Guests are requested to bring along their Aurocards.
- **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

*Velmurugan for Access team*

## *Auroville Connect*

### THE AUROVILLE CONNECT NEWSLETTER #2



Some of the main features include:

*The International Zone, War: the World & Auroville—Sri Aurobindo's perspectives; AVI—A Review; Auroville's Mobility & Crown; Frederick's Visa Issue; Myths vs Fact, New Voices; the Dream; links to the meeting with Residents; interviews & more.*

[Download PDF, Read & Share](#)

*Anu for AV Connect Team*

## *Awakening Spirit*

### SAVITRI BHAVAN SCHEDULE, MAY 2025



#### Exhibitions

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

#### This month:

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

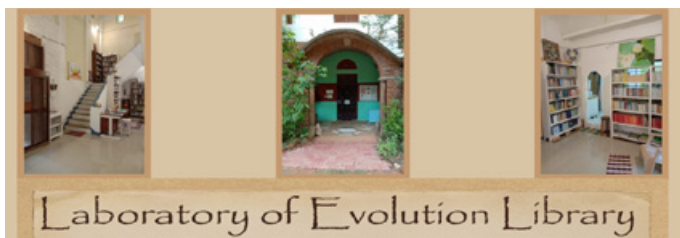
#### Full Moon Gathering

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

#### Regular Activities

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

*Dhanalakshmi for Savitri Bhavan*



### Laboratory of Evolution Library

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

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

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

 <p><b>BRAHMANASPATI KSHETRAM</b> The Mother Sri Aurobindo Centre</p> <p><i>Work only for The Divine</i></p> <p>No.3/134, Kalathu Mettu Street Edayanchavadi, Auroville</p> <p>Location </p> <p>brahman2014@auroville.org.in</p>	<p>Calendar of regular events of May 2025</p> <p>Every Thursday 6:00 - 6:30pm Meditation</p> <p>8th &amp; 22nd Thursday 6:30 - 7.30pm, reading "The Mother's Questions &amp; Answers- Vol-7" in English</p> <p>12th, Monday at 6:15pm full moon, reciting Sri Aurobindo's Gayatri Mantra for 30min</p>
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Submitted by Rajan

## Education

### ANNOUNCEMENT BY EDUCATIONAL SUPPORT FUND ESF, unit of SAIER

Dear Aurovilians, in particular students of Auroville & parents, the ESF has been instructed in mails from SAIER quoting their auditor, in mails from FAMC and DCG, and in mass mails regarding money transfers, to implement several changes in operation and finance management, on which we require clarifications but have not yet received them in spite of our mails. This lack of clarity paralyzes our function, and we are sorry to have to inform all applicants for support of the situation.

#### 1. Background

ESF—formerly Scholarship & Education Fund (SEF)—has been providing financial support to Aurovilian students, for study expenses within Auroville, in India and abroad, by way of long-term interest-free loans. Repayment of loans depended on financial capacity of students and their families; repayment had become an essential source of income for ESF. Another source of income were donations from Aurovilian individuals and Auroville units (from their respective FS accounts to FS acct. 252200 Educational Support Fund). Other sources of income in the past were annual budgets from BCC, donations from abroad through AV Unity Fund, and Corporate Social Responsibility funds from Indian corporates.

#### 2. Finance management from FY 2025-26 on

Our understanding of the ESF's mode of functioning from 1.4.2025 on is as follows:

As regards **payments for study expenses**:

- ESF is not permitted to provide loans; ESF can only give grants.
- ESF may provide grants to Indian nationals for studies within India and for studies abroad.
- ESF **must not** provide any grants to foreign-passport holders (even though residing in Auroville with a stay visa) for studies in India or abroad.
- Question: Are foreign-passport holders residing in Auroville and with stay visa allowed to receive grants from ESF for studies within Auroville Foundation, e.g. at NESS, for EdExcel exams organised through Future School?

As regards **donations contributing to the income of ESF**:

- **Auroville units and individuals with Indian passports** may give donations (from their respective FS accounts, or through other channels such as bank transfers, cheques, or cash) to ESF by credit to the account no. 240001 AV Unity Fund Main.
- **Foreign-passport holders**—including holders of stay visa for Auroville—cannot give donations from their Maintenance Fund FS accounts to ESF through account no. 240001 AV Unity Fund Main. Donations from foreign-passport holders—from FS accounts or from personal bank accounts in India or abroad—must be made through the SBI New Delhi FCRA Account, either in RS or foreign currency, as per current regulations. (RBI Inward Remittance Code P1303 to be used.)

### 3. Communication on revised mode of functioning

As soon as the ESF receives clarity on the above points, we shall change the ESF application form (for financial support in studies) to reflect the handling of grants.

ESF will also be obliged to inform donors and donor agencies of the revised purpose of the ESF, which in the past had included greater equity in support for Auroville members of all nationalities.

In view of the expectation that from now on we allot grants (and do not allot loans), we shall have to scrutinize the applicants' statements in reference to their personal finance and their need for support much more rigorously. Without repayments from previous beneficiaries, the ESF's income is likely to be diminished.

On 4 May we have submitted the above-said summary of our understanding to SAIER, Chartered Accountants, FAMC and DCG, requesting for confirmation or correction. We have asked for clarification by 18 May but have not received it.

19.5.2025,  
Lucas (Executive) for the ESF team

### STEAM SUMMER CAMP @ DEEPANAM SCHOOL

All weeks in May, Monday to Friday, 10am—12:30pm  
Ages: 7—12

Looking for an exciting way to keep your kids engaged this May? Join our STEAM Summer Camp, a fun-filled, game-themed camp where learning feels like play! Each session is packed with hands-on activities that unlock new skills through puzzles, builds, tech tricks, and creative experiments.

Abilash

### STEM LAND—ELECTRONIC REPAIR COURSE



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

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

Nithyasandhosh, +91 9751241372,  
STEM Land, Udavi school campus, Auroville

### AUROVILLE INSTITUTE of Applied Technology Offers Bachelor's Degree Courses

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



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

**Eligible** are students with +2 or equivalent.

Lavkamad

## SECOND PART

### **of the Radical Transformational Leadership workshop in Tamil @ Unity Pavilion**

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

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

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

#### **Context:**

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

The tools explored in this program will help to:

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

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

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

*Savithri for the Radical Transformational Leadership team in Auroville*

#### **SATORI:**

##### **Educational Services**

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

*Sergei, 9442934078,  
[satori.auroville@gmail.com](mailto:satori.auroville@gmail.com)*

#### **TUITION CLASSES AVAILABLE**

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



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



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

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

**Course commences: July 2025**

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

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

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

We will contact you individually in the coming weeks.

