News Notes

#1025, 2 May 2024
A weekly bulletin for residents of Auroville



Then existence was not nor non-existence, the mid-world was not nor the Ether nor what is beyond.

What covered all? where was it? in whose refuge? What was that ocean dense and deep?

Death was not nor immortality nor the knowledge of day and night.

That One lived without breath by his self-law, there was nothing else nor aught beyond it.

In the beginning Darkness was hidden by darkness, all this was an ocean of inconscience.

Rig Veda

Pondering

Brahman is not only the cause and supporting power and indwelling principle of the universe, he is also its material and its sole material. Matter also is Brahman and

it is nothing other than or different from Brahman. If indeed Matter were cut off from Spirit, this would not be so; but it is, as we have seen, only a final form and objective aspect of the divine Existence with all of God ever present in it and behind it

The Knot of Matter, The Life Divine, Sri Aurobindo

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House of Mother's Agenda

1

(The last Canto reviewed by Sri Aurobindo before his departure in 1950)

A silence sealed the irrevocable decree, The word of Fate that fell from heavenly lips Fixing a doom no power could ever reverse Unless heaven's will itself could change its course.

Or so it seemed: yet from the silence rose One voice that questioned changeless destiny, A will that strove against the immutable Will.

A mother's heart had heard the fateful speech That rang like a sanction to the call of death And came like a chill close to life and hope.

Yet hope sank down like an extinguished fire.

She felt the leaden inevitable hand Invade the secrecy of her guarded soul And smite with sudden pain its still content And the empire of her hard-won quietude.

Awhile she fell to the level of human mind, A field of mortal grief and Nature's law; She shared, she bore the common lot of men And felt what common hearts endure in Time.

Voicing earth's question to the inscrutable power
The queen now turned to the still immobile seer:
Assailed by the discontent in Nature's depths,
Partner in the agony of dumb driven things
And all the misery, all the ignorant cry,
Passionate like sorrow questioning heaven she spoke.

Lending her speech to the surface soul on earth
She uttered the suffering in the world's dumb heart
And man's revolt against his ignorant fate.

'O seer, in the earth's strange twi-natured life
By what pitiless adverse Necessity
Or what cold freak of a Creator's will,
By what random accident or governed Chance
That shaped a rule out of fortuitous steps,
Made destiny from an hour's emotion, came
Into the unreadable mystery of Time
The direr mystery of grief and pain?
Is it thy God who made this cruel law?

Or some disastrous Power has marred his work
And he stands helpless to defend or save?
A fatal seed was sown in life's false start
When evil twinned with good on earthly soil.

Then first appeared the malady of mind, Its pang of thought, its quest for the aim of life.

It twisted into forms of good and ill
The frank simplicity of the animal's acts;
It turned the straight path hewn by the body's gods,
Followed the zigzag of the uncertain course
Of life that wanders seeking for its aim
In the pale starlight falling from thought's skies,
Its guides the unsure idea, the wavering will.

Lost was the instinct's safe identity
With the arrow-point of being's inmost sight,
Marred the sure steps of Nature's simple walk
And truth and freedom in the growing soul.

Out of some ageless innocence and peace, Privilege of souls not yet betrayed to birth, Cast down to suffer on this hard dangerous earth Our life was born in pain and with a cry.

Although earth-nature welcomes heaven's breath Inspiring Matter with the will to live,
A thousand ills assail the mortal's hours
And wear away the natural joy of life;
Our bodies are an engine cunningly made,
But for all its parts as cunningly are planned,
Contrived ingeniously with demon skill,
Its apt inevitable heritage
Of mortal danger and peculiar pain,

Its payment of the tax of Time and Fate, Its way to suffer and its way to die. This is the ransom of our high estate, The sign and stamp of our humanity.

A grisly company of maladies

Come, licensed lodgers, into man's bodily house,

Purveyors of death and torturers of life.

In the malignant hollows of the world,
In its subconscient cavern-passages
Ambushed they lie waiting their hour to leap,
Surrounding with danger the sieged city of life:
Admitted into the citadel of man's days
They mine his force and maim or suddenly kill.
Ourselves within us lethal forces nurse;
We make of our own enemies our guests:
Out of their holes like beasts they creep and gnaw
The chords of the divine musician's lyre

The chords of the divine musician's lyre
Till frayed and thin the music dies away
Or crashing snaps with a last tragic note.
All that we are is like a fort beset:

All that we strive to be alters like a dream In the grey sleep of Matter's ignorance. Mind suffers lamed by the world's disharmony And the unloveliness of human things. (to be continued next week)

Sri Aurobindo, Savitri, A Legend and a Symbol Book Six: The Book of Fate

Canto Two: The Way of Fate and the Problem of Pain https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain

With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

DEAR TRUSTEES/ Executives/ Accountants,

This is to inform you that the last date for submission of audited accounts for the Financial Year 2023—24 was 26 April,2024. Non submission of accounts within the stipulated time will be viewed seriously and appropriate action will be taken against the non compliant units/ Trust & Accountants.

All are requested to cooperate and submit the duly signed audited annual accounts for the Financial Year 2023—24 immediately/ by 30 April, 2024 without fail to Auroville Foundation/ FAMC Finance both in soft copy and hard copy.

Thanks & Regards, Sathyanarayan

BCC Recovery Report

BCC team was told by C&AG of India to recover all dues of up to 31 March 2023 latest by 31 March 2024. Questions were raised about non-compliance of CoC2017 (of levying 1% extra contribution per month of non-payment of the dues!), besides the large accumulation of past dues itself.

We wish to express heartfelt gratitude to all those who cooperated in this exercise. All those who approached us (even to tell that they do not have money to pay!) because communication of 'inability to pay' has been definitely noted separately from 'unwillingness to pay and lack of communication.'

Some of the units/ services/ activities have been closed since this exercise began (and will continue being closed) with their dues unpaid, as they have either expressed their inability to pay and wish to continue their operations OR not expressed anything at all.

Some units/ services/ activities have started recurring transfers.

In some cases money has been transferred to another service/ unit but not to BCC and we have approached the auditors for their input on the same.

There may not be a need for such an exercise in the coming years. It needs to be clearly understood that 'past dues' will not be permitted to accumulate in this manner and as such we would not be having funds coming in bulk like this.

Here's the update about the 'Contribution Recovery' exercise that we have concluded for now, which has been presented to the FAMC and will be handed over to the Office of Secretary of the Auroville Foundation (OSAF). Any further action, if necessary, needs to be taken by them. Following figures are the dues until the end of 2023 (and in some cases from as far back as 2013 onwards):

- Total dues recovered (some units have paid their full dues and others have paid their partial dues. This aspect is noted in the database but not part of this report): Rs.748.15 lakhs
- 2. Incorrect calculations (it could be because of an incorrect contribution rate used OR changed contribution rate abruptly without ever canceling the due amount OR lack of clarity in the balance sheet OR genuine miscalculation): Rs.95.40 lakhs
- 3. Bad debt or irrecoverable: Rs.212.95 lakhs
- Request waiver/ not responding (these have been separated in the database but not in this report): Rs.67.32 lakhs

Trust Aise (Alphabetical) Data Follows: (Amounts in Lakhs)

Trust	Recovered	Incorrect Calculation	Bad Debt / Irrecoverable	Request Waiver / Not responding
ABC	13.62	0.76	_	6.72
ADPS	10.75	_	_	_
Altecs	170.24	_	_	_
Ankur	0.20			
Aravind	10.69			
Artisana	86.22	4.13	6.07	3.89
AFA / Artisana	0.87	0.50	0.52	5.73
ASSA / Artisana	7.10	_	9.11	10.22
Auroville Foundation	3.04	5.19	11.61	_
Auromics	0.40	18.25	_	0.19
Auromode	4.40	_	19.63	0.95
Aurore	0.95 TDS refund only	_	_	9.59
Aurosarjan	0.36			
Bharat Nivas	_	_	22.21	_
CSR	8.08	_	37.11	_
Discovery	0.006	_	_	_
Export Trust	14.24	5.98	_	0.29
Filaure	0.07	_	_	_
Free Flow	67.63	_	14.5	_
GNP	1.20	_	_	_
Guest House	8.69	_	26.23 Explora- tion GH	1.60
Health & Healing	22.42	_	_	_
Hospitality	14.42	5.78	_	_
Inside	0.02	_	0.68	_
Kalki	0.38	_	_	_
ККТ	121.14	9.47	16.60	13.65
AVA / KKT	20.04	2.83	0.76	6.80
New Engineering	_	_	2.06	_
Service	14.11	19.32	43.85	2.42
Swagatam	109.17	0.83	0.83	4.12
TEAM	26.66	_	1.17	0.78
Toujours Mieux	12.05	_	_	_

Victoria for BCC Team

EXECUTIVE SUMMARY OF REPORT (Fy' 23—24)

Financial Year 2023—24 brought into question the Standard Operating Procedures and Policies which the BCC Office has followed for all of its financial transactions. These are under scrutiny by Internal Auditors.

Comptroller & Account General (C&AG) conducted Audit of BCC related Financial Service Accounts, procedures and Policies. Mainly all our Payments done to Service Units and Collection from the furtherance Units.

It was recorded by CAG that Nos of Units failed to transfer the City Service contribution in a timely manner in the last 10 years. As per the Code of Conduct approved by Auroville Foundation and Fund & Assets Management Committee, Units are supposed to pay the 'contribution by 30 June of the next financial year' and 'outstanding contribution payments that are not settled by September 1st are liable for additional contributions at 1% per month'.

BCC Team undertook a monumental effort for deriving the last ten years of pending contributions by scrutinizing calculations from the balance sheets available in different formats for the last ten years to find out the pending city service contributions.

Total collection figure in the report represents all the pending contributions of the last 10 years. Total income received in the Financial Year 22—23 is Rs. 30.02 Cr.

Total Payment Disbursed is 25.65 Cr of which total maintenance disbursed is 17.55 cr. Recurring Budget 6.42 Cr. (Apart from this there were also non-recurring expenses and other expenses which were disbursed).

In the financial year 2022—23, the City Services Reserves went 28% down from Rs 10.26 Cr to Rs 7.35 Cr. During the financial year 2023—24, the CS Reserves raised by 57% thanks to an increase in 16,85% in Collection and a 9% reduction in the total payments (compared with the total of the previous year) after reviewing of operations by FAMC and BCC.

It was the first time in the history of BCC that a Balance sheet for City Services supported units were prepared and Executives were asked to sign the documents which were submitted to Auroville Foundation.

Auditors pointed out that each Unit Activity needs to be registered under a Trust. BCC Office cannot be the umbrella recording the accounts of the Unit. BCC would prioritize this task of registering such units under relevant Trust. One of them is Auroville Health Fund which was not registered under any trust. Process has been initiated and soon AVHF will be registered under the Health and Healing Trust.

It was observed that the BCC current system lacks data accuracy and authenticity which is a highest hurdle in bringing efficiency in the processes. To overcome the challenge AVICAS accounting has been introduced by AVF and FAMC which will resolve the current challenges in near future.

With the support of Auroville Integrated Information Services (AIIS), BCC started working on an online web platform to follow the visa application for non-Indians and steps related to issuance of a 'No Dues Certificate'. Users of the portal are Auroville Foundation, Working committee and BCC Office. This brings transparency and efficiency in the process of issuing the visa.

An effort has been made to collect the supporting information of Parents receiving maintenance for the children. 67 parents are yet to submit their information after sending frequent and several reminders.

BCC observed that implementation of Silver Fund Policy was never endorsed by the community or the Fund & Asset Management committee. Because of this reason BCC had to stop new enrolments under this budget head. BCC requested recipients to share their basic information to BCC for the record purpose. Total 97 Adults are receiving Silver Fund maintenance. BCC has not received the information

from 31 Adult individuals who are receiving support from BCC for the Silver Fund.

BCC shared the details with FAMC of these individuals who have shown non-cooperation in this process. The whole issue of senior support and proper policy for it is in draft review pending final review and approval by FAMC and approval by the Governing Board.

Questions raised by FAMC on productivity and efficiency of Farms and Forest. Both, Farms and Forests are engaged in commercial activity. BCC has been asked to release the care package for individuals working in Farms and Forest till the complete Food and Green buffer Sector work plan is clear and mutually agreed between Farms and FAMC.

Joint efforts were made along with FAMC and SAIIER to review and rework the budgets disbursed to sub units under SAIIER oversight. There was a proposal to merge or close some of the units whose assets were underutilized at the same time needing a regular operational budget. These changes will be implemented at the beginning of the next Academic year.

Regular monthly disbursements were made to Auroville Dental Centre and Auroville Health Service for their services to Aurovilian. BCC continues reimbursing the expenditure for Visa application fees for non-Indians.

Revamping the budget for the Education Unit and Health Sector would be of prime importance for the coming financial year.

The Mother always emphasized on Karma Yoga. Individuals are supposed to engage in full time work as a Sadhana apart from taking care of their home, individual needs, children etc. BCC observed there are people working only half time. This culture leads to the units under minimum performance and growth and progress are not at par with the standard which can represent the new world. In coming time BCC would recommend a policy and process where each individual must be a part of service to Auroville through full time work.

Auroville must be an example to the world of demonstrating Sincerity towards the work and work needs to be done in the spirit of Karma Yoga. BCC observed that so far accountability and responsibility is missing in the work culture broadly and that has led to creation of Nos of Miscellaneous maintenance categories where individuals were supported without any contribution through work and were never questioned. BCC is aspiring to bring accountability and transparency in the process with the spirit of service to the Truth.

City Services Contributions and Payments Financial Year 2023—24

	_
Summary	Total
Buffer Opening Balance (BOB)	7,35,58,156
Monthly Contributions (Int. + Ext)	30,02,08,592
Total Contributions (OB+ Inc)	37,37,66,749
Total Payments	25,80,75,335
CS Ending Balance (Includes BOB)	11,56,91,413
Yearly loss/gain	4,21,33,257

Internal Contributions 23—24

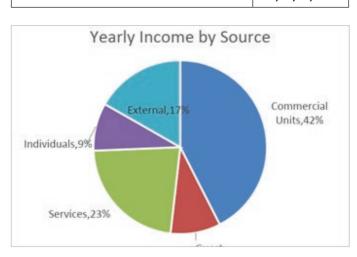
Source	Total
Commercial Units	14,95,95,366
Services	11,11,19,727
Aurovilians, Newcomers, & Friends	3,07,56,429
Internal Total	29,14,71,521

External Contributions 23—24

Source	Total
Government of India for SAIIER	70,000
Government of India for Other	
Other Contribution	
Project Contributions	
Foreign Contributions	17,32,000
External Total	18,02,000

City Services Payments

Heading	Total
Children & Youth	4,06,80,257
City Planning	35,76,128
Contingency	79,16,535
Culture & Sports	88,26,373
Education	5,08,32,820
Farms	28,58,149
Forests	41,60,353
Health	1,84,24,493
Housing	22,24,193
Land	54,73,154
Matrimandir	27,70,793
Organization	2,26,37,572
Outreach	86,96,640
Projects	2,92,328
Prosperity Services	1,70,06,887
Roads, Cycle Paths, & Transport	30,49,165
Security	83,47,826
Social Support	3,24,80,600
Utilities	4,57,364
Village Education	1,58,56,381
Total	25,65,68,011



