

News & Notes

#1087, 10 July 2025

A weekly bulletin for residents of Auroville



Garden of Light.
Photo by Katiya (AgniJata)

Pondering



The immense material world in which we live is not the sole reality but only one of innumerable potential and existent universes... All terrestrial existence is the slow surge of a hidden Consciousness mounting up out of an apparent

Inconscience towards its own perfect and luminous manifestation. This is the secret of evolution and its significance. There is a spirit secret even in things immobile,—there is an All-Consciousness disguised in the Inconscient. In Matter life is embedded, in Life is an enveloped mind, in Mind is concealed a greater supramental and spiritual being not yet manifested. These are the significant and illumining terms of the riddle. Evolution is the labour of Nature, or let us say at once of the Energy of the secret Spirit, working in the semblance and under the limiting conditions of an inconscient Power to release these latencies each in its turn out of their involution in the original Inconscience.

Complete Work of Sri Aurobindo Volume 12

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House of Mother's Agenda

(continued from last week)

I have the impression of a missing link between "something" I very clearly feel up above, something concrete, and then this reality I live.

That's very material.

But I have the impression of something missing, a link, something...

Not a "link"...

It's more a passivity that would be missing. Everything is too active.

And for the Force to be able to go through rapidly so as to reach the body, a GREAT passivity is needed. I can see that: every time there is a pressure so as to act on some part of the body or other, it always begins with an absolute passivity, which is... the "perfection of inertia," you understand? What inertia imperfectly represents—it's the perfection of that.... Something with no activity of its own—which is VERY difficult precisely for those who have a great mental development, very difficult. Because its whole life long, the body has worked to be in that state of receptivity to the mind, and that state, which is what brought about its obedience, docility and so on, is what needs to be abolished.

How can I explain?... The development through the mind is a constant and general awakening of the whole being—even the most material being—an awakening as a result of which there is also something that's the opposite of sleep. But to receive the supreme Force, what's needed is, on the contrary, the equivalent of stillness—the stillness of sleep, but an ABSOLUTELY CONSCIOUS sleep, absolutely conscious. The body feels the difference. It feels the difference to such a point that... for example, at night I lie down and I am like that, for hours I remain like that, and if after a while I drop into ordinary sleep, my body wakes up with a dreadful anguish! Then it slowly goes back to that State. That anguish, I feel it from time to time—it goes away instantly as soon as the body recaptures the true attitude, which is a state of stillness, but absolutely conscious. "Stillness," I don't know how to explain that.... It's almost the opposite of inertia in stillness.

That's what now makes me understand why the creation began with inertia. So then, we had to recover that state (*Mother draws an immense curve*) after going through all the states of consciousness. And that's what has given us... (*laughing*) for us, it's a fine mess! But when it's done deliberately, it's not a mess any longer.

For me, the difficulty I very often come up against, is a need of activity in the aspiration, too.

Yes, yes.

I feel I shouldn't stop being actively aspiring. Often I could very well let everything be like that, motionless, but...

Yes, but then the aspiration comes.

I feel the need of activity in the aspiration.

Yes, it's to counteract inertia. It's because we still have a legacy of inertia.

But then, what's to be done in that case? Let everything spread out, or else... persist in this active aspiration, which is really intense?

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

(to be continued next week)

Mother's Agenda, October 18, 1969

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

Gangalakshmi (HOMA)

Townhall Speaks

DIGITAL SIGNATURE PROCESS

Dear Trustees and Executives, we would like to inform you that a new digital signature process has been introduced for the Trust and Unit Financials for FY 2024–25 (Balance Sheet).

You will shortly receive an email from the FAMC Finance Email of your respective Trust, containing the Financials (Balance Sheet) for FY 2024–25. We kindly request you to review the document and complete the digital signature process at your earliest convenience.

To assist you, a short demo video explaining the steps for digitally signing the document is available here: <https://icecreamapps.com/v/czs8bts>

We appreciate your prompt attention and cooperation. If you have any questions, please do not hesitate to contact us.

FAMC Finance, from Mass Bulletin

ZOHO QUERY RESOLUTION SESSIONS

10 & 11 July @ SAIER Conference Hall

Dear Executives and Accountants, as part of the ongoing Zoho implementation process, we have scheduled Zoho Query Resolution Sessions on 10 and 11 July 2025 at the SAIER Conference Hall.

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

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

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

FAMC Finance, from Mass Bulletin

Community News

Matrimandir News & Schedules

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

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

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

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



Velmurugan for Access team

MATRIMANDIR ACCESS INFORMATION

Changes to the Access Policy

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

Access to the Park of Unity

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

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

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

The Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests

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

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

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

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

Visiting Matrimandir with Family and Friends

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

• The Park of Unity

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

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

• The Inner Chamber of Matrimandir

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

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

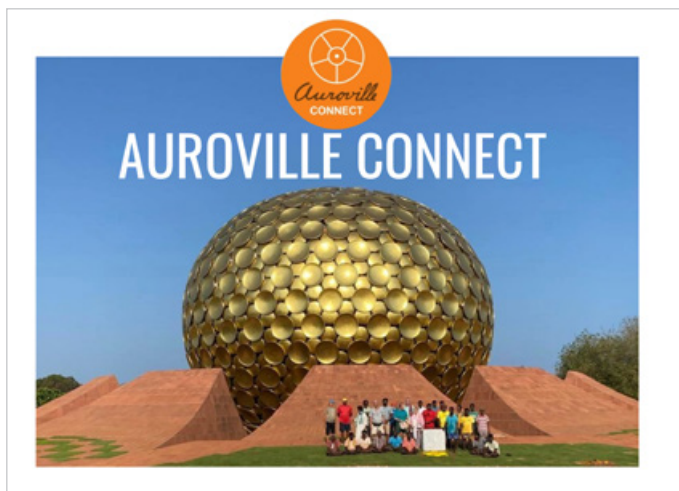
• Thursday Meditations at sunset with Savitri

The guests with 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*

Auroville Connect

AUROVILLE CONNECT JUNE 2025, 3rd issue



[The 3rd issue is available here](#)

From Mass Bulletin

*Awakening Spirit***SAVITRI BHAVAN SCHEDULE, JULY 2025****Exhibitions**

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

Films: Mondays, 4pm

- **July 14 The Great Mystery of Water**—This awarded Russian documentary of 2006 discusses the importance, the memory and structure of water. *Duration: 86min.*

Life on Earth could not exist without water and all forms of life arose from it. This life-giving element exists in three forms: liquid, solid and gaseous. In this film scientists from various countries and representatives of different religions discuss the properties and memory of water and present their research work.

Their findings show that the structure of water and its relationship to the world around us is of great significance. The alphabet of water is its molecular structure. With precise instruments its interaction with the environment can be shown and measured. It has been discovered that the structure of water reacts to every kind of information and stimulus it receives, similarly to an animal or human nervous system, and that human presence, thoughts and feelings are the strongest elements influencing water.