**Savitri, +91 89404 77667 WA**

**Lijun, +91 84893 11336**

**for AVPEB,**

**Auroville Physical Education Body—SAIER,  
Unit under Auroville Foundation**

**Ilaignarkal Education Centre Presents**

**LET'S TALK—THOUGHTS BLOSSOM**

**Auroville Youth Education Centre  
Towards Golden Jubilee...**

**Every Thursday**

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

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

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

Thursday Circle Organizer contact:

- 0413 2623773, [tamil@auroville.org.in](mailto:tamil@auroville.org.in)

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



**Ms. Vatchala Saravanan  
for Ilaignarkal Education Centre**


**AUROVILLE LIBRARY  
Contacts and Timings**

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

**Submitted by Laura**




DEHASHAKTI



## Fitness & Resilience Camp

**for Auroville Children 10-14 yrs**

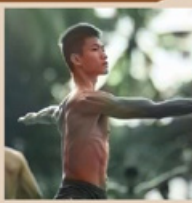
- Partner drills & movement games
- Balance & coordination challenges
- Basic strength & conditioning (S&C) exercises
- Basic Skills for awareness and safety
- Mental resilience and focus-building practices

**Dates:**  
9th - 14th, June.

**Time:**  
8 - 10 a.m

**Venue:**  
Dehashakti Sports Ground.

**AVPEB**



**Last date for registration:**  
5<sup>th</sup> June

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

- Fitness, Agility, Body-Mind Coordination.

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

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

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



*Lijun and Nilima,  
for Dehashakti and AVPEB*



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



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

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

*Submitted by Selva  
for KCC*

## VISUAL MATHEMATICS CLASSES

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

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

*Snehal, +91 9529673687 WA*

## Youth Initiative

### INTERACTIVE PSYCHOLOGY SESSIONS with Youth



#### Interactive psychology Sessions with Youth

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



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

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

Facilitated by Juan Andres, age group 16—30

This is a walk-in program.

Chahat for YouthLinkt

## Health Care

### SANTÉ SERVICES



*sante*

#### Schedule

##### Working Hours

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

##### Tests and Sample collection

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

##### For emergencies

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

##### Appointment

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

##### Santé Services Schedule

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

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

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

## WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm @ Lilaloka

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

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

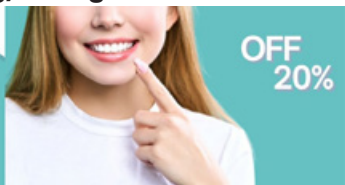


- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter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

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

## AURODENT: MAY DENTAL OFFER

**For Teeth Cleaning, Filling Treatments**



**Open to all Aurovilians and Guests**

**Valid until 31 May 2025**

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

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

*Jayasutha for Aurodent*

## SERVICES PROVIDED

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



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

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

+91 7904769496 WA,

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

**Sruthi Sundaram**

## ADDICTION RECOVERY SESSIONS

**@ Maatram**

**Every Tuesday, 3:30—4:30pm**

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

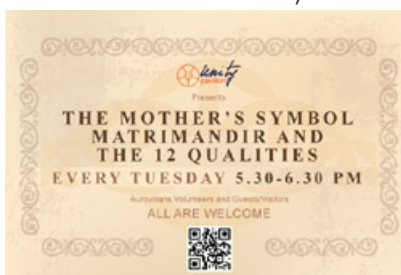
In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on **Addiction Recovery**.

**Raam & Palani**

## International

### Unity Pavilion Presents

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



### ART CLASS WITH ARTIST JANAKIRAMAN



### SENCHA-STYLE TEA CEREMONY



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

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

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

Priya  
for Unity Pavilion

### French Pavilion Presents

## SUNDAY PÉTANQUE

### Call for a Co-Leader

Every week, 4—6:30pm

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

- If you're interested or would like to know more, feel free to reach out at

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

Vivekan





## *Theatre, Music & Arts*

Bharat Nivas Presents

### **SALANGAI POOJA**

A poster for the Salangai Pooja performance. At the top left is the Yatra logo, a stylized sun with the word 'YATRA' below it. To its right, the text 'Yatra Art and Culture Foundation Presents' is displayed. The main title 'Salangai Pooja' is in a large, elegant script. Below the title, the date '25th May Sunday' and time '4pm onwards' are listed. The venue 'Sri Aurobindo Auditorium, Bharat Nivas, Auroville' is also mentioned. The central image shows a group of seven dancers in traditional pink and green costumes performing a dance. At the bottom, three people are shown: a woman on the left, a man in the center, and a woman on the right.

*Submitted by Yatra Srinivassan*

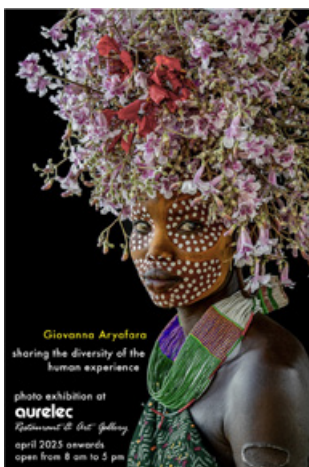
### **GIOVANNA ARYAFARA**

#### **Sharing the Diversity of the Human Experience**

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

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

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



*Jana for Aurelec*

## *Dance Activities*

### **AUROVILLE TANGO**

@ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

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

No partner required.

Bring socks or dance shoes.

And plenty of joy!