Contribution Details

Commercial Unit	Total in 33%	Total Contribution
Sunlit Future	2,80,06,834	2,80,06,834
Svaram	1,30,13,000	1,30,13,000
Maroma	78,21,027	80,09,427
Tanto	61,61,632	63,66,632
The Colors of Nature	54,15,273	54,15,273
Coffee Ideas	38,03,176	38,03,176
To be Two	28,19,531	28,19,531
Progress Landscapes	26,69,800	27,25,800
Cynergy	24,11,761	24,11,761
Artisan Revolution	22,80,911	23,85,911
Miniature	17,70,755	23,10,755
Auroville Consulting	22,51,632	23,01,732
Varuna Auroville	16,01,942	22,01,942
The Right Path Cafe	20,91,236	22,01,236
Aureka	21,52,646	21,58,646
Sumark Construction	21,32,062	21,32,062
AUROMICS	20,26,083	21,11,083
Hers	17,37,245	20,42,245
New School Crafts	20,30,045	20,30,045
Bhagavatey Designs	19,37,813	19,37,813
Yuvabe	18,13,899	18,13,899
Le Gourmet II	18,10,506	18,10,506
C3STREAM Land Designs	16,70,413	16,70,413
Catami	14,86,600	14,86,600
Kallialay Surf School	14,64,100	14,64,100
MG Ecoduties	12,46,920	12,46,920
AVA-Procultura	11,93,339	11,93,339
Mandala Pottery	11,45,315	11,75,315
H & S Design	11,67,264	11,67,264
Prakrit	10,68,456	10,68,456
La Boutique D' Auroville	10,54,713	10,54,713
MEREVILLE	9,39,787	9,39,787
Nowana	8,99,555	8,99,555
Sciro Pizza	8,83,136	8,83,136
La Terrace	8,79,667	8,79,667
Tapasya Design Studio	7,79,247	7,79,247
Shradhanjali	7,31,800	7,31,800
Painting and Decor	7,05,600	7,05,600
Pitchandikulam Forest Consu.	7,05,045	7,05,045
Purnam Center for Integrality	6,92,745	6,92,745
Naturellement	6,77,200	6,77,200
Sound Wizard	6,14,742	6,14,742
La Ferme Cheese	5,98,768	5,98,768
Auroville Energy Products	5,96,619	5,96,619
Pharmacy of the AV Health C	4,95,241	5,55,241
Magica	5,45,680	5,45,680
La Ferme Cheese Auroville Energy Products Pharmacy of the AV Health C	5,98,768 5,96,619 4,95,241	5,98,768 5,96,619 5,55,241

Nala Builders	5,37,646	5,37,646
Neem Tree	5,23,233	5,23,233
Aurinoco Systems	5,15,150	5,15,150
Eco Femme	5,09,520	5,09,520
Cafe 73	5,09,323	5,09,323
Cadd Studio	4,96,200	4,96,200
Auroville Papers	4,61,200	4,92,400
New Dawn Carpentry	4,88,834	4,88,834
Natura	4,85,913	4,85,913
Solitude Lunch	4,70,721	4,70,721
Auro Yali	4,54,828	4,54,828
Naturally Auroville	4,01,802	4,37,802
Aurorachana	3,91,200	4,15,200
Aurospirul	4,00,904	4,12,904
Auroville Earth Institute	3,95,922	3,95,922
Integral Learning Center	3,70,009	3,70,009
Coffee Break	3,66,219	3,66,219
Auro Dent	3,56,000	3,56,000
Avitra	2,98,200	3,24,200
FILAURE	3,02,686	3,22,686
Arthena	2,94,882	2,94,882
Anjali	2,88,654	2,88,654
Centre D'art	2,80,612	2,80,612
Auroline	2,77,496	2,77,496
Gastronomica	2,70,011	2,70,011
Pottery Sipapu	2,68,910	2,68,910
Taboo	2,66,174	2,66,174
Ilion	2,62,200	2,62,200
Aurosoya	2,59,700	2,62,100
Capability Landscape	2,52,323	2,52,323
Pitchandikulam Forest	2,43,200	2,43,200
Auroville Online Store	2,37,410	2,37,410
La Boutique D' Auroville, Pon	2,25,600	2,31,600
Nirami	2,29,432	2,29,432
EV Future	2,26,200	2,26,200
Conscious Living	1,63,400	2,23,400
Wasteless	2,20,400	2,20,400
Pragati Constructions	2,20,367	2,20,367
Mantra	2,16,899	2,16,899
ADPS	2,12,712	2,12,712
Auro Sun Shine	2,11,155	2,11,155
Eco-Pro	2,10,550	2,10,550
Kenji Workshop	2,10,235	2,10,235
Tree House Community	2,06,326	2,06,326
Treecare	2,05,278	2,05,278
Flame	1,87,120	1,99,120
Mahasaraswati Construction	1,97,790	1,97,790
Aquadyn	1,94,954	1,94,954
	2,3 1,337	2,3 1,337

Samangal	1,89,650	1,89,650
AVA-MiA Studio	1,81,003	1,81,003
Mira Computers	1,76,774	1,76,774
School for Sustainable Mana.	1,73,338	1,73,338
Information Service	1,68,130	1,68,130
Essence of Nature	1,63,254	1,63,254
Buildaur	1,61,534	1,61,534
Worktree	1,56,800	1,56,800
Holistic Health Care	1,55,800	1,55,800
Auroville Design Consultants	1,47,158	1,47,158
Auroville Press Publishers	1,45,600	1,45,600
Deepam Candles	1,42,715	1,42,715
Upcycling Studio	1,41,551	1,41,551
Earth&Us	1,38,243	1,38,243
Holistic	1,36,800	1,36,800
Aurora brand Sakura Sushi	1,36,800	1,36,800
M&M Cheese	1,36,800	1,36,800
Eutechne(Eutence)	1,32,867	1,32,867
AgniJata	1,31,977	1,31,977
Hemplanet	1,29,997	1,29,997
Naham Consultancy II/Angela	1,29,878	1,29,878
Unitary	1,28,600	1,28,600
Naham Consulting/ Sacha	1,27,984	1,27,984
Sagarmatha	1,24,337	1,24,337
The Sprout	1,21,764	1,21,764
ASSA*Non-Stop Musci	1,20,955	1,20,955
Start Upcycling Kiosk VC	1,18,723	1,18,723
Italinfood	1,18,590	1,18,590
Mukti Accounting	1,14,405	1,14,405
AVA—Akshaya Farm kitchen	1,11,600	1,11,600
Glimpse	1,10,200	1,10,200
Omega	1,09,617	1,09,617
Aurora's Eye Films	1,05,250	1,05,250
Auroville Language Lab.	99,115	99,115
Taste of Korea	97,685	97,685
Studio One	95,424	95,424
Natraj	93,147	93,147
Anveshan	91,800	91,800
Amano	91,200	91,200
Linea	91,200	91,200
Sunshine Music	91,200	91,200
Alter Eco	91,200	91,200
Inscapes	91,200	91,200
Kalya's Delight	91,200	91,200
Integral World Manisha	91,200	91,200
Centre De soins Naturels	91,200	91,200
Ecofare	91,200	91,200
Octo Studio	91,200	91,200
Octo Studio	51,200	31,200

	10	The Comen
Talam	91,200	91,200
Think Consulting	83,663	83,663
Kofpu	81,249	81,249
Ecoteco Pools	79,640	79,640
Surabhi Supliers	78,897	78,897
Abacus Accounting	78,812	78,812
Capability 3 / Gilles	77,543	77,543
Inside India	70,182	74,382
ENSO	70,293	70,293
AVARTS/251089 Models	69,999	69,999
BON	45,600	69,600
Path Architects & Planners	68,964	68,964
AFA* Sudha's Kitchen	67,000	67,000
Comm4Unity	64,685	66,685
New Creation Corner	65,600	65,600
Delicious Bites	65,519	65,519
Mystique	65,457	65,457
Medi Clown Academy	64,600	64,600
Auromode	62,400	62,400
Aurore Projects & Services	61,809	61,809
Yashi's Cafe	60,400	60,400
Kaya Bodha	59,501	59,501
Mo Betta	59,273	59,273
Wood Concept	59,131	59,131
Cocoon	57,664	57,664
AVARTS/Andreanne Activities	53,575	53,575
Aladin	52,738	52,738
Freeland	49,958	49,958
Unity Transport	49,899	49,899
Auzolan	49,828	49,828
AVA-LuMa	49,400	49,400
Gecko	48,265	48,265
150DPI	47,500	47,500
BHU Nausheen	46,166	46,166
ASSA*Inspire Studios	45,944	45,944
AVARTS/Crystal Art & Craft.	45,758	45,758
Atmarati Architects	45,600	45,600
Auro Cabs	45,600	45,600
Auroville Architectural Servic.	45,600	45,600
Auroville Printers	45,600	45,600
Comfort Design	45,600	45,600
Discovery	45,600	45,600
LiGHT-FiSH	45,600	45,600
Prisma	45,600	45,600
Upasana Design Studio	45,600	45,600
White Ant Studio	45,600	45,600
Auro Lakshmi Construction	45,600	45,600
Artomic	45,600	45,600
Auro Amirtham	45,600	45,600
17	2,230	

	45.600	45.500
Brainfever Media Productions	45,600	45,600
Flame tree Software	45,600	45,600
Food Laboratory	45,600	45,600
Have Fun Pottery	45,600	45,600
Matrigold	45,600	45,600
ASSA-Rock'N Bubbles Outdo.	45,600	45,600
Softnet	45,600	45,600
Studio Eri	45,600	45,600
Avatar Design	45,600	45,600
Functional Forms	45,600	45,600
Bamboo Centre Auroville	45,600	45,600
Radiance	45,600	45,600
Happy Art Glass Studio	45,600	45,600
Sarvam Computers	45,600	45,600
AVARTS-Aavartan Studio	45,600	45,600
Satsang Project	45,600	45,600
Bhakti Mills in India	45,600	45,600
Mas-Ki	45,600	45,600
The Drone Zone	45,600	45,600
Mancala	45,600	45,600
AFA*Red Chilly Cafe	45,600	45,600
Light & Sound	45,600	45,600
Wellness woodcraft	44,300	44,300
Atelier Maa	43,990	43,990
ASSA/Hibiscus Heros	43,684	43,684
Auroville Architectural Servic	41,800	41,800
Auroville Design Service	41,800	41,800
Aurosystemica	41,800	41,800
AF Deco	40,903	40,903
Mira Boutique	38,893	38,893
Shri Arohan	38,595	38,595
Kalki	37,941	37,941
Aurore Systems	36,716	36,716
V Design	36,344	36,344
Auroville Today	36,318	36,318
Natures Gift	36,100	36,100
Ganesh Bakery	36,000	36,000
La Maison	36,000	36,000
Selvam Multy Purpose	36,000	36,000
Athma Thirupti	34,200	34,200
Melting Spot	34,200	34,200
Hands for Earth	34,200	34,200
Vanaville	32,558	32,558
LEAD*Dancing Tree	32,538	32,538
Dynamis	31,339	31,339
City Transport	30,400	30,400
Kalvi		
	30,400	30,400
VC Cycle Rental	30,400	30,400

	10	The Comem
Happy Foods	29,129	29,129
Local Guide	28,997	28,997
LEAD*Atma Vidya	28,493	28,493
Avision	26,600	26,600
AVA—Forest Pottery	26,590	26,590
Sakhi	24,800	24,800
ASSA*Abhaya	22,853	22,853
Aire	22,800	22,800
ATB with Amir	22,800	22,800
Roof Studio	22,800	22,800
AVARTS*Inlight	22,800	22,800
Rachana Artworks	22,800	22,800
AVA*Horizon Workshop	22,540	22,540
Taste of Nature	21,707	21,707
ATB	20,933	20,933
Nymphea Creations	20,223	20,223
Avarts/Admin	19,799	19,799
Joy Health Food	19,300	19,300
AFA-Green Leaf	19,000	19,000
Auro E book	18,656	18,656
LEAD/Divine Arts	18,059	18,059
Imago/ Integral works	18,050	18,050
Papyrus	17,934	17,934
AVM Builders	17,100	17,100
LEAD*Enlight	15,218	15,218
Mitra Auroville	15,200	15,200
Active Nature Projects	15,200	15,200
Bear & Trout	14,344	14,344
Rainbow Swan Gymnastics S.	14,197	14,197
JOI Anitya	13,397	13,397
Kolam Yoga	12,187	12,187
ASSA/Seongsil	11,551	11,551
LEAD—Chrysalis	11,485	11,485
AFA*Efrat Green Leaf II	11,400	11,400
AVARTS*Overmind Inst.	11,400	11,400
Oasis Mothers of Pearl	10,685	10,685
LEAD—Aviva	10,199	10,199
AFA*Arusuvai	9,780	9,780
AVA/T 7	9,349	9,349
Local Harvest	9,306	9,306
Auroline II—Mario	9,047	9,047
AVARTS/Griot	8,501	8,501
Being	8,311	8,311
Oceans	8,000	8,000
ASSA-The Banyan Agency	7,600	7,600
LEAD—Aviva	7,515	7,515
LEAD-SAVI	7,155	7,155
Manolo's Workshop	7,122	7,122
LEAD/Admin	6,888	6,888
10		

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Aurothaima	6,818	6,818
AV Songs for Children	6,753	6,753
AVA/Vasuki	6,346	6,346
ASSA-Rio	6,131	6,131
LEAD*Sundara	6,007	6,007
Kolamandala	5,587	5,587
Vahana	5,389	5,389
AVARTS/Tai Chi	5,106	5,106
LEAD*Angam Tree Welness	4,995	4,995
LEAD/AV Budokan	4,531	4,531
Creativity Hall of Light	4,247	4,247
LEAD*ULA	4,207	4,207
Mohanam Programs	4,200	4,200
Auroville Road Service	3,800	3,800
AFA-Annam	3,800	3,800
Translating Engineers	3,800	3,800
LEAD-Inner Body Work	3,757	3,757
LEAD*Aram	3,740	3,740
RTL Academy	3,652	3,652
Joy Postcards	3,600	3,600
I and I Connection	3,179	3,179
House of Harmony	3,157	3,157
Tamarind Bakes	3,002	3,002
ASSA*Rapid Care Service	2,953	2,953
Sunshine Network	2,945	2,945
Santosham	2,914	2,914
LEAD-Youth Link Activities	2,765	2,765
AuroBasha	2,500	2,500
Goliath	2,083	2,083
AFA*Kajimba	2,073	2,073
AVARTS/Satyayuga Energy Vi.	2,012	2,012
LEAD-AHIMSA	1,765	1,765
AVARTS/Mirabilia	1,438	1,438
IPK Activities	1,101	1,101
Sanskrit Songs	897	897
Spirit & Nature	892	892
LEAD/Dynamic Creations	725	725
Bakes & Bites	629	629
Aqua Engineers	446	446
AVARTS/Mriya Arts Project	439	439
AVARTS/Eco-Friendly Rock & .	400	400
AVARTS/Ineffable	345	345
AVARTS/Ein Mal Eins	329	329
Ritam Bhu Project	275	275
AVARTS / Butterfly Barn	161	161
Mayurika Creations	80	80
AVARTS-Our Home	56	56
AVARTS-MAGZ	48	48
	,,	

AVARTS-Compagnie S.D.F	37	37
AVARTS/Music & Crafts	32	32
Eternal (Divers)	_	18,000
Total	14,70,18,866	14,96,37,166
Percent of Total	98%	100%

Guest House	Total in 20%	Total
	1000	Contribution
Center GH	33,06,232	33,48,232
Afsanah GH	29,31,705	29,37,705
Auromode GH	21,56,889	21,56,889
Gaia's Garden GH	20,00,632	20,00,632
Isai Ambalam GH	19,34,354	19,58,354
Sharnga GH	17,16,215	17,16,215
Serendipity GH	12,70,120	12,70,120
Samarpan GH	10,99,300	10,99,300
New Creation GH	10,65,277	10,65,277
Abundance GH	9,95,442	9,95,442
Verite GH	9,21,341	9,21,341
SAIIER—Mitra GH	6,63,304	6,63,304
Arka GH	4,38,835	4,38,835
Needam GH	4,33,404	4,33,404
Atithi Griha GH	4,24,609	4,24,609
Tibetan Bodkhang	3,86,824	3,86,824
Samasti GH	3,69,272	3,69,272
EUU—Kalpana GH	3,05,091	3,05,091
EUU—Creativity GH	2,84,056	2,84,056
EUU—Sonja & Umberto GH	2,52,858	2,52,858
EUU—Goodness GH	2,12,439	2,12,439
Aspiration GH	1,80,392	1,80,392
Discovery GH	1,75,923	1,75,923
EUU Moongate GH	1,72,389	1,72,389
SAIIER—Youth Camp GH	1,66,311	1,66,311
Reve GH	1,63,420	1,63,420
EUU—Casa Luna GH	1,38,567	1,38,567
Rainbow in Auroville GH	1,29,243	1,29,243
EUU—Grace GH	1,17,128	1,17,128
EUU Siddhartha Forest GH	1,15,948	1,15,948
EUU—Selveraj GH	1,09,871	1,09,871
EUU—La Maison Bleue GH	1,09,553	1,09,553
EUU—Vijaya GH	99,108	99,108
Red Earth Black Box GH	92,118	92,118
Tanto Far Beach GH	91,200	91,200
EUU—Bruno GH	87,023	87,023
EUU—Douceur GH	86,453	86,453
EUU—Kofpu GH	85,427	85,427
EUU—Divyan GH	71,229	71,229
EUU—Ganesh GH	68,162	68,162
EUU—Martuvam GH	67,200	67,200
EUU—Vasu/Repos GH	66,399	66,399
FRM—Buddha Garden Coll.	61,388	61,388

EUU—Le soleil De Villa	54,979	54,979
EUU—Suganya GH	53,302	53,302
EUU—Harsha GH	52,086	52,086
EUU—Sita Nivas GH	51,821	51,821
EUU—Boomivalar GH Coll	51,446	51,446
EUU—Nishita GH	50,509	50,509
EUU Svet Lana GH	50,154	50,154
EUU—Light & Bliss GH	48,439	48,439
EUU—Lotus GH	47,320	47,320
EUU—Blossom GH	44,750	44,750
EUU—Selvi Arumugam GH	44,623	44,623
EUU—Vikas GH	41,351	41,351
EUU—Ramachandran GH	40,814	40,814
EUU—Vandavilla GH	37,080	37,080
EUU—Humility GH	36,500	36,500
Swagatham GH	32,725	32,725
EUU—Dariya GH	26,872	26,872
EUU—Avinash GH	26,000	26,000
EUU—Elumalai & Sarasu GH	23,688	23,688
EUU—Angel GH	19,485	19,485
EUU—Adhi GH	19,108	19,108
EUU—Gratitude GH	17,856	17,856
EUU—Pritha GH	17,322	17,322
EUU—Victor and Galina GH	17,020	17,020
EUU—Rossella GH	15,857	15,857
EUU—Semanti GH	13,941	13,941
EUU—Utility GH	13,215	13,215
EUU—Nandhanam GH	12,400	12,400
EUU—Moongil GH	8,332	8,332
EUU—Avision GH	8,086	8,086
EUU—Yeshoda GH	7,143	7,143
EUU—3 Roses GH	510	510
EUU—Sitara GH	330	330
Subtotal	2,66,07,715	2,66,79,715
Net Additional Guest Contrib.	56,39,375	56,39,375
Total	3,22,47,090	3,23,19,090

Services	To City Services	Total
Financial Services	6,24,45,148	6,32,04,241
Cs-Visitor Center Parking	51,19,984	51,19,984
Botanical Garden	27,40,545	27,40,545
Quiet Healing Centre	25,11,392	25,23,392
Pour Tous (Ptps) Aspiration	12,47,363	12,47,363
Solar & Ups Service	5,71,750	5,71,750
Csr	4,95,924	4,95,924
Flourish	3,85,915	3,85,915
Cs-Famc	3,66,462	3,66,462
Av Arts Service	2,92,200	2,92,200
Visitor Center	2,12,800	2,12,800

Integrated Transport Service	1,86,115	1,86,115
Thamarai	1,17,800	1,17,800
Red Earth Riding School	1,16,222	1,16,222
Cs-Pour Tous Water	1,02,571	1,02,571
Electrical Services	95,000	95,000
Pension Fund Aureka	91,200	91,200
Birth Center	87,400	87,400
	,	
Sunship Maintenance	55,100	55,100
Telephone Service	45,600	45,600
Auroville Vehicle Service	45,600	45,600
La Piscine	45,600	45,600
Fundraising Consultancy	45,600	45,600
Saiier Sanskrit Research Institute	45,600	45,600
Citadine	45,600	45,600
Frm-Solitude Farm	45,600	45,600
Frm-Auroorchard/Aruvadai	45,600	45,600
Sacgred Groves Care	45,600	45,600
Cs-Blue Light	30,860	30,860
Sewa	22,800	22,800
Saiier	22,800	22,800
For-Anusuya Forest	22,800	22,800
Frm-Av Food Link	22,013	22,013
Aws/Water Supply	15,200	15,200
Youth Link	15,200	15,200
Deepam	11,400	11,400
L'avenir	10,410	10,410
Av Dog Shelter	7,600	7,600
Home Care Service	6,206	6,206
Mattram	5,205	5,205
Pitanga	4,630	4,630
Cs-Unity Pavilion	3,800	3,800
Total	7,80,34,615	7,88,05,708

Individual Contribution Details	Total
Aurovilian	2,19,49,630
Newcomer	2,78,000
School Participation	57,98,126
Friends of AV	26,88,873
Total	3,07,14,629

External Contributions Details	Total
Government of India for SAIIER	70,00,000
Government of India for SAIIER Other	_
Other Contributions	_
Project Contributions	_
Foreign Contributions	17,32,000
Total	87,32,000

AUROVILLE FELLOWSHIP PROGRAM

Auroville Foundation invites applications of experienced candidates for the Auroville Fellowship Program under various domains. There are 30 positions available for young aspirants to engage with Auroville and contribute to the realization of the city's goals.

Interested candidates can visit our website for the detailed advertisement and <u>online application form</u>:

• https://aurovillefoundation.org.in/

Dominique, Sys. Adm., Auroville Foundation

Community News

Passing On

MARTIN

Martin was an amazing man: generous of spirit, hardworking, and dedicated to the people and projects that he had committed to. He originally arrived in Auroville in 1997 with his family from Switzerland—Nadja, Luca and David.

For the past 12 years he has been an integral part of the Botanical garden team, tending to the Plumerias and



other garden areas he had created, as well as welcoming and mentoring so many of the volunteers who came to the gardens. When one walks through the central area of the gardens, from the plumerias to the main pond and back through the bamboo area, one can appreciated the manifested beauty of his karma yoga.

But his life in Auroville has been far wider and richer than just these years at the Botanical gardens. He, along with Shivakala his wife, contributed to the lives of so many, taking responsibility to support and guide youngsters from the local area through college, providing for them a safe and secure home to grow up in. Some came as young as five years of age, others came when they were a little older, but all told, there are more than ten young ladies in the world today who have received the love and support of Martin in their lives and through their education – in their own words:

'He took us into his arms and raised us as his own child. Never did we feel that we are an outsider to the family.'

'Not only a father, a good friend, and a mentor. We and this universe are going to miss such a wonderful human being. We love u dad. I love u my better half.'

'He fulfilled the role of father perfectly in our life and gave us a meaningful future. The soul who smiles and hugs each time, making us to feel secure whatever problem you have'

'He created a family bond without blood relations but a

family that is connected by heart and soul fully'

'He had taught us everything in life. He taught us of how to respect, love, care and be responsible. Without him we are nothing. All our stepping stones to success is filled with his sacrifice and love.'

'Martin had a heart of gold. Thank you Martin, you've made the world a better place'

He also for many years ran the kitchen at New Creation School, always with his happy smile and cheery countenance, making sure that all the kids were well fed. His connection to New Creation was preceded by his first port of call which was Forecomers nursery, where he took charge after Ed had left, and after the kitchen he was for many years at the nursery in Matrimandir, where he developed his passion for the Plumerias and enthused everyone with his love for plants.

He had a great appreciation for the landscape of Tamil Nadu and was particularly attracted to the rocky landscapes of Gingee where he has created a sanctuary forest – a place he would often retreat to at the weekends to spend time in quiet reflection as well as working to develop the area.

He was quite simply a wonderful example of how one can be in this magical place called Auroville. A person who took full responsibility for life and lived it to the full, making the space we live a better place for everyone. He will be very sorely missed.

Love and strength to Shivakala and his large family. Martin, thank you. Be in peace.

From Massmail, submitted by Roy and Agnijata

Remembering

REMEMBERING ILSE ON 05.05.2024 (18th Anniversary)

My dear friend, It is very difficult to forget you even though it is 18 years now. We had a very good time together. Never had any misunderstanding, good advisor, friend, well-wisher and was taking care of my son by dropping and picking up from transition school.

He still remembers the gratitude flowers which you will be



plucking for him on the way to school. Your memory remains as if you were a sculpture in the rocky stone.

We all miss you and love you forever my dearest friend.

Love, Raji, Arunachalam and Gothainayagi

Awakening Spirit

SAVITRI BHAVAN

Savitri B H A V A N

Schedule May 2024

Exhibitions

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

This month

- No Films
- No Mudra Chi
- No OM Choir

Full Moon Gathering

 Thursday, 23 May, 7:15—8:15pm in front of Sri Aurobindo's statue

Regular Activities

- Sundays 10:30—12noon: Savitri Study Circle led by Larry Seidlitz
- Mondays 3—4pm: The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- Tuesdays 3—4pm: Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- Tuesdays, Fridays, Saturdays 4—5pm: L'Agenda de Mère: listening to recordings with Gangalakshmi
- Thursdays 4—5pm: Videos of The English of Savitri led by Shraddhavan
- Fridays 3—4pm: The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
 Saturdays 10—11:30am: Bases of Yoga Book Read-
- ing Circle led by Debashish
- Saturdays 5—6:30pm: Satsang, led by Ashesh Joshi
- Exhibitions, Main Building and Office are open Monday to Saturday 9—5
- Library and Digital Library is open Monday to Friday 9—5

The Journey from Mind to Supermind

Saturday, 4 May, 4—5pm @ Sangam Hall

Arun Kumar will speak about The Journey from Mind to Supermind.

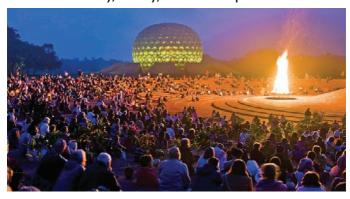
Arun Kumar is a follower of the Integral Yoga and is connected with the Sri Aurobindo Spiritual Centre in Gurdaspur. He has visited the Ashram and Auroville several times in the past.



The Dream Divine Series:

Documentary Auroville—A Dream of the Divine

 Will be shown In the Sangam Hall of Savitri Bhavan on Wednesday, 8 May, 4:30—5:30pm



Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to introduce newcomers to the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and The Mother and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Bases of Yoga—The Mother's Talks **An Interactive Book Reading Circle**

Every Saturday, 10—11am

'One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes'. The Mother

During September 1954—May 1955, the Mother took up Sri Aurobindo's book 'Bases of Yoga' in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of 'Yoga' and how we can adopt the teaching in our daily life (This Book is part of collected works Vols. 6 and 7).

Free for all. Join us every Saturday 10—11am

Venue: Garden Room, Savitri Bhavan

For more details, contact Debashish, 7678208825 WA, b.deb253@gmail.com

Everyone is welcome

Dhanalakshmi for Savitri Bhavan

BHARAT NIVAS PRESENTS

A weekly study circle on The Synthesis of Yoga Sri Aurobindo By Deepti Tewari

A weekly study circle on The Synthesis of - Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

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

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

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

4:30 pm - 5:30 pm **Every Tuesday**

Venue:

Resource Library, Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville

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

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

27.03.1973

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

Parking available outside at the Bharat Nivas Main Gate

Monisha. BN Team

AMPHITHEATRE—MATRIMANDIR Meditation with Savitri read by Mother to Sunil's music Every Thursday, 6—6:30pm (weather permitting)

Every Thursday at sunset, Meditation with Sri Aurobindo's long mantric poem, Savitri read by Mother to Sunil's music. We follow the sun and the timing changes with the season...

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

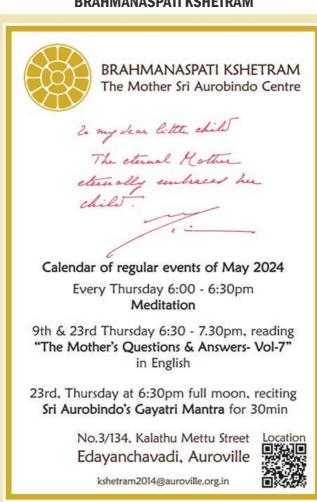


- Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.
- We request everyone: please do not use cameras, Ipads, cell phones, etc. No Photos.

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

> Surya for Amphitheater team

BRAHMANASPATI KSHETRAM



Submitted by Rajan

TO ALL RESIDENTS

Please know that the Mother very specifically asked us to write the word **AUROVILIAN** with **one 'I' only**.

Of course, the entire world will write it differently, but at least we here can comply? Thank you very much!

Mauna

Education

PERFECTING MATH

For Grades: Students going to 7th and 8th Duration: 03/06/2024—28/06/2024 (3 days a week—1 hour each)

Objectives

- Revisit Arithmetic, Algebra, and Geometry from previous grades.
- Figure out gaps in understanding
- Focus on improving conceptual understanding and accuracy in calculations.



Perfecting Ma

Materials Needed (will be provided)

- Notebook (squared)
- Ball pan(blue or black), correction pen(greer 2 pencils, Eraser, Sharpener
- Geometry toolbox
- 1 File folder
- Register by 26 May

Snehal

INTEGRAL MATHEMATICS: A Journey of Insight and Inspiration

Understanding Purusha

- 25 May, 4—5pm
- Sangam Hall Savitri Bhavan

Embark on a transformative journey through the qualitative realm of mathematics, where the mind's eye uncovers profound insights and timeless



wisdom. In this illuminating lecture series, we delve deep into the essence of mathematics and its profound impact on the human spirit.

1. Section 1:

'Echoes of Wisdom': Delve into the sacred texts of ancient Sanskrit scriptures, including Vedic and Vedantic teachings, resonating with the wisdom that transcends time. Explore the same texts that ignited the intellectual flame within Sri Aurobindo, illuminating pathways to understanding mathematics in its purest form.

2. Section 2:

'Insights Illuminated': Navigate the corridors of knowledge as we revisit the profound commentary and insights of Sri Aurobindo. Gain clarity and depth in your comprehension of mathematics through the lens of a visionary sage, enhancing your appreciation for its qualitative dimensions.

3. Section 3:

'Inspirations Unveiled': Trace the footsteps of the greatest mathematicians in history and uncover the narratives behind their revolutionary discoveries. Connect with the human spirit that propels mathematical exploration, finding resonance in their journeys of insight and revelation.

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

Snehall

AN ANNOUNCEMENT FROM TLC (The Learning Community)

Dear community, we would like to inform the wider community that in a meeting called by SAIIER board on Wednesday 17th April, TLC (The Learning Community), was informed that SAIIER has decided to withdraw all financial support for TLC (facilitators' maintenances and running budget) and reclaim all assets accumulated over the years. We were also told that we will need to vacate TLC Base Camp by July '24.

TLC has been under the SAIIER umbrella for many years, categorized as a 'middle school'. Those who know us understand well that we clearly do not fit this definition. We are not a school. We are a community of learners, working with all ages, from nursery to adult education, as well carrying out research projects in Integral Education.

While this news has come as a shock, and there is sadness and a sense of loss, we feel that this is an opportunity for TLC to finally embark on the journey we have known for some time will benefit our community.

Discontinuing under the SAIIER umbrella will enable us to continue our active research in Integral Education without having to justify or compromise on our visions, goals and their implementation, which clearly do not fit with the definitions of a school as set down by SAIIER.

