

Auroville

NEWS & NOTES

No 1033 - A weekly bulletin for residents of Auroville

27 June 2024



PONDERING

"For millennia, we have been developing outer means, outer instruments, outer techniques of living – and finally those means and techniques are crushing us. The sign of the new humanity is a reversal in the standpoint, and the understanding that inner knowledge and inner technique can change the world and master it without crushing it.

"Auroville is the place where this new way of living is being worked out, it is a centre of accelerated evolution where man must begin to change his world through the power of the inner spirit."

~ 3rd August 1968

Aims and Ideals of Auroville - Some fundamentals
<https://dream.books.prisma.haus/en/some-fundamentals#what-auroville-is>



HOUSE OF MOTHER'S AGENDA

(continued from last two weeks)

“O mortal who complainst of death and fate,
Accuse none of the harms thyself hast called;
This troubled world thou hast chosen for thy home,
Thou art thyself the author of thy pain.

Once in the immortal boundlessness of Self,
In a vast of Truth and Consciousness and Light
The soul looked out from its felicity.

It felt the Spirit's interminable bliss,
It knew itself deathless, timeless, spaceless, one,
It saw the Eternal, lived in the Infinite.

Then, curious of a shadow thrown by Truth,
It strained towards some otherness of self,
It was drawn to an unknown Face peering through night.

It sensed a negative infinity,
A void supernal whose immense excess
Imitating God and everlasting Time
Offered a ground for Nature's adverse birth
And Matter's rigid hard unconsciousness
Harbouring the brilliance of a transient soul
That lights up birth and death and ignorant life.
A Mind arose that stared at Nothingness
Till figures formed of what could never be;
It housed the contrary of all that is.

A Nought appeared as Being's huge sealed cause,
Its dumb support in a blank infinite,
In whose abyss spirit must disappear:
A darkened Nature lived and held the seed
Of Spirit hidden and feigning not to be.

Eternal Consciousness became a freak
Of an unsouled almighty Inconscient
And, breathed no more as spirit's native air,
Bliss was an incident of a mortal hour,
A stranger in the insentient universe.

As one drawn by the grandeur of the Void
The soul attracted leaned to the Abyss:
It longed for the adventure of Ignorance
And the marvel and surprise of the Unknown
And the endless possibility that lurked
In the womb of Chaos and in Nothing's gulf
Or looked from the unfathomed eyes of Chance.

It tired of its unchanging happiness,
It turned away from immortality:
It was drawn to hazard's call and danger's charm,
It yearned to the pathos of grief, the drama of pain,
Perdition's peril, the wounded bare escape,
The music of ruin and its glamour and crash,
The savour of pity and the gamble of love
And passion and the ambiguous face of Fate.

A world of hard endeavour and difficult toil,
And battle on extinction's perilous verge,
A clash of forces, a vast incertitude,
The joy of creation out of Nothingness,
Strange meetings on the roads of Ignorance
And the companionship of half-known souls
Or the solitary greatness and lonely force
Of a separate being conquering its world,
Called it from its too safe eternity.

A huge descent began, a giant fall:
For what the spirit sees, creates a truth
And what the soul imagines is made a world.



A Thought that leaped from the Timeless can become,
Indicator of cosmic consequence
And the itinerary of the gods,
A cyclic movement in eternal Time.

Thus came, born from a blind tremendous choice,
This great perplexed and discontented world,
This haunt of Ignorance, this home of Pain:
There are pitched desire's tents, grief's headquarters.

A vast disguise conceals the Eternal's bliss."

* * *

Then Aswapati answered to the seer:
"Is then the spirit ruled by an outward world?"

O seer, is there no remedy within?

But what is Fate if not the spirit's will
After long time fulfilled by cosmic Force?

I deemed a mighty Power had come with her;
Is not that Power the high compeer of Fate?"

But Narad answered covering truth with truth:
"O Aswapati, random seem the ways
Along whose banks your footsteps stray or run
In casual hours or moments of the gods,
Yet your least stumblings are foreseen above.

Infallibly the curves of life are drawn
Following the stream of Time through the unknown;
They are led by a clue the calm immortals keep.

This blazoned hieroglyph of prophet morns
A meaning more sublime in symbols writes
Than sealed Thought wakes to, but of this high script
How shall my voice convince the mind of earth?