- +91 9821166082
- [tango@auroville.org.in](mailto:tango@auroville.org.in)



*Submitted by Maud*

## DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango

Register now: +9186376 33696

### Salsa Dance

@ New Creation dance studio

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

@Bakisata\_dance



### Tango Dance @ CRIPA

Monday

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

Friday

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

Contact: +91 8637633696



Submitted by Mani

## Theatre, Music & Art Activities

### SVARAM ACTIVITIES

#### SVARAM Experience—Sound Garden



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



#### SVARAM Musical and Sound Healing Instruments Showroom

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



#### Here are our other Social Media links:

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

Aurelio for the SVARAM Team

## CREEVA: INFORMATION & UPCOMING NEWS



### Weekly Art Workshops & Sessions

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

For info contact Sathya:

- +91 9486145072, [sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in)

*Sathya for CREEVA Art Studio,  
Creativity, Auroville*

## *Sports & Martial Arts*

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

Monday, 16 June—Friday, 20 June

4:15—6:15pm @ Dehashakti Sports Ground



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

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

Read more details on the [google form](#) and fill it to register. Only 20 spots available.

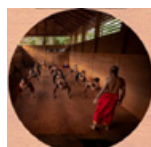


*Lijun and Nilima,  
for Dehashakti and AVPEB*

### BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

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

*Monisha for BN Team*





**KSHETRA KALARI**  
**@ Aspiration Sport Ground**

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



*Maneesh*

**ABHAYA MARTIAL ARTS**

**Abhaya Martial Arts** has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**, a martial art academy recognized by the Olympic Committee.



**Our regular classes for adults**

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

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

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

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

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

**Contribution required.**

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

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

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

*Giacomo*

**GIRLS' FUTSAL FOOTBALL CLUB**

**Tuesday and Friday, 5:10pm**  
**@ Dehashakti**

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

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

*Beber*



**KALPANA GYM**

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

## AIKIDO CLASSES

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

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

### Adult Aikido classes

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

### Children/ young students

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

### Contact for more info and registration

- [budokan@auroville.org.in](mailto:budokan@auroville.org.in)
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

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

## SWIMMING CLASS

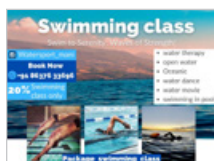
**Swim to Serenity: Waves of Strength!**

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

**@watersport\_mani**

Book now: +91 8637633696

**Package swimming class**



**Mani**

## *Bioregion & Nature Activities*

### 4-DAY EARTH ARCHITECTURE TRAINING

**@ Auroville Earth Institute**

**May 27—May 30. Limited Slots Available: 5**

We are delighted to announce our upcoming 4-day training course on Earth Architecture. This unique program offers a hands-on introduction to the principles and practices of building with earth, combining traditional techniques with modern innovations.



This is a valuable opportunity for anyone interested in sustainable construction and earth-based architecture. Spaces are limited, so we encourage early registration.

For registrations and further details, please contact:

- [training@earth-auroville.com](mailto:training@earth-auroville.com)
- +91 0413 262 3330 landline

We look forward to welcoming you!

**T. Ayyappan**

## WELLPAPER WORKSHOP

**10am—4pm, every day except Sunday**

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

**Wellpaper:**

+91 9385744722, 0413 2969722



**Viji**

## MOHANAM PROGRAM

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

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

Call/WA: 8300949079

Office: 10am—4pm,  
Monday to Saturday

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

1 day advance booking is necessary.



MOHANAM PROGRAM

### Auroville Bioregional Experience with Mohanam

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

### Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

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

### Make & Take Workshop @ Mohanam Campus

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



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

*Balu  
for Mohanam Program*

## AUROVILLE BAMBOO CENTRE

### Bamboo Centre Campus Tour

Bamboo Centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.



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

### Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



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

### Special Bamboo Lunch for Groups in week days

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

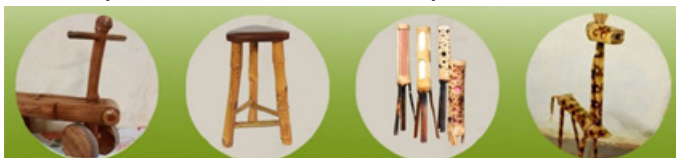
### Trainings and workshops

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

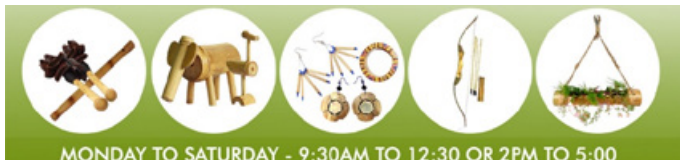
### Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops:



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

### 3 Hours Make and Take Workshops:



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

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

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

*Archana  
for Bamboo Centre Team*

### ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

**ENLIGHT**

+91 76398 10621/82700 71581/0413-2963034

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

*Arun, Anand and Balaji  
for Enlight Team*



## EGAI GIVING

### Arts and Crafts



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

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

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

**Incense Workshop:** Come and make your own agarbatties.

### Products



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

- **Contact Anand:** +91 9791896488,  
[egai@auroville.org.in](mailto:egai@auroville.org.in)

*Anand*

### MAY FERMENTATION WORKSHOP SERIES

Every Saturday, 10am—12pm @ CLC

Upstairs of marcscafestore

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

To subscribe: [contact@marcscoffees.com](mailto:contact@marcscoffees.com)

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



**Why take this workshop ?**

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

*Matilde*

### Eco Femme is Looking for Office Space & Storage Room

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

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

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

**Mahalakshmi Prabhakar,**  
+91 7094278777

*Looking For*  
**eco femme**

## Amma is Looking for Work

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

*Anandi, Realisation*

## I Want to Work, I Want to Learn

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

*Carmen, +91 8531017772*

*Available*

## House Available for Housesitting

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

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

*Alessandra*



## Antique Teakwood Cane Chair

In good condition.

Available against contribution.

contact [isha@auroville.org.in](mailto:isha@auroville.org.in)

*Isha*

## Work Tree Cupboard

Height 125cm, width 75cm

Price expected about Rs.13,000

Only those seriously interested please contact.

*Rajeev B Petite Ferme*

*+91 9443726223*



## Co-working space at It Matters

### CO-WORKING SPACE

Auroville Main Road

**It Matters**

Open: 9am-6pm

Mon-Wed-Thu-Fri

Daily rate: 250rs

A/C space / Internet



Call us / also on whatsapp: +91 9344 087 925  
Email us: [itmatters@auroville.org.in](mailto:itmatters@auroville.org.in)

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

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

*Bhakti & Sandra*

## Office Space Available: Auromode

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

Contact Mr. Pandian

at Auromode in person, +91 9943390391 or

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



*Submitted by Pandian*



## Avenger bike 220cc 2016

Towards contribution. Golden colour in good condition with a new battery and insurance till December 25.