We have met with TLC's parents and facilitators to share and reflect on this new phase of TLC, and to update the community on our ideas for a way forward. The news brought up a mix of surprise and sadness, together with positive energy and a will to move into this next phase with inspiration and joy, believing in our capacity to flourish and grow from this experience, adults and children alike.

It was clear that all present know that TLC is not Base Camp! It is much much more There are many practical aspects of this new phase to work out. We are in communication with FAMC to move TLC to an alternate umbrella. Here too, we have met with much resistance and blockages, yet we are determined and feel able to move through this period with grace and gratitude, and find solutions to enable the continued growth of this beautiful project which has undergone a deep journey of 16 years. We aspire to continue and deepen within the Auroville context of unending education and a laboratory of research into human consciousness and evolution.

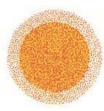
We have faith, trust and feel Her support and guidance. We reach out to our wider Auroville community for your support, be it in your love and good wishes or in any practical way you would like to offer help

We are happy to meet, talk and share at any point.

Please feel free to reach out to us at <u>tlc@auroville.org.in</u>
 With much care and gratitude,

INTEGRAL APPROACH TO PHYSICAL EDUCATION One year course in Auroville

The Auroville Physical Education Board (AVPEB, SAIIER) has designed a teachers' training foundation course for physical education (PE) teachers in Auroville (AV). This comprehensive program has been designed to cover basic aspects of PE teaching in AV as well as understanding physical education in the Light of Sri Aurobindo and The Mother.



Tamar, The Learning Community

The aim is to create, in years to come, a new sports teaching squad for AV, with sports teachers having knowledge of sports science as well as practical training, with a deeper understanding of the spiritual significance of the human body. This new squad will be better equipped and more effective in implementing physical education, conducting research and in offering services to AV schools and community.

Key Components of the Course

Integral Education Principles

- Main Facilitator
 - Praveen, Member of PE Committee of Sri Aurobindo Ashram
- Major Topics
 - Introduction to Integral Yoga
 - Auroville Aims and Ideals
 - Understanding the Integral Approach to Education
 - · Spiritual and Mental Well-being
 - Yoga and Meditation Practices
 - Psychological Aspects of Physical Education
 - Stress Management Techniques

Sports Sciences

- Main Facilitator
 - Savitri, BSc Sports Science/Nutrition MSc Sports Nutrition
- Major Topics
 - Anatomy and Physiology
 - Biomechanics
 - Exercise Physiology
 - Sports Nutrition
 - Sports Injuries and Rehabilitation
 - Sociology of sports

Practical Training

- Main Facilitators
 - Pedro, BSc Sports Science, MSc Sports Science, PhD Sports Science
 - Ruben, Mental Health Educator, Martial Arts trainer and practitioner,

Major Topics

- Teaching Practicum in Auroville Schools
- Pedagogy and Teaching Methodologies:
- Teaching Games for Understanding (TGFU)
- Lesson Planning and Implementation
- Assessment and Evaluation Techniques
- Classroom Management Strategies
- Mentorship and Feedback Sessions
- Project Implementation in Physical Education Settings
- First aid training

Criteria for Participation

- The course is open to ALL and will prioritize those who wish to become PE teachers in AV.
- The foremost task from the participants for this program is:
 - Commitment to learn
 - Commitment to at attend fully

Requirement on enrolment

To begin with, the course is designed for those who can give a part time commitment six days a week, including practicum/teaching sports at various AV schools from 2.30 to 5pm Monday through Friday. Throughout the year, there will be ongoing assessment of participants' quality of work as well as at the end of the year an assessment and review in order to reach a PASS grade.

Support for Aurovilians and Newcomers

In order to make it possible for as many participants as possible to attend this course AVPEB will work towards ensuring material support for the participants. We would like no aspirant to miss this opportunity due to a financial constraint or concern.

At the end of this course each participant will be able to integrate the new PE teaching squad in AV and be a teacher on par with the other teachers of AV.

Contact

All those you feel called and those who would like to know more, please click on the link or scan the QR code below to fill the form

Nilima for SAIIER



VOLUNTEERS FOR SUMMER PROGRAM For Kindergarten Children

6 to 31 May, Mondays, Wednesdays and Fridays

We would like to invite the volunteers who are interested in taking part in the summer program from 6 to 31 May 2024 for 3 alternative days in a week (Monday, Wednesday and Friday).

The timings will be 9am to 12pm in Nandanam Kindergarten and Centerfield Kindergarten.

Meeting will be held on Thursday, 25 April at 1:30pm at Nandanam Kindergarten to discuss the details of the program and overview

Warm regards, K.Lakshmi

SUMMER CAMP at our Kuilai Creative Centre—May'24



At our Kuilai Creative Centre, we conducted a Summer Camp each year in May for our students who are participating in various Activities throughout the year. And we wish to delight them by conducting many types of fun activities and outings during their summer holiday breaks including lunch and snacks, while their parents are still working.

Most of the children are from our AV Bioregion. These children will range in age from 10 to 17.

- Trip to Kodai for Four Days (A Hill Station in South India)
- Visit to Matrimandir and Many other places in Auroville.
- Eye care sessions by Aurokiya Eye Care.
- Many fun games and activities
- Free lunch and free snacks

Any sort of support is welcome! For your support:

- https://aviusa.org/?form=Kuilai
- https://auroville.org/page/donate-from-india
- From Auroville: FS account 240051, Kuilai Creative Centre Collection

For contact: +91 8608473385,

- · kuilaicreativecentre@auroville.org.in or
- kuilaicreativecentre.auroville@gmail.com

Selva from KCC

AUROVILLE LIBRARY

Weekly Timings

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

Story time At the Auroville Library!

Every Saturday, 10—11am: Children's storytime.

• Contact: 0413 2622894, avlib@auroville.org.in.

Kristen, for the Auroville Library

SUMMER CAMP WITH ENLIGHT



May and June

Age 10—15, Activities: Art and craft workshop, Drumming workshop, Swimming class

- Contact Anand:
 - enlight@auroville.org.in, +91 9159468946

 Arun, Anand and Balaji

Good News





Dear Auroville Community, We would like to share the good news that two Aurovilians were invited as distinguished faculty to speak at a major all-India conference, IFNRCON 2024, held at JIPMER recently from 12—14 April.

This was the 12th Annual Conference of the Indian Federation of Neurore-

habilitation, with the Neurorehab Subsection of the Indian Academy of Neurology. Members of the World Federation of Neurorehabilitation and some other international presenters were also present.

The Aurovilian presenters were Dr. Vaidya Berengere (Dr. Be), from Sante Clinic, who was invited to speak in the Holistic Neurorehabilitation session on the topic 'Ayurveda in Stroke Rehabilitation', and Mita Radhakrishnan from the Tomatis Research Centre, who was invited to speak in the Aphasia Rehabilitation session on the topic 'Insights into Alfred Tomatis techniques from the Auroville Language Laboratory'. Both presentations were received very well.

Be and Mita

Health Care

SANTÉ SERVICES, MAY 2024



Working Hours

Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr.Senthil: Monday to Friday	Nurse Care. Thilagam, Ezhil, Archana, Sandhya. Daily, No appointment necessary	
Ayurveda with Dr.Be: Monday/ Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday	
Acupuncture with Andres: Monday/ Tuesday/ Wednes- day/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday	
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun Monday to Saturday	
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday	

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

Dasha for Sante Services, sante@auroville.org.in, http://sante.auroville.org.in

AUROKIYA INTEGRAL EYE CENTRE Arka, Auroville Therapeutic Eye Compress Sessions (For) Digital Eye Strain & Dry Eye

- Digital screen exposure reduces Meibomian (tear) gland secretion, leading to tear-film instability and Dry Eye. Dry Eye damages the eye surface causing eye strain, itching, irritation, redness, watering or headache
- Therapeutic Eye Compress offer protection and relief from Digital Eye Strain and Dry Eye



Consult us for More Information

<u>aurokiya@gmail.com</u>, <u>www.aurokiya.com</u>

Aurosugan for Aurokiya Eye Care



Dental Clinic Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in
Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday - Friday (9am - 1 pm & 2pm - 6 pm) Saturday (9am - 1pm)

MAATRAM Closing For The Month Of May

Maatram will not conduct any OCH sessions (Open Consultation Hours) as we will remain closed for the month of May 2024.



Megha for Maatram

INTERNATIONAL DAY OF THE MIDWIFE CELEBRATIONS

5 May, 4—6pm @ AC Hall, Auromode Apartments, opposite CSR



You are cordially invited to a special event commemorating the International Day of the Midwife.

Program Details

- The opening of Morning Star's new office space!
- Additionally, premiere of the Documentary Film 'Morning Star:
 A Birth Centre of the Future—Midwives in India' by Aurora's Eye Films, Auroville, 15 min.



Join us in celebrating the remarkable dedication and expertise of midwives worldwide as we also mark the beginning of a new chapter for Morning Star in our brand-new office space.

Come and honor the vital role midwives play in maternal and newborn health care as we showcase our journey so far while exploring our new office.

- Morning Star is a unit under the Health and Healing Trust, run by midwives and doulas to support pregnancy, childbirth, and women's & family wellness in Auroville.
- Please send your RSVP to morringstar@auroville.org.in or contact Bala only at +91 9892699804 WA.
- Map https://g.co/kgs/hL5uL7b

Bala

DENTAL CENTRE PROTECTION Closed for 4 Days

May 2 till May 4 for a Tour

Our Dental Centre at Protection will be closed for 4 days from May 2 till May 4 for a tour (our last one was 6 years ago)! In case of emergency, please call Aurodent, Auroshilpam near CSR, 0413 2622063.

The Dental Team, Jacques

International

NEW CO-WORKING SPACE!

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



What you can offer?: Free contribution, Help us pay

our internet bills and improve the place!

- What you Get: A quiet environment, Come enjoy the quiet of our conference room 3 mornings a week!
- A place you can privatize!

Do you need a place to host a meeting? A workshop? Or any other group activity: Send a request and book the place!

- Good WiFi, 20 Chairs, Free Tea
- +33 695524430, <u>european.house.auroville@gmail.com</u>
 Marie

Ecology

ECO SERVICE Is Revising Its Tariff

Dear Community members, the Eco Service is revising its Tariff, after 5 years. Every year the general costs go up at least 10% and things have become dearer post lockdowns. Our employee wages, staff welfare, material, infrastructure maintenance and operational costs all have become considerably costlier than 5 years ago.



The revision is as follows

Residential & Educational Establishments:	Previous	Revised
Glass, Plastic & Paper	40/bag	70/bag
Mixed/Unsegregated Waste & Landfill	100/bag	175/bag
Sanitary	150/bag	175/bag
Commercial Establishments:	Previous	Revised
Glass, Plastic & Paper	40/bag	100/bag
Mixed/Unsegregated & Landfill	100/bag	200/bag
Sanitary	150/bag	175/bag

Mixed use spaces where residences and commercial units are combined will be charged as per the Commercial tariff.

Commercial establishments include:

· Units, Restaurants, Guest Houses

We would like to once again remind all community members the following:

- Please do not send us pillows, mattresses, clothing, ceramics or books that can be sent to either the Free Store or given to the Library.
- Please rinse bottles of medicines, honey, creams, pickles, sauces before binning.
- Please send the milk, jam and soy milk bottles to either PTDC or PTPS
- Please bring in your E-waste items directly to Eco Service whenever possible instead of putting them into the bins.

Do keep in mind that effective segregation at source will surely result in lower billing as well as in reducing our workload.

 The revised tariff will come into effect w.e.f. 01.06.24 (1 June 2024)

Summit for The Eco Service <u>ecoservice@auroville.org.in</u>, 7598911090 WA

The Arts



In Collaboration With Aurodhan Pondicherry Presents

Uniting With Inner Movements

- Saturday, 11 May, 7pm
- @ Sri Aurobindo Auditorium



"While there, one can be wider than the world; While there, one is one's own infinity." - Sri Aurobindo (Savitri)



'While there, one can be wider than the world, While there, one is one's own infinity.' Sri Aurobindo (Savitri)

Rajhesh Vaidhya, a beacon of contemporary veena artistry, embodies a fusion of tradition and innovation. His journey, steeped in riich collaborations and record-breaking performances, inspires global audiences.

- Curated by Lalit Verma
- Enquiry Contact: Krishna at +91 97878 80211

Parking available outside at the Bharat Nivas Main Gate

Monisha, BN Team

ART EXHIBITION by Claudine Pare

5 April—4 May @ Pitanga

Nature is the source and resource of humanity.

It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of overexploitation and destruction.

What is offered to you today is a glimpse of the natural, wonderful and very rich Beauty which is quickly disappearing day by day.

Some images are from Auroville itself and some

Claudine Pare S April - 4 May.

Exhibition

Children rainings Day seeps Sunday.

Exhibition 12250m & 2000m - 2250m & 2000m - 2

are from the Tamil Nadu bioregion.

Soon displayed on Pitanga's walls, it is my pleasure to invite you to dive into the atmosphere these images provide and feel the relationship between you and what you perceive.

Please enjoy it, Claudine

KALABHUMI GOES LIVE



Submitted by Edo



COMMUNITY VISION BOARD FOR DREAMWEAVING 2024: Build to Envision

2,3,4 May, 11:30am—2:30pm @ Solar Kitchen

Dear residents, we welcome your ideas to develop the Solar Kitchen/PTDC/Foodlink area! What social space, services, activities and qualities do you want to have in this area? What is already there, what is missing? What practical improvements would fulfill your major needs and aspirations?



The project Dreamweaving 2024: Build to Envision aims to create a liv-

ing urban model in the area by adding various spaces and activities, co-created with the ideas and skills of residents, designers and builders through a weaving process.

The first step will be to collect your ideas!

Please pass by to express your ideas and visions!

Dreamweaving Initiative Team, Bhavya, Henrik, Radhika, Shivangi

Multiple Activities

BHARAT NIVAS Regular Workshops, Classes & Exibitions



Parking available outside at the Bharat Nivas Main Gate

Submitted by Monisha for BN Team

Salsa dance

class

Theatre & Dance Activities

SALSA DANCE CLASS

Beginner Class: Every Tuesday, 6:30pm

All Levels: Every Saturday, 6:30pm

- By appointment: any time you can do Salsa, Bachata Kizomba
- Need To Bring: Socks, Water, Smile
- Venue: New creation Dance studio

Register before coming +918637633696

Mani, @bakisata dance

A CALL TO CO-CREATE **Multidisciplinary Improvisation Lab** Thursdays, 5-7pm @ Cripa Small Hall

Through Dance, Move, Visual Arts, Poetry, Spoken Word,

Theater. And Music

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



Discover The Boundless Potential Of Collaborative Improvisation Krishna



@ Harmony Hall, Bharat Nivas New batch starts the first week of each month

- Monday
 - 7pm—Introduction to Tango,
 - 8pm—Open Source
- Wednesday
 - 7:30pm—Guided Practica, 8pm—Long Practice No partner required. Bring socks or dance shoes.

And plenty of joy!

+91 9821166082, tango@auroville.org.in

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm By apointment: any time you can do class

- Bring water bottle, socks, Every month new batch beginner, Minimum commitment 1 month,
- Listen more Tango music, Dance Tango every day by booking for couples or Individuals, Be on time
- For bookings contact us: +918637633696, bakisatadance@gmail.com.

Submitted by Mani

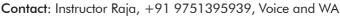


La Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions



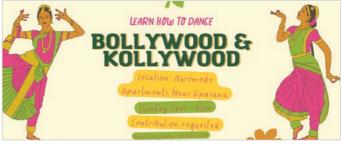
- Contribution Based
- www.angamtree.com/workshops
- Kindly WA to be added to the Salsa WhatsApp +91 9751395939

Submitted by Raja

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Aurzmedt! For more information and to reserve your spot, contact: balaganesh.siva@gmail.com, +919446762034 WA only

Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested.

Balaganesh SIVA

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm For regular classes DM: 8281746763 Submitted by Vega

CRFFVA

Music and Art Activities

CREEVA ART ACTIVITIES

Centre for Research Education Experience In Visual Arts

Our Art Activities:

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



me know to book your session.