(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)



NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of posters should be 1 MB, JPEG format. Bigger posters will be reduced or cropped to fit.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to **newsandnotes@auroville.services**
- Articles for the Notes section should ideally be no longer than 500 words.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before **Tuesday 5pm.**

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team
newsandnotes@auroville.services

LIST OF ACRONYMS:

AVF (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

Working groups selected by the Residents Assembly:

Working Committee (WCom)
Funds and Assets Management Committee (FAMC)
Budget Coordination Committee (BCC)
Town Development Council / L'avenir d'Auroville (TDC)

Auroville Council (AVC)
Entry Service (ES)

FO selected groups:

Working Committee (WC)

Funds and Assets Management Committee (FAMC)

Budget Coordination Committee (BCC / BCS)

Auroville Town Development Council (ATDC)

Housing Service (HS)

Land Board (LB)

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NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can donate at this account Nr: **FS #252150**.
- Content sent through *@auroville.org.in* mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is:
newsandnotes@auroville.services

Thank you for your continued support!

In community,

The RA Community Edition News and Notes Team

WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to:
auroville.entryboard@gmail.com

FROM THE WORKING COMMITTEE

COMMUNITY GATHERING - SATURDAY 6 JULY

All are warmly invited
by the Working Groups of the Residents' Assembly

COMMUNITY GATHERING
Saturday July 6th at 5:30 pm
Certitude Sports Ground

*Let us unite our voices and act together
to protect the lands of Auroville*

Sharing of important information, concerns and aspirations
and
Enjoying an evening with potluck dinner

See you all there !



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

COMMUNITY NEWS

COMMUNITY SHARING

BUILDING TWO NEW DOG ENCLOSURES AT OUR OVERCROWDED SHELTER



As many of you know, our dog shelter is facing severe overcrowding, which has halted our ability to take in more rescues. We have worked hard to overcome numerous challenges and false accusations imposed by certain individuals who tried everything to prevent the construction of a new shelter. We are happy to report that we finally can move forward and are right now awaiting the release of funds from Delhi to start construction of the new Auroville Dog Shelter, but because of the long delay those attacks have caused, we must brace ourselves for yet another monsoon season in our old, deteriorating shelter.

We have cleared an area from overgrowth to construct two temporary enclosures. Additionally, we must reinforce our existing enclosures to make them rain and flood-safe before the coming monsoon. We kindly ask the Auroville community and all dog lovers to assist us by donating building materials. Donations in kind such as fences, roof sheets, cement, sand, old gates, wood, and any other useful materials would be greatly appreciated.



If you have some spare time and basic skills, your hands-on volunteering help at the shelter would be invaluable in patching up the old structures. For those who prefer to contribute financially, please use our **FS account 251391** for monetary donations. The entire team and all our dogs thank you sincerely for your generosity and assistance.

MATRIMANDIR DIARY

Matrimandir

As you may know, Matrimandir is supported almost exclusively by donations. Presently Aurovilians on the Matrimandir maintenance list receive about half their maintenance from City Services and there are some individual Aurovilians among the regular donors. The most obvious contribution from within Auroville towards the Matrimandir comes from the many Aurovilians who give their voluntary service mostly as cleaners and attendants. However, by and large Matrimandir's expenses, for both development and maintenance, are covered by donations from well wishers from all over India and around the world.

In general in Auroville, the usual pattern is for development to be covered from donations or grants and maintenance to be covered from within Auroville. But this is not the case at Matrimandir. The 33lakhs rupees spent monthly for the regular maintenance of the Matrimandir building and all the rest of the Park of Unity as well as the Viewing Point come from donations. That is nearly 4crore rupees per year.

Matrimandir is always being sustained financially by the Mother's Grace and is blessed to have so many generous members of the public giving their support, some regularly and some quite spontaneously. But, as with the rest of Auroville, donors are in general more interested in supporting development projects like the Lake, the new Gardens or the Golden sliding doors for the 4 pillars. (There are several such projects on the go at the moment as we strive to complete the Matrimandir by Mother's 150th birth anniversary on 21st February 2028)

So from time to time, the moment arrives when it is never quite sure where the next funds are coming from to pay the other half of those Aurovilian maintenances, the wages and materials for those workers who take care of the Matrimandir building and the gardens including the viewing point; the cleaners, the gardeners, the electricians, the plumbers, the metal workers, the carpenters, the masons, the scaffolding team and many more both Aurovilians and workers who work to keep everything clean, tidy and in good repair every single day.