[radhikasoni.237@gmail.com](mailto:radhikasoni.237@gmail.com), Radhika

## Free Lady cycle available

Color pink with a grey basket. Carmen, +91 8531017772

## *Honorary Voluntary*

### GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

8525038274WA or call 8122274924

*The Sadhana Forest team,  
Aviram*

### VOLUNTEERING @ ECOSERVICE

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



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

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

*B for Ecoservice, 7598911090 WA*

## *Work Opportunities*

### AIKIYAM SCHOOL:

#### Join Our Team of Educators!

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

**Vacancies:**

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

**Requirements:**

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

**What We Offer:**

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

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

Join us in nurturing the leaders of tomorrow.

*Radhakrishnan, Principal NCBS*

## LIVE EDGE FURNITURE MAKING

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



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

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

9443737945, [creations@treecareindia.com](mailto:creations@treecareindia.com)

*Tina for Auroville unit Treecare*

## *Foods, Goods & Services*

### AUROVILLE WATER SERVICE

#### **New Landline Number**

Dear Residents, please note that the landline number of Auroville Water Service has changed from 0413 2622877 to 0413 3509161. Kindly update this in your contacts.

*AWS Team. Submitted by editors*

### CAFETERIA @ VISITOR CENTRE

#### **Closed on Tuesday, 27 May**



The Cafeteria at the Visitors Centre (Right Path Cafe) will be fully closed on Tuesday, 27 May, for repairs and maintenance.

**We will be open on  
Wednesday, 28 May, with a new look!**

*Kyounghyoun Lee for the Cafeteria team*

### NATURELLEMENT GARDEN CAFE

#### **Summer Discount every Thursday**

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



So please come and chill out in our AC lounge!

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

*Martina for the Naturellement team*

### TASTE OF YOGA VÉRITÉ CAFÉ



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

**Monday to Saturday  
08:30 - 16:30**

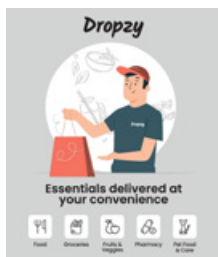
*Kathir for Vérité programming*

## DOWNLOAD OR ACCESS DROPZY APP

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

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

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



*Sathish*



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

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

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

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

**We offer**

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

*Kyonghyon Lee for Right Path Cafe*

## BHARAT NIVAS PATHWAY

### Medicinal Herbal Nursery Counter



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

We warmly invite you to bring Auroville's native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity. Offer your contributions with a minimal donation and become a part of this collective effort to promote nature's gift for a better tomorrow. Let's grow and give, together!

### Souvenir Outlet



*Monisha*

## TANTO & PLENTY Close for Annual Break

May 12—27

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

*Sheril*

## HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

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



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

*Davide*

## FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

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

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

*Isabella for FoodLink*

## THE SPROUT TIMINGS



Daily, 7am—4pm

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

## ANNAPURNA FARM BASKETS

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



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

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



*Madhuri for Annapurna Farm*

## LIVING ROOM CAFÉ

Open every day, 8am—9pm

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

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



*Debo  
for The Living Room Cafe Team*

## SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and  
Millets Pongal, Coffee

Rs.99

*Submitted by Shiva*



## ANY TIME DOSA AND PONGAL

@ the Pathway Café

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

*Arabinda for Bharat Nivas team*



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

*Lakshmi for UTS*



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

*Rajesh for I.T.S.*



**Book  
A Taxi 24/7**



**+91 9843880591**

**Office: (0413) 2220591, 2220592**

**Office cell: 8610915429**

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

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



*Sathish for Sunrise Taxi*



## SHARED TRANSPORT SERVICE

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



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

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

**Contact:** 8098776644/ 9442566256, [its@auroville.org.in](mailto:its@auroville.org.in)

**Rajesh.D**  
for Shared Transport Service

## QUTEE

### Electric Scooter Service

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



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

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

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

## AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store  
([auroville.com](http://auroville.com)) in Aurosarjan Complex

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

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

- WhatsApp: <https://chat.whatsapp.com/BY0slYI38DwFFdAffBsCRJ>

**AL Majumdar**  
+91 9843941207 WA

## BOOK BINDING

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



**8940648542, Michel**

## SURABHI SUPPLIES

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



- **Contact us for all your procurement needs:**  
[surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)

**+91 9843846458 WA, Phone, Iyyappan**

## FREE STORE

Our operating hours are:

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

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

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

*Kamala for the Free Store team*

## RAPID CARE SERVICES

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



### Services offered

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

- **Contact:** + 91 8270071581
  - **Primary Email:** [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)
  - **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
  - **Instagram handle:** @rapidcare1 *Balaji & Arun*



inside india  
DREAMS & MEMORIES

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

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

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

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

**Happy Summer!** *Shaheen for Inside India Team*



## SERVICE AVAILABLE

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

Please contact Ranjith, Aurovilian:

- +91 8610997059, [subramani13@auroville.org.in](mailto:subramani13@auroville.org.in)

*Ranjith*

## SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



### Contact Sarvam Computers

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

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- [sarvamcomputers@auroville.org.in](mailto:sarvamcomputers@auroville.org.in)

*Bala*

## RUPAVATHI JOY ACTIVITIES

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

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

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

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

- For any of the above services, contact:
- 8098845200 WA/ ph., [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

*Rupavathi*

*Poetry*



**Saturday, 24 May, 4pm @ It Matters**

You're welcome to read something you've written, share a poem or paragraph that spoke to you, or just sit back and listen. Drinks will be available, everyone's welcome!