What science is now revealing appears to have been known to our forefathers. It seems that the frequency and vibration of prayers in all religions and languages is 8 hertz, which corresponds to the oscillation frequency of the earth's magnetic field. In all religions it is customary to recite a prayer before eating food. There is also a record from 1881 of a crew of shipwrecked sailors surviving for three weeks in a lifeboat by taking ocean water in their hands and with prayers transforming it into sweet drinking water.

Wise men of ancient times believed that the impulse which caused life to emerge in the material universe was a primeval divine spark which imprinted in water the sequence of the earth's future development. Science is now showing that our universe constitutes a single organism: all of its parts, including our earth and ourselves, are inseparably bound together by huge streams of information, and on our planet water plays a key role in the exchange of this information.

The documentary is available on YouTube under the title: [Water: the Great Mystery](#).

- **July 21 The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 1** by Loretta Shartsis: The Mother used flowers for teaching Integral Yoga. *Duration: 54min.*
- **July 28 The Teachings of Flowers—The Life and Work of the Mother of the Sri Aurobindo Ashram, Part 2** by Loretta Shartsis. *Duration: 70min.*

Full Moon Gathering

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

Dream Divine Series

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

Shraddhavan about Savitri Bhavan and Savitri: A recorded talk to visitors from Kolkota

- **Friday, 11 July, 4—5pm @ Sangam Hall**
Everyone is welcome.



Auroville Documentary (2004): Towards a Sustainable Future

- **Friday, 18 July, 4—5pm @ Sangam Hall**
Everyone is welcome.



25 July: Fragmentation and Degeneration—Two Inner Difficulties on the Path—A talk by Manoj

Savitry Satsang with Narad @ Savitri Bhavan

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

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

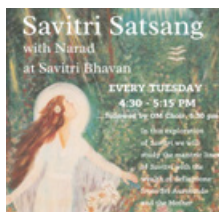
The Mother's words on Savitri:

"Savitri, the Supreme revelation of Sri Aurobindo's vision."

"... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."

"... all the rest is preparation, while Savitri is the Message."

"The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted."



OM Choir

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

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

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

All are welcome, no prior singing experience required



OM is the signature of the Lord.

OM: I implore the Supreme Lord.

Regular Activities


- **Sundays 10:30—12pm:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** How to find the soul—Theory & Practice led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays 4—5pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:30pm** OM Choir led by Narad
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Thursdays 4—5:30pm:** Reading Savitri in Russian with Anatoli
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Dhanalakshmi for Savitri Bhavan



Bharat Nivas Presents

A WEEKLY STUDY CIRCLE

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



By Deepti Tewari
4:30 pm - 5:30 pm
Every Tuesday
Venue :
Resource Library,
Bharat Nivas, Auroville


BHARAT NIVAS
Scan for Location


Submitted by Monisha

LABORATORY OF EVOLUTION LIBRARY



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

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

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

Kalyani

PAVILION OF TIBETAN CULTURE: EXHIBITION

On Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)

On the occasion of the 90th Birthday of His Holiness the Dalai Lama, the **Pavilion of Tibetan Culture** presents an exhibition on “*Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)*”

- Open every day except Sunday at the Pavilion.

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

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

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

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

I appreciate the development occurring constantly

I pray this place will be of immense benefit to others.

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

*Kalsang
for Pavilion of Tibetan culture*



Education

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

CALL FOR GRANT PROPOSALS

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

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

Questions and early submissions are welcome.

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

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*

LEARNING SPACE

opens doors for kids of guests, volunteers and newcomers

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



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

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

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

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

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

Alexey for Aarambham Learning Space team

SUPPORTIVE LEARNING SATELLITE

SLS Team

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

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

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

Specifically, we support:

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

The support provided may focus on:

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

Ana and Laura for SLS Team

TUITION CLASSES AVAILABLE

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

Ashwini

**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

**YUVABE EDUCATION:
New learning opportunity for the Auroville
bioregion**

We're excited to announce a new learning opportunity for the Auroville bioregion! Yuvabe Education's Bridge Program is launching

- a 3-Month 3D Product Design Online Course using Autodesk Fusion 360,
- starting 7 July, 2025. Application open till 11 July, 2025

This intensive course is ideal for creative young adults who want to learn computer-aided design, product innovation, and 3D modeling. Participants will gain industry-relevant skills, design portfolio-worthy projects, and receive mentorship from professional designers and engineers. Top students may also qualify for a paid internship with 3DPD Pvt. Ltd., a leading product design company.

Build, Design & Innovate for Tomorrow—Apply Now! If you or someone you know is curious about the future of design and technology, we'd love to connect! Let's turn your passion into a career!

- Registration date: 7—11 July
- Time: 5—7pm, online
- Contact us: 9677604467, bridge@yuvabe.com

Download Brochure: [Click here](#). Fee: Rs.1500.

Visit Website <https://www.yuvabeeducation.com/bridge/3d-design>

Follow us on social media:

- Instagram: [@yuvabe.auroville](https://www.instagram.com/yuvabe.auroville)
- Facebook: Yuvabe Auroville
- LinkedIn: Yuvabe
- YouTube: [@yuvabe.auroville](https://www.youtube.com/yuvabe.auroville)

Abilash

Health Care

**CHILDBIRTH AND PREGNANCY
Education**

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

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



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

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us. If you would like more information or to join the class, please contact Savithri through only WhatsApp +918940571774 or email us at morningstar@auroville.org.in

Paula
for Morning StarTeam

SUPPORTING COMMUNITY HEALTH And Well-Being

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

1. PMJAY Health Insurance Card Assistance

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

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

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

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

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

2. Community Blood Donors Group

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

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

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

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

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

AURODENT: JULY SPECIAL OFFERS

**Open to all Aurovilians and Guests
Valid until 31 July 2025**

This whole month: something special for families!

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

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

For Appointment:

- +91 9629199328 WA, 0413 2622063 landline
- aurodent@auroville.org.in

Working Hours:

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



Jayasutha for Aurodent

SANTÉ SERVICES SCHEDULE



Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

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

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

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

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm
 @ Lilaloka

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

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



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

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

Rotem

SERVICES PROVIDED

This is Sruthi, 27 years old, an 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

Sruthi Sundaram

ADDICTION RECOVERY SESSIONS

@ Maastram

Every Tuesday, 3:30—4:30pm

@ Maastram, 1st floor, Arka

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

Raam & Palani

Youth Initiative

CRASH COURSE:

Crack Your Interview Successfully

Started 6 July @ Youth Camp

12 power-packed sessions to help you succeed your interview.

- **Duration:** 12 Classes
- **Venue:** Youth Camp (ILLAM)
- **Limited Seats:** Book Now!

◦ Contact Ashwini 8270512606 WA

Ashwini

International

Unity Pavilion Presents

SENCHA-STYLE TEA CEREMONY



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

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

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

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

Rs. 400 per person

Rs. 300 per person for Groups of 4 or more

PRE-BOOKING OR BY APPOINTMENT

Call/Whatsapp: +91-9385428400 for bookings



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

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

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

THE MOTHER'S SYMBOL, MATRIMANDIR & 12 QUALITIES



ART CLASS: WITH ARTIST JANAKIRAMAN



Priya for Unity Pavilion

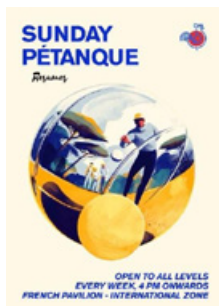
French Pavilion presents
@ Pavillon de France, opposite the Visitor Center
SUNDAY PÉTANQUE

Every Sunday, 4—5:30pm

Sunday pétanque is back!

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

Vivekan



BOARD GAMES

Wednesdays, 4—5:30pm

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

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



Vivekan

Theatre, Music & Arts

BHARAT NIVAS: INDIAN CLASSICAL And Semi-Classical Vocal Performance



AURELEC: GIOVANNA ARYAFARA

Sharing the Diversity of the Human Experience

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

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

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



Jana for Aurelec

Dance Activities

NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!

Dance, movement and ballet with Fleur

for children
4 to 14 years old

at New creation
Dance studio

contact : (Fleur) 9600225764

We offer classes for almost all age groups:

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

Contact Fleur for enquiries: +91 9600225764

Fleur

GARBA: THE VIBRANT FOLK DANCE OF GUJARAT

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



Step into an immersive experience of Garba—the vibrant folk dance of Gujarat. Rooted in the celebration of Shakti, this is a living tradition of rhythm, reverence and the collective —deeply experienced during the festival of Navratri!

Connect with not just the dance but a whole culture that surrounds it.

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

+91 8870730567 WA, Megha

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango

Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

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

@Bakisata_dance

Tango Dance @ CRIPA

Monday

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

Friday

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

Contact: +91 8637633696



Mani

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

Maud



Theatre, Music & Art Activities

AUROVILLE SINGING FESTIVAL 2025

Selection Process

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

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

We would especially love to hear songs in your native language, bringing the richness of your culture and spirit to our shared space. The selection process begins in early August, so if you're interested in participating, [please sign up here](#).

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

With joy and music, Shakti for AVSF Team



THE WOMEN'S CHOIR 'AUROVILLE HARMONIES'

Is Recruiting

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

- If you are interested, contact Antoine:
antoine@auroville.org.in, +33 620284999 WA

Antoine

SVARAM ACTIVITIES

Our Social Media links

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

SVARAM Experience—Sound Garden



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

SVARAM Sound Experience



- By Appointment Only
- Available sessions: Solo, Duo or Group

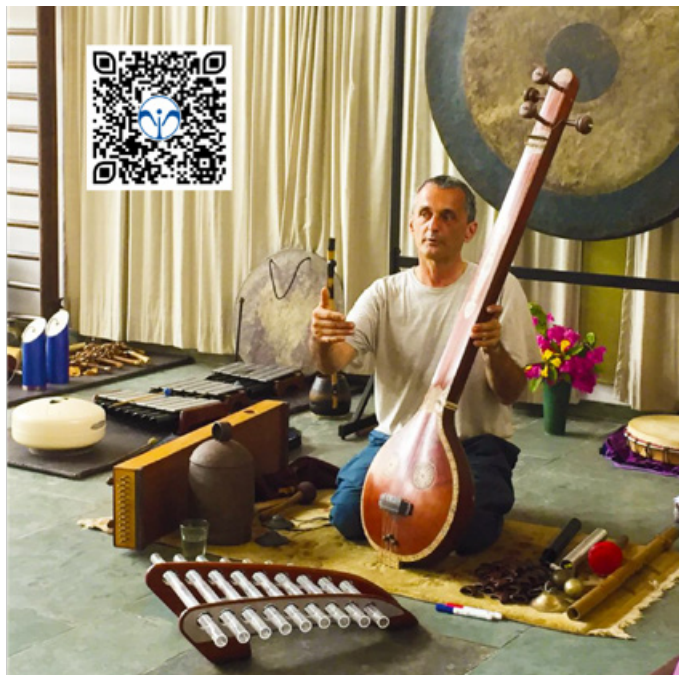
Please [click here for details and contact info](#) or scan the QR Code

SVARAM Musical and Sound Healing Instruments Showroom

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



Creativity & Music in Sound Healing—ISSP Course



- 4—9 August 2025
- By direct booking only

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

Aurelio for the SVARAM Team



Weekly Art Workshops & Sessions

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

For info contact Sathya:

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

*Sathya
for CREEVA Art Studio, Creativity*

FOR SOCIALLY RELEVANT FILM

Looking for

- Female
- Adolescent (sounding) voice,
- Experience preferred yet not condition.
- English and/or Tamil.

Happily receiving your (vocal) reply on 9751513906

Ulrike Urvasi

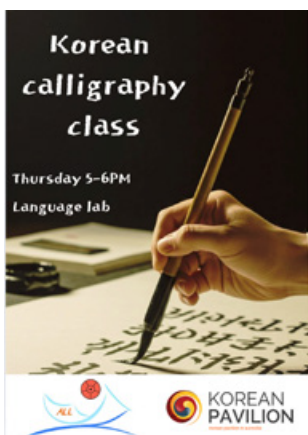
KOREAN CALLIGRAPHY

Thursdays 5—6pm @ Language Lab

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

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

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



Mint

Sports & Martial Arts

KSHETRA KALARI @ ASPIRATION SPORT GROUND

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



Maneesh

Bharat Nivas presents

KALARIPAYATTU REGULAR CLASS



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

Monisha for BN Team

THE ART OF CHI Stevanovitch Method

New classes with Hans from Tuesday, 8 July onwards
Tai Chi Quan & Chi

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

Body awareness & Relaxation

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

For more info: 8110848123 WA.



Hans

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

ABHAYA MARTIAL ARTS



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



Our regular classes for adults @ 5:30pm

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

Please note:

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

For updates and participation: +91 9487340778 WA msg.

Brazilian Jiu-Jitsu classes for kids!

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

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

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

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

Giacomo for Abhaya

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



AIKIDO CLASSES

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

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



Adult Aikido classes

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

Children/ young students

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

Contact for more info and registration

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

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



KALPANA GYM

Open 7—9am & 5—8pm Monday to Saturday

Satyakam

Multiple Activities



BHARAT NIVAS

भारत निवास पारङ्गु त्रिवाण
The Pavilion of India, Auroville

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

Kalaripayattu—Ancient Martial Art of India

- @Bharat Kalari (Opp. Sri Aurobindo Auditorium)
- Monday to Friday, Morning: 6—7am, Evening: 5—6pm

A dynamic blend of movement, discipline, and inner strength. This South Indian martial art cultivates flexibility, endurance, focus, and body-mind coordination.

Open to all levels. Taught in a respectful, energizing environment.

Vinyasa Flow Yoga with Bala

- @ Progress Hall, Bharat Nivas
- Thursday, Friday & Saturday
- 5:30—7pm

Connect movement and breath in a fluid sequence to enhance strength, flexibility, and inner clarity. Open to both beginners and experienced practitioners.

Find your rhythm, balance, and calm with this mindful practice.

Auroville Tango

- @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month. No partner required. Please bring socks or dance shoes.

- Monday
 - 7pm—Introduction to Tango
 - 8pm—Improvers
- Wednesday
 - 7:30pm—Guided Practica
 - 8pm—Long Practice
- Contact:
 - Maud +91 98211 66082, tango@auroville.org.in

Study Circle: The Synthesis of Yoga

Facilitator: Deepti Tiwari

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

A weekly gathering to explore Sri Aurobindo's teachings on Integral Yoga in a collective, thoughtful setting.

Open to all levels of experience and interest.

Kala Kendra Art Gallery—Exhibition center

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

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

Souvenir Shop—Gifts with Meaning

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

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

Bharat Nivas Café—The Pathway to Flavour

- @ Pathway Café, open daily

Serving all-day dosas—Masala, Ghee, Onion—comforting Pongal or Khichdi, and organic chai for Rs 20.

Simple food, warm hospitality, and an authentic taste of South India.

Marketplace Stalls—Auroville Made

Explore handmade products and crafts from local initiatives:

Hemplanet: Hemp-based wellness and skincare

Deepam Candles: Hand-poured artisan candles

Taste of Nature: Herbal teas, jams, snacks

La Boutique: Ethical clothing and crafts

Egai: Workshops: incense, jewellery, coconut shell

Auroville Explore: Guided tours of Auroville

Weekly Cultural Programs & Events

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

- Instagram: [@BharatNivasAuroville](#)
- Facebook: [BharatNivasAuroville](#)

Invitation to Collaborate

Bharat Nivas invites teachers, artists, wellness practitioners, and facilitators to co-create meaningful offerings.

We welcome proposals for workshops, classes, performances, and gatherings across our venues: Harmony Hall, Progress Hall, Sri Aurobindo Auditorium, SAWCHU, and open-air spaces.

If your work aligns with conscious living and creative exchange, we'd love to hear from you.

- Contact: bharatnivas@auroville.org.in

Monisha, BN Team

IT MATTERS—WEEKLY ACTIVITIES—A/C ROOM

Schedule 12 to 26 July

@ It Matters, Auroville Main Road

More info on instagram:

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

Workshop pre-registrations*:

- itmatters@auroville.org.in
or +91 9344087925 WA

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED



LOCATION:
Auroville Main Road
Kuilapalayam

Date	Workshops in July*
12, Saturday, 9:30am— 12:30pm	Dynamic Somatic Yoga (Yoga, Breath work, Meditation) with Linda. Free contribution Rs. 1 to 2000
19, Saturday, 9am—1pm	Collage Work (Art & Self Exploration) with Elvira. Free contribution Rs. 1 to 2000
26, Saturday, 10am—1pm	Me, Myself & I (Writing & Self Exploration) with Navni. Free contribution Rs. 1 to 2000

*Pre-registration for Workshops required

Bhakti & Sandra

Bioregion & Nature Activities

WELLPAPER WORKSHOP

10am—4pm, every day except Sunday

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

Wellpaper:

+91 9385744722, 0413 2969722

Viji



SADHANA FOREST

Plant Based Saturday

Every Saturday, see the schedule

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

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

Schedule:

09:00 Breakfast

10:00 Cow Connection

11:00 Plant-Based Cooking Class

12:30 Talk on Diet & Nutrition

18:00 Dinner

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

Aviram

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!

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

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

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

- Please email us at: solitudepermaculture@gmail.com



Education at Solitude Farm

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

- **3 days Intensive Permaculture Weekend Workshop**
 - View schedule and book here: <https://solitude.farm/workshop/>

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

- **Mini Permaculture Workshop**
 - Please email us: solitudepermaculture@gmail.com for the booking.

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

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

Farm Fresh Basket Service

A long term commitment to your health!

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

- Please email us at solitudepermaculture@gmail.com to book your basket.

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



MOHANAM PROGRAM

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

mohanamprogram@auroville.org.in

Call/WA: 8300949079

Office: 10am—4pm,
Monday to Saturday

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

1 day advance booking is necessary.

Make & Take Workshop @ Mohanam Campus

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



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

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

Auroville Bioregional Experience with Mohanam

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

Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

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

Tours inside Auroville with Mohanam

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

Gingee One-Day Experiential Tour

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

- 12 July, 8am—5pm

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

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

Thiruvannamalai Eco & Spiritual Services

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

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

For more information, contact us:

- mohanamprogram@auroville.org.in, 8300949079
Balu for Mohanam Program

ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

AUROVILLE BAMBOO CENTRE EVENTS

Bamboo Centre Campus Tour

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



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

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



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

Special Bamboo Lunch for Groups in week days

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

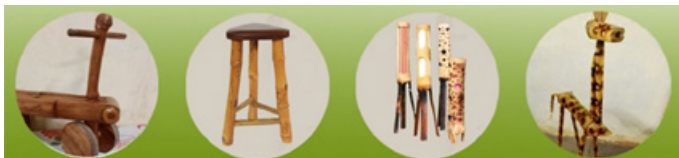
Trainings and workshops

- Every day except Sunday

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people. Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

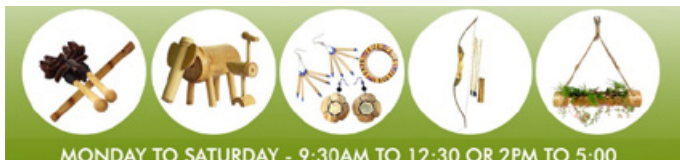
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops:



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

3 Hours Make and Take Workshops:



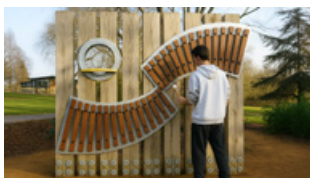
- Walk-in registration available
- 9am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and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

Upcoming Workshop: Musical Installation

- 24, 25 & 26 July, 9am—5pm

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

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



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

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

Balu for Bamboo Centre Team

EGAI GIVING

Arts and Crafts



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

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

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

Incense Workshop: Come and make your own agarbatties.

Products



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

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

Anand

Office Spaces

Aurelec Spaces Available

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



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

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

Office Space Available: Auromode

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



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

Pandian

Looking For

Family of 4 looking for a long-term house sitting

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

Meghan and family

Looking for a second-hand e-reader/book

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

7410509358, Vivekan

Available

2010 Honda Unicorn motorcycle

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

Jorge

Bicycle

Towards contribution. Good bicycle, not too used. Accepting offers. **Anandi, Realization,**
anandi7@auroville.org.in



MORNING STAR

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

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



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



Excavation



Approved Column Stirrups



Excavation

How You Can Contribute

1. Aurovilians (Indian Nationals Only)

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

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

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

2. Indian Nationals (Outside Auroville)

Please donate via the Auroville online donation portal:

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

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

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

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

Write a cheque addressed to: Auroville Foundation

Submit it to us or to the Unity Fund at the Financial Service

Provide a copy of your passport

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

4. Foreign Donors (Outside Auroville)

Donations can be routed through any of the AVI centers. Please check the Auroville International Centres for more information: http://auroville-international.org/avi_centres/

Our fundraising partners: AVI-USA

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

AVI-UK:

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

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

Need Help?

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

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

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

The Morning Star Team, www.aurovillemorningstar.org

Honorary Voluntary

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

Aviram for Sadhana Forest team

VOLUNTEERING @ ECOSERVICE

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



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

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

B for Ecoservice, 7598911090 WA

Work Offering

AIAT'S INTERNSHIP COLLABORATION OPPORTUNITY

Software Development & IT

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

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

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

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

- amarnath.t@auroville.org.in,
+91 9994216702 WA

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

Amarnath



AMMA IN SEARCH OF FULL-TIME WORK

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

Work Opportunities

eco ♻️ femme

Is Looking for a Communications Lead

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

Proven experience required

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

We are based in Auroshilpam.

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

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Mahalakshmi Prabhakar, +91 7094278777

CONTENT CREATION, RETREAT LOGISTICS, Proofreading, Website Updates

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

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

If you feel you can contribute to the field of Vedic Astrology, or know someone who might be a good fit, please take a look at this page: <https://www.allthingsvedic.in/work-with-us>

You'll find all the details there, along with a short form to be filled.

Vikram Devatha 9843948288,
Submitted by Megha

COLOURS OF NATURE: Looking for a Gardener

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

Manikandan for the Colours of Nature, Auroshilpam

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY seeking for qualified candidates

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

- Interested candidates are invited to send their CV to info@aiat.edu.in.

Amarnath

Foods, Goods & Services

PT PURCHASING SERVICE

Has Extended its Closing Time to 5:30pm

Pour Tous பர் தூஸ் For All

Office: 0413 2622152/ 2623091

Email: ptps@auroville.org.in

WhatsApp: +91 9786526171

Aspiration, Kuilapalayam, Auroville, Tamil Nadu

From Mass Bulletin

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

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

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

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

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

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

*Auroville Bakery & Cafe Team
From Mass Bulletin*



GOYO KOREAN SILENT RESTAURANT

@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm



Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo

NATURELLEMENT GARDEN CAFE DISCOUNT

Extended for July

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



Martina for Naturellement

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

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

We look forward to seeing you all.

*Pavithra
for Auromode Restaurant*

*Auromode
Restaurant*



- **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


NEEM TREE CAFE OFFER

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

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

Come and enjoy!

Parthasarathy Krishnan

The image shows a collage of food items, including a slice of cake with mango and a plate of small appetizers. To the right is the logo for "Vérité" with a colorful circular icon.

VEGAN CAFE
TASTE OF YOGA

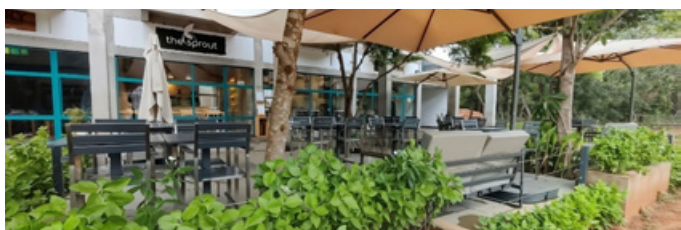
Raw | Gluten-free | No added sugar

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.

Mon to Sat
08:30 - 16:30

Kathir for Vérité programming

THE SPROUT TIMINGS: DAILY, 7AM—4PM



Monica for The Sprout team,
www.thesprout.in

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

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

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

BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



Medicinal Herbal Nursery Counter
Green and Clean Land



Venue: Bharat Nivas Cafe,
Bharat Nivas, Auroville



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

We warmly invite you to bring Auroville's native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity.

Offer your contributions with a minimal donation and become a part of this collective effort to promote nature's gift for a better tomorrow. Let's grow and give, together!

Souvenir Outlet



Monisha

TAMIL NADU BASMATI RICE

@ Siddhartha Farm

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

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

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



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

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

Available for immediate supply.

Suha from Siddhartha Farm

ANNAPURNA FARM BASKETS

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



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

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



Madhuri for Annapurna Farm

HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

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



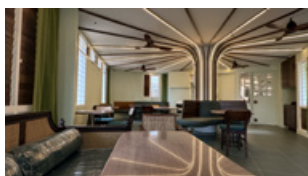
- **Location:** First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- **Opening Hours:** Monday to Saturday, 10am—4:20pm
- **Contact:** +91 8098021280/ +91 7824975821. *Davide*

LIVING ROOM CAFÉ

Open every day, 8am—9pm

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

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



Debo for The Living Room Cafe Team

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and
Millets Pongal, Coffee

Rs.99

Submitted by Shiva



INTEGRATED TRANSPORT SERVICE



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

ITS Survey

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

The survey has two parts:

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

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

Thank you for your participation.

Rajesh for ITS

SUNRISE TAXI SERVICE



**Book
A Taxi 24/7**



+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.auroillesunrisetaxi.in



Sathish for Sunrise Taxi

SHARED TRANSPORT SERVICE

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

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

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

Contact: 8098776644/ 9442566256, its@auroville.org.in

*Rajesh.D
for Shared Transport Service*





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

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

Lakshmi for UTS

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B for Qutee Electric Scooter Service

RAPID CARE SERVICES

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



Services offered

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

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

Balaji & Arun

KINISI E-MOBILITY

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



Our Services Include:

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

Repair & Service:

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

Contact Us:

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

Debo

BOOK BINDING

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



8940648542, Michel

AI OFFICE HOURS

Every Saturday from 10—11am

Currently at the offices of Auroville Online Store
(auroville.com) 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/BY0sIYI38DwFFdAffBsCRJ>

AL Majumdar, +91 9843941207 WA

SARVAM COMPUTERS

Offers Reliable Service



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

Contact Sarvam Computers

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

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

Bala



Vanakam, Bonjour and Hello from Inside India.

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

Itineraries & ticketing

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

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

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

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

Cycling tours in bio-region on request

We are now offering cycling tours on request for all levels. Off-roads, single track and half-day tours are now available.

Does this pique your interest? Reach out to us.

Exciting Airline offers

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

Free visa for Indian Citizens to Palau

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

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

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

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

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

We are booking tickets for Rail Europe

(Foreign national India PAN card is mandatory)

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

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

Passenger Advisory Notice for All Travellers

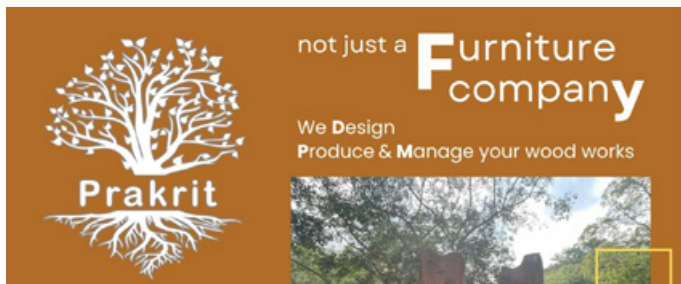
Passengers are advised to:

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

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

Happy Travels, Shaheen for Inside India Team

PRAKRIT



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

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

Mehul for Prakrit, +91 9634424066

RUPAVATHI JOY ACTIVITIES

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

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

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

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

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

Rupavathi

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, suframani13@auroville.org.in

Ranjith

FREE STORE SUMMER TIMINGS



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

Monday to Saturday, 9am—12:30pm

Closed in the afternoon

Kamala for the Free Store team

SURABHI SUPPLIES

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



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

+91 9843846458 WA, Phone, Iyyappan

RUST

Rust eats into
Iron bars.
Caged within
My mind thinks
Out of the box.

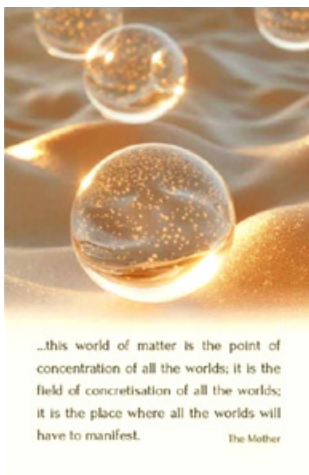
Anandi Z.

Voices & Notes

THIS WORLD OF MATTER

Ours is the most material world, but it is not necessarily 'low down', at least, not for that reason; if it is low down, it is because it is obscure and ignorant, not because it is material. It is a mistake to make 'matter' a synonym for obscurity and ignorance. And the material world too is not the only world in which we live: it is rather one of many in which we exist simultaneously, and in one way the most important of them all. For...

At present it is disharmonious and obscure; but that is only an accident, a false start. One day it will become beautiful, rhythmic, full of light; for that is the consummation for which it was made.



<https://incarnateword.in/cwm/04/7-april-1951>

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



Zech

AUROVILLE RADIO TV

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

Last published podcasts

- [Marlenka's weekly Offering—Ep.143](#) (Literature)
- [Savitri—Ep.15: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Soul Tracks Se.6, Ep.15 Live from Glastonbury, 2025](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.499](#) (Integral Yoga)



Latest Youtube video

- [Menstrual Wellbeing—Ep.2: Conversation with Kalvikarasi from Eco Femme](#)
- [Savitri Ep.4: Introductory Comments in Tamil by Dhanalakshmi](#)

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

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

Sai Priya
for Auroville RadioTV Team

UNTIL THE DAY OF VICTORY

And with all this intense churning and crashing circumstances that is the Grand Mirror Play compelling enough of the few to sincerely aspire to Be a True Aurovilian:

It's just a matter of

WHEN

the old human world and vessel gets too boring for the awakening psychic and

CHOOSES Something Else.

Zech

Classes, Workshops & Healing Arts

SHIATSU COURSE @ BUDOKAN

Aware and conscious Touch, free flowing Energy & meaningful connection.

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



Intro to Shiatsu (Free & Optional)

Getting a sense

- Saturday, 12 July 3—4:30pm
- Saturday, 26 July 3—4:30pm

Join one or both Workshops:

Sinking and 'Synch-ing' deeper

Workshop 1: Foundations & The Five Elements

- Wednesday to Friday, 16—18 July
- Wednesday to Friday, 23—25 July

Workshop 2: Foundations & The Layers of Meridians

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

Timings

- for all workshop days: 9:30am—3:15pm
- Saturday, 9 August, 1—5pm for Special Practise Afternoon.

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

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

For more info and registration: Ulrike Urvasi 9751513906, shiatsuindia@gmail.com

Because health matters. Because connection matters.

Ulrike Urvasi

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

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



Info: serendipityauroville@gmail.com | +91 8940288090

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

Sonia

UPCOMING MINDFULNESS OFFERINGS with Helen

Miksang: Colour—Mindful Photography workshop

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

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



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

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

- Booking is required. To book contact Helen on 7094753054 WA or see innersightav.org

Mindfulness for Stress Reduction—1 week course

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

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



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

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

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

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

Helen

PITANGA CULTURAL CENTRE



Program, July 2025

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Mon-day	Yoga Therapy	8am—9:30am	Gala
	Listening Within	4pm—5pm	Mike
	Hatha Yoga	5:30pm—6:30pm	Priyamvada
Tues-day	Hatha Yoga	7:30am—8:30am	Priyamvada
	Yoga: Restore & Relax	4pm—5:15pm	Florina
Wed-nesday	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—6:45pm	Florina
Thurs-day	Prana Kriya	7:30am—9am	Florina
	Aviva Exercise—for women only	4:30pm—5:30pm	Suriyagandhi
	Yoga: Restore & Relax	5:30pm—6:45pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	6:45am—8am	François & Namrita
	Yoga Therapy	8am—9:30am	Gala
	Vinyasa Flow Yoga	5:30pm—6:45pm	Florina
Satur-day	Breathing & Mudra	8am—9:30am	Gala
	Hatha Yoga	4pm—5pm	Priyamvada

Classes by Prior Registration

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

Healing Space

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

Youth Activities

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

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

New Activities

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

Through stillness and silence we will listen deeply into our bodies. Tuning into the natural workings of our being, feeling its physical/ subtle rhythms taking place in our bodies.

Letting go of any sort of technique/ method or meditation we will attempt to tune directly into Presence.

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

By listening deeper and deeper within... *“In absolute silence sleeps an absolute Power”.* Sri Aurobindo

Workshops

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



- Monday, 21—Friday, 25 July, 12:45—13:45pm
- Please register in advance with Pitanga

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

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

Andrea for Pitanga Team
 2622403/ 9443902403 WA
info@pitanga.in

LEELA THERAPY

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



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

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

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

Kardash

BODY AWARENESS & RELAXATION

with Hans

Wednesdays, 5—6:15pm, Starting 9 July

@ Budokan Dojo, Dehashakti

For more info:
8110848123 WA, Hans

WORLD GAME SUMMER SPECIAL



Spirit & Nature



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."*

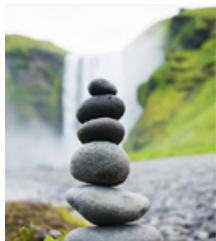
The duration of a session is 1.5 hours. It can be individual or together with a good friend. (A parent and child are welcome too.)

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

Submitted by Aikya

INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



Are you feeling stuck? Looking for a renewed purpose?

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

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

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

By Dave (JOI Anitya), +44 7564119728 WA

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

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

Classes

Teachers	Classes	When
Damien TOS	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and well- ness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalecence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

VÉRITÉ PROGRAM, JULY

www.verite.in

Yoga & Other Classes

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



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

Workshops

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 11 July	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Saturday, 12 July	Yoga Nidra: Deep Relaxation	9:15am—12pm	Kalidas
Saturday, 12 July	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Friday, 18 July	Rise in Love: Yoga	9:15am—12pm	Jivitesh
Saturday, 19 July	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 19 July	Face & Eye Yoga	2—4:30pm	Mamta
Saturday, 26 July	Why Yoga Works: An Experiential & Scientific Exploration	9:15am—12pm	Dharani

Awareness Through the Body: Explorations with Amir

- Friday, 11 July, 9:15am—12pm

Explore a variety of themes and objectives from ATB practices. An eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga, ATB facilitates a space for introspection, reconnecting with oneself, nurturing presence and inner discovery.

Yoga Nidra: Deep Relaxation with Kalidas

- Saturday, 12 July, 9:15am—12pm

Our modern lifestyle often interferes with the ability to experience deep rest and sleep. Yoga Nidra facilitates a state of deep relaxation, where the mind can become quiet and the body can heal, repair, rejuvenate and recharge itself. Learn to consciously relax the body and mind.

Introduction to Ayurveda and its Lifestyle with Dr. Geeta

- Saturday, 12 July, 2—4pm

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

Rise in Love: Yoga with Jivitesh

- Friday, 18 July, 9:15am—12pm

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

Pawanamuktasana Series: Energize the Joints with Mani

- Saturday, 19 July, 9:15am—12pm

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

Face & Eye Yoga with Mamta

• Saturday, 19 July, 2—4:30pm

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

Treatments and Therapies

By appointment: treatments@verite.in

+91 413 2622 606, +91 9363624083 WA

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

Aparna & Anandhi

AUROMODE SPA

Offers Cosmetology Services

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

Meha for Auromode SPA



SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

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

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



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

Languages

NEWS FROM Auroville Language Lab, 10 July



Tomatis

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

- Send an email to tomatis@aurovillelanguagelab.org.

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 or call 0413 2622467 or 3509932.

Courses

Current Schedule of Classes, 10 July

See details here:

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

New! Intensive Beginner German Course

Start Speaking in Just 1 Month! Get Started!

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

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

Are you ready to speak German with confidence?

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

Why Join Us?

- **Daily Practice:** Classes run Monday to Saturday (1—1.5 hours/day) for maximum progress.
- **Real-World Skills:** Focus on practical speaking and listening from day one.
- **Essential Foundations:** Master key grammar and vocabulary in a supportive environment.
- **Build Confidence:** Start real conversations and connect with fellow learners.

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

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

- Every Thursday, 5—6pm, starting 10 July.

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

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

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

Japanese for Beginners

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

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

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

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

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

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

Course Objectives:

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

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

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

Private and group classes for English

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

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

Intermediate English with Ashwini:

- Tuesday and Thursday, 4:30—5:30pm

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

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

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/>

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.

Spoken Hindi for Beginners with Ashwini

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

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

French classes with Auroasha

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

Course Details:

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

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

The emphasis will be on active participation and practical language use, ensuring that learners can quickly begin to communicate in French and understand the basics of the language.

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

Tamil (Beginner) with Saravanan

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

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

Beginner Spanish Course with Mila

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

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

Coming Soon! Pre-Intermediate English w. Ashwini

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

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

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

Reminder about our free Evening Programs

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

- **Mondays:** French, 5 to 6pm
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays:** Spanish with Gloria, 5 to 6pm
- **Wednesdays:** Sanskrit chanting w. Remesh 5:30— 6:30pm
- **Thursdays:** Korean Calligraphy with Mint 5—6pm
- **Fridays:** Conversational Hindi with Smriti, 5—6pm

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

Current Schedule of Classes, 10 July

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
	Intermediate with Ashwini	4:30–5:30pm	Wednesday & Friday
	Kids with Ashwini	4:30–6pm	Tuesday & Thursday
French	Beginner Adults	3–4:30pm	Wednesday & Friday with Auroasha
	Beginner Children	3–4:30pm	Wednesday & Friday with Jade
Tamil	Beginner	9:30–10:30am	Starting 1 July with Saravanan
German	Beginner Intensive	TBC	Starting 3 July with Benedict
Hindi	Spoken Beginner	5:30–6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	Registration Open with Karuna

Film Shows

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

Communication with the Lab

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

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

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

SANSKRIT CONVERSATION ONLINE COURSE

21 July to 10 October, 2025



Dr. Anuradha
Choudry

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All are welcome to join an online course on

संस्कृत सम्भाषणम् SANSKRIT CONVERSATION

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

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

About the Facilitator

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

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

To know more and register, visit

- onlinecourses.nptel.ac.in/noc25_hs209/preview

To join a local practice group in Auroville

- vidyamandir@auroville.org.in

Vidyamandir Team, Auroville

LEARN ENGLISH AND HINDI

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

Ashwini, Aspiration

Cinema

ECO FILM CLUB:

Every Friday @ Sadhana Forest

Schedule of Events

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



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

Friday, 11 July

The Secret Life of Trees

35 Minutes/ 2020/ Artur Homan

The documentary reveals how trees communicate, support each other, and form complex networks. It highlights their role in ecosystems and their surprising ability to interact with and protect one another.

Aviram

Magic Jars Present

CHIRANJEEVA

12 July, Saturday, 3:45pm, @ MMC Townhall

There is no guarantee for birth

But there is a guarantee for death

Written & directed by Ram Allah Jesus

A Telugu Feature Film with English Sub-titles. A poignant journey of a young man, navigating life's complexities as a son, friend, lover, and member of society. But what makes his story extraordinary is his plan for the inevitable.

In cooperation with the Auroville Theatre Group.

Swar and Jill



Appeal to Support MMC-CP

Multimedia Center Auditorium – Cinema Paradiso

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

Can You Help?

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

Thanking you in advance, MMC-CP Team



Alliance Française de Pondichéry present

French Film Week

in collaboration with Cinema Paradiso

From 14th to 20th July

Venue: MMC Auditorium, Auroville

Address: MMC Auditorium, Auroville, Matrenandir Road, Town Hall, Auroville 605101, Tamil Nadu



14th • 8pm

"Une affaire d'honneur"

2023 • Drama/History • 1h 41m



16th • 8pm

"Un petit frère"

2022 • Drama/Fiction • 1h 56m



18th • 8pm

"Six pieds sur terre"

2024 • Drama/Fiction • 1h 36m



20th • 8pm

"Les quatre cents coups"

1959 • Children/Drama • 1h 39m



15th • 8pm

"Tabataba"

1988 • Drama • 2h 8m



17th • 8pm

"La panthère des neiges"

2021 • Documentary/Nature • 1h 52m



20th • 4:30pm

"Sirocco et le Royaume des courants d'air"

2023 • Adventure/Animation • 1h 20m

French with English subtitles • Free and open to all



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
14—20 July

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



French Film Week: Cinema Paradiso, in collaboration with Alliance Française of Pondicherry, is delighted to present a weeklong celebration of French cinema from 14 to 20 July. The series opens on Bastille Day—France’s national holiday commemorating the 1789 storming of the Bastille fort, a powerful symbol of liberty and revolution. In celebration, join us for a curated selection of contemporary French films—poetic, provocative, and rich in cultural insight. These works showcase the depth and diversity of French storytelling, from intimate character studies to bold social commentaries.

Formal Launch—15 July There will be a short pre-screening gathering behind the auditorium from 7—7:45pm.

French-Historic—Monday, 14 July, 8pm

Une Affaire D’honneur (The Edge of the Blade)

France, 2023, writer-Dir. Vincent Perez w/ Roschdy Zem, Doria Tillier, Guillaume Gallienne, and others, Drama, 101mins, French w/ English subtitles, Rated: NR (PG-13)

Paris, 1887. Fencing master Clément Lacaze is drawn into a world of forbidden duels and wounded pride when his nephew challenges a seasoned colonel. But it’s the fearless feminist Marie-Rose Astié de Valsayre who disrupts the rules of honor—demanding that women, too, have the right to fight for dignity and justice.

French Potpourri—Tuesday, 15 July, 8pm

Tabataba: Version Restaurée (Tabataba)

France-Madagascar, 1988, Writer-Dir. Raymond Rajaonarivelo w/ Philippe Nahoun, François Botozandry, Lucien Dadakis, and others, Drama, 76mins, French-Malagasy w/ English subtitles, Rated: NR (PG-13)

In 1947 Madagascar, young Solo dreams of heroism as his brother joins the uprising against French colonial rule. But as violence engulfs their village, and his grandmother Bakanga braces for tragedy, Solo’s innocence is shattered. A powerful coming-of-age story set against a forgotten revolution, told through the eyes of a child.

French Selection—Wednesday, 16 July, 8pm

Un Petit Frère (Mother and Son)

France, 2022, Writer-Dir. Léonor Serraille w/ Annabelle Lengronne, Stéphane Bak, Kenzo Sambin, and others, Drama, 116mins, French w/ English subtitles, Rated: NR (PG-13)

In this acclaimed film set in late 1980s, Rose arrives in France from the Ivory Coast with her two young sons, Jean and Ernest. Over two decades, their lives unfold in a tender, complex portrait of migration, motherhood, and identity—where love binds, time strains, and the meaning of home is constantly redefined.

French Documentary Special—Thursday, 17 July, 8pm

La Panthère Des Neiges (The Velvet Queen)

France, 2021, Writer-Dir. Marie Amiguet & Vincent Munier w/ Vincent Munier, Sylvain Tesson, and others, Nature-Docummentary, 92mins, French w/ English subtitles, Rated: NR (PG) High in the untouched valleys of Tibet, two men wait in silence—seeking a glimpse of the elusive snow leopard. What unfolds is more than a wildlife quest; it's a meditative journey into stillness, wonder, and the fragile beauty of the wild. A breathtaking ode to patience, presence, and the unseen. Do you want to miss this?

French-International—Saturday, 19 July, 8pm

Six Pieds Sur Terre (Six Feet Under)

France, 2023, Writer-Dir. Karim Bensalah w/ Hamza Meziani, Kader Affak, Souad Arsane, and others, Drama, 99mins, French-Arabic w/ English subtitles, Rated: NR (PG-13)

Sofiane, the son of a former Algerian diplomat, finds himself adrift in Lyon—facing expulsion and struggling with identity. To survive, he takes a job with Muslim undertakers, where daily encounters with death slowly awaken a sense of purpose. As he navigates grief, exile, and belonging, a quiet transformation begins. This deeply human story of resilience and redemption received critical acclaim at the Cannes Festival in 2024, for its poetic realism and emotional depth, praised as a powerful reflection on dignity, displacement, and the search for home.

Children's French Matinee—Sunday, 20 July 4pm

Sirocco Et Le Royaume Des Courants D'air (Sirocco and the Kingdom of the Winds)

France-Belgium, 2023, Writer-Dir. Benoît Chieux w/ Loïse Charpentier, Maryne Bertieaux, Aurélie Konaté, and others, Adventure-Animation, French w/ English subtitles, Rated: NR (G)

When curious sisters Juliette and Carmen stumble upon a secret passage hidden in their favorite storybook, they're transported into a fantastical world of wind and wonder. Transformed into whimsical creatures, they must journey through enchanted lands and face unexpected challenges to find the elusive Sirocco—the only one who can send them home. A much acclaimed visually stunning experience!

French-Classic Sunday, 20 July, 8pm

Les Quatre Cents Coups (The 400 Blows)

France, 1959, Writer-Dir. François Truffaut w/ Jean-Pierre L  aud, Albert R  my, Claire Maurier, and others, B&W, Crime-Drama, 99mins, French-English w/ English subtitles, Rated: NR (PG)

Antoine is a 14-year-old boy adrift in a world that doesn't seem to want him. Neglected at home and misunderstood at school, he escapes into small rebellion—skipping class, stealing, lying—each step pushing him further from the childhood he's desperate to preserve. When he's finally caught, his parents surrender him to the system. But even in confinement, Antoine dreams of freedom. This deeply moving portrait of adolescence launched the French New Wave, winning Best Director at Cannes and earning an Oscar nomination for its raw, poetic realism.

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

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in. We kindly request you to set up a recurring contribution for "MMC-CP" or "Film-maker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

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

The Last Moment

LAKSHMI. PASSING ON

With deep sorrow, we share the passing of our beloved Lakshmi, wife of Ulaganathan, who left her body peacefully at her home in Kulapalayam this morning at 6am after a period of illness.

Many of you will remember Lakshmi's kind presence and warm smile at the PTPS billing counter, where she dedicated over 28 years of service. Her grace, gentleness, and quiet strength touched countless lives.



Though Lakshmi's physical presence is no longer with us, the space she leaves behind is filled with love, memories, and the enduring warmth she brought into our lives. She will forever live on in our hearts.

May she rest in peace, cradled in the hands of The Mother.

From Mass Bulletin



About N&N

NEWS AND NOTES Guidelines

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused.

Visiting hours:

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

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katiya & Alexey,
NewsAndNotes@auroville.org.in

Emergency Services

Ambulance (24/7):

- **Auroville—9442224680**
- **PIMS—0413 2656271**

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- **Vandrevala Foundation +91 9999666555**

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Below link to join WhatsApp group of Auroville Bus

to get the regular updates of the bus:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUi2x>

The Last Moment

AARAMBHAM LEARNING SPACE:

Looking for a Volunteer Caretaker

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

For details, please contact aarambham@auroville.org.in or + 91 83002 88303 WA messages only

Alexey