

News & Notes



#1027, 16 May 2024

A weekly bulletin for residents of Auroville



*There is a Permanent, a Truth hidden by a Truth
where the Sun unyokes his horses.*

*The ten hundreds (of his rays) came together—That One.
I saw the most glorious of the Forms of the Gods.*

Rig Veda

*The face of Truth is hidden by a golden lid; that remove,
O Fostering Sun, for the Law of the Truth, for sight.
O Sun, O sole Seer, marshal thy rays, gather them
together,— let me see of thee thy happiest form of all;
that Conscious Being everywhere, He am I.*

Isha Upanishad

Pondering



Finally, Consciousness being thus omniscient and omnipotent, in entire luminous possession of itself, and such entire luminous possession being necessarily and in its very nature Bliss, for it cannot be anything else, a vast universal self-delight must be the cause, essence and object of cosmic existence. 'If there were not,' says the ancient seer, 'this all-encompassing ether of Delight of existence in which we dwell, if that delight were not our ether, then none could breathe, none could live.'

Mind once existent, Life and Form of substance follow; for life is simply the determination of force and action, of relation and interaction of energy from many fixed centres of consciousness,— fixed, not necessarily in place or time, but in a persistent coexistence of beings or soul-forms of the Eternal supporting a cosmic harmony. That life may be very different from life as we know or conceive it, but essentially it would be the same principle at work which we see here figured as vitality,— the principle to which the ancient Indian thinkers gave the name of Vayu or Prana.

**The Sevenfold Chord of Being,
The Life Divine, Sri Aurobindo**

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The Last Moment



House of Mother's Agenda



(continued from last week)

Then after a silence Narad made reply:
Tuning his lips to earthly sound he spoke,
And something now of the deep sense of fate
Weighted the fragile hints of mortal speech.

His forehead shone with vision solemnised,
Turned to a tablet of supernal thoughts
As if characters of an unwritten tongue
Had left in its breadth the inscriptions of the gods.

Bare in that light Time toiled, his unseen works
Detected; the broad-flung far-seeing schemes
Unfinished which his aeoned flight unrolls
Were mapped already in that world-wide look.

'Was then the sun a dream because there is night?

Hidden in the mortal's heart the Eternal lives:
He lives secret in the chamber of thy soul,
A Light shines there nor pain nor grief can cross.

A darkness stands between thyself and him,
Thou canst not hear or feel the marvellous Guest,
Thou canst not see the beatific sun.

O queen, thy thought is a light of the Ignorance,
Its brilliant curtain hides from thee God's face.
It illumines a world born from the Inconscience
But hides the Immortal's meaning in the world.

Thy mind's light hides from thee the Eternal's thought,
Thy heart's hopes hide from thee the Eternal's will,
Earth's joys shut from thee the Immortal's bliss.

Thence rose the need of a dark intruding god,
The world's dread teacher, the creator, pain.

Where Ignorance is, there suffering too must come;
Thy grief is a cry of darkness to the Light;
Pain was the first-born of the Inconscience
Which was thy body's dumb original base;
Already slept there pain's subconscious shape:
A shadow in a shadowy tenebrous womb,
Till life shall move, it waits to wake and be.

In one caul with joy came forth the dreadful Power.

In life's breast it was born hiding its twin;
But pain came first, then only joy could be.

Pain ploughed the first hard ground of the world-drowse.

By pain a spirit started from the clod,
By pain Life stirred in the subliminal deep.

Interned, submerged, hidden in Matter's trance
Awoke to itself the dreamer, sleeping Mind;
It made a visible realm out of its dreams,
It drew its shapes from the subconscious depths,
Then turned to look upon the world it had made.

By pain and joy, the bright and tenebrous twins,
The inanimate world perceived its sentient soul,
Else had the Inconscient never suffered change.

Pain is the hammer of the Gods to break
A dead resistance in the mortal's heart,
His slow inertia as of living stone.

If the heart were not forced to want and weep,
His soul would have lain down content, at ease,
And never thought to exceed the human start
And never learned to climb towards the Sun.

This earth is full of labour, packed with pain;
Throes of an endless birth coerce her still;
The centuries end, the ages vainly pass
And yet the Godhead in her is not born.

The ancient Mother faces all with joy,
Calls for the ardent pang, the grandiose thrill;
For with pain and labour all creation comes.

This earth is full of the anguish of the gods;
Ever they travail driven by Time's goad,
And strive to work out the eternal Will
And shape the life divine in mortal forms.

His will must be worked out in human breasts
Against the Evil that rises from the gulfs,
Against the world's Ignorance and its obstinate strength,
Against the stumblings of man's pervert will,
Against the deep folly of his human mind,
Against the blind reluctance of his heart.

The spirit is doomed to pain till man is free.

There is a clamour of battle, a tramp, a march:
A cry arises like a moaning sea,
A desperate laughter under the blows of death,
A doom of blood and sweat and toil and tears.

Men die that man may live and God be born.

An awful Silence watches tragic Time.

(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

OFFICE OF THE DEPUTY SECRETARY /OSD(VV)

No.105/OSD/F&GB/UF/2024/01 Date:10/05/2024

NOTICE

The Secretary of the Auroville Foundation has directed the Deputy Secretary/ OSD(VV) to set up a help desk in a place where the residents of Auroville are gathering, to help/ assist and facilitate the citizens of the Auroville Foundation in all matters.

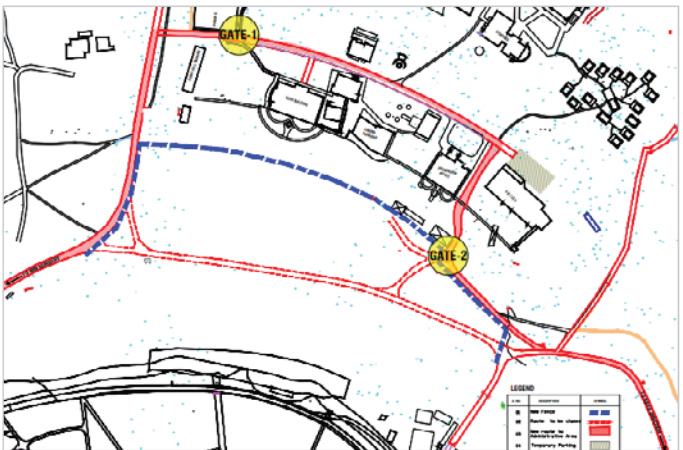
Accordingly, the help desk has been set up at Solar Kitchen (Dining Hall) between 12noon and 1:30pm comprising of Officer on Special Duty (Public Relation & Farm Activities), staff from the office of the Deputy Secretary (OSD) (VV) and representatives from Auroville Community that is one each Member of Working Committee, FAMC and ATDC. This team will sit in one of the desks in the reception area of Solar Kitchen on weekdays between 12noon and 1:30pm.

So, all are requested to approach the help desk to sort out the issues pending with the different wings of the Auroville Foundation, other matters in Government and any other grievances which require facilitation or guidance.

B. Ramakichenin @ Balagandhi,
Officer on Special Duty, (PR&FA)

Submitted by Dominique, Auroville Foundation

CLOSING THE ROAD on Matrimandir Northern Fence Line



Dear Auroville Community, the unpaved road between Matrimandir and Town Hall, going from the Matrimandir Worker's gate, passing in front of Cinema Paradiso, to the Y intersection near the Matrimandir Office Gate will be permanently closed in a few days. This is owing to the Matrimandir Lake team expanding its excavation work in front of Town Hall. This road was never meant to be a permanent road, therefore this road closure takes us to the next step of preventing the city center from being used as a shortcut for those seeking to go from one end of Auroville to the other.

The enclosed map shows how the Administrative Area buildings/ Town Hall campus can now be accessed and where the temporary parking (currently in front of the Paradiso) can shift to.

For the time being, until the Crown is complete, the Administrative Area can be approached from the west (MM Nursery side) and the east (Surrender/ Gaia junction side), and the Town Hall campus can be entered into from the two gated ends i.e. the ACUR end gate and the Foundation gate.

Regarding the temporary parking in front of Cinema Paradiso which is currently used by many, a shaded space for temporary parking exists behind the SAIER building (photos attached) which can be used by those entering the campus from the Foundation side.

Dr G. Seetharaman (MS), Govind, Jaya, Ponnusamy,
Sindhuja & Toby

Community News

Passing On

VELMURUGAN



This is to inform the community that our dear friend and family M. Velmurugan son of Madhusudan left his body on the 13 May at 9:30pm. He was 53 years old.

His cremation was on Tuesday 14 May, at 4:30pm at the Auroville Burial and Cremation Ground.

Velmurugan along with his parents have been part of Auroville from its inception. He and his family lived shortly at Djaima community, Lakshmiapuram and worked as an accountant at the Auroville Unity fund. Later he moved to Prommese in 1996 and was the caretaker of the Prommese community for the last 25 years.

Gradually he got involved in farming at Prommese and also had been helpful to the people in the community and surrounding areas. For the past 8 years he was the caretaker of Hermitage.

May his soul rest in peace in the arms of the Mother. Our humble prayers and thoughts go towards his wife, children and grandchildren.

Submitted by Liza

Awakening Spirit

BHARAT NIVAS PRESENTS

A weekly study circle on The Synthesis of Yoga Sri Aurobindo



By Deepti Tewari

The Mother's very last message to Auroville

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

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

27.03.1973

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

02.05.1970

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location



The Mother's very last message to Auroville

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

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

27.03.1973

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

02.05.1970

Monisha, BN Team



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 Reading 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 Dream Divine Series: Matrimandir: Honouring Piero Ciconesi (Part 1)

- In the Sangam Hall of Savitri Bhavan
on Wednesday, 22 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

AMPHITHEATRE—MATRIMANDIR

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

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



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

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

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



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

Calendar of regular events of May 2024

Every Thursday 6:00 - 6:30pm
Meditation

9th & 23rd Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

23rd, Thursday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in

Location

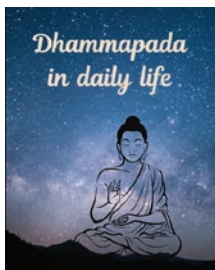


SATSANGA ON DHAMMAPADA IN DAILY LIFE

12 May, Sunday to 8 June (4 Weeks)

5am—6am every day, Online Zoom Call

We warmly invite you for an online Satsanga to integrate the teachings of Dhammapada in our day-to-day life. We will be referring to the original verses in Pali and also Commentaries on the Dhammapada by The Mother as a guidance to integrate these pearls of wisdom offered by Gautama Buddha into our everyday life.



We request that participants commit to attending everyday for the first three days (Sunday, 12 May to Tuesday, 14 May) and then decide whether they would like to continue or not for the remaining period of the Satsanga.

- **Why and What:** Absorb all the 26 chapters of the Dhammapada and hold space for individual and collective reflections, practices, experiments and above all—Divine Grace.
- **How:** श्रवण, मनन, नदिध्यासन (Listening, Reflecting, Self-enquiry & Embodiment)
- **Which Language:** English will be the primary means of communication and we also will listen to the original Dhammapada verses in Pali/Hindi and sometimes also Commentaries on the Dhammapada by The Mother audio in French. The reflections can be shared in any language preferred by the participant.
- **Who:** Whether you are a beginner or well-versed with Dhammapada, the format welcomes all to learn and share together.

In this collective learning journey, we will all progress together, each at his/her pace. If this interests you and you'd like to participate then please sign up on: <https://tinyurl.com/dhammapadasatsanga>

- **To know more,** feel free to connect with us devabhasha@auroville.org.in

Deven

Education

PERFECTING MATH

For Grades: Students going to 7th and 8th

Duration: 3 June—28 June

(3 days a week—1 hour each)

Course Overview

	Monday	Wednesday	Friday
Week 1	Arithmetic	Algebra	Geometry
Week 2	Arithmetic	Measurements	Geometry
Week 3	Arithmetic	Graphs	Geometry
Week 4	Q.Papers	Q.Papers	Q.Papers

- [Registration form link](#)
- Last day to Register is May 26, 2024
- For queries: snehal_nc@auroville.org.in
- WA/Message: +91 9529673687

Objectives

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



Perfecting Math

- **Materials Needed (will be provided)**
 - Notebook (squared)
 - Ball pen(blue or black), correction pen(green) 2 pencils, Eraser, Sharpener
 - Geometry toolbox
 - 1 File folder
- **Register by 26 May**

Snehal

**STUDY AT AIAT
for skills of the future
and integral personality development**

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



The following B.Voc. courses are based on Integral Education and conducted at AIAT Campuses in Irumbai, Aurobrindavan and Udavi-C3 Land design campuses:

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

In a two-month internship program/year at the industrial sites students will practice in an industrial environment and will be mentored by professionals.

The integral education includes Radical Transformation Leadership, Yoga, Meditation, communication and entrepreneurship, 3rd Language (Hindi, German or French).

The syllabuses are designed by AIAT and approved by the university, focusing on major-oriented relevant minor subjects resulting in a smaller number of subjects than for a B.E. course. The main benefit of joining a B.Voc. course against B.E./B.Tech. are:

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

For more information please contact:

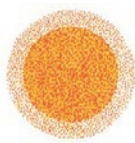
- Auroville Institute of Applied Technology-College
- Phone or WhatsApp: 8903166923
- Webpage: aiat.in
- Or visit AIAT campus at Aurobrindavan

Lavkamad and Sanjeev Ranganathan

INTEGRAL APPROACH TO PHYSICAL EDUCATION

One year course in Auroville

The Auroville Physical Education Board (AV-PEB, SAILER) 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.



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 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 SAIER



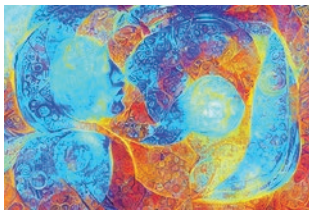
INTEGRAL MATHEMATICS:

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

AUROVILLE SCHOOLS STEAM ADVENTURE

Drawing inspiration from the successful Arts and Craft Camp that saw Auroville teachers come together and co-create a nourishing and learning experience for our children, we are organizing 'Auroville Schools STEAM Adventure' for all the students of Auroville. Parents can enroll their children by filling the appropriate google form below:



Discover, Innovate, Create
Auroville Schools STEAM Adventure!

SPARK YOUR CHILD'S IMAGINATION AND DIVE INTO A WEEK OF THRILLING STEAM (SCIENCE, TECHNOLOGY, ENGINEERING, ART AND MATH)

Join us for lots of fun
Scan to register now!

MON 27 MAY TO FRI 31 MAY
9:00 am - 12:00 pm
Bharat Nivas
For 8-12 year children

The poster features a smiling sun in the top left, three children playing with blocks in the bottom left, and a QR code in the center. The background is light green with a white cloud.

- https://docs.google.com/forms/d/1Qp0agsBwtFjzbPH9VSfOZ0Xp40ay7_a-0QNiVI6i0q8/edit

Features:

- Dive into a week of dynamic STEAM activities
- Hands-on exploration ignites creativity and curiosity
- Led by passionate Auroville school educators and senior students
- Join us for lots of fun

AV Schools STEAM Camp
Scan to Register Now

Location: Bharat Nivas

Date: Mon 27 May to Fri 31 May
Time: 9:00 am - 12:00 pm
Eligibility: 13+ years

Features :

- ✓ Engaging STEAM activities
- ✓ Hands-on learning experiences
- ✓ Hosted by Auroville School Teachers
- ✓ Special focus on Leadership, Teamwork and Collaboration

An orientation session will be held on Saturday 25th May

The poster features a rainbow in the top center, a girl jumping on the left, and a boy at a computer on the right. The background is teal with white clouds.

- For any queries write to saiier@auroville.org.in
Anupama, Radhakrishna, Yasmin, Anna,
Poovizhi and Nilima.

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

K.Lakshmi

SUMMER CAMP
at our Kulai Creative Centre—May'24
Need your support!

SUMMER CAMP MAY'23



At our Kulai 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=Kulai>
- <https://auroville.org/page/donate-from-india>
- **From Auroville: FS account 240051,**
Kulai Creative Centre Collection

For contact: +91 8608473385,

- kulaicreativecentre@auroville.org.in or
- kulaicreativecentre.auroville@gmail.com

Selva from KCC

AUROVILLE LIBRARY

Summer Opening Timings:

- **Mornings:**
Monday—Saturday: 9am—12:30pm
- **Afternoons:**
Tuesday, Thursday, Saturday: 4—6:30pm

Book Reading Circle with Debashish

Book Reading Circle with Debashish will resume on Tuesday,

- 21 May, at 6:30pm at the Auroville Library.

0413 2622894, avlib@auroville.org.in.

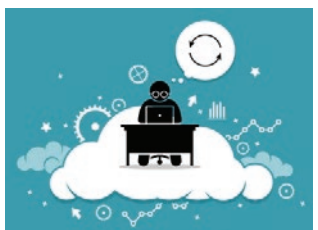
Kristen, for the Auroville Library

STRUGGLING WITH PROGRAMMING ?

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

Please WA me at 9042483649

Pawan



SUMMER CAMP WITH ENLIGHT May and June



SUMMER CAMP

Age 10-15

Months

May and June

Activities:

- Art and craft workshop
- Drumming workshop
- Swimming class

Contact Anand

enlight@auroville.org.in
+91 9159468946



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

• **Contact Anand:**

- enlight@auroville.org.in, +91 9159468946

Arun, Anand and Balaji

Health Care

AUROKIYA INTEGRAL EYE CENTRE

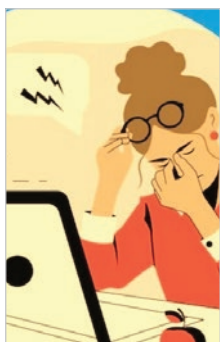
Arka, Auroville

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

- aurokiya@gmail.com, www.aurokiya.com



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)

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/ Wednesday/ 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>

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*



International

**New
co-working
space !**

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

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

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

◦ **Good WiFi, 20 Chairs, Free Tea** *Marie,*
 +33 695524430, european.house.auroville@gmail.com

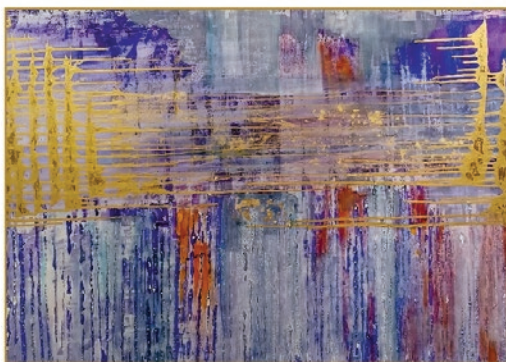
Art For Land

VIVRE ENSEMBLE LIVING TOGETHER

Opening on May 15 at 5pm

**VIVRE ENSEMBLE
LIVING TOGETHER**

**Art For Land
SUMMER EXHIBITION**



Adil Writer | Anamika Borst | Audrey Wallace - Taylor
Ben Van Vliet | Kratu Carlotto | Loretta Shartsis | Marie Claire Barsotti
Pierre Legrand | Veronique Menanteu

Summer Exhibition @ Unity Pavilion

Arun

Multiple Activities

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

REGULAR WORKSHOP, CLASS & EXHIBITION

-  **MONDAY TO FRIDAY**
06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall
-  **TUESDAY & THURSDAY**
06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall
-  **MONDAY, WEDNESDAY & FRIDAY**
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall
-  **TUESDAY**
04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library
-  **FRIDAY**
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library
-  **WEDNESDAY**
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall
-  **MONDAY TO SATURDAY**
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY

-  09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra
-  09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)
-  09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Theatre & Dance Activities

DANCE CLASSES BY MANI

Salsa Dance Class



Choose your Dance

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

Register Now

+91 86376 33696

Bakisata_dance

SALSA DANCE CLASS

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

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

Tango Dance

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

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

Auroville, cripa

CONTACT US BY

+91 86376 33696

Bakisata_dance

TANGO DANCE



Submitted by Mani

A CALL TO CO-CREATE

Multidisciplinary Improvisation Lab

Thursdays, 5—7pm @ Cripa Small Hall

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

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



A CALL TO CO-CREATE MULTIDISCIPLINARY IMPROVISATION LAB

THROUGH DANCE, MOVE, VISUAL ARTS, POETRY, SPOKEN WORD, THEATER, AND MUSIC

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

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

Discover The Boundless Potential Of Collaborative Improvisation

Krishna

CIRHU AND SURYA PERFORMANCE LAB PRESENT:

Freedom of the body

7, 8, 9 of June 2024

An experiential immersive workshop designed and guided By Philippe Pelen and Thierry Moucazambo From Surya Performance Lab **Dialogue with the Cells**

*Thanks to the vision of The Mother and Sri Aurobindo
A path to follow from the mind to the heart and from the heart to the body, through deep relaxation, frequencies, meditation, Pranayama, yoga, visualization, and a spontaneous natural dance.*

A joyful experience for a transformation of the body.

The first experiential event was done in April for CIRHU. After the great success of this event with very deep and thoughtful feedback & testimonies, we decided to offer this workshop to the Auroville community and guests. It is open to everyone: Aurovilians, Newcomers, Volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who attended the first event and wanted to experience the deeper inner-self in their practice.



- **Location:** Harmony Hall, Bharat Nivas
- **Time:** 9am—1 pm. Please come at 8:45am
- **Contribution:** Guests: Rs. 5000, Aurovilians, Newcomers, Volunteers: Rs. 1500
- **Contact:** cirhu@auroville.org.in or +91 8300387288 WA for registration. Registration is mandatory.

'...all the cells of the body were athirst for that Light which wants to manifest...' The Mother

For better integration and understanding, it is essential to follow the 3 days of immersive, experiential event. This experience is designed as a path of awakening.

'The unity of heart and body is the foundation of all true spiritual realization.' Sri Aurobindo

At this stage, our body becomes the field of exploration and experimentation, a conscious living laboratory.

'Every cell of our being is a sacred temple where divinity resides, and personal transformation begins by honouring this sacred presence within us.'—The Mother

- **Each participant should wear light, flexible clothing suitable for movement and bring a yoga mat or towel.**

Some testimonies

Shivakumar: A Profound Shift in Perspective. While the 'Freedom of the Body' workshop concluded weeks ago, its impact continues to resonate within me, sparking profound changes in how I perceive myself and my connection to the physical realm. Your guided exploration of cellular consciousness, allowing us to enter and exit the body at a cellular level, was truly unique.

SIV: After 19 years with Auroville, this was the first time I ever did anything related to the cellular realms of the body. I now understand that I have to develop the capacity to go inside. How I do not know yet. For years I have been wondering about what this inner world is like when you live in it. Now I understand more about what it means. To me this is Huge!

Ocean: Having spent almost 18 years on my path of self-discovery, learning about myself, human interactions and reality we live in, in search for the Truth and unity, only this time I was able to tap into something so close to myself, yet never explored before, giving a feeling of coming home. Although I made an attempt to understand the 'Mind of the Cells', I was not able to experience it myself but rather touched the subject intellectually. It all changed in your workshop... I found myself tapping into something very precious and I would call extraordinary, an intimate connection with myself. It almost felt like entering through

a new door. And you gave us the key! Introducing us into the world of our cells, not mentally but by our perception and awareness with ease.

Philippe Pelen and Thierry Moucazambo

They are dancers, performers, choreographers, directors and energy healers from Reunion Island, a French multi-cultural island in the Indian Ocean, where they founded the Talipot Theatre.

Coming from an island with memories of slavery and colonization, they developed a methodology, a process they called *'decolonization of the body, of the cells, of the imagination and the mind.'*

Their exploration of the actor-dancer's body has organically evolved into a transformative energy healing.

They teach their method in different universities around the world, in different spiritual and artistic groups. They have also lectured at UNESCO, created and directed 34 shows and performed in 83 countries with artists from all over the world.

Inspired by the teachings of Sri Aurobindo and The Mother, they are deeply into the Yoga of the Cells and dialogue with cells. They have been trained by Bhaga from the Auroville Laboratory of Evolution, by Barbara, and different mentors, scientists in the world and many special "First people" leaders in South Africa, New Caledonia, and Australia.

In Auroville, they founded the Surya Performance Lab and created many shows.

*Philippe and Thierry,
Surya Performance Lab
8903869078*

AUROVILLE TANGO

Stanna STUDY TANGO

AUROVILLE TANGO APRIL
New batch starts the first week of each month

MON 19:00 Introduction to Tango 20:00 Opensource	WED 19:30 Guided Practica 20:00 Practilonga
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HARMONY
Bharat Nivas

No partner required.
Bring socks or dance shoes.
And plenty of joy!

@ 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

Submitted by Maud

New Creation Dance Studio
Sweatout & Smile
ZUMBA Every Mondays!

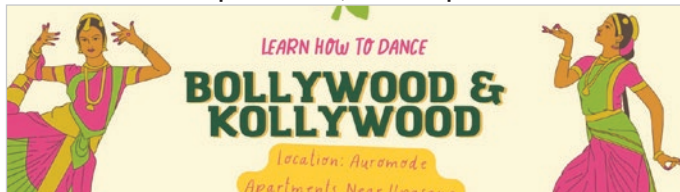
Zumba classes are happening
 @ New Creation Studio, every Monday, 6pm
 For regular classes DM: 8281746763

Submitted by Vega

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm

@ Auromode Apartments, Near Upassana and CSR



Learn How To Dance Bollywood & Kollywood, Tosalion, Au-
 rzmedt! 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**

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 ex-
 plore various forms of visual art, such as Printmaking, Draw-
 ing, 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.

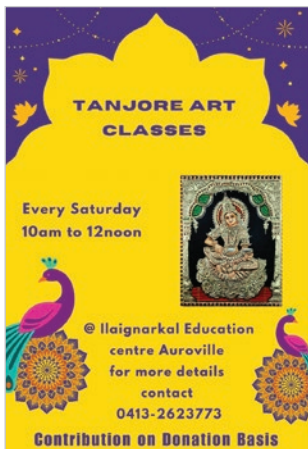
- The studio is open
from 12:30 to 4:30pm, Monday to Friday.
- If you plan to attend at other times, please inform in
advance, contact Abi +919042058981.

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

TANJORE ART CLASSES

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

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



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

Ayyanar

LIGHT FISH

Professional Photography Studio

Photography Services

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



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

SVARAM SOUND EXPERIENCE

 **SVARAM**
SOUND EXPERIENCE
SOUND JOURNEY

Starting 10th April onwards

Wednesdays, 5:30-6:30 pm

SVARAM Atelier, 2/F UTSAV Building



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

EXPLORE

WaterColor Techniques

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

Submitted by Arun



The Sound of Bamboo

Various Styles of the Indian Flute



Group Classes With Michael

@ Kalabhumi Music Studio, Every Friday
 Beginner: 11am—12pm,
 Advanced: 12noon—1pm

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 BY MANI

Mani

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

ULTIMATE FRISBEE

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

No prior experience needed!

*Selvi for
Ultimate Frisbee
Auroville Women's Team*



AUROVILLE AIKIDO SUMMER UPDATE

@ Auroville Budokan, Dehashakti near Dana:

Adults' regular schedule for beginners and all levels:

- **During the Summer we continue our early classes but discontinue the Wednesday evening and Sunday morning.**



So, welcome to join this beautiful and complete practice in the form of a Japanese martial art:

- **Every Tuesday, Thursday, Saturday from 6 to 7:30am** (with N. Murugan and/or Surya). Reasonable contributions required for the Budokan (a LEAD activity).

Children classes (from age 8) will restart in July.

For more info, please contact us:

- Surya 8300189062, 0413 2623813
- Philippe 8300643963/WA
- N. Murugan 9952812843/WA
- budokan@auroville.org.in, m

Looking forward to see you at the Budokan dojo,

Surya for Auroville Aikido

ABHAYA MARTIAL ARTS

For the month of May we take a break

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.



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

BHARAT NIVAS PRESENTS

**Kalaripayattu Class
in Collaboration with Kalarigram**

Bhumika Hall, 6—7am,
Monday to Friday

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

Vani for BN Team



KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday To Saturday

All Are Welcome!

Satyakam

TAI CHI CHUAN IN SHARNGA

Summer Schedule—May 13 to June 22

Tuesday—Friday:

- 7:30—8am Chi
- 8—9am Tai Chi Chuan form

Except 27 May—1 June when there will be class only on 28 May, Tuesday, and 31 May, Friday



taichi.auroville.org, taichi@auroville.org.in

Warmly, Krishna

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

Craft Activities

EARTH THROUGH INTERACTIVE WORKSHOPS

MAY ON-CAMPUS

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

PAPER CRAFT WORKSHOP @ WELLPAPER, AUROVILLE

10am—4pm, Every Day Except Sunday

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

- Contact Zeevic, +91 9385744744, 0413 2969722



Zeevic

WELLNESS WOODCRAFT ACTIVITY OF AUROVILLE
Carpentry & Wooden Craft Workshops



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

MAKE & TAKE WORKSHOP
Kitchenware & Home Decor
 (Bowl, Chopping Board, Rolling pin, Candle & Incense holder)

Fri & Sat

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



SPOON CARVING WORKSHOP
BEGINNER LEVEL

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

Age: 15+

2 Days Make & Take workshop

WELLNESS WOODCRAFT AUROVILLE
 Every Wed & Thu

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

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



WOOD JOINERY
BEGINNER LEVEL

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

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

Age: 15+

Mon & Tue

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

Bioregion Activities



+91 9159468946, enlight@auroville.org.in

Enlight in this journey is focused on 'Creating awareness about responsible tourism and slow travel. Encouraging alternative and more mindful experiences and interactions.

Tours

- **Journey Auroville**

Experience the international township and travel through its cultural consciousness. It's art and crafts, units and activities.

- **Township Cycle Tour**

Learn about the Four Zones and Green Belt each focussed an important aspect of the township life.

- **Bioregion Village Tour**

Take a break from your city life and dig deep into the heart of rural villages around the Auroville, where a land of history and culture can be experienced.



Wellness

- **Heart Chakra Massage**

This massage helps to relieve tension, open your heart centre and move stagnant energy out.

- **Ashtanga Yoga**

Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.

- **Sound Healing**

Balances your chakras by using specific frequencies that reverberate through the body.

- **Karлакattai**

Karлакattai using wooden clubs restores vitality and youthfulness, strengthen and condition the whole body, you feeling energized and focussed in everyday life.



Programs

- **Agri Holidayism**

Experience and Enjoy visiting working farms or other for the purpose of recreation and active connecting with one's rural agricultural roots. Learn about farming, food production and sustainability, and the village farming culture Live an authentic village and farm life by interactive experiences of rural life.



- **Cooking Class—Adupankarai Cooking Experience**

Every Thursday, Saturday and Sunday, 10am—12:30pm

- Learn to make Tamil Traditional foods with our Akka.
- Cuisine—Only Veg Dishes



• **Fireside Drumming**

The Power of The Healing Drum Circle

When you gather people in a circle around a fire and add the rhythmic beat of the drum, the result is the perfect environment to develop social bonds. Learn how to use these community-building tools for the healing drum circle.



• **Musical Instruments Workshop**

Tune into the joy of music through the journey of creating your own instrument and the delight of playing it and feeling contentment. Music is the voice of the soul and radiates within our spiritual essence. The mentioned instruments are representative only one can choose from our offerings in our centre.



Outstation Trips

• **Thiruvakkarai**

One Day Advance Booking

Thiruvakkarai (also spelled as Tiruvakkarai) is a village in the Vanur taluk of Viluppuram district of the Indian state of Tamil Nadu. Situated on the periphery of Auroville global township, it is the home of National Fossil Wood Park, Sandstone Canyon Stream and Chandramouleeswar temple. Dating back to the 12th Century, the Tiruvakkarai Vakrakalli Amman Koil is a temple dedicated to a form of Hindu Goddess Kali known as Vakra Kali.*



• **Pondicherry Tour**

Sl. 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

Fun with Pottery

Join us for our Pottery workshops to experience working with clay and gain one-on-one guidance on how to create your piece of work. We offer a natural and relaxed environment to immerse yourself in pottery and its earthly experience. Our workshops are for all those who want to have fun and experience the joy of Getting your hands muddy and creating happiness.



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

AUROVILLE BAMBOO CENTRE, MAY 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 Lampshade, Bamboo Giraffe, Bamboo Bicycle (For Kids)



3 Hours Make and Take Workshops

- 9am—12:30pm or 1:30pm—5pm
- Every day except Sunday,
- Walk-in registration available
- 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
- 29—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 outdoors. Innovation, Creativity, Explore Bamboo Forest Walk, Bamboo Toys Making

- Please connect with us to inquire about our charges.

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 pre-booking contact:

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

Flexible training dates offered to groups

Murugan, www.aurovillebamboocentre.org

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 mohanamprogram@auroville.org.in
- or call: +91 8300949081

Make and Take Workshops



- 10am—4pm every day except Sundays

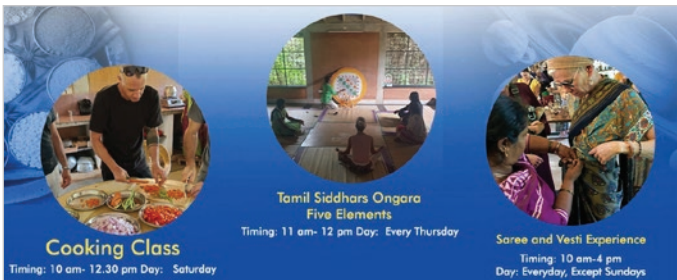
Join and Experience the learning aspect of engaging in arts and Craft Workshop, Manifest your inner self through various materials and form using creative technique.

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
- +91 8300949081, mohanamprogram@auroville.org.in

Classes and Therapies



Cooking Class

Timing: 10 am- 12.30 pm Day: Saturday

**Tamil Siddhars Ongara
Five Elements**

Timing: 11 am- 12 pm Day: Every Thursday

Saree and Vesti Experience

Timing: 10 am-4 pm
Day: Everyday, Except Sundays

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: mohanamprogram@auroville.org.in

Auroville Bioregion Experience with Mohanam Team

- 10am—4pm every day except Sundays

Village Tour	3hrs
Munnur & Perumukkal visit	6hrs
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)	3hrs
Wood Fossil Visit and Quarry Shower	6hrs

All above activities one day Advance booking is necessary

- +91 8300949081, 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

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.



Workshops

- **Coconut Shell Craft**

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.



Products

We make craft work out of eco-friendly materials like coconut 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.



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

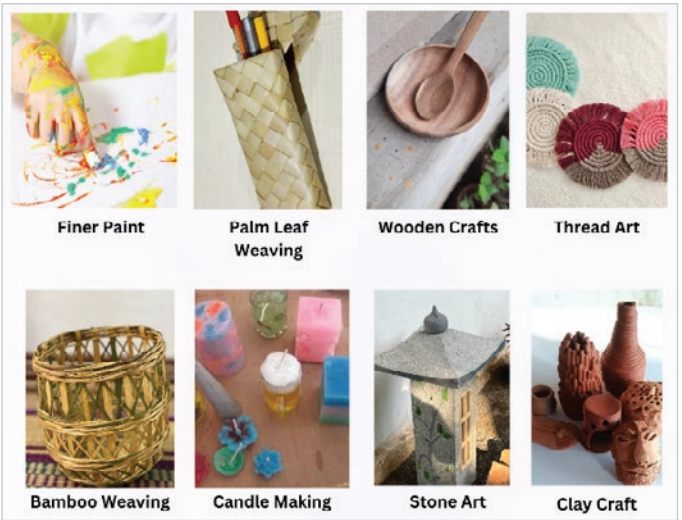
Conscious intent for youth of all needs 'Dream' of self-determination. Focussed on encouraging students to develop their skill apart from academics. The initiative focuses on five categories arts, craft, music, dance, story telling to grow their creative thinking.



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.



Tamil Suvai

Creating a fusion of cuisine and craft fun activity for a warm summer day. Patrons can partake in easy to do crafts activities, taste foods and join our journey. Bringing together local entrepreneurs and providing native food unique to the bioregion community. People wanting to set up stores contact us at egai@auroville.org.in to register.



Book Your Workshop Now

- Talk to Anand egai@auroville.org.in, 09791896488

Submitted by Arun

Nature Activities

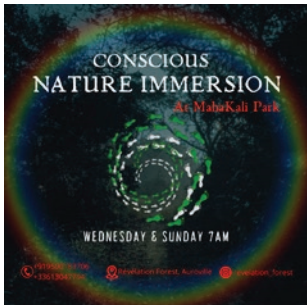
CONSCIOUS

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

I welcome you to a tour through my permaculture garden!
We will take a look at local foods and you will get an idea on how to start growing your own food.

Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

for groups of min 5 people it can happen any day of the week

Sign up and infos whats app Sarah 9047421044
myfoodforestgarden@gmail.com

myfoodforestinfo.wordpress.com
www.youtube.com/myfoodforest

Available

Office Space Available

Office Space inside Auro-mode 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



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**

Honorary Voluntary

VOLUNTEER OPPORTUNITY:

English Teaching with Reach for the Stars

Sundays, 2—3:30pm

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

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

Make a difference with Reach for the Stars!

Poovizhi for RFTS team

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

sadhanaforest@auroville.org.in,
8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

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

Looking For

Looking for Long Term House Sitting

Hello! I am Megha. I am a Savi volunteer and I have been in Auroville for 2,5 years and volunteering at Naturellement garden cafe since then. I am looking for a long-term house-sitting or a place to rent within Auroville or very close to Auroville. I have a medium-sized dog with me. My requirements are: a kitchen, clean washroom and a place where dogs are allowed (my dog is an indoor dog). Let me know, if you have/know anything like this or help me by spreading the word. I will be grateful to you.

meghaj782@gmail.com, 7005301749 WA, Megha

Help Needed

FUNDRAISING FOR VOLUNTEERING at Saping school in Nepal

Dear all, this is Nirmal, I grew up in New Creation under the Guidance of Tixon who currently manages Roy's (Alistair Wicks) Boarding House and Nirami print studio.

I got the opportunity to teach at the school in Saping, Nepal and make a meaningful impact in the lives of others by contributing to a community in need and to witness the transformative power of education firsthand.



However, I recognize that embarking on this journey requires financial resources that I currently lack. That's why I'm reaching out to you all to support me in this endeavor. My plan was to start in the first week of June and spend a month there, it would roughly require 35k for the trip and to support my stay. Whatever one could contribute would be much appreciated. **FS Acc no: 6980**

Volunteering at the School is a chance to immerse in a culture rich in history, tradition, and resilience. It's a chance to learn from the local community, to exchange ideas and experiences, and to forge connections that transcend borders and boundaries.

Your contributions will help to support the ongoing work of the School from providing essential resources like textbooks and stationery to improving infrastructure and facilities, your generosity will directly impact the lives of the students and teachers who call this school their home.

I'm seeking your encouragement and belief in the power of volunteerism and compassion. Together, we can show that even small acts of kindness can make a big difference in the world and the strength of human unity

Thank you for the time given to read this message and believe in the power of giving back.

Yours Truly Nirmalraj, Happiness community.

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 unforeseen 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

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

Taxi to Chennai Airport on May 24, 6:45am

Hello, I'm looking for someone to share a taxi to Chennai Airport on May 24 departing at 6:45am. Please email me: perineaualexia@gmail.com.



Alexia

Animal Care



Auroville Dog Shelter

Experience the Real Yoga of Work!

Volunteer at the Auroville Dog Shelter

Immerse yourself in the world of 300 indie dogs

For true animal lovers

Location 

 [auroville.dogs](https://www.instagram.com/auroville.dogs)

Whatsapp: 8122225266 (Arthur)
89394 49413 (Tamil spoken)



AUROVILLE DOG SHELTER

Arthur, Auroville Dog Shelter

PLEASE RETURN CAT CARRIER

Dear friends, I am looking for my cat carrier/ basket (dark blue and beige) which I think I lent to someone sometime in the last few months (February/ March). If you have it, or know who has it, please return it to me. Thank you very much.



Anandamayi, Madhuca community

URGENTLY STAFF AND VOLUNTEERS NEEDED!

The Auroville Dog Shelter is offering two positions for animal caretakers, 25 hours per week and can compensate with half a maintenance.

- Please message Arthur, 8122225266 WA
Auroville Dog Shelter,
Arthur



Foods, Goods and Services

ROOTS SOCIAL MEDIA



Dear All, Roots social media (WhatsApp/FB) had started as part of Roots, an activity under City Services. With COVID waves while the nascent Activity itself de facto stopped (and eventually the Activity/FS Account

#106567 initiated by Anandi Zhang closed), the sharing, and learning about healthy food grew manifold in the WhatsApp group. Over time its scope got defined as local, bio-regional, learning/sharing (as opposed to commercial in its intent) group—focused on food, healthy eating, locavore, local produce, foraging, and preparing.

Roots in social media/ WhatsApp group is currently not associated with any Activity—and would continue as an informal/spontaneous social media group as is.

Nina and Sangeetha

FOODLINK MARKET

FOODLINK MARKET

Fruits, vegetables,
milk & eggs
from Auroville farms

17th-18th May
Friday & Saturday
10:00 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804

Dear community, as PTDC will be closed on Friday and Saturday, we are pleased to announce that our **Foodlink Market will be open on those two days from 10am to 12:30pm.** Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

- No Cash Payments. All payments have to be made via AVFS account, AuroCard or UPL

Isabelle M., Foodlink, landline 0413 3509946
+91 8300268804, [Foodlink basket order form here](#)

ECO FEMME OPEN HOUSE Every Thursday, 10:30am

Organically certified

eco femme

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

ecofemme.org
  

Revaluing menstruation... because Life depends on it!

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



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

ANITYA: COMMUNITY LUNCH 12:30 on Thursdays and Saturdays



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

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

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

Nikethana for the Anitya team

**CRAVING
SOUTH
INDIAN
FOOD ?**
Vegetarian & Homely Food

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

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

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

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

- Open Monday to Saturday (8:30am to 9:30pm)
- Open-Mic night at Yatra's 'Artiste Café' every Saturday, from 7pm to 9:30pm!

Artist Café Near New Creation, Kuilapalayam, Auroville.

2623071, 9786772209, yatraartistecafe@gmail.com

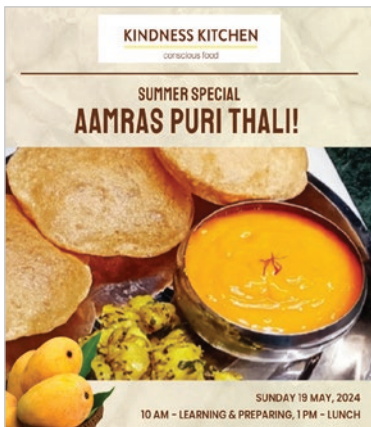
Yatra Srinivassan

KINDNESS KITCHEN

Come join us for a fun time making and eating Aamras Puri Thali! Learn how to make this tasty treat with us. We'll enjoy the sweet mango flavor and crispy puris together. It'll be a great time with yummy food and lots of laughs!

Sunday 19 May

**10 am - Learning & Preparing,
1 pm - Lunch**



- **Menu:** Aamras (Mango Pulp), Puri (Deep fried wheat flattened bread), Batatechi Bhaji (Potato dry curry), Mixed Veg Pulav (Flavoured rice), Koshimbir (Salad)
- **Hosted** at the home of Nirmala & Naresh, Pushpanjali, Kottakarai, Bioregion Auroville.

To RSVP [fill this form](#) or +91 9223379171 WA

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

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

Snehal

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 (Aurovillian) 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

NEW WAVES

Offering PCB Assembly and appliance repairs at Aurelec.

If you have any requirements, please contact Dhanda

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



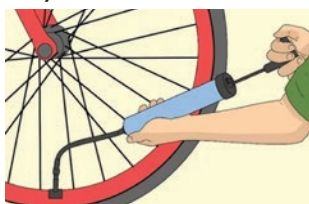
Dhanda

AUROVILLE PUNCTURE SERVICE SUMMER HOLIDAY

20 to 23 May

Dear Friends, The Auroville Puncture Service staff/workers take a summer holiday from 20 to 23 May.

The service is reopening on the 24th. Thank you for your understanding. Arumugam D



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.

Customized computer assembling, all Computers, Laptops & all apple computers upgrade, Data backup and recovery, Network configuration & solutions, Repair & maintenance, all operating system installation.

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



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: rcsrapidcareservice@gmail.com
 - Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

TRAVEL NEWS FROM INSIDE INDIA



Tuesday, 14 May, 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...

- Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10:30am till 4pm,
- Landline 2623030 Monday to Friday. Saturdays on appointment only.
- He can also be contacted anytime
 - via mobile or WA: +91 9894598686
 - and by email: travelshop@inside-india.com
- We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by insideindia@auroville.org.in or insideindia@inside-india.com

Some current offers

- **Malaysia Airlines** is pleased to announce the extension of Ex-India Promo Fares in Economy & Business class from Chennai to all destinations except Sydney, Melbourne, Perth, Adelaide, Auckland.
- Fly from New Delhi to Sao Paulo and Buenos Aires with special fares on **Ethiopian Airlines**.
- **Etihad Airways** offer fare from Chennai to Paris, Frankfurt, Milan, Munich.
- **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, multi-entry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.
- **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.
- **eVisa fees waiver scheme** has been introduced for citizens of India, China, Indonesia, Russia, Thailand, Malaysia, and Japan, with immediate effect, valid until 31 May, 2024 (Last date of arrival) for tourism only. To avail of the scheme, please select the 30-day single entry eVisa option.
- **Thailand** has extended its visa exemption program for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.
- Also, this [Link will tell you all that you need](#) to know about Flight delays and/or cancellations. *Joster*

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.



Dropzy
Food, Groceries, Fruits & Veggies, Body Care, Wellness, etc.
Stay home, order and access. We'll drop it to you.

Dropzy is made locally by 150dpi, an Auroville activity.
www.dropzy.in
8098144686



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

- Download link as shown below:

[Android](#)

[iPhone](#)

[Desktop](#)



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

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

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, sari-blouses and kurtas.

Contact:

Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

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: Iyyappan

Let's simplify and optimize your sourcing process together!

Iyyappan, Surabhi Supplies

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

Auroville Media

AUROVILLE RADIO

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

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts:

- [Marlenka's weekly Offering—Ep. 118.](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—463.](#) (Integral Yoga)
- [Seeking Our Inner Being Se. 1, Ep. 13.](#) (Spirituality)

...and more! on www.aurovillerradio.org

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

Peace and love, Wobbli

Poetry

A QUIET POEM

*When music is far enough away
the eyelid does not often move
and objects are still as lavender
without breath or distant rejoinder.
The cloud is then so subtly dragged
away by the silver flying machine
that the thought of it alone echoes
unbelievably; the sound of the motor falls
like a coin toward the ocean's floor
and the eye does not flicker
as it does when in the loud sun a coin
rises and nicks the near air. Now,
slowly, the heart breathes to music
while the coins lie in wet yellow sand.*

Frank O'Hara

SUMMER IS ALREADY IN THE AIR

Summer is already in the air.

Do you feel it in the skin?

Do you sweat and swear?

Or do you cool down

And smile on?

*With joyful Gratitude,
Anandi Z.*

Voices and Notes

THE CITY OF DAWN

The Sun does not choose what to shine on.

True Divine Love sees All as One.

That is why It continues to create without limits,
Its hierarchical differences experiments, self-corrects,
Evolving towards a Beingness with a Direct Will
Over Its own Matter.

Purusha and Prakriti in integrality,
Finally,
The Life Divine.

But first before this Marvellous Beingness
You need a Change of Consciousness
From your false-separative gross mental
To the Truth-Unity Supramental.

The easiest and most joyful way for this
Is the Sunlit Path of Surrender to the Supreme Source,
And here in Auroville, our object of Bhakti
Is the Supreme Divine Mother MahaShakti.

This City of Dawn of the Kalki Avatar
Sri Aurobindo and the Mother
Has Her own differential Supramental flavour.

Anyone who wishes to participate is invited.

But, to live here in Auroville,
One must be a willing servitor
Of the Divine Consciousness-Force:
MahaShakti's superconscious Hero Warriors
Against the past that seeks to endure.

So, do carefully make your consenting choice
As Earth is obviously quite spacious
For anyone else to live their own Ideals.

But again if you wish to battle it out
In this concentrated Divine Battlefield
Aspiring for a truly meaningful change,
Then as our founder the Mother in Her Invite
Has generously said on 28th February 1968:

'Greetings from Auroville to all men of goodwill.

Are invited to Auroville all those who thirst for progress
and aspire to a higher and truer life.'

And has left us with our Three Core Ideals¹,
Aims and Principles²,
And all their Avataric guidance and revelations³
Towards the Divine Manifestation
Of the new apex species the Supramental being.
A new beingness beyond the obvious limitations
Of the transitional humans

That will take a few more generations.

And so we consciously prepare this City of Dawn
For all the incoming Sun-eyed Children,
A Yantric city-wide Gurukul modern,
A Garden City of unending education
And constant progress befitting Her host,
Bharat Mata the Guru of Nations.

We joyfully continue on...

- [Building Matrimandir 1971-2008 video](#)

¹ <https://auroville.org/page/core-documents>

² <https://incarnateword.in/cwm/13/aims-and-principles>

³ <https://incarnateword.in/>

Zech, 2024.05.01

THE MOTHER:

Aspiration Talk On 31 March 1970

Auroville will be built on the efforts of its pioneers. It will require of them all that they can contribute in effort, endurance, wealth and forbearance.

An Auroville brochure, February 1968

These are the bold people, young and enthusiastic, with whom the Mother founded Auroville. How far this went is revealed by the Mother addressing, two years later, some residents by these words:

'Do you know M?

A: Yes.

He has some sort of shop for selling things.

A: Yes, a store.

Yes, that's it. But there is no one to look after it at night and so there are thefts. And it seems that you have too many people and not enough accommodation. So what I suggested was that each month someone could go there to sleep at night and come back in the morning, if it's not too far.

A: *It's three kilometers away.*

G: *Three or four kilometers, Sweet Mother.*

Oh, well that's nothing.

A: *By cycle it is nothing.*

By cycle—do you have bicycles?

A: *Yes, though actually we don't have enough. We must get some more. We don't have enough cycles but we can find some more.*

And all you have to do is go there in the evening, at night, and come back in the morning. At night the bicycles won't be needed [at Aspiration]. But if you know M, he could take one of you along and show him and explain it to him.



A: *All right.*

I think it will be alright... I don't know what it's like, I couldn't say, but I hope that it will be comfortable.

A: *And what do you think about making a big hut to house twenty or twenty-five people? It was one of N's ideas.*

I think that until there is enough accommodation for everyone it is quite indispensable. I'm not saying that it will be super comfortable, but it is most indispensable.'

MCW, 13, p, 322

Is it all gone? How many, today, nurture the flame—in deeds and lifestyle, not idle words?

Paulette

AUROVILLE FOREST STEWARDS MISSION

Statement

Since 1982, the Auroville Forest Group, has been the official body mandated by the Residents of Auroville and is also endorsed by the Master Plan—Perspective 2025 (Refer— APPENDIX 2: Role & Responsibilities of Different Working Groups in Auroville) as the body responsible for planting and maintenance of Auroville’s forested areas, particularly the protective Green Belt around the township. For the past 42 years, this group has held monthly meetings and published its minutes in the N&N.

The Forest Group would like to reiterate its commitment to nurture and protect the green spaces of Auroville.

Forest Group Purpose— Provide an integrated ecological basis for Auroville, physically and spiritually. Core Values— Mutual Respect, Commitment, Resilience, Humour, Courage

The Forest Group reaffirms its dedication to a wider economic approach that supports Auroville’s enduring commitment to a gift economy. This stance is reinforced by their hands-on experience and highlights their participation in a broader spiritual vision for Auroville.

The FG unequivocally states its intention to avoid commercializing its activities for profit, emphasizing that its work in addressing Climate Change and the loss of two-thirds of the global biodiversity, involves intangible values essential to community survival and the common good, rather than mere monetary gains.

Forests play a multitude of vital roles both environmentally, socially and culturally. Forests are critical to sustaining life on Earth, providing essential ecosystem services that support human well-being, protect our natural environment, and foster biodiversity. Historically, the FG has consistently performed with such an integral ecology.

As stewards of the forest, the FG sees itself as custodians of biodiversity, soil regeneration, erosion control, aquifer recharge, air quality, afforestation and the preservation of cultural practices and ancestral knowledge vital for sustainable living. The group also commits to upholding the rights of nature.

Thus, the Forest Group would like to continue operating beyond profit-driven objectives to embrace a service-based model that is communally oriented, not only for Auroville itself but for the entire bioregion, and attuned to the pressing environmental concerns.

It is with this spirit that the Forest Group continues to operate under challenging circumstances where-in our FS Accounts have been frozen, budgets were cut without any consultation with the residents and the maintenance of 42 foresters and 62 Forest workers abruptly discontinued through a simple mail since June 2023.

Submitted by Roy

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



Vérité



Vérité

TASTE OF YOGA

NOW OPEN AT VÉRITÉ

9:00 - 12:00
13:00 - 16:30

Monday to Saturday

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

LEELA THERAPY

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



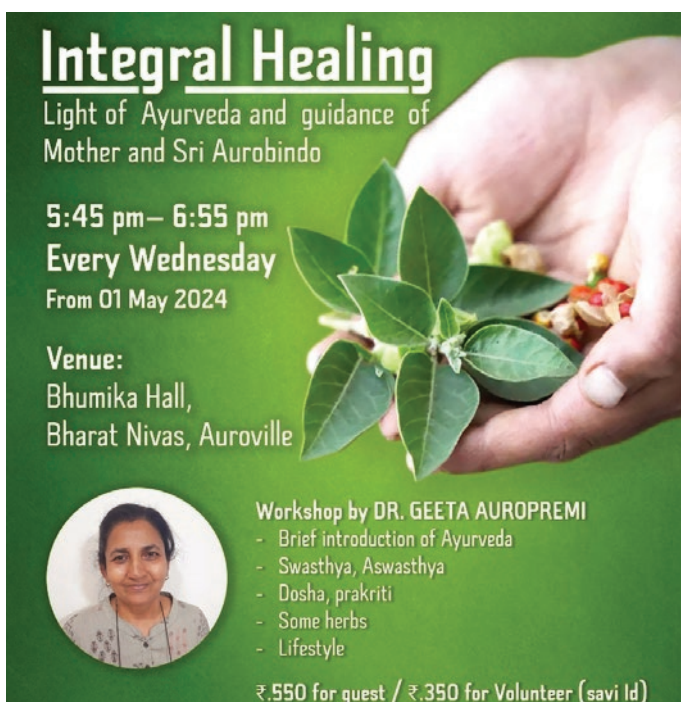
Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery.

Anything, and everything is welcomed.

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

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

BHARAT NIVAS PRESENTS INTEGRAL HEALING



Integral Healing

Light of Ayurveda and guidance of Mother and Sri Aurobindo

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

Venue:
Bhumika Hall,
Bharat Nivas, Auroville

Workshop by **DR. GEETA AUROPREMI**

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

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

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

Enquiry Contact Monisha +91 8489347454

Submitted by Monisha for BN Team

It Matters

Schedule from Tuesday, 20 to Sunday, 26 May

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



Date	Activity
16 May, Thursday, 5:30—6:30pm	Mandala drawing with Thamizh
17 May, Friday, 5—6pm	Mystery Activity: Reveal on insta the same day
18 May, Saturday, 10—11am	Upcycled DIY with Abhipsa
18 May, Saturday, 2—4pm	Intuitive painting with Marie-Claire Barsotti*
18 May, Saturday, 4:15—5:15pm	Yoga & Sound Bath with Chandra
19 May, Sunday, 10—11:45am	Discover Acroyoga with Damien
19 May, Sunday, 3—4pm	Lazy 'n' Fit: Mindful Fitness with Sushant
20 May, Monday, 9—9:30am	Monday Smart Start with Ange Sabine Blanchflower
20 May, Monday, 5—6pm	Tai Chi May , the way of the leaf with Kaarthikeyan Kirubhakaran
23 May, Thursday, 5:30—6:30pm	Mandala Drawing with Thamizh
24 May, Friday, 5—6pm	Mystery Activity: Reveal on insta the same day
25 May, Saturday, 10—11am	Upcycled DIY with Abhipsa
25 May, Saturday, 2—4pm	Intuitive Painting with Marie-Claire Barsotti*
26 May, Sunday, 10—11:45am	Discover Acroyoga with Damien
26 May, Sunday, 3—4pm	Lazy 'n' Fit: Mindful Fitness with Sushant

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

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

Traditional Mantras & Stotras

chanting class

@ Serendipity Community
With Sonia Novaes

THURSDAY | 9 AM (DROP-IN CLASS)

FRIDAY | 5 PM (REGULAR CLASS)

info:
serendipityauroville@gmail.com
+91 8940288090

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**

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

Classes

Classes	Teacher	When
Acro Yoga	Damien	For guests , only on appointment on Monday, Wednesday, Friday from 11am—12:15pm OR 3—4:15pm. Intermediate 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
Iyengar yoga	Olesya	Wednesday & Saturday 6:30—8am Monday, Thursday & Saturday, 5—6:30am Or by Appointment 9159052743

*Ramana for Arka***TRAINING IN WOOD'S GRAVITY****Colon Hydrotherapy****26—28 May in Quiet**

Looking to change your work to something fulfilling?

Professional training, therapist training 26—28 May in Quiet in Wood's Method Gravity Colon Hydrotherapy. We are holding this training for Aurovilians who would like to devote their time by the ocean and work at



Quiet for minimum of one year. This practice deeply heals and changes lives. Learn the magic of emotionally intelligent bedside manner and witness the magical healing capacity of the human body.

- Serious candidates only please inquire at 7639163541

Lucas

QUIET HEALING CENTER Summer Break



Till Monday, 17 June

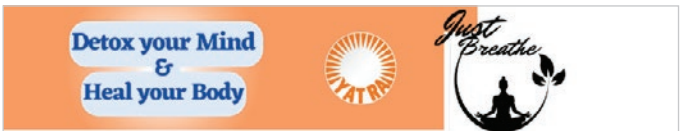
Quiet Healing Center will be closed from Friday, 26 April till Monday, 17 June for annual repair and maintenance works. With our apologies for any inconvenience,

Guido

for Quiet Healing Center Team

www.quiethealingcenter.info/quiet@auroville.org.in

+91 9488084966 Mobile & WA



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

Yatra Srinivasan,
Near New Creation Sports Ground,
0413 2623071, +91 9751033162,
<https://www.yatraarts.org/>,
<https://www.yatraartsmedia.org/>

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.



INNER
SIGHT

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

ACROYOGA

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



Damien



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

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

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

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

The poster is titled 'MINDFUL MONDAY' in large, bold letters. Above the title, it says 'YOU DONT WANT TO MISS THIS!' in a circular arrangement. Below the title is a diagram of a person in a meditative pose (Padmasana). Five numbered points are connected to different parts of the body with lines, each describing a benefit: 1. Reduces stress (head/neck area), 2. Makes you happier (upper chest area), 3. Better Sleep (lower chest area), 4. Regulates heart rate (heart area), 5. Promotes positive mood (lower abdomen area). In the top left corner is the 'YATRA' logo, which is a sunburst design. In the bottom left corner is a small photo of a man in a green shirt, with the text 'WITH MRADUL JAIN' below it. On the right side, it says 'EVERY MONDAY 07:30AM FOLLOWED BY BREAKFAST'. At the bottom, a box contains the text: 'Learn how a unique japanese scientific meditation blended with ancient wisdom...can change your life!'

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
 - 0413 2623071, +91 9751033162 *Yatra Srinivassan*

YOGA WITH RACHEL

INTEGRAL ALIGNMENT ALINEAMIENTO INTEGRAL



Reservas en: 
Bookings on: +91 7457085676, Rachel

- One to One lessons—Small groups

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

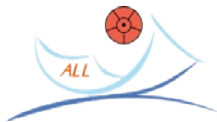
- Clases particulares—Pequeños grupos

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

Submitted by Rachel

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!

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!

Sanskrit Chants with Vishawanathanji

Sanskrit Chants with Vishawanathanji is on a break until the first of June.

Conversation Practice Sessions

Conversation Practice sessions are on Mondays for Samskrit, Tuesdays for Spanish, Wednesdays for French, Thursdays for English (On the Auroville Charter and The Dream). 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!

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). We know many of you have complained that it is not available as a paperback. We have great news : very soon, it will be! The last print sample is being vetted, and the paperback will be available in about two-three weeks!

Tomatis

There will be a short week-long break for the week of 13—18 May to enable the polishing of the tiles in the corridor. There are spaces available after that 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. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

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

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

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.

Language Courses at ALL

TEFL Preparation Course

- This course is now closed.

New Beginner French with Samuel from 14 May

- Tuesdays and Thursdays, 4—5pm
- Starting 14 May 2024
- Duration 8 hours (over one month)

We are happy to welcome Samuel, a native French speaker and volunteer from Martinique, who will conduct an 8-hour course, two hours per week, for a month. It will be an introduction to French, where you will learn how to greet people, conduct cordial exchanges, how to chat in an airport, and tell a little story. Just 8 hours, for a lovely French Introduction! So come and enjoy French with Samuel, Tuesdays and Thursdays from 4-5pm. Starting on Tuesday 14 May. All welcome.

New Beginner English Class

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

Ongoing English Classes

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

New Beginner Hindi with Kaushal from 1 June

- Wednesdays, 2—4pm
- Starts in early June 2024 (TBA)
- Duration: 16 hours (over two months)

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!

Current Schedule of Classes as of 16 May, 2024

	Level	Duration/ Cycle	Time	Day(s) of Classes
English	Work on conversational skills while correcting your grammar	8-Hours Monthly Always Ongoing	11am— 12pm	Monday & Wednesday
	Pre-Intermediate & Intermediate	8-Hours Monthly Always Ongoing	11am— 12pm	Tuesday & Thursday
	Conversation Intermediate, Starting 9 April	6-Hours (3 weeks)	4—5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Starting 8 April	6-Hours (3 weeks)	4—5pm	Monday & Wednesday
	Beginner, Starting 8 April	9-Hours (3 weeks)	10:30am— 12pm	Monday & Wednesday
French	Beginner	8-Hours (1 months)	4—5 Pm	Tuesday & Thursday
Italian	Upper-Intermediate	18-hours (3 months)	4—5:30pm	Thursday

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!

Looking for

Someone who can type in English! We have many case notes to type up which detail the progress made—especially by children—during Tomatis programs. The work would have to be done at the Lab. We need someone who can type, cares for people, and will respect confidentiality. We could definitely still do with someone to help with fundraising. And we always welcome volunteer language teachers.

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 and Anita,
for Language Lab Team*

Cinema

AUROFILM Takes a Break



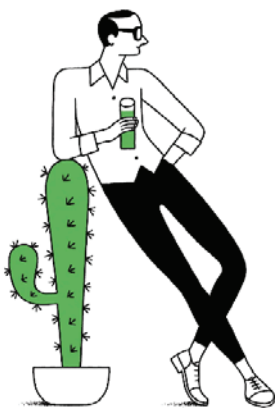
Aurofilm is taking their annual break in June 2024 and hence there will be

No Friday evening films in June.

So, on **Fridays 7, 14, 21, 28 June**, and as of now also **26 July 2024** if there are groups or individuals who want to book evening programs you can.

- **For example**, you can plan a program starting at 5pm ending by 7:30pm. Provided that the program ends by 9:30pm it should be fine.

Booking procedure will remain the same. If interested, you can decide on a date(s), starting and ending time of your intended program and write to us at mmcauditorium@auroville.org.in to inquire about availability. We go from there.



*Nina,
Multimedia Center (MMC) Team*

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

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



20:00 Dinner is served

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

- For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

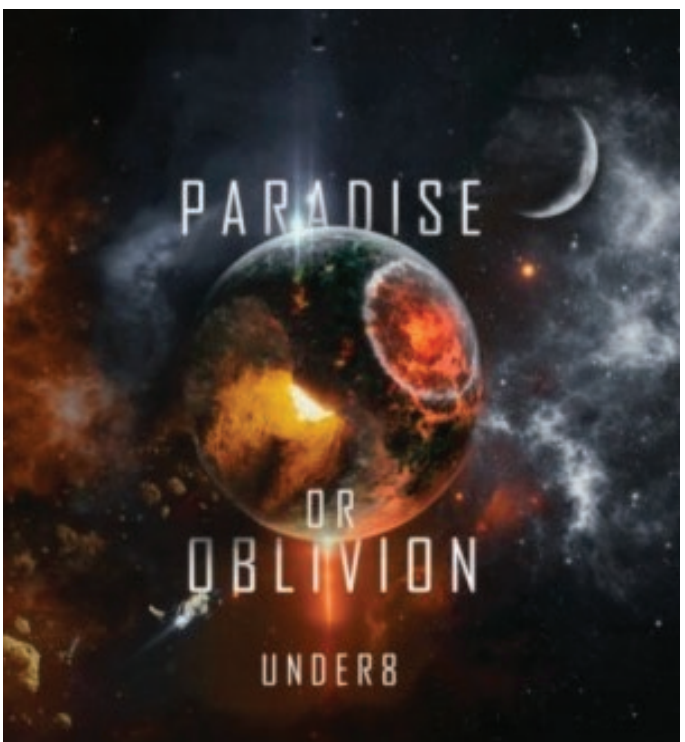
Friday, 24 May

Paradise or Oblivion

2012 / 48 minutes / Roxanne Meadows

Featuring the life-long work of Social Engineer, Futurist, Inventor and Industrial Designer Jacque Fresco, this presentation advocates a new socio-economic system that is updated to present-day knowledge. He calls it a Resource-Based Economy. This documentary details the root causes of the systemic challenges caused by our current system. It introduces the viewer to an alternative value system that would be required to enable this caring and holistic approach to benefit human civilization.

Aviram





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
20 May to 26 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 20 May, 8pm
Jigarthanda Double X

India, 2023, Writer-Dir. Karthik Subbaraj w/ Raghava Lawrence, SJ Suryah, Nimisha Sajayan and others, Action-Comedy, 182mins, Tamil w/ English subtitles, Rated: NR (R)

Set in 1970s Allius Caesar is a notorious gangster in Madurai and the head of the Jigarthanda Club (after the famous drink from the city). He's an ardent fan of Clint Eastwood and aspires to emerge as an Eastwood-style ator. Caesar hires Ray Dashan, who presents himself as Satyajit Ray's assistant, for his debut film. But Dasan has other motives. *A rather long but acclaimed film.*

Potpourri—Tuesday 21 May, 8pm
Maixabel

Spain, 2021, Writer-Dir. Icíar Bollaín w/ Blanca Portillo, Luis Tosar, María Cerezueta, and others, Biography-Drama, 115mins, Spanish-Basque w/ English subtitles, Rated: NR (PG-13)

In the film, 11 years after her husband was killed by the Basque group ETA, Maixabel Lasa agrees to a request to meet one of the assassins who is in prison, to find some kind of restorative justice. Partially based on real events, the film focusses on the search for inner peace on both sides: the victim and the perpetrator; their ability to forgive and leave the hate behind.



Interesting—Wednesday 22 May, 8pm

An Inconvenient Sequel: Truth To Power

USA, 2017, Dir. Bonni Cohen & Jon Shenk w/ Al Gore, Cory Booker, George W Bush, and others, Documentary, 98mins, English w/ English subtitles, Rated: PG

A sequel to the original film that addresses the progress made to tackle the problem of climate change and Al Gore's efforts to persuade leaders to invest in renewable energy, culminating in the landmark signing of 2016's Paris Climate Agreement. *Since we are still dealing with the same issues though!*

Selection—Thursday 23 May, 8pm

Avril Et Le Monde Truqué

(April and the Extraordinary World)

France-Canada-Belgium, 2015, Dir. Christian Desmares & Franck Ekinci w/ Marion Cotillard, Marc-André Grondin, Philippe Katerine, and others, Animation-Comedy, 105mins, French w/ English subtitles, Rated: PG

Paris, 1941. A family of scientists is on the brink of discovering a powerful longevity serum gets abducted, but their daughter April is left behind. Ten years later, April lives alone with her cat Darwin, and carries on her family's research in secret. But she soon finds herself at the center of a shadowy and far-reaching conspiracy, bicycle-powered dirigibles, and cyborg rat spies. Undaunted, she continues. *A must watch!*

International—Saturday, 25 May, 8pm
Origin

USA, 2023, Writer-Dir. Ava DuVernay w/ Aunjanue Ellis-Taylor, Jon Bernthal, Niecy Nash, and others, Drama-History, 141mins, English w/ English subtitles, Rated: PG-13

While grappling with tremendous personal tragedy, Isabel sets herself on a path of global investigation and discovery. Despite the colossal scope of her project, she finds beauty and bravery while crafting one of the defining American books. This film is an adaptation of that audacious book by Isabella Wilkerson that explores the unspoken system that has shaped America and chronicles how lives today are defined by a hierarchy of human divisions. *It's an ambitious and acclaimed film!*

Children's Matinee— Sunday, 26 May, 4pm
The Breadwinner

Ireland-Canada-Luxembourg-USA, 2017, Dir. Nora Twomey w/ Saara Chaudry, Soma Chhaya, Noorin Gulamgaus, and others, Animation-Drama, 94mins, English w/ English subtitles, Rated: PG-13

Based on Deborah Ellis' bestselling novel by the same name, Parvana is an 11yrs-old girl growing up under the Taliban in Afghanistan in 2001. When her father is wrongfully arrested, Parvana cuts off her hair and dresses like a boy to support her family. Working alongside her friend Shauzia, Parvana discovers a new world of freedom-and danger. With undaunted courage, Parvana draws strength from the fantastical stories she invents, as she embarks on a quest to find her father and reunite her family. Equal parts thrilling and enchanting, the film is an inspiring and luminous tale about the power of stories to sustain hope and carry us through dark times.

Marcel Pagnol Film Festival @ Ciné-Club

Ciné-Club Sunday 26 May, 8pm
Jean De Florette

France, 1986, Dir. Claude Berri w/ Yves Montand, Gérard Depardieu and others, Drama—Comedy, 120 mins, French w/ English subtitles, Rated: PG.

In this acclaimed film the enterprising Ugolin Soubeyran returns to his native countryside after the serving in the military. Intent on growing expensive flowers, he conspires with his uncle, Cesar, to gain access to a hidden spring on a neighboring property. When their initial attempt to buy the land fails, they must contend with Jean de Florette and family who works on the coveted plot and turn it into a profitable farm.

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

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

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

Accessible Auroville Public Busavbus@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>

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

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

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

Editors' Note



Dear readers of paper version!

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

The only excuse of late delivery is rain on Friday.

Light and Peace,
Roy and AgniJata