*Bhakti*

## POINTING FINGERS

*Pointing fingers  
Is not the way  
To figure out  
Who's got the point.*

*Anandi Z.*

**THAT'S WHY**

Some swirling questions especially from those not familiar with the Auroville Saga:

*Why is this the Auroville of Sri Aurobindo and the Mother?*

*Why reiterate "Man is a transitional being?"*

*Why the need for a change of consciousness?*

*Why prepare for the advent of the new apex species?*

*Why the need for the Divine Manifestation?*

*Why the need for the Supramental being?*

*Why not just chill and let chill and have fun?*

*Why the rebellious humans, who instead of practicing the Integral Supramental Yoga prefer fighting each other including the appointed members of the Government of Mother India with much energy, are being kicked out of Auroville?*

*Why so many rules?*

*Why? Why? Why?*

Here's the Mother:

*"This terrestrial world, this human world is constantly invaded by the forces of the neighbouring world, that is, of the vital world, the subtler region beyond the fourfold earth-atmosphere; 1 and this vital world which is not under the influence of the psychic forces or the psychic consciousness is essentially a world of ill-will, of disorder, disequilibrium, indeed of all the most anti-divine things one could imagine. This vital world is constantly penetrating the physical world, and being much more subtle than the physical, it is very often quite imperceptible except to a few rare individuals. There are entities, beings, wills, various kinds of individualities in that world, who have all kinds of intentions and make use of every opportunity either to amuse themselves if they are small beings or to do harm and create disorder if they are beings with a greater capacity. And the latter have a very considerable power of penetration and suggestion, and wherever there is the least opening, the least affinity, they rush in, for it is a game which delights them.*

*Besides, they are very thirsty or hungry for certain human vital vibrations which for them are a rare dish they love to feed upon; and so their game lies in exciting pernicious movements in man so that man may emanate these forces and they be able to feed on them just as they please. All movements of anger, violence, passion, desire, all these things which make you abruptly throw off certain energies from yourself, project them from yourself, are exactly what these entities of the vital world like best, for, as I said, they enjoy them like a sumptuous dish. Now, their tactics are simple: they send you a little suggestion, a little impulse, a small vibration which enters deep into you and through contagion or sympathy awakens in you the vibration necessary to make you throw off the force they want to absorb.*

*There it is a little easier to recognise the influence, for, if you are the least bit attentive, you become aware of something that has suddenly awakened within you. For example, those who are in the habit of losing their temper, if they have attempted ever so little to control their anger, they will find something coming from outside or rising from below which actually takes hold of their consciousness and arouses anger in them. I don't mean that everybody is capable of this discernment; I am speaking of those who have tried to understand their being and control it. These adverse suggestions are easier to distinguish than, for instance, your response to the will or desire of a being who is of the same nature as yourself, another human being, who consequently acts on you without this giving you a clear impression*

*of something coming from outside: the vibrations are too alike, too similar in their nature, and you have to be much more attentive and have a much sharper discernment to realise that these movements which seem to come out from you are not really yours but come from outside. But with the adverse forces, if you are in the least sincere and observe yourself attentively, you become aware that it is something in the being which is responding to an influence, an impulse, a suggestion, even something at times very concrete, which enters and produces similar vibrations in the being.*

*There, now. That is the problem.*

*The remedy?... It is always the same: goodwill, sincerity, insight, patience—oh! an untiring patience and a perseverance which assures you that what you have not succeeded in doing today, you will succeed in doing another time, and makes you go on trying until you do succeed.*

*And this brings us back to Sri Aurobindo's sentence: if this control seems to you quite impossible today, well, that means that not only will it be possible, but that it will be realised later."*

<https://incarnateword.in/cwm/8/12-december-1956>

That's why...

It's a Great Cosmic Power Play, and most humans are still only playthings and food for these undivine and anti-divine energy vampires. Here are [current online discussions on this in three parts](#).

How can any sincerely compassionate, loving and even slightly awakened human close their eyes on this knowledge and not act?

And that's why also, understanding our current limitations against these now again but since long revealed invaders and parasites, the proactive Sunlit Path of Surrender and Bhakti to the Supreme Divine Mother MahaShakti is the most significant choice, not to mention the easiest and most joyful, to finally rid this world of these adverse and hostile forces:

*"To be a Yogi, a Sannyasi, a Tapaswi is not the object here. The object is transformation, and the transformation can only be done by **a force infinitely greater than your own**; it can only be done by being truly like a child in the hands of the Divine Mother."*—[Sri Aurobindo](#)

We consciously continue on preparing the Divine Mother's City of Dawn as messengers, willing servitors and hero warriors of the Divine Consciousness-Force until the Day of Victory.

*"I saw the Omnipotent's flaming pioneers  
Over the heavenly verge which turns towards life  
Come crowding down the amber stairs of birth;  
Forerunners of a divine multitude,  
Out of the paths of the morning star they came  
Into the little room of mortal life.*

*I saw them cross the twilight of an age,  
The sun-eyed children of a marvellous dawn,  
The great creators with wide brows of calm,  
The massive barrier-breakers of the world  
And wrestlers with destiny in her lists of will,  
The labourers in the quarries of the gods,  
The messengers of the Incommunicable,  
The architects of immortality."*

Sri Aurobindo

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

Zech



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

**WHISPERS BENEATH THE BANYAN:**

**A Tale of Divine Recognition**

Under the sprawling canopy of the ancient Banyan tree near the Matrimandir in Auroville, an unusual gathering took place. This tree, home to a myriad of creatures—mynas, parrots, crows, kingfishers, owls, bats, butterflies, dragonflies, doves, squirrels, ants, grasshoppers, beetles, bees, and sometimes even snakes—buzzed with excitement. For decades, these creatures had watched countless individuals come and go, each with a different purpose. Today, they convened to discuss a matter of great curiosity: who among the humans had reached the highest level of consciousness? Who had truly seen the spirit, the light, or the divine?

The lively discussion began with the parrots, who claimed that those who opened the Matrimandir's inner chamber must have attained the divine. "They enter the sacred space first," the parrots argued, "surely, they are the closest to the divine light."

The butterflies countered, "No, it's those who clean the crystal in the inner chamber. They alone touch the powerful crystal and maintain its purity."

Squirrels chirped in disagreement, "Meditators in the inner chamber are the closest to the divine. They absorb the light into their very beings."

"But what about those who clean the golden discs of the Matrimandir?" the butterflies insisted. "They reach the top, touch the sunlight directly."

The praying mantis offered another perspective, "Long-term Aurovillians are the most connected. They have dedicated their lives to building and serving Auroville and the Matrimandir."

Ants, never to be left out, added, "Newcomers bring fresh energy and devotion. Their purity and enthusiasm are unmatched as they serve diligently during their introductory period."