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

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

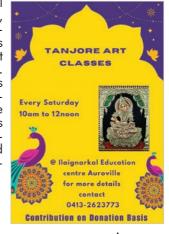
CREEVA Studio, Creativity Community sathyacolour@auroville.org.in, +91 9486145072 WA, Sathya

TANJORE ART CLASSES

Every Saturday, 10am—12noon @ llaignarkal Education center

Tanjore Paintings Hold Cultural And Religious Signiflcance, originating In Tamil Nadu, India. They Depict Hindu Deities And Mythology With Vibrant Colors and Intricate Details. The Use Of Gold Leaf Adds Opulence, Reflecting the Region's Artistic Heritage. These Paintings Serve Representations Of South Indian Art, Preserving Traditional Techniques and Contributing to The Rich Tapes-try Of India's Cultural History

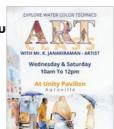
- For more details contact 0413 2623773
- Contributions on Donation **Basis**



Ayyanar

EXPLORE WaterColor Techniqu

- Wednesday & Saturday, 10am—12pm @ At Unity Pavilion
- Art with Mr. K. Janakiraman
- For More Details 9443648774, 7558401106 Submitted by Arun

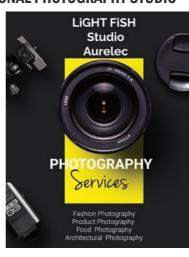


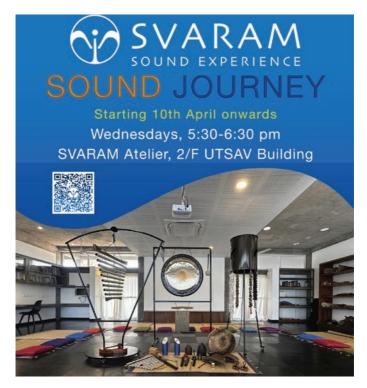
LIGHT FISH PROFESSIONAL PHOTOGRAPHY STUDIO

Photography Services

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

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





We are inviting you to an especially curated Sound Journey Pre-registration required . Maximum 20 participants Please scan the QR Code below for details or email us at svaramprograms@auroville.org.in

Timon for SVARAM

The Sound of Bamboo Various Styles of the Indian Flute



Group Classes With Michael

@ Kalabhumi Music Studio, Every Friday Beginner: 11am—12pm, Advanced: 12noon-Drop in is possible at any time, flutes available to borrow or buy.

- Contribution: Guests: Contribution required, Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Connect: michael@sound-of-bansuri.com +91 9150567003 WA
- More Info: www.the-sound-of-bamboo.com
- To Donate: https://pay.auroville.org/divine-arts
- Learn More About Divine Arts:
 - https://auroville.org/page/divine-arts

Michael

Sports & Martial Arts

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- **To book contact** +91 8637633696

Mani



GIRL FUTSAL/FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

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

• Just contact Beber 6385635943 for more details

Beber



YANG STYLE TAI-CHI

Facilitated by Park Jiseong

Tai-Chi is the art of change.

Learning how to drive your energy.

Also called "Moving Zen"

Tai-chi is a mental & physical training method.

Every Monday, Wednesday, Friday 7—8am @ Budokan, Dehashakti Jisung, +917094339490 WA

ULTIMATE FRISBEE

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

No prior experience needed!

Selvi for Ultimate Frisbee Auroville Women's Team



KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

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

Where Body Becomes Eyes, Maneesh For Kalari Team



AUROVILLE AIKIDO

@ Auroville Budokan, Dehashakti near Dana:

Aikido is a Japanese martial art that can be practiced and enjoyed by everybody - usually gender mixed. Its regular and sincere practice makes you work on all your different levels of being: physical, mental, spiritual. There is no competition



in Aikido and the spirit is of oneness and non violence—with concrete self-defense elements! We encourage the youth and especially girls and women to come and train with us. Welcome to watch a class before, or join us right away!

- Children classes (from 8 of age)
 - Monday, Wednesday & Friday: 4-5pm.
 - Regular attendance (at least twice a week) required, as part of the school sports' program. Please contact us (Philippe G. and Surya CR)
- Adults all levels including Beginners
 - Morning: Tuesday, Thursday & Saturdays 6—7:30am (with Murugan.)
 - **Evening**: class with Surya on Wednesday 5:15—6:30am.
 - Beginners are mostly welcome on Wednesday evening and Saturday early morning classes.
- Women and young girls with Surya
 - Sunday, 9:15—10:30am.
- Practice clothes & other info: for energy flow, avoid tight fitting clothes. Beginners can wear a T-shirt & long loose pants then a white 'keikogi' will be required (we have some). Please be on time, i.e. 10—15 min. before class starts! Reasonable contribution required from all for the Budokan (activity under LEAD). Annual/one time for Aurovilians—a monthly or per class contribution from non Aurovilians.
- Contact:
 - Surya 0413 2623813 or 8300189062
 - Philippe 8300643963
 - N. Murugan 9952812843
 - budokan@auroville.org.in, suryaniworks@gmail.com

Looking forward to see you at the Budokan dojo,

Surya for Auroville Aikido

ABHAYA MARTIAL ARTS New Scheduling

Dear Friends, Abhaya Martial Arts has trained more than 200 students since December 2023, hosting also Muay Thai coaches, Brown belt (the higher degree we have in India) and Purple belt of BJJ and exposing our students to a series of highly transformative practices. We also started to give to our students official belts and degrees recognized by Shou Dao School, a martial art academy recognized by the Olympic Committee.



the Olympic Committee.

For the next months, the two main coaches Giacomo and Ruben are gonna be out of station and there will be different weekly classes:

- For the month of May we will all take a break.
- From June we will resume with regular classes.

Stay posted!

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

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

Monday To Saturday

Satyakam

All Are Welcome!

BHARAT NIVAS PRESENTS

Kalaripayattu Class in Collaboration with Kalarigram

Bhumika Hall, 6—7am, Monday to Friday

 For Registration: Contribution is applicable for the class

 <u>bharatnivas@auroville.org.in</u>, office: 0413 2622253

Parking available outside the Bharat Nivas main gate



Vani for BN Team

TAI CHI HALL Daily Classes

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

Mondays & Saturdays

7:30—8:30am: Chi;8:30—9:30am: Form

Tuesdays—Fridays

7:30—8am: Chi; 8—9am: Form



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

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

Craft Activities

EARTH Through Interactive Workshops

Training
Courses

CSEB Design : 06th May - 11th May

CSEB Intensive: 13th May - 18th May

AVD Intensive : 20th May - 25nd May



AUROVILLE EARTH INSTITUTE

Embark on this thrilling adventure with us and explore the untapped potential of Earth through interactive workshops! Limited seats are available on a first-come, first-served basis. Register now & Join the Clan!

• Contact:

+91 8508181074 / +910413 2623330/ 2623064

• Registrations are open: https://registration.earth-auroville.com/

> T. Ayyappan, Co-Director

WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE Carpentry & Wooden Craft Workshops



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



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



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

 Advance Booking Is Necessary: wellnesswoodcraft@auroville.org.in, +91 9952589649WA
 Anand For Wellness Woodcraft

PAPER CRAFT WORKSHOP

@ Wellpaper, Auroville

10am—4pm, Every Day Except Sunday

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

 Contact Zeevic, call +91 9385744744, 0413 2969722

Zeevic





Bioregion Activities



+91 9159468946, enlight@auroville.org.in



Pondicherry Tour Tour Itinerary



SI. No	Day	Activity		
1	One	Aurobindo Ashram, Art and Craft village, French Quarter and Sri Manakula Vinayagar temple visit		
2	One	Mangrove Boating, Backwater Kayaking, Paradise Beach		
3		Back to Auroville		
4	Two	Scuba Diving Morning 3 hrs Training Afternoon 8 km Ocean diving		

For Enlight team, Arun, Anand and Balaji +91 9159468946, +91 8270071581 enlight@auroville.org.in



May Program 2024

Bamboo Centre Campus Tour



- 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.

Training and workshop

Daily Make and Take Hands On Workshops

One-Day, Make and Take Workshops

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



Furniture Workshop, Bamboo I Giraffe, Bamboo Bicycle (For Kids) Lampshade, Bamboo

3 Hours Make and Take Workshops9am—12:30pm or 1:30pm—5pm

- Every day except Sunday,
- Walk-in registration available 0
- Bamboo Toys, Bamboo Musical Instruments, Bamboo Jewellery
- Bamboo Planter, Bamboo Archery



Bamboo Building & Self Awareness Camp

- For the age group of 13 to 16 Years
- -31 May 2024







Are you someone with a passion for creativity? Join us and explore the boundless possibilities of expressing your creativity through bamboo and Self confidence!

It is time to Build your own bamboo Yurt (Foldable Tent) Cultivate Your Skills, Join Us to Master the Art of Bamboo Yurt Construction. Build Your Dream Yurt and take it Home at the End of the Camp!

Please connect with us to inquire about our charges.

Bamboo Art & Craft Summer Camp

- For the age group of 10 to 13 Years
- 25 May 2024







Adventure Awaits at Summer Camp! Join us for a summer filled with exciting activities, express your creativity, meet new friends, and unforgettable memories in the great out-doors. Innovation, Creativity, Explore Bamboo Forest Walk, Bamboo Toys Making

Please connect with us to inquire about our charges.

Hands-On Bamboo Yurt Workshop Intermediate Courses

10—11 May, 2 Days

Venture of tradition and innovation at our Mongolian Bamboo Yurt workshop Discover the art of crafting sustainable shelters infused with centuries of nomadic wisdom. Join us as we weave together culture, community, and conservation in every bamboo beam.



Program

- Day1: Bamboo presentation, Splitting technique, Joineries techniques, Bending techniques
- Day 2: Design, Visit, Practical work
- 3700/- Inclusive of Lunch,
- 2 Refreshments per day, Minimum 4 PP

Hands-On Bamboo Joineries Workshop

Beginner Courses, 24—25 May 2024, 2 Days

Explore the intricate art of bamboo joineries at our workshop, where craftsmanship meets sustainability. From classic to contemporary, unlock the secrets behind timeless connections in bamboo structure. Join us and witness the fusion of tradition and innovation in every joint



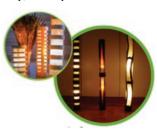
Program

- Day1: Bamboo presentation, Splitting technique, Joineries techniques, Bending techniques
- Day2: Practical work, Practice Various Joineries
- 3700/- Inclusive of Lunch,
- 2 Refreshments per day, Minimum 2 PP

Hands-On Bamboo Lampshades Workshop

Beginner Courses, 17—18 May, 2 Days

This workshop focuses on creating a bamboo lamp. We will work from a picture, do the design, technical drawings, make the product, and explore different finishing and customizations. The bamboo lamp can be taken away.



Program

- Day1: Bamboo presentation, Splitting technique, Joineries techniques, Bending techniques
- Day2: Design, Practical work
- 3700/- Inclusive of Lunch,
- 2 Refreshments per day, Minimum 2 PP

For more information, special requirement, and prebooking contact:

- Preferred <u>bambooworkshop@auroville.org.in</u>
- or +91 8300949081 Voice call and WA, 0413 2623806

Flexible training dates offered to groups

Murugan, www.aurovillebamboocentre.org

MOHANAM PROGRAM

MOHANAM

Conscious & Cultural Tour, Workshops & Therapy May 2024

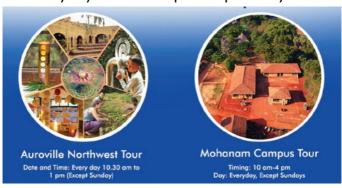
Auroville Northwest Experience. Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture

Tours

Auroville Northwest Tour

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

Every day 10:30am—1pm except Sunday



Mohanam Campus Tour

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

- 10am—4pm, every day except Sundays
 All above Tours One Day Advance booking is necessary
 Contact:
 - Preferred <u>mohanamprogram@auroville.org.in</u>
 - or call: +91 8300949081

Make and Take Workshops

10am—4pm every day except Sundays



Join and Experience the learning aspect of engaging in arts and Craft Workshop, Manifest your inner self through various materials and form using creative technique.

Pottery making	1 hrs
Kolam Mandala Painting	2 hrs
Coconut shell craft	3 hrs
Incense Making	1—1/2 hrs
Lampshade Making	3 hrs
Paper Marbling	1 hrs
Candle making	1—1/2 hrs
Soap making	2 hrs or 1 day

Daily Make and Take Hands-On Workshops at Bioregion Art & Craft Centre (Mohanam , Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- All above workshops one day Advance booking is necessary
- Contact: +91 8300949081
 - Preferred: mohanamprogram@auroville.org.in

Classes and Therapies



Mohanam offers a variety of classes, and therapies, where participants can explore the classes and therapies.

- Cooking Class: Learn how to cook traditional South Indian foods and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
 - 10am—12:30pm every Saturday
- Saree and Vesti Experience: Choose a saree and Veshti from a variety of beautiful saree and Vashti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape / wear the saree & Vashti. You can ask us for a photoshoot as an add on, south Indian style makeover choose between kolam & cooking for an inclusive traditional
 - 10am—4pm, every day except Sundays

All above Classes and Therapies one day Advance booking is necessary

• Contact: +91 8300949081

Preferred: <u>mohanamprogram@auroville.org.in</u>

Auroville Bioregion Experience with Mohanam Team

• 10am—4pm every day except Sundays

Village Tour		
Munnur & Perumukkal visit		
Salt Dune & Kaluveli Tank Visit	6hrs	
Bio-region Village Temple Tour (Irumbai Shiva Temple & Panchavadi Hanuman Temple)	4hrs	
Navagraha Temple visit (Moratandi Navagraha Temple & Prithyangara Temple)		
Wood Fossil Visit and Quarry Shower		

All above activities one day Advance booking is necessary

Contact: +91 8300949081

Preferred: mohanamprogram@auroville.org.in

Camps

Mantra and Yantra Camp

- 17 May 2024
- For the age group 10—13 Years



Our camp offers a unique opportunity for children to explore the ancient arts of Mantra and Yantra. Through interactive workshops and hands-on activities, participants will learn the significance of sacred sounds (Mantras) and mystical diagrams (Yantras) in Hindu and Buddhist traditions. Delve into the history, symbolism, and practical application of Mantras and Yantras in meditation, healing, and spiritual growth. Empower your child with tools for inner peace, focus, and self-discovery.

Activities: Sound Voice Practice, Mudra Practices, Mantras Practices, Yantra Painting, Team Building

Wellbeing Camp

• 18 May 2024, for the age group 13—16 Years



Join our Well-being Camp designed for youth and children. Dive into a world of holistic health, mindfulness, and personal growth in a fun and supportive environment. Our camp offers engaging activities, workshops, and outdoor adventures aimed at nurturing physical, mental, and emotional well-being. From yoga and meditation to nature walks and creative arts, participants will develop essential life skills and cultivate a deeper connection with themselves and others.

Activities: Yoga & Meditation, Creative Hands on Workshop, Sound Bath, Nature Walk, Team Building

Mohanam Summer Camp

• 10—11 May, for the age group 8—13 Years



Our summer camps for children are fantastic opportunities for them to learn new skills, make friends, and have fun in a structured and supervised environment.

This camp offers a unique opportunity for children to explore the various Arts, Craft, and Workshop and of Mantras. Through interactive workshops and hands-on activities, children's will learn multiple experiences.

Activities: Drawing class, Drums class, Clay class, Craft class, Yoga class, Mantra class, Science base Activities, Auroville Excursion Tour

All above Camps Advance booking is necessary

- Contact: +91 8300949081
 - Preferred: mohanamprogram@auroville.org.in
 - 10am—4pm, Everyday, Except Sundays

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services Aurunachala—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 ning / 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.

Contact: +91 8300949081

Preferred: mohanamprogram@auroville.org.in

Balu For MohanamCentre

EGAI @ ISAIAMBALAM ROAD

+91 9791896488 WA /0413 2963034

We are creating sustainable livelihood for native artisans and craftsmen using coconut shells to encourage the next generation to pursue this art. We are also making the younger generation to become aware of the harm of plastic and start using local and eco-friendly products.



Products

We make craft work out of eco-friendly materials like co-conut shell. All our products are unique by design. The raw materials are sourced from local communities and are sustainable. We spend a great deal of time ensuring the quality of each product.



Workshops

Coconut Shell

Embark on a crafting journey with coconut shells can be both exhilarating and challenging. For those eager to start but unsure where to begin, do some beginner-friendly tutorials to get you going.



Incense Making

Come and make your own Agarbatties. Learn the basic methods of making incense so you can create your own blends and aromas! Learn in an easy way, with resources that will help you throughout the process of learning.



Musical Instruments

Learn to Make handcrafted piece of musical art that you can carry with you in your handbag or make a decoration at home. It is made of pure natural coconut shell.



Velai Craft Co-working Space





We are offering a fully furnished machine shop to make and manufacture products and handicrafts as per your needs. We are also offering space to hold workshops for art and craft.

Kalai Skilling Initiative

Learn a craft and build you future. Conscious intent for youth of all needs 'Dream' of self-determination.



Kaivinai Outreach Program

Monday to Saturday, 10am—5pm.

Community and village artisans, working, growing their skills and livelihood opportunities. Book your workshop and support them.



Book Your Workshop Now, talk to Anand

• egai@auroville.org.in, 09791896488

Submitted by Arun

Honorary Voluntary

VOLUNTEER OPPORTUNITY: English Teaching with Reach for the Stars

in Auroville Sundays, 2—3:30pm

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

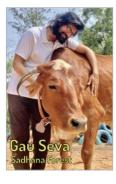
• Requirements: Fluency in English, enthusiasm for teaching.

Contact: reachavteam@gmail.com

Make a difference with Reach for the Stars!

Poovizhi for RFTS team

GAU SEVA AT SADHANA FOREST!



Your heartful 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

Looking forward to welcoming you! The Sadhana Forest team, Aviram

MARTUVAM Is Looking For Website Designer

We need volunteer who knows about website designing and posting, our work about is introduction to Natural healing herbal plants,

If any body is interested please contact

• Martuvam, 9345454232, martuvam@auroville.org.in

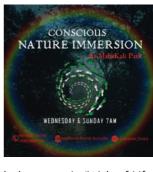
Thank you, Sivaraj

Nature Activities

CONSCIOUS Nature Immersion

@ MahaKali Park
Every Wednesday and Sunday 7am

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a



space for a direct connection with the organic 'Web of Life' brings, in turn, insights for our self-study and yoga of work.

- Contribution accepted for the management of the site.
- Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.
- Meeting point at Revelation's main gate 5-10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)
- Contact: +919500183706, Arun +918349917282, Rahul. Better to confirm your venue by one WA message, especially if it rains
- We also do custom programs, training and healing sessions on prior demands.

Please note: The park is not yet accessible without our supervision, thank you for your understanding!

Gmap link: Revelation forest Auroville

Submitted by Arun

FOOD FOREST TOUR



Work Opportunities

DONATION CHANNELING GROUP Seeks Executives to Implement Approved Process

Dear Friends, DCG needs a few executives to implement the DCG Process approved by the Governing Board. Presently we will do it manually and later on with the help of the portal / software. It involves normal computer proficiency, mostly in Excel and Word.

• It is a full time commitment.
Full time maintenance is available.

The names of suitable persons will be given to the FAMC who will make the decision.

• We also need some members who can work part-time also. Please write to dcg@auroville.org.in. Naren & Sandeep

CRIPA Is Looking For A New Manager

In view of the imminent departure of our dedicated manager Christophe B., CRIPA is looking for a committed person to take up the job. The work at hand is described below. Aurovilians and Newcomers who feel they can fulfill all the requirements, can write to cripa@auroville.org.in and ask for an appointment with our team.



Job Description: Cripa Manager

This is a full time job

Timings

The person will need to be adaptable, especially at the beginning, till we find the best way to function.

- The manager will:
 - Be responsible for opening and closing the building, and for being there whenever needed, especially when the room is in use by non-aurovilians or non-habitual users.
 - Be aware that CRIPA is a space for performing arts and related activities: theater, dance and music.
 - Welcome and deal with people. Reply to phone and email inquiries from Auroville and outside.
 - Organize the schedules effectively, impartially and fairly. Maintaining weekly (or monthly) schedule for users. Be sharp, check often and update changes.
 - Make sure that the hall and all facilities are in good condition and ready for use.
 - Together with the technician, the person helps organize and prepare the room for performances and other events; lights set up, sound set up, props, acoustic templates.
 - Create announcements for News and Auronet, posters, etc for performances and other events (workshops, festivals...)
 - Follow up/supervise the amma's work and pay wages.
 - Follow up/supervise the watchman and pay wages.
 - · Receive payment and deposit to our account.
 - Keep all accounts for SAIIER (equipment, repairs) and BCC (maintenance and running costs).
 - Organize and supervise the purchasing of equipment and summer repairs yearly, following all the steps SAIIER requires.
 - Communicate with SAIIER. Keep records, history and files, of activities for SAIIER: writing the annual report.
 - Help to create a CRIPA website on the main AV website, Art & Culture section.
 - Participate in regular CRIPA meetings (once weekly).
 Christophe B. and the CRIPA team

AUROVILLE EARTH INSTITUTE

Communication & Website Specialist

- Job Description
 - Fine tuning and updating the new website under construction to be ready for launch;
- Writing revising and content about construction techniques and research for the new AVEI website;
- Curating content about our work, research and training for social media handles on Instagram, Facebook, Linkedin, etc.
- Planning social media growth strategies to increase the audience that we can disseminate knowledge of sustainable technology to.
- Researching and writing articles about AVEI's projects and research for the AVEI newsletter and other publications;
- Proofreading reports of the Institution before publication;
- Maintaining the log of our Library;
- Responding to email and phone inquiries about AVEI activities.
- Skills: English proficiency, copywriting, communication, digital design, content curation, web design, social media marketing, basics of video editing
- **Software**: InDesign, Photoshop, Canva, WordPress (HTML knowledge would be a bonus), MS Word

Apply now and mail us at AVEI Communication: communication@earth-auroville.com

T. Ayyappan, Co-Director

Looking To

Seeking A House-Sitting

Hello, I am seeking a house-sitting opportunity! I am a Website Designer. I will take good care of your house and any pets with lots of love! I have been living in Auroville for the past 2 years. To know more, +91 9820154320 WA or ashishchandy88@gmail.com



Asish Chandy

Bhuvana Looking for a Housekeeping Job

Bhuvana from Kuilapalayam is looking for a full time housekeeping job. She speaks quite well in English, is regular and honest.

Tine, Aurogreen +91 9843984181 WA or call



Looking for a Househelp

We are looking for an English or Hindi speaking househelp, who could support us with cleaning. We are looking for someone who is decently trained, has an eye for detail and is interested in cleaning. We are looking for a half-day paid-work employee—registered with SEVA. If you have any leads, please let us know at divyanshi@auroville.org.in

Divyanshi

Scooter Sharing

Let's enjoy a conscious sharing of vehicles in Auroville! Are you **ready to share** yours? Contact via messenger services only: yours? Coniaci via messeria. 9751513906 or <u>ulrikrishna@gmail.com</u>



Ulrike

Looking For Office Furniture & More

Morning Star Team is an unit under Health and Healing trust, run by midwives and doulas to support pregnancy, childbirth and women's wellness care in Auroville.



We are setting up a new office / activity space in Auromode Apartments and we need furniture.

We are looking for Office tables, office chairs, chairs, cushions, file cabinets, cup boards. Also we are looking for Yoga mats and props so that we can offer classes to pregnant women. We can come to pick it up from your place if you have something that you have not used in a long time. Its time for us to receive from the community to make our place warm and welcoming. We can offer some contribution in return if needed.

Contacts morningstar@auroville.org.in or

+ 91 9892699804 WA only

Bala

Looking For Long-term House Sitting

Dear Community, I am a confirmed Aurovilian and looking for a long-term house sitting, starting from end of July or earlier. I am single, originally from Italy and I contribute to the Community through various activities. I am a clean, reliable, quiet and respectful person. Please reach out on 8667648515 or solespazio@gmail.com



Taxi Share

Taxi to Sri Ma once a week in May

If you're interested to share a taxi to Sri Ma once a week in the month of May get in touch to reserve a place

Isha, message +91 96555 34514

To Chennai Airport on May 7, 9am

Willing to share a taxi from Auroville to Chennai airport on 7 May, leaving Auroville around 9pm. Kindly contact me by phone or WA +91 9486417179



Manohar

To Chennai Airport, Tuesday, 7 May, 7pm

Dear friends, I am looking for someone to share a taxi to Chennai airport. I leave Auroville at 7pm on Tuesday, 7 May for a flight which leaves at 1:50am on the 8 April. Let me know if you want to come with me.

shanti@auroville.org.in, landline: 0413 2623314, Shanti

Anailable.

Office Space Available

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

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



Antique 4-Post Bed Available

Available against donation: Antique 4-post bed, mattress, and telephone. More info mail to <u>julietta.kuehle@gmail.com</u>

Julietta



Lost and Found

Lost Samsung Galaxy

Tom Lane has lost a Samsung Galaxy phone in a black cover between Centre Field and Vibrance on Tuesday evening 23 April. If you happen to find it, he would be happy to hear from you on thomaslane@pm.me or phone 9442270640.

Help Needed

Housing Loan Repayment Assistance

Dear Community Members & Friends, We, Vinai & Rama, are working in the Service Units & staying in Petite Ferme Auromodele. We are currently reaching out to request your assistance with our housing loan repayment. Due to un-foreseen circumstances, we are currently facing financial challenges that make it difficult for us to meet our repayment obligations. Your support would greatly alleviate this burden and help me ensure the stability of my housing situation.

Any contribution, no matter how small, would be sincerely appreciated by my FS account no:106445.

Thank you for considering my request during this time of need. Vinai.m & Rama

Animal Care

HEALTHY FEMALE PUP

Found this healthy female pup (local breed, but likely a mix w/ breed dog) near Acceptance running after vehicles. If the vehicle slowed down it ran under-neath belly-up pleading to be picked. It seemed familiar with riding; likely abandoned. She was alone, without any other litter mates.

To save her from being run over and dehydrating in the sun, I brought her. Unfortunately, I cannot keep this robust, sweet, and intelligent pup. My option is to find her a kind human home or to leave her



back somewhere where I found, more fortified—with bath, deworming and basic vaccination.

She is a mix. Indies are smart and way more robust than any breed of dog.

Please open your heart and home /spread the word.

Contact: <u>ninasauroville@gmail.com</u>

Nina

AUROVILLE DOG SHELTER Nobody Wants To Have A Maintenance?

Despite offering an available maintenance position for many months, it seems that Aurovilians or Newcomers for some reason or another think that the Yoga of Work at the Auroville Dog Shelter is not worth their time or energy.

Yes it's hard work, you get sweaty, and wearing white is not recommended as



a lot of lovely dogs will jump up on you, but we can guarantee you that if you understand what the real yoga of work is about, you will enjoy every second of it. If there are any individuals in Auroville who are not shy of giving themselves to the Yoga of Mother, contact us either for a full maintenance (5 days a week, 9 to 5) or two individuals can split one. No air conditioning provided, no time to read Savitri, just pure hands-on work. Are you ready for it?

Contact Arthur at +918122225266 WA.

Arthur

URGENT APPEAL FOR HELP

The infrastructure of our old dog shelter is deteriorating rapidly, posing serious risks to both our workers and the well-being of our dogs. This month the roof of our kitchen collapsed, forcing us to hastily convert a half-finished dormitory into a temporary cooking area. Years of neglect and the use of substandard materials and unprofessional work have contributed to the shelter's current state, with internal fences, en-



current state, with internal fences, enclosures, roofs, and electrical lines in urgent need of repair. With only Rs. 50,000 in monthly funding from BCC against running costs of Rs. 3 lakh, we are unable to cover the necessary expenses. We urgently appeal to Aurovilians, dog lovers, and friends for support in repairing and temporarily fixing up the old shelter until the construction of the new facility is complete. Your donations of building materials, as well as your time and energy, are crucial in extending the life of the old shelter for a few more months. Please join us in ensuring the safety of our dogs.

You can contact us through our new website:

http://www.aurovilledogshelter.com

or message Arthur directly: 8122225266 WA

Arthur for Auroville Dog Shelter

Foods, Goods and Services

NEW MOBILE NUMBER & SUMMER SEASON



Dear community, Foodlink has a new mobile number. Kindly save it in your phone:

· +91 8300268804.

Summer season is here! *Ila-venil* stretching from mid-April to mid-June. As the heat increases, we can enjoy an abundance of fruits. It is an invitation to adapt our diets to the seasonal harvest, incorporating banana, custard apple, coconut, jackfruit, mango, papaya, pomelo, ramphal, soursop, tamarind, and watermelon into our meals.

To see all the veggies, roots, and greens available this season, check out:

foodpathsauroville.com/summer-season-2024

Isabelle M. on behalf of the team Foodlink landline 0413 3509946 <u>Foodlink basket order form here</u>

HALF-PRICE MAROMA PRODUCTS for all Aurovilians in the Outlet Store



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

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

See you there!

Jesse for The Maroma Team

KINDNESS KITCHEN

Sunday, 5 May

10am—Learning & Preparing, 1pm—Lunch

Discover the vibrant flavors of Maharashtra in the upcoming Kindness Kitchen! This interactive experience will not only delight your taste buds but also foster a sense of togetherness as we share the joy of cooking and serving wholesome, homemade meals.



Menu: Maharashtrian Thali (Vegan)

- Koshimbir (salad)
- Batatechi sukki bhaji (potato dry curry)
- Matki Ussal (sprouts curry)
- · Chapati (thin rolled wheat bread)
- Varan bhaat (spicefree lentil & rice)
- Masale bhaat (spicy vegetable rice)
- · Kande bhajji (deep fried onion crispies)
- Pineapple Sheera (desert)
- Hosted at the home of Nirmala & Naresh, Pushpanjali, Kottakarai, Bioregion Auroville
- To RSVP fill this form or +91 9223379171 WA

We have limited seats this time so request you to RSVP at the earliest.

Glimpse of the last Kindness Kitchen

Kindness Kitchen is an experiment in generosity and heart-felt connections. No prices, no strings attached. Guests are invited to contribute from the heart, not for what they received, but for those who come after. At the end, everyone has an opportunity to keep the chain alive and pay it forward with money, time or other expressions of wealth for future guests.

Nirmala and Naresh

ANITYA: Community Lunch 12:30 on Thursdays and Fridays





Our Community Lunches Are Still Happening During The Summer! Contact Serena on WA to book one day in advance: +91 84897 60966

• Contribution required, (discount for AV/ NC & Volunteers) See you at 12:30 on Thursdays and Saturdays in our community kitchen!

Nikethana for the Anitya team

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec. If you have any requirements, please contact Dhanda

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



Dhanda



Break-fast, Lunch & Dinner available Open-Mic night every Saturday from 7pm to 9:30pm! Sunday—Holiday 0413 2623071, 9786772209 yatraartistecafe@gmail.com, Yatra Srinivassan

QUTEE Electric Scooter Service

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



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

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

B for Qutee Electric Scooter Service

COMPUTER & NETWORKING

I am Ramakrishnan Aurovillian experienced in Computer & Networking for 8+ years and gained more knowledge in creating-on new Fiber internet infrastructure and IT troubleshooting work for our Auroville community since 2015 And I am happy to provide the below services to our Auroville community

- Computer & Laptop—Sales & Repairing
- Ups Battery & Inverter—Sales & Repairing
- Cctv Camera Installation—Sales & Repairing
- Printer Sales & Repairing
- Printer Toner Refilling
- Routers And Modems Sale & Repairing
- Fibre Optics Cable Splicing—Sales & Servicing

Please feel free to contact Ramakrishnan:

9943919899, ramkrishna@auroville.org.in.

Ramakrishnan

ANNOUNCEMENTS From Sarvam Computers

Dear Community members, Sarvam Computers is shifted to the new office space in Utsav Phase—1A, First floor. (Near Verite)

 Working Hours: 9am to 5pm except Sunday.



• Please contact Bala: 9443211891, 9786953603 engelssarvamcomputers@auroville.org.in

Bala

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 98438 46458 WA, Phone: lyyappan

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

RAPID CARE SERVICES

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



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

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

For Rapid Care, Balaji & Arun

DROPZY

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



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

· Download link as shown below:

Android iPhone Desktop

Original Phone Desktop

Original Phone Desktop

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

Sathish Arumugam for Dropzy, +91 8098144686, <u>www.dropzy.in</u>

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.

Monday to Saturday, 10am—5pm @ Creativity.
 Please book sessions in advance.

Thai Massage

• Monday—Saturday, 9am—5pm

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

Tailoring

We can tailor and customize any kinds of dresses, sariblouses and kurtas.

 For any of the above services, contact Phone/WA 8098845200, <u>rupavathijoy@gmail.com</u>
 Rupavathi Joy

FREE STORE Summer Opening Hours

In the months of May and June we will be open from 8:30am to 1pm

• Kindly note: No afternoon



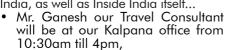
Kamala for Free Store Team

TRAVEL NEWS FROM INSIDE INDIA

Tuesday, 30 April, 2024

Namaste, Bonjour, Hello and Vanakkam from Inside India!

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





- Landline 2623030 Monday to Friday. Saturdays on appointment only.
- He can also be contacted anytime
 - via mobile or WA: +91 9894598686
 - and by email: <u>travelshop@inside-india.com</u>
- We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by <u>insideindia@auroville.org.in</u> or <u>insideindia@inside-india.com</u>

Some current offers

- Etihad Airways offer fares from Chennai to Paris.
- Malaysian Airways offer fares from Chennai to Seoul.
- Air India special fare from Chennai to Milan, Sydney and Melbourne.
- Aeroflot flight offer fare is available from Delhi—Moscow—Delhi.
- Explore Rome with Biman Airline weekly on Monday, Tuesday and Thursday and Direct flight from Chennai to Dhaka weekly on Saturday, Monday and Thursday.

Trip ideas

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

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

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

Travel Tips

- Several travelers were 'boarding denied' as check-in staff didn't accept the e-FRRO Stay Visa as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.
- Indian nationals can now be issued long-term, multientry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.
- Sri Lanka has shifted from the Electronic Travel Authentication (ETA) visa programme to a new E-visa scheme with effect from 17 April 2024. In this context, the ETA website was discontinued on 16 April 2024
- The Embassy of the Republic of Turkey announces that Turkish authorities has commenced requiring the 'Electronic Airport Transit Visa' (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.
- Also, this <u>Link will tell you all that you need</u> to know about Flight delays and/or cancellations. *Rima Das*

Voices and Notes

TWO TO TANGO

On the Ideological Tango: As the sayings go, 'It takes two to tango.' and 'The more the merrier.' In the Dance of Ideologies, there are two main players in the global scene:

1. The False-Separative Ideology

- Characterized by the egomind or gross mental consciousness-force, which perceives and feels itself separate from the rest of creation.
- What is this egomind exactly and how does it persist?
 'Ego persists because of three things; first because we
 think we are the body; secondly because of desire; and
 thirdly because of the mental idea that I am a separate
 being existing in my own mind and body independently
 of everything and everybody else.'1
- There is one God, but that is not you, and definitely not your neighbor, and in its extreme version has no right to worship another God. Thus the fight in violence. Unity in conformity. If you do not conform, you will be extinguished.
- The Avatar of Love incarnated in their midst and proclaimed, 'I and the Father are One'. They crucified him and the Romans hijacked and distorted his revelation of love and oneness for egoistic power, control and global domination. History speaks for itself. His true legacy though endures in its purest form.
- You can easily trace the lineage of this monotheistic ideology and way of life and the extent of its current reach.

2. The Truth-Unity Ideology

- Characterized by the Supermind or Supramental Consciousness-Force, which perceives and feels all as Its Self.
- There is One God, and That is you, and definitely also your neighbor who has the right to worship any other extensions and manifestations of this One God. Thus the love in oneness. Unity in diversity. You are unique amongst uniques, and acknowledged, including the false-separative in their ongoing self-corrective mirrordance. Each perfectly plays one's unique yet mutable role in the hierarchical Play of the One Absolute Eternal and Infinite, with the Supreme Divine Mother Maha-Shakti as Creatrix, Director, Modulator and Transformer of Her innumerable children, all integral sparks of the One. Thus revealed the easiest and most joyful Sunlit Path of Bhakti, of conscious Surrender to Her.
- You can easily trace the lineage of this polytheistic ideology and way of life as the ancient Sanatana Dharma and Vasudhaiva Kutumbakam of Bharat Mata and the exponentially increasing extent of Her current reach.
- The problem of not being able to apply this in its full effectivity is the limited psychophysical modality of the current dancers the Homo sapiens species that is still predominantly under the sway and control of the adverse and hostile hidden cosmic forces²

In this transitional evolutionary stage, the Tango continues between the two until a New Dancer in the Third Position enters the scene, who fully embodies the Consciousness-Force of Divine Love and Oneness, the totality of the Revelation and the Creative Power, Purusha and Prakriti manifest in the physical, the embodied Spirit with a Direct Will over Its own Matter. And from the transitional humans who have supramentalised themselves this new apex species the MahaManu will emerge. The Divine Manifestation. A new divine governance of Earth begins. The Golden Age, Satya Yuga. The Life Divine.

The Invite by the Supramental Kalki Avatar Sri Aurobindo and the Mother to consciously participate in this Great Cosmic Dance in the Third Position, to all have been sent. They even created a concentrated Playing Field, a multi-archetypal ballroom they named Auroville, the City of Dawn. All are invited, goodwilling servitors, collabora-

tors and Hero Warriors of the Divine Consciousness-Force. Sentinels of the past that seek to endure do sneak in and position themselves, of course, for integral reasons to add color and contrast to the Dance.

The only question: will you consent to collaborate in this Great Adventure towards the Supramental Vision-Goal of the Divine Manifestation?

PS: This post is a follow-up on an earlier sharing titled 'Protection Against Infiltration'.³

We continue on...

- ¹ <u>https://incarnateword.in/cwsa/11/miscellaneous-notes-c-1914</u>
- ² <u>https://incarnateword.in/compilations/the-hidden-forces-of-life/play-of-forces</u>
- https://www.facebook.com/share/p/sHB9YgDNf1UdBcq Q/?mibextid=qi2Omg

Zech, 2024.04.28

MISQUOTING THE MOTHER? The Yin-Yang Layout

The Mother and Roger are often misquoted. A recurrent case is the yin-yang model, even at the recent community meeting the Secretary called. No, the Mother did not discard it. It is Roger who, out of it, evolved the Galaxy.

The yin-yang layout—the second one the Mother approved—was reproduced in the Ashram



'Bulletin' of November 1967, printed for Darshan. It was vividly described in two famous interviews winning over many people: '= 1', in 1967; and the 'Journal of the Indian Institute of Architects' (JIIA), in 1971! The lines of force in the Galaxy substituted the two macrostructures, but the dynamism of the spiraling concept remained as the one keystone.

Roger presented to the Mother what will be known as 'the Galaxy' only in January 1968. Postcards of the yin-yang model had already been printed, with Mother's handwritten message 'Auroville the Town of the Future'.

Auroville was born in the sixties, those years nothing was deemed impossible. Macro buildings mimicking towns were the symbol of that age and Paolo Soleri was a sign-post; invited by Piero Cicionesi (the Matrimandir in site architect), the celebrated architect visited Auroville and a few Aurovilians settled in Arcosanti. The yin-yang layout, banning all cars while featuring a circular monorail supra elevated, many bodies of water (a constant, in Roger's vision), and wondrous descriptions of spaces and habitats, belong to that bold era. When I asked Roger why a so fantastic layout was abandoned, his answer was simple: he kept working on the concept because the two megastructures, where most inhabitants would live, hampered the sight of Matrimandir. This is how the Galaxy, whose main feature is the lines of force, was born. Just in time for Foundation Day.

These excerpts from the interview by Luigi and Aryamani, on 10.3.1996, explain how Roger, using as starting point the dynamic yin-yang model the Mother had approved, evolved the Galaxy:

R.: '... I brought her another concept which was interesting—which started to be a little more dynamic, which started spinning a little.

L.: The beginning of the Galaxy, but with two long lines of force.

R.: Like Yin and Yang, there were two energies.

L.: Two lines of force which hid the view of Matrimandir the view of the centre.

R.: It hid it without hiding it; but it enclosed the Matrimandir in a kind of valley with buildings around it which locked it in somewhat. It was interesting but it was a mega-structure. It was extremely theoretical but what was interesting was that the beginning of the Galaxy was there. So, I showed it to Mother. I must say that I felt it was not up to the mark when I showed it to her. She did not say anything... She said it was interesting but I could feel that it had not reached its potential. I also felt it had established something but that it wasn't entirely there as yet. So the whole team worked on it again. It took another six months—one year—rather six months. I worked on it at Théméricourt, an estate I had in the countryside. We withdrew for months and worked on project number two. I worked a lot with Charles Gianferrari. ...

A.: So, you were saying that you had reached a point with this team of finding the lines of force.

R.: Yes, we came up with the Galaxy concept. Then it was only a question of working things out. We made two models, we thought about the type of buildings. After that everything flowed smoothly. When something comes like that, naturally, it is a good sign. There was nothing to discuss. We knew that we had come upon the answer. We knew that we had come into contact with something that was the essence. I went back [to India] with a model which was the small model at that time—and I came to see Mother—and Mother found it.... This time it was accomplished. She said, 'It is a movement of nebula which already exists... in the cosmos.' For us it was an achievement. And the Galaxy, I don't know who gave it this name. It remained the Galaxy.

Submitted by Paulette

Poetry

HEARTBEAT

Only mouths are we. Who sings the distant heart which safely exists in the center of all things?

His giant heartbeat is diverted in us into little pulses. And his giant grief is, like his giant jubilation, far too great for us. And so we tear ourselves away from him time after time, remaining only mouths. But unexpectedly and secretly the giant heartbeat enters our being, so that we scream ——, and are transformed in being and in countenance.

Rilke

WHY DOES A NEW-BORN

Why does a new-born
Have to cry?
How will Laughing Buddha
Descend into this world?
With a grin?
I guess.

With joyful Gratitude, Anandi Z.

Classes, Workshops & Healing Arts

VERITÉ PROGRAMS

Please contact Verite @ 0413 2622045, 2622606, 9363624083 or programming@verite.in, www.verite.in

Vérité Programming Summer Break:

Vérité will be closing all programming activities (Classes, Workshops, and Therapies) from May 1, 2024.



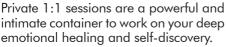
- We expect to resume on June 1, 2024.
- We welcome proposals for inclusion in the June 2024 program. Please submit them by May 10, 2024.

We wish you a very happy summer.

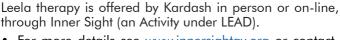
Vérité Programming Team, Kathir

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.



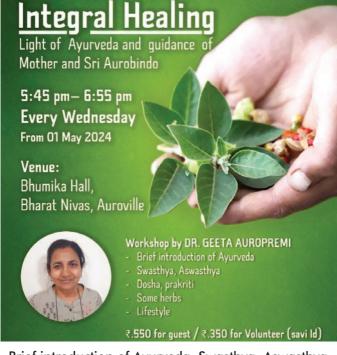
Anything, and everything is welcomed.



 For more details see <u>www.innersightav.org</u> or contact-Kardash on 9940934875 WA.

Kardash.

BHARAT NIVAS PRESENTS Integral Healing



Brief introduction of Ayurveda, Swasthya, Aswasthya, Dosha, Prakriti, Some herbs, Lifestyle Enquiry Contact Monisha +91 8489347454

> Submitted by Monisha for BN Team

It Matters

Schedule from Tuesday, 2 to Sunday, 12 May

- Location: It Matters, Auroville Main Road next to **Progress Transport Service**
- More info: on <u>itmatters.auroville.org/</u> activities or instagram @auroville.curated



All activities are Rs./600 for guests, Rs./150 for Aurovilians/ Volunteers. Discount vouchers available.

Date	Activity	
May 2, Thursday 5—6pm	Laughter yoga with Ancolie Dove	
May3, Friday, 5—6pm	Mystery Activity: Reveal on insta the same day	
May 4, Saturday, 10—11am	Upcycled DIY with Abhipsa	
May 4, Saturday, 2—4pm	Intuitive painting with Marie—Claire Barsotti*	
May 5, Sunday, 10—11:45am	Discover Acroyoga with Damien	
May 6, Monday, 9—9:30am	Monday, Smart Start with Ange Sabine Blanchflower	
May 8, Wednesday, 10—11am	Dynamic Flow & Yoga Nidra Sound bath with Chandra	
May10, Friday, 5—6pm	Mystery Activity: Reveal on insta the same day:	
May11, Saturday, 10—11am	Upcycled DIY with Abhipsa	
May 11, Saturday, 2—4pm	Intuitive painting with Marie—Claire Barsotti*	
May 12, Sunday, 10—11:45am	Discover Acroyoga with Damien	

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







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

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

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

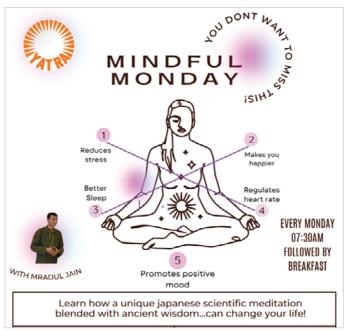
THE UNIVERSE IN A CUP OF TEA



The unreal veil of, enchanted embroidery lifted, the cup of tea appears, glittering ... (Full poem recited at the ceremony.) Discover a spiritual journey with a Sencha Style Tea Ceremony During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a 'once-in-alifetime' experience that will completely change your perspective on tea-drinking, especially if you are a tea lover.

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

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



Every Monday, 7:30am, followed by breakfast

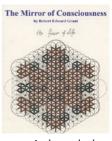
You don't want to miss this! Learn How A unique Japanese scientific meditation blended with ancient wisdom...that can change your life!Reduces stress, Better Sleep, Makes you happier, Regulates heart rate, Promotes positive mood

- Book Your Spot Now
 - Yatra Art and Culture Foundation, Yatra Arts Media, Near New Creation Sports Ground, Kuilapalayam
 - o 0413 2623071, +91 9751033162 Yatra Srinivassan

KOLAMYOGA IS NOW SHARING

For free! The first five! Only this year 2024!

Foundation tutorial/ course videos. Filmed/edited by skilled videographer Park Song-Wan. Music by Anungla Radha Longkumar, Danny Becher, Joy Legrand. Content creation, Kolam syllabus development and distribution (youtube account name) Grace Gitadelila KolamYoga The aim is to give better/ freer access to whoever feels a call to dive into an integral understanding of an essential part



tegral understanding of an essential part of Tamil culture, a Universal code language, gain knowledge and access to tools of empowerment and self development. And bring forth an awakened call to reconnect consciously with Source its resonance FIELD of all creation!

- Introduction to KolamYoga
- <u>Lesson 1 Threshold Guardians</u>
- Lesson 2 Temple, Gopuram and Kulam
- <u>Lesson 3 Vaishnavite Padi Kolam</u>
- <u>Lesson 4 Sun Disc & Swastika/ Suvastika</u> (release full moon 25 April)

Every Month around the full Moon of this year 2024 will see the release of the next 7 KolamYoga foundation videos! Concluding in December with the last of the 12 (13 including the Introduction). If this sparks in you a commitment to learn and practice the foundation Kolam tasks.. I make myself available to give time and encouragement to your learning through for example communication

- +918072449091 WA
- all this free of charge!
- If you additionally wish to see me personally I will need to request a monetary contribution of INR 1500/- per session.

On completing all tasks given of the entire foundation course and well communicated with me, I hand out a KolamYoga Foundation course certification!

Grace



One to One lessons—Small groups

Weaving a tapestry of gentle gidance, leading you through each asana with detail. Verbal cues as a golden thread connecting breath and movement to the essence of your being. Each Asana as an expression of balance, inviting you returne with yourself, aligning your body, mind and spirit.

• Clases particulares—Pequeños grupos

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

Submitted by Rachel

ACROYOGA

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



Damien

ARKA

Wellness Center & Multipurpose Hall Regular Activities, May

For Any Details And Queries, You Can Contact Us At arka@auroville.org.in & 0413 2623799

Treatments

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

Classes

Classes	Teacher	When
Acro Yoga	Damien	For guests, only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm.
		I ntermediate regular classes for long term stay: Aurovilian, Newcomer & Volunteer +91 9047722740 WA
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday 5:30—6:30pm by Appointment 7867998952
lyengar yoga	Olesya	Wednesday & Saturday 6:30—8am Monday, Thursday & Saturday, 5—6:30am Or by Appointment 9159052743

Arka Wellness Center: Space For Therapies/Workshops/Training

We are happy to announce that Arka Wellness Center has space available for wellness practitioners, therapists, healers, and yoga/bodywork teachers, with options for both short-term and long-term engagements.

Should you have any questions or wish to make a request, please don't hesitate to contact us via email at arka@au-roville.org.in or by phone at 0413 2623799.

Our team is eagerly looking forward to the opportunity to meet you and explore how we can support your practice.

Ramana for Arka



Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamil Nadu, Southern India. It is one of the old-



est systems of medicine in India.

The certificate course has three levels:

Basic: 10 Hours,

Intermediate: 20 Hours,Advanced: 30 Hours

Course modules:

- Varma Massage Therapy,
- Varma Touch Therapy,
- Varma Myology (Muscles),
- Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at www.angamtree.com. Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

Wellness Wood Products

The Tree is very important for life. In our process we used the trees which have been used as pillars in old heritage houses in the villages These pillars are more than 200 years old which have the synergy with the land. Our Karalakattai products are made from these heritage wooden pillars.



Karlakattai

The history and origin of karlakattai, The name says it all!!

Karlakattai (wooden Indian clubs) training is a traditional form of body conditioning practiced originally by Tamil warriors and other parts of south India in the past. The history and origins of karlakattai date back to ancient years ago when the civilizations were formed and the evidence is seen in the temple carvings and ancient scripts.

• Contact: Raja, +91 9751395939, www.angamtree.com

Therapies

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle cautions our life and where the



body is a pathway of that inner voice, we all have the potential to heal ourselves.

Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general,



dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.

You can learn more about us and register at www.angamtree.com/therapies

Student Internship Program: Traditional Bodywork

Our internship programme offers a unique opportunity to get experience of therapy setting and access modules of our in-house training programme on skills and planning.

- Respond to enquiries, Greet and Meet the Client, Complete Client Information Form
- Conduct postural assessment and
- Discuss the case with the supervising therapist—Perform any further additional assessments or enquires. Deliver Deep Tissue Massage



During the appointment the supervising therapist may enter the room, demonstrate any techniques or assessments—allow you opportunity to ask further questions

This position should only be applied for if the applicant is looking to start a career as a massage therapist and is interested in developing their skills and knowledge both as a therapist and how to grow and manage their client base. Kindly email your resumes with the subject title Internship Program at angamtree@auroville.org.in

- You can learn more about us and our initiatives at https://angamtree.com
- +91 9751395939, <u>www.angamtree.com</u>
- Contribution based

Submitted by Raja

LEELA THERAPY

Leela therapy is available for those wanting to resolve their personal issues or dealing with mental or emotional challenges, such as depression or



trauma. It can also support those looking to deepen their personal & spiritual growth. Therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

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

Submitted by Kardash

TRADITIONAL Mantra and Stotra Classes

- @ Serendipity Community with Sonia Novaes Thursday, 9am, Drop-In Class Friday, 5pm, Regular Class
- serendipityauroville@gmail.com, +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.



Sonia

QUIET HEALING CENTER Summer Break



Till Monday, 17 June

Quiet Healing Center will be closed from Friday, 26 April till Monday, 17 June for annual repair and maintenance works. With our apologies for any inconvenience,

Guido

Guido for Quiet Healing Center Team www.quiethealingcenter.info/quiet@auroville.org.in +91 9488084966 Mobile & WA

Languages

NEWS FROM Auroville Language Lab



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

Summer Break for some classes

There will be a short recess for teachers of Tamil, Spanish, French and English (with exceptions) with resumption around mid-June. Exceptions include: pre-intermediate and intermediate English, with Rupam and Taranti. The mediatheque will be open and all are welcome.

Evening Programs!

• 5—6pm, Monday to Friday

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

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

Conversation Practice Sessions

Conversation Practice sessions will be are Mondays for Samskrit, Tuesdays for Spanish & Tamil, Wednesdays for French, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for Hindi, German & Italian. Please come forward for other languages! All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to info@aurovillelanguagelab.org or message to +91 98430 30355 WA. Please let us know if you'll be coming so that the intervenors can decide to do other things with their time in case there are no bookings!

Samskrit Chants with Vishawanathanji

Every Monday, 5—6pm

Learn Samskrit Chanting in the light of Mother and Sri Aurobindo.

We will learn 8 traditional Samskrit Chants, invocations to the Divine Mother, to deepen our aspiration, widen our receptivity, and to bring down in us samatha, peace, courage, humility, sincerity, harmony, gratitude, and perseverance.

The sessions will be led by Vishawanathan, supported by his wife Lalitha. Their study of the writings of Mother and Sri Aurobindo has deepened and enlarged their understanding of the traditional Samskrit chants and in turn the chants are a great help in their sadhana. They feel blessed to share these traditional Samskrit chants.

So, every Monday from 5 to 6pm all are welcome to join to learn these inspiring Chants!

Our first full-length publication

We are delighted to share that our first full-length publication, 'From Resonance to Bonding' by Dirk Beckedorf & Franz Müller, is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific basis, how and why it works, along with detailed case studies.

 Order through our website: https://books.aurovillelanguagelab.org/

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free here, before deciding to order through Amazon.

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

For now, in India, it is only available as a Kindle e-book. You can use a free kindle app to access it (mobile, tablet or desktop). It will be ready as a paperback in India very soon; if all goes well, by end-June. In other countries it is already available in both formats.

Tomatis

There are spaces available for both language & listening training programmes!

• Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

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

- https://www.aurovillelanguagelab.org/tomatis-method.php
- https://www.aurovillelanguagelab.org/tomatis-kids.php
- https://www.youtube.com/watch?v=wnpXprTl3m0
- https://www.youtube.com/channel/UCeTIG0y-sBMlyywZNdZcAng/videos
- https://www.listenwell.com/

Looking for

We found a volunteer for the Telegu translation editing work, and for most of the other tasks. But we could definitely still do with someone to help with fundraising We always welcome volunteer language teachers. We are looking for a French teacher for 3 months.

Language Courses at ALL

New! TEFL Preparation Course

Tuesday/Thursday 10:30am—12pm, 2—23 May

The Language Lab is happy to provide an introduction and basic training for those seeking to Teach English as a Foreign Language (TEFL). Aurotaranti will facilitate the course.

New Beginner Hindi with Kaushal from 1 June

- Wednesdays, 2—4pm
- Starts in early June 2024 (TBA)

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

New Beginner Sanskrit with Kaushal from 1 June

- Thursdays, 2—4pm
- Starts in early June 2024 (TBA)

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

There's a language you would like to learn but it's not listed ... please let us know!

To join or enquire

- Please fill out our form at http://register.aurovillelanguagelab.org/

 You may also drop us an email at info@aurovillelanguagelab.org,
- call us at 2623661, text us at +91 9843030355
- or or come visit us!

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

The Language Lab is open

- Monday—Friday, 9am—12pm & 2—7pm
- Saturday, 9am—12pm & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Email: info@aurovillelanguagelab.org
- Phone: (0413) 2623661, 2622467, 919843030355

Mita, for Language Lab Team

Cinema



Monday, 6 May, 8pm @ Cinema Paradiso



CINEMA PARADISO Multimedia Center (MMC) Auditorium Film Program 6 May to 12 May 2024

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

Indian Subcontinent—Monday 6 May, 8pm The Monk And The Gun

Bhutan-Taiwan-France-USA-HongKong 2023, Writer-Dir. Pawo Choyning Dorji w/ Tandin Wangchuk, Tandin Phubz, Kelsang Choejay, and others, Comedy-Drama, 107 mins, Dzongkha-English w/ English subtitles, Rated: PG-13

By the Oscar-nominated director comes a satirizing film set in 2006 in Bhutan as it is transitioning from monarchy to world's youngest democracy. After hearing about the upcoming mock elections on the radio, the elderly lama of Ura village requests that his attendant Tashi bring him two guns before the full moon—also the day of the elections—to 'set it right.' What exactly he means by this ominous and vague statement is left unanswered until the charming end. Parallelly, Ron Coleman and an American who is in the country in search of antique guns. His part crosses with Tashi. A must watch!

Potpourri—Tuesday 7 May, 8pm Lost Horizon

USA, 1937, Dir. Frank Capra w/ Ronald Colman, Jane Wyatt, Edward Everett Horton, and others, Adventure-Fantasy, 132mins, English w/ English subtitles, Rated: NR (PG)

When a revered diplomat's plane is diverted and crashes in the peaks of Tibet, he and the other survivors are guided to an isolated monastery at Shangri-La, where they wrestle with the invitation to stay. Monday's film pays a homage to the prime protagonist of this film in a way. The image of the Himalayan nation to the West, was forever created by this/such films!

Interesting—Wednesday 8 May, 8pm 2040

Australia, 2019, Writer-Dir. Daman Gameau w/ Daman Gameau, Eva Lazzaro, Zoë Gameau, and others, Documentary, 93mins, English-Bengali-Swahili-Swedish w/English subtitles, Rated:NR (PG)

Practical solutions to environmental concerns are addressed with the hope that the filmmaker's daughter, 21 years old in the year 2040, will face a hopeful future. We had screened this film long back. Time to revisit!

Selection—Thursday 9 May, 8pm Paris, Je T'aime (Paris, I Love You)

France-Liechtenstein-Switzerland-Germany-USA, 2006, Dir.Olivier Assayas-Frédéric Auburtin-Gurinder Chadha-and others w/Juliette Binoche, Leonor Watling, Ludivine Sagnier, and others, Drama-Various, 120mins, French-English-Spanish-Mandarin-Arabic w/English subtitles, Rated: R

The film is about the plurality in one mythic location: Paris, the City of Love. 20 filmmakers have five minutes each; the audience must weave a single narrative out of twenty moments, that are fused by transitional sequences and via the introduction and epilogue. Each transition begins with the last shot of the previous film and ends with the first shot of the following one, extending the enchantment and the emotion of the previous segment, preparing the audience for a surprise, and providing a cohesive atmosphere. A reappearing mysterious character is a witness to the Parisian life. A common theme of Paris and love fuses all.

International—Saturday, 11 May, 8pm La Chimera

Italy-France-Switzerland-Turkey, 2023, Writer-Dir. Alice Rohrwacher w/Josh O'Connor, Carol Duarte, Vincenzo Nemolato, and others, Adventure-Fantasy, 130mins, Italian-English w/ English subtitles, Rated:NR (R)

Set in Tuscany, the story centers on a young British archaeologist Arthur, who gets involved in an international network of stolen Etruscan artifacts during the 1980s. Arthur isn't interested in the artifacts, though; he's seeking a legendary door to the underworld, and to his late beloved Beniamina. Considered by the critiques to have a Pasolinian structure, it is rated as one of the best Italian films of the recent times.

Children's Matinee—Sunday, 12 May, 4pm Kung Fu Panda 4



USA, 2024, Dir. Mike Mitchell & Stephanie Stine w/Jack Black, Awkwafina, Viola Davis, and others, Animation-Adventure, 94mins, English w/ English subtitles, Rated: PG After Po is tapped to become the Spiritual Leader of the Valley of Peace, he needs to find and train a new Dragon Warrior, while a wicked sorceress plans to re-summon all the master villains whom Po has vanquished to the spirit realm.

Marcel Pagnol Film Festival @ Ciné-Club

Ciné-Club Sunday 12 May, 8pm Fanny

France, 1932, Dir. Marc Allégret w/ Orane Demazis, Raimu and others, Comedy-Drama, 125 mins, French w/ English subtitles, Rated: NR (PG)

In this sequel to the Marius. Marius takes a five-year job on a ship headed for the Indian Ocean. His lover, Fanny, learns she is pregnant with his baby and must decide if she wants to raise an illegitimate child alone, or accept a marriage proposal from Panisse, a wealthy older man who she does not love. Uncertain whether Marius will ever return, she faces serious choices regarding her future.

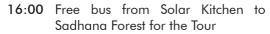
Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. You could financially support through a one-time or recurring donations to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution.

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

ECO FILM CLUB Every Friday at Sadhana Forest

Schedule of Events



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, 10 May

South Georgia—Penguin Paradise of the South Atlantic

2021/ 49 minutes

The film explores the challenges faced by a film crew, led by Roland Gockel and Rosie Koch, in documenting the life of King Penguins on South Georgia Island, located in the Antarctic Ocean. Over a span of five years, the film crew's patience and sensitivity yield previously unknown and poignant insights into the daily lives of King Penguins.

Aviram



Aurofilm Presents At Multi Media Centre Auditorium (MMC, Town Hall)

- Reminder: Friday, 3 May, Good Will Hunting By Gus Van Sant, Us, 1997
- And Friday, 10 May, A Woman Of Paris, Us, 1923

With: Edna Purviance, Carl Miller, Lydia Knott, Adolphe Menjou

A Woman of Paris is 1923 silent film, written, directed and with music by Charles Chaplin; and the first in which he does not appear as an actor!

Synopsis: Two young lovers Marie and Jean date against the will of their respective families and decide to leave the provinces for Paris where they will marry. While Marie grows impatient at the station, Jean, helpless, witnesses the death of his father following a violent argument. Jean misses Marie at the station and she therefore leaves for the capital alone and disappointed. A year later, living with his mother in Paris, Jean meets again by chance the woman he loved madly. In the meantime, Marie has conquered chic Paris leading a luxury life courted by the rich Frenchman Pierre Revel. Will Marie accept Jean in her life?

Original silent version with English intertitles, duration 1h.18'

Surya & Susana

Emergency Services

Ambulance (24/7): Auroville—9442224680

PIMS—0413 2656271

Security (24/7):

- 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

NEN Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

Roy & Agnijata, News & Notes, Media Centre, Town Hall, NewsAndNotes@auroville.org.in

Editors Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

Light and Peace, Roy and AgniJata

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3		
Svaram Musical Center	7:00	8:50	14:50		
Veite Guest house—Junction	7:02	8:52	14:52		
Town Hall—Main Parking	7:06	8:56	14:56		
Solar Kitchen (Round About)	7:10	9:00	15:00		
Certitude Enterance	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 Dinning Hall	7:40	9:35	15:35		



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning 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—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

Bus passes

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

AV account / Cash / UPI Transfer:

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

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

9am—12:30pm & 2—5pm

Contact

• 0413 2623302

Below link to join On WhatsApp group of Auroville Bus to get the regular updates of the bus:

• https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x