So all unspecified contributions are most welcome. Already some Aurovilians give small regular monthly donations and if you would like to join them and help to keep the Matrimandir beautiful and in good repair, you can do so by making a financial service transfer to account 102090. If you feel moved to make a larger donation please pass by the Offerings Desk at the Unity Office for more details on how to do that. You can also contribute to Matrimandir in kind; right now a second hand moped would come in very useful indeed. If you have one you could donate please contact matrimandir@auroville.org.in.

With gratitude
The Matrimandir Team

POETRY

Smiles

Reveal the teeth
Wrinkle the skin
Ripple sweetness

-Anandi Z.



OBITUARY

GOUPI PASSES AWAY



This is to inform the community that long-term Aurovilian Goupi (Jean-Pierre Bunel) peacefully passed away at Marika's Home in the evening of Monday, June 24th. He had just turned 82 years old.

Goupi originally studied Tibetan Buddhism in France and wanted to live in the Himalayas. When he came across some writings of Sri Aurobindo, he changed his mind and sailed in 1966 by boat to Pondicherry where he met with The Mother and was allowed to stay in the Ashram. Mother gave him the name Guru Prasad, which was later abbreviated to Goupi for short.

In those early years, Goupi taught at the Ashram school and had regular meetings with The Mother. Before coming to India, he had been a physics teacher at the university in France. When the well-known Physicist and Nobel Prize winner Georges Charpak visited the Ashram, Goupi met him personally and Georges offered him a lifelong subscription of the Cern Courier magazine which were greatly appreciated throughout the years.

Naturally, Goupi was present at Auroville's inauguration ceremony on 28 February 1968.

In 1977 he decided to move to Auroville with few others from the Ashram and started the community Djaima, in honour of his lifetime's mantra "Jay MA". At that time, he noticed a need for physical care for the first pioneer Aurovilians who worked long days in the sun. His good friend and mentor Biren-da, a renowned masseur in the Ashram, encouraged his interest in massage and taught him "to talk to the body", a skill with which he has helped many Aurovilians and others throughout the years... During the massages, Goupi would empty himself and let Mother do the work, while chanting Aum or Jay Ma..., leading to remarkable results.

His interest in massage went along with his great interest in studying different languages such as Tibetan, Sanskrit, Hindi, Bengali and Tamil.

It is with gratitude that we will remember him, as many of us have passed through his healing hands. It was not only for physical healing but often also for his guidance and understanding of Mother and Sri Aurobindo's yoga that people would approach him, like a road sign on the way.

For Goupi, the dream of The Mother has become true in the Auroville he lived in. He saw it as a privilege and realisation of how to live differently on this planet. For those who have met him, he truly represented a different way of living.

Goupi's joy, simplicity and sincerity in his surrender to the Divine made him live with a constant presence of The Mother in his heart.

In loving memory of a very sweet, special person and very loving father and grandfather.

JAY MA~



Little video on Goupi :

<https://www.youtube.com/watch?v=VkBdoXrdM14>

THE AUROVILLE THAT WAS...



Farewell, Goupi!

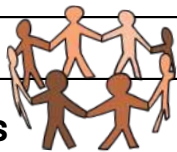
[Submitted by Paulette]



[Submitted by Biggie]



VOICES AND NOTES



AN URGENT APPEAL TO EVERY ONE OF US

What is being done these days by the Foundation office and the Governing Board is no less than the destruction of Auroville at every level.

The reason given for 'land exchanges' is a **dangerous misinterpretation of Mother's plan for Auroville**. Her vision of Auroville was much vaster than the so-called 'Masterplan', spanning from Ousteri Lake all the way to the ocean!

The very essence of the galaxy plan approved by the Mother is that from the central Peace area of the Matrimandir, the soul of Auroville, there is a dynamic spiralling outwards of this universal township.

The present 'Masterplan', which is only a perspective plan, was created 30 years later, in an attempt to protect the lands against speculators from outside. It has very little to do with Mother's vision of Auroville!

The Governing Board's plan, touted as Mother's plan, intends its very opposite: to reduce Auroville into a suffocating circular city, fenced in by walls, as a gated community for the chosen inhabitants and the rich elite!

It is justifying the destruction of Auroville's body by giving away to vested interests: lands purchased with the explicit blessings of the Mother, lands donated by residents and well-wishers across the world, pioneering projects transforming barren lands into forest sanctuaries and farms, invaluable green lungs and treasures of biodiversity, Auroville's water and food security, the very basis of survival, and the living spaces and homes of one third of our community!!

We CANNOT allow the current administration to bulldoze the Dream of the Divine!

The forces of greed and corruption cannot be allowed to annihilate Mother's gift to the world, the city the Earth needs!

We call on everyone in Auroville to inform themselves urgently. It is high time to unite our voices to save Auroville!

- An Aurovilian

Editor's Note: To know more about the current situation visit: www.auroville.media

WORK OPPORTUNITIES

OFFERING WORK

VIKAS COMMUNITY IS LOOKING FOR A FULL-TIME GARDENER



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

LOOKING FOR WORK

LAKSHMI LOOKING FOR PART TIME WORK

Lakshmi is a reliable hard worker; she is looking for 3 days of work per week doing all tasks related to house-cleaning.

If you are interested, you can contact her through her sons: Vijay 9585881628 or Ajay 6385629071.

Thank you for her.

Rakhal

HOUSEHOLD WORKER LOOKING FOR MORE WORK

Dear Community,
Jaya, hailing from Pettai village is looking for more work.

Jaya has been working at Pitanga for one year and is now working part-time in a household in Samasti. Jaya is a reliable person, a conscientious and hard worker and is available on Monday, Tuesday, Thursday and Friday MORNINGS, and Wednesday and Saturday FULL DAY.

We are happy to help her find more work.

You can therefore contact us at 2622403 or 9443169306 to arrange for a meeting with Jaya.

Anandamayi & Andrea
for Pitanga team

AWAKENING SPIRIT

**THE OM CHOIR IN SAVITRI BHAVAN WILL RESUME ON
JULY 2, 2024**

ALL ARE WELCOME
- Narad



SAVITRI SATSANG WITH NARAD

Savitri Satsang with Narad will begin again on
Wednesday, July 3rd at 7:15
at the home of Uma and William in Kalpana.

- Narad

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 2nd July, 9 am - 12 noon
Focus: The Divine Mother

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



AMPHITHEATRE - MATRIMANDIR

Every THURSDAY
6.00 to 6.30 pm



During the Summer months, Sunil's music and Savitri read by Mother will be replaced by the beautiful New Year Music, 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.

Access for the Amphitheatre only from 5.45 pm and until meditation ends.

Thank you
Surya for Amphitheater team

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to Aurovilians and Newcomers
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens
Daily: 9.00 AM to 3.30 PM
- Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:
Monday – Saturday 6.00 AM to 8.00 AM
4.30 PM to 7.30 PM
Sunday 6.00 AM to 12.00 PM
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:
Wednesday – Monday 8.00 AM to 8.40 AM.
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:
Tuesday 9.00 AM to 11.00 AM
- The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
Monday – Sunday 7 AM to 8 AM,
Tuesday AM closed.
Daily 5 PM to 6 PM

Access to Matrimandir for Visitors and Guests Matrimandir Viewing Point

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost.

Free passes can be obtained at the Auroville Visitors Centre

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Timings starting from the Visitors Centre:

Daily: 9.00 AM to 5.30 PM

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

A SATSANG ON THE INTEGRAL YOGA

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

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

— The Mother

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

Facilitated by Zech Joya

Schedule: **Tuesdays and Thursdays, 5:30-7:00pm**

Venue: Conference Room, G/F SALLIER Building, Town Hall Complex, or at an agreed upon venue in Auroville

By appointment only: please call 8300191193



[Please click this link for details](#) or scan the above QR Code



Also check Zech's Weekly Sharings:

<https://zechjoya.blogspot.com>

Or scan the QR Code on the left

EDUCATION

CALL FOR GRANT PROPOSALS SDZ FUNDING IN 2024

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

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

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

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

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

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

TUTION GRADE 1-12

Tution classes open for students from grade 1 to grade 12. Please contact on my WhatsApp 8270512606. Ashwini



SPOKEN ENGLISH AND HINDI

Hi! My name is Ashwini and I have an experience of 20 years as a Spoken **English, Hindi, Kannada and Marathi** language trainer for all levels. If you are interested in learning one of the above languages either in oral or written form please contact me on my WhatsApp 8270512606.

HEALTH

SANTÉ SERVICES IN JUNE 2024



Working Hours:

Monday - Saturday 9:00 - 12:30pm & 2:00 – 4:30pm

SATURDAY AFTERNOONS WILL BE CLOSED IN JUNE

Tests and Sample collection:

Mon-Fri before **8:30** - 12:00 pm.

No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 9442224680

Government Ambulance (24/7) : Phone: 108

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

Doctor Consultation with Dr.Senthil: Monday to Friday	Nursing Care: Thilagam, Ezhil, Archana, Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be: Mon/ Tue/ Wed/ Fri	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: TOS	Homeopathy with Michael: TOS
Physiotherapy & Massage with Galina: Mon/ Tue/ Thurs/ Fri	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.

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 whatsapp Kardash on 9940934875.

AUROKIYA INTEGRAL EYE CENTRE @ ARKA



Aurokiya Integral Eye Centre
(An Auroville Activity)



Working Hours:

Monday - Saturday
(9.00 am - 5.30 pm)

EYE WELLNESS CENTRE



Services Provided:

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com
WA/ Mobile: 8012305151: www.aurokiya.com

CLASSES, WORKSHOPS & HEALING ARTS

MINDFULNESS FOR STRESS REDUCTION (MBSR) - 1 WEEK INTENSIVE COURSE

Mon 8th July - Sat 13th July

This course synthesises ancient Eastern wisdom on mindfulness with Western neuroscience, mind-body medicine & positive psychology.



The course can improve the ability to cope with the stresses of everyday life - giving space to respond to situations rather than react. It can help with anxiety & depression, to manage chronic pain, lower blood sugar levels, improve emotional regulation; increase attention, focus & memory; & plant inner seeds of happiness, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

Timings are: **7.30-9.30am (Mon to Fri) & 9am - 4.30pm on Sat 13th July.**

The course is led by Helen. Message her on 7094753054 for booking & details or see innersightav.org The course is hosted by InnerSight (an Activity under Hospitality Trust)

VIPASSANA MEDITATION

Date: Every Sunday - for those who have attended at least one ten day Vipassana course as taught by SN Goenka.

Timings: 8:00 AM – 12:00 PM but you can also drop in and join as long as you wish.

Venue: Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).



Vipassana
As taught by S.N. Goenka



Contact: Sanjay Tumati,
+91 8790982210 (available on WA)
sanjay@auraauro.com

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.

Adult classes: The Aikido group at **Auroville Budokan (Dehashakti)** welcomes new practitioners, **Youth and Adult students**, and the ones who would like to revive an old (abandoned) practice! So, we are happy to share our schedule: **Tuesday, Thursday and Saturday early morning from 6 to 7.30 am. Beginners most welcome. Girls and women** are especially called to join us.

To progress with the practice and feel its benefits, all students are encouraged to be regular and attend a minimum of 2 classes a week. Practice outfit: In the beginning, new students can wear long and comfortable pants and a T-shirt (no tight-fitting clothes). A white keikogi (practice suit) will soon be necessary to continue. We have some in stock and can lend them out.

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

Contact for more info and registration:
budokan@auroville.org.in and **83006 43963** (Philippe G. - WA) **99528 12843** (N. Murugan -WA) **83--1 89062** (Surya -no WA)

AUROVILLE AIKIDO - REGISTRATION OF CHILDREN/YOUNG STUDENTS

School year 2024-2025



Dear Parents, dear All,

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

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

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

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

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

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

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

For registration and further inquiries, please write to budokan@auroville.org.in contact : **0413-2622951** or **83006 43963** (WA Philippe G.) **83001 89062** (Surya -no WA)

With best regards,
Cristo, Rita, Surya, and Philippe

VÉRITÉ WORKSHOPS

Pre-registration required

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



Introduction to Ayurveda & Panchakarma – with Dr. Geeta Friday, June 28, 2:00pm – 4:30pm

Ayurveda, the ancient Indian medical system, includes Panchakarma, which is a set of five cleansing procedures. Learn the appropriate use of and principles behind these practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit

Food is Medicine- Lifestyle Health Practices – with Parvathi Saturday, June 29, 2:00pm – 4:30pm

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

Mindfulness Kindfulness with Helen Saturday, July 6, 9:15am – 12:00pm

This half-day retreat provides a chance to unplug from the stresses of everyday life. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here and now. This session will blend mindfulness with kindness. Specifically, we will be gently exploring how we can soften, and be kinder and more compassionate to ourselves and others.