Bats swooped in with their own view, "Those who serve at the base of the lotus are closest to the divine. They witness the light descending into the small crystal on the earth."

Mynas praised the gardeners and architects, "Without them, the Matrimandir wouldn't exist. Their vision and hard work have created this sacred space."

Dragonflies highlighted the fundraisers, "Without their efforts, the Matrimandir wouldn't have the resources to thrive. They are crucial to its existence."

Beetles, always industrious, chimed in, "Those who maintain the infrastructure, fixing and repairing, are the best. They ensure the Matrimandir is always in perfect condition."

Bees, with their keen sense of community, added, "The volunteers who tend to the gardens and ensure the flowers bloom are the best. They create the beauty and harmony that surrounds the Matrimandir."

Tree frogs, usually quiet, couldn't stay silent, "The ones who care for the sacred ponds and water bodies are the best. They maintain the balance of nature around the Matrimandir."

As the debate continued, the Banyan tree, intrigued by the lively exchange, suggested, "Let us ask the Matrimandir itself."

Gathering their courage, the creatures approached the majestic Matrimandir. After listening to their conversation, the Matrimandir smiled and spoke gently, "All the people you mentioned are indeed important. Each one plays a vital role in creating and sustaining this sacred place. However, there are those who are very near to the divine, and they might not be on your list."

The creatures listened intently as the Matrimandir continued, "Look at Amma. She cleans the toilets every morning and evening without any ego, performing her work as

karma yoga. She is illiterate and poor but rich in service. She cleans with joy, singing Tamil songs, never complaining. She is fully present in her work, unaware of the world outside. She is very near to the divine, though she never enters the inner chamber for meditation. For me, those like Amma are the best, the true first Aurovillians."

A hushed silence fell over the creatures. The wisdom of the Matrimandir resonated deeply within them.

"And," the Matrimandir continued, "those who open their hearts to the divine are also the best. Many here in Auroville embrace the divine with an open heart, receiving the divine force. They are indeed near to the divine."

With newfound understanding, the creatures returned to their Banyan tree, humbled and enlightened. They realized that divinity was not just in grand gestures or prestigious roles but in the purity of heart, humble service, gratitude, and kindness.

From that day forward, they watched with deeper appreciation, recognizing the divine spark in every person who came to the Matrimandir. They saw the greatness in those who worked quietly and sincerely, in those who offered their hearts with gratitude and kindness. True greatness, they understood, lies in the heart of humble service and sincere devotion.

*Dr. Lourde Nadin Epinal*

## AUROVILLE RADIO TV

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

### Last published podcasts

- [Marlenka's weekly Offering—Ep.138](#)
- [Savitri—Ep.10 : Introductory Comments in Tamil by Dhanalakshmi](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.493](#)



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

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

*Sai Priya for Auroville RadioTV Team*

## *Classes, Workshops & Healing Arts*

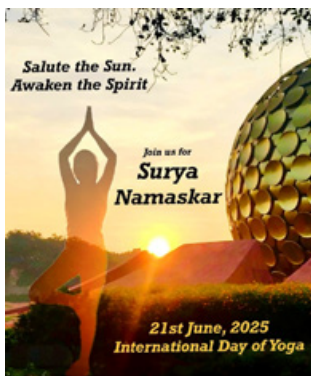
### AUROVILLE JOINS

#### The International Day of Yoga

#### Surya Namaskar Challenge on 21 June

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

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



#### All are welcome

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

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

- Stay tuned for details!

#Auroville #YogaDay #SuryaNamaskar #IDY2025

*Nilima and Muthukumari  
for Marathon Yoga Team*



## WORLD GAME SUMMER SPECIAL



## World Game Summer Play!

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

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

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

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

Aikya

## CREATING GENIUS

### Workshop for Mothers

24 May, 10am—1pm @ Bhumika Hall, Bharat Nivas

Golden opportunity for Moms-to-be, Young Mothers & Women to learn from Smt. Revathi Sankaran, founder of "Little Gems".

**Educator:** Conscious conception. Pre & post natural education. 32 years of experience based on Mother's guidance.

- Only female participants. Program will be in Tamil.

William



## HEART WEAVING EXPLORATION

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

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

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

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

**For questions:** + 91 8300288303 WA

Submitted by Alexey

## NEW STORY POD

Weekly starting on Sunday, 1 June



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

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

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

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

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

What is a new story you wish to step into?

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

- For online Pod details + sign-up visit:  
[pod.servicespace.org](https://pod.servicespace.org).
- For Auroville meetup, write after 24 May on:  
[deven@auroville.org.in](mailto:deven@auroville.org.in).

Deven

## INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



Are you feeling stuck? Looking for a renewed purpose?

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

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

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

By Dave (JOI Anitya),  
+44 7564119728 WA

# ARKA WELLNESS CENTER

## May Program

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



### Treatments

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

## Classes

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

## Services

### Aurokiya: Eye Care Center

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

### Morning Star: Birth & Women Wellness

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

### Maatram: Psychological & Psychiatric Consultation

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

### Convalescence Facility: Post-Surgical and Care Facility

- For Aurovilians only, Max. stays 3 weeks
- Please contact Arka  
0413 2623799, [arka@auroville.org.in](mailto:arka@auroville.org.in)

### Emergency Services: Ambulance & Emergency Service

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

### Svasti: Homeopathic Consultation

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

### Health & Healing Trust: Administration Office

- Health & Healing Trust  
[healthhealingtrust@auroville.org.in](mailto:healthhealingtrust@auroville.org.in)

*Ramana, Arka*

## MANTRAS & STOTRAS

### Traditional Chanting Class

Friday, 5pm (regular class) @ Serendipity Community

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

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

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

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

*Sonia*

**PITANGA CULTURAL CENTRE:****Program May 2025**

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

**Drop-In Classes:**

- Join without prior registration!

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

**Classes, by Prior Registration**

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

**Healing Space, by Appointment**

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

**New Activities**

- Prana Kriya Sadhana with Flowrina

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

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

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



- **Healthy Pelvic Floor with Flowrina**

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

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

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

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

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

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

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

## **AUROMODE SPA OFFERS COSMETOLOGY SERVICES**

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

Meha for Auromode SPA



## **UPCOMING MINDFULNESS OFFERING with Helen**

### **Mindfulness for Stress Reduction 1 week course**

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

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



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

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

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

- **Pre-registration is required.** Contact Helen on +91 7094753054 WA or visit [innersightav.org](http://innersightav.org)

## The Potential of Kindness Movie Night

- Tuesday, 27 May, 5pm @ Pitanga

We're hosting a special movie night as part of our research on the Potential of Kindness. We're curious to see what—if anything—shifts within when we witness stories of kindness.

To explore this we will be showing 'A Man Called Otto' (a heartwarming tale about connection and compassion). We invite you all to come, bring your friends, support our experiment in kindness, and enjoy the movie too!



Everyone is welcome to this free event. All we ask is that you complete a survey (before and after the film) to help us discover if and how watching kindness on screen creates positive shifts in how we feel.

Pitanga are kindly hosting this event. We start at 5pm and will be finished by 7:30pm latest. If you have any questions contact Helen on +91 7094753054 WA.

*Helen & Nikethana*

## It Matters

**Schedule from 24—31 May**  
Weekly Activities—A/C Room

All activities are:

Rs. 500 for guests and 50% discount for Aurovilians/ Newcomers/ Savi registered volunteers.

Extra discount vouchers available, only for weekly activities, not for workshops.

**ITMATTERS.AUROVILLE.ORG**

**@AUROVILLE.CURATED**



**LOCATION:**  
Auroville Main Road  
Kuilapalayam

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

Date	Workshops in May
Saturday, 24 May 11am—1:30pm	Me, Myself & I (Writing & Self Exploration) with Navni—Rs 900
Saturday, 24 May 4pm	Poetry Circle (Free Entry)
Saturday, 31 May 3:30—5:30pm	Intro to Contemplative studies (Critical Subjectivity) with Anshul. Free contribution Rs 1—1000

*\*Pre-registration for Workshops is required*  
More info on instagram: [@auroville.curated](#)

*Saranya for It Matters*

## LEELA THERAPY

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



Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed. Leela therapy is offered by Kardash in person or on-line.

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

*Kardash*

## VÉRITÉ EVENTS MAY 2025

Please contact Vérité  
@ 0413 2622045, 2622606,  
9363624083

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



### Yoga & Other Classes

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

### Treatments and Therapies

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

*Aparna & Anandhi*

## SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

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

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

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

*Submitted by Isha*



*Languages*

## NEWS FROM AUROVILLE LANGUAGE LAB 22 May, 2025

### Courses

#### Current Schedule of Classes as of 22 May

See details here:

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



### Tomatis

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

- Send an email to [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org).

Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

- Resonance, the book!

Check it out:

<https://books.aurovillelanguagelab.org>

- To enquire or register:

[tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) or call  
0413 2622467 or 3509932.

### Japanese for Beginners

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

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

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

nese sentence patterns, oral communication, reading, writing, and kanji. Our goal is for students to reach JLPT N4 proficiency within six months and JLPT N5 within one year. Consistent pre-class preparation and post-class review are essential.

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

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

### Course Objectives:

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

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

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

### Call for Arabic Language Teacher

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

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

- [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org).

### French classes with Auroasha and Jade

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

#### Course Details:

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

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

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

#### Children’s Course Details:

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

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

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



## **Private and group classes for English**

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

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

### **Beginner English with Ashwini:**

- Wednesday and Friday, 4:30—5:30pm

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

**Head on over to the Lab's online form** and complete your registration now so that we can keep you posted!

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

## **Spoken Hindi for Beginners with Ashwini**

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

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

## **Conversational Tamil (pre-intermediate) with Saravanan**

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

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

## **Beginner Spanish Course with Mila**

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

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

## **Italian—Beginner Level**

- Registration Open

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

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

**Current Schedule of Classes as of 22 May**

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

**Reminder about our free Evening Programs**

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

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

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

**Film Shows**

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

**Communication with the Lab**

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

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

*Mita, Mano, Louis & Vismai for Auroville Language Lab*

**LEARN ENGLISH AND HINDI**

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

*Ashwini, Aspiration*



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**26 May—1 June**

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

**Indian—Monday 26 May, 8pm**  
**Strir Patra (Letter from the Wife)**

India, 1972, B&W, Dir. Purnendu Patri w/ Madhabi Mukherjee, Ashim Chakrabarti, and others, Drama, 85mins, Bengali w/ English subtitles, Rated: NR (for all)

This bold depiction of women's emancipation was written by Tagore around 1915! Mrinal, a spirited woman from a solvent family, is married into an aristocratic family as the wife of the second son or mejo-bou. The story revolves round three women, one submits under the weight of patriarchy, one resists but meets tragedy, and Mrinal, deeply shaken, chooses her own path. Her letter to her husband becomes a powerful declaration of defiance and liberation. A rare gem, the film showcases masterful storytelling by the director who has made very few films. It evokes the finesse of Satyajit Ray yet stands apart in its own distinct style. We bring this film to the recent celebration of Tagore's birthday and to commemorate his visit to Pondicherry on May 29, 1928. *You can't miss this film!*

**Potpourri—Tuesday 27 May, 8pm**  
**Idi i Smotri (Come and See)**

Soviet Union, 1985, Dir. Elem Klimov w/ Aleksey Kravchenko, Olga Mironova, Liubomiras Laucevicius, and others, War-Drama, 142mins, Belarusian-Russian-German w/ English subtitles, Rated: NR (R)

In war-torn Belarus, a young boy eagerly joins the resistance, believing in heroism, only to face the grim realities of conflict. As he navigates devastation and loss, his innocence transforms to resilience in this story of survival and strength. A visually stunning, deeply moving portrayal of war's impact on the human spirit.

**Selection—Wednesday 28 May, 8pm**  
**Un Amour à Taïre (A Love To Hide)**

France, 2005, Dir. Christian Faure w/ Jérémie Renier, Louise Monot, Bruno Todeschini, and others, War-Romance, 103mins, French w/ English subtitles, Rated: NR (PG)

Haunted by the brutal murder of her family, young Sara flees Nazi-occupied Europe, seeking refuge with childhood friend Jean and his devoted partner Philippe. As the Gestapo closes in, Jean devises a risky plan to protect her, but betrayal and desperation lead to devastating consequences. A gripping story of survival, sacrifice, and the relentless pursuit of hope in the darkest times.

**Interesting—Thursday 29 May, 8pm**  
**A Very Old Man with Enormous Wings**



India, 2017, Dir. Prateek Vats, Documentary, 72 mins, Bengali-Hindi-English w/ English subtitles, Rated: U (G)

No, it is not a Gabriel García Márquez novella. This film is about Monohar Aich, the legendary Indian bodybuilder and former Mr. Universe, whose life defies expectations in its own way. On the eve of his 101st birthday, he refuses to look back, shaping the film into an intimate portrait of a man whose obsession with strength defined his existence. Shot over two years, it is a story that transcends time to reveal the oddities that make human stories worth telling. *We thank the director (of the famous Eeb Allay Ooo!) for sharing this special film with us.*



**Cinema Paradiso Presents**  
On Thursday, 29 May 2025 @ 8pm @ MMC Auditorium, Auroville

**Prateek Vat's**



**A Very Old Man With Enormous Wings**  
India, 2017, Dir. Prateek Vats, Documentary, 72 mins, Bengali-Hindi-English w/ English subtitles, Rated: U (G)

No, it is not a Gabriel García Márquez novella. This film is about Monohar Aich, the legendary Indian bodybuilder and former Mr. Universe, whose life defies expectations in its own way. On the eve of his 101st birthday, he refuses to look back, shaping the film into an intimate portrait of a man whose obsession with strength defined his existence. Shot over two years, it is a story that transcends time to reveal the oddities that make human stories worth telling. *We thank the director (of the famous Eeb Allay Ooo!) for sharing this special film with us.*

*Join us in celebrating a life lived with extraordinary passion and resilience, beautifully captured through masterful visual storytelling that brings his journey to life.*

## **International—Saturday, 31 May, 8pm**

### **A Complete Unknown**

USA, 2024, Writer-Dir. James Mangold w/ Timothée Chalamet, Edward Norton, Elle Fanning, and others, DocuDrama-Music, 141mins, English w/ English subtitles, Rated: R

In 1961, Leonard Bernstein arrives in New York City, determined to reshape classical music. As he navigates fame, love, and ambition, his genius propels him to legendary status, but personal struggles and sacrifices haunt him. A riveting portrait of a visionary who changed music forever. *A great watch!*

## **Children's Matinee—Sunday, 1 June, 4pm**

### **Foxter & Max**

Ukraine, 2019, Writer-Dir. Anatoliy Mateshko w/ Amadey, Dmitriy Gavrilov, Bohdan Kozii, and others, Adventure-Sci-Fi, 90mins, Ukranian w/ English subtitles, Rated: NR (PG)

A boy's graffiti transforms into a living nanobot dog, sparking an adventure where they must evade a ruthless criminal seeking the advanced technology. A thrilling chase unfolds in a battle of ingenuity and survival.

## **Ciné-Club Sunday 1 June, 8pm**

### **Los Abrazos Rotos (Broken Embraces)**

Spain—UK, 2009, Dir, Pedro Almodovar, w/ Penélope Cruz, Lluís Homar and Others, Drama-Romance, 127 mins, Spanish w/ English subtitles, Rated: R

A man writes, lives, and loves in darkness. Fourteen years ago, a brutal car crash in Lanzarote stole his sight—and Lena, the love of his life. In grief, Mateo Blanco abandons his identity, becoming Harry Caine. If he can't direct films, he survives by believing Mateo died that night with Lena.

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

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

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

Auroville Film Institute presents

## EMBODIED CARTOGRAPHIC WORKSHOP

### Reflections on Certitude Grounds

Sunday, 25 May, 4—7pm



Greetings! Film Institute @ Auroville is delighted to introduce a workshop at the Certitude ground. The Workshop is designed in concurrence with the



ongoing research and academic pursuits of the Film Institute Fellows.

### **An embodied cartographic workshop @ Certitude**

You're Invited to Share Your Story @ Certitude Ground, for Assemblage

*What does this place hold for you? A moment, a memory, a sound?*

Whether you live nearby, pass through often, or hold a quiet connection to this space, we would love to hear:

- A memory you associate with this site
- A moment that stayed with you
- A feeling, image, or atmosphere you associate with being here
- Or even a story you've heard from someone else about it

Your stories will become part of Assemblage—a living, interactive map that reveals how place is experienced and remembered uniquely by each person who passes through.

**Assemblage** is a digital storytelling project that maps personal experiences, reflections, and memories tied to specific locations within Auroville. It unfolds as a simulated journey through the landscape, experienced through real or fictional characters shaped by real stories, oral histories, and ambient site-specific memory.

Rooted in the idea of embodied cartography, this project treats storytelling as a way of navigating space—where every voice adds a new path, a new layer, a new way of seeing. We welcome your presence and would love to hear your part.

**About us:** We are fellows of the Open Space Documentary Arts Programme at Auroville Film Institute.

**For more information** write to:

- [info@aurovillefilm.institute.com](mailto:info@aurovillefilm.institute.com)
- Krishna, +919160365377 & Pia, +919342414141

*Krishna and Pia*



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

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

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

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

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

**Note:** Contributions are very welcome!

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

*Susana and Aurofilm team*



**ECO FILM CLUB:  
Every Friday @ Sadhana Forest**

**Schedule of Events**

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
  - 16:30 Tour of Sadhana Forest
  - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
  - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
  - 20:00 Dinner is served
  - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.



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

**Friday, 23 May**

**The Emotional World of Farm Animals**

2004/ 40 minutes/ Stanley Minasian

A delightful documentary for viewers of all ages about the thinking and feeling side of farm animals. This journey into the sentient, emotional lives of farm animals brings Mason to animal sanctuaries around the country where caregivers and the animals themselves tell their stories.

**Aviram**

*About N&N*

**NEWS AND NOTES GUIDELINES**

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

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

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

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

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

**Visiting hours:**

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

**Hard deadline for submissions:**

- Tuesday 3pm

**Poster to publish:**

- Width 9.5cm x Height 4cm



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

## Accessible Auroville Public Bus

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



### Auroville TO PONDICHERRY

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



### Pondicherry TO AUROVILLE

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

## Emergency Services

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

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

**Health:**

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

**Mental health 24/ 7 support:**

- Vandrevalla Foundation +91 9999666555

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