Food is Medicine- Lifestyle Health Practices with Parvathi Saturday, July 6, 2:00pm – 04:00pm

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

VÉRITÉ REGULAR EVENTS - JULY 2024

CLASSES



Contact Verité @
0413 2622045, WA +91 9363624083
or e-mail programming@verite.in

Yoga Breath & Meditation Practice for Beginners – with Mamta – Monday 7:30am – 8:30am:

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will discuss the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

Deep Sound Bath with Satyayuga – Monday, Thursday & Saturday 5:00pm - 6:00pm:

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

Sivananda Yoga - with Mani – Tuesday & Saturday 7:30am – 8:30am:

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), increasing the pranic energy level, channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation.

Open Heart Space Meditation – with Samrat – Tuesday 5:00pm – 6:00pm:

It is a simple practice of becoming aware of the reality as it is without judgment, interpretation or reaction, and settling into its vast luminous expanse. We learn to embrace and let go each experience as it arises and subsides. Eventually the mind falls silent and sinks into the open heart-space, a doorway to unity-consciousness, where the inner and outer worlds meet and merge. Along with meditation, there will be some mantra chanting, yoga, interactive dialogue, and whatever arises in the moment.

Pranayama & Meditation: Re-balance your Nervous System - with Radhika – Wednesday 7:30am – 8:30am:

You will be guided in breathwork techniques such as Suka, Nadi Shodan and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

Kirtan - Songs for Your Soul (no class 3 July) - contributions are voluntary – with Mamta – Wednesday 5:00pm - 6:00pm:

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

Gentle Hatha Yoga – with Ramya – Thursday 7:30am – 8:30am:

The session will guide you into mindful movements with body & breath awareness, improve strength & mobility and enhance relaxation. The practice will include slow-paced postures and breathing techniques with longer holds, starting with warm-ups and ending with cooling down/relaxation. We will focus on attention to proper alignment, ease of movement and simple yogic breathing techniques.

Restorative Yin Yoga - with Radhika – Friday 7:30am – 8:30am:

Restorative, meditative and relaxing: Discover the restorative and regenerative effects of this practice through meditative sequences that target deep tissue and restore the energy balance in our body.

Face & Eye Yoga – with Mamta – Friday 5.00pm - 6:00pm:

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

TREATMENTS AND THERAPIES

Biodynamic Craniosacral Therapy - with Mila

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

Birenda Massage - with Radhika

A relaxing full body oil massage using a unique technique developed around the 1950s by Birenda of the Aurobindo ashram. This soft, yet profound massage helps to unfold a journey within oneself during which energy blockages and tensions surface so that they can be recognized and transformed.

Integrated Craniosacral & Foot Reflexology – with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. **Foot reflexology** involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. This **integrated therapy** provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage - with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. **Deep Tissue** involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. **Heart Healing Massage** helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

Holistic Foot Reflexology– with Vyshnavi

Manual pressure is applied to specific “reflex points” of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep. **Integrated Energy Healing & Holistic Foot Reflexology** : These sessions combine elements of Pranic Healing (energetic cleansing), Reiki ("divine healing" through innate intelligence), & Reflexology to internalize, integrate, & circulate channelled energy.

Energy Healing Reiki – with Vyshnavi

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner's hands. Practitioners gently place their hands on or near the client's body to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

The Face & Neck Massage – with Mamta

The Face & Neck Massage is a rejuvenating technique using special face oils, massaged with varying pressures into the face & neck, along specific energy lines & points, to induce a deep relaxation for body & mind.



VÉRITÉ PROGRAMS – JULY 2024

Phone:+91 413 2622045, 2622606

Whatsapp:+91 9363624083 /

8489391876

Email: programming@verite.in

Website: www.verite.in

YOGA & RE-CREATION PROGRAMS

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga, Breath & Meditation Practice for Beginners	7:30am - 8:30am	Mamta
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30am - 8:30am	Mani
Tuesdays	Open Heart Space Meditation	5:00pm - 6:00pm	Samrat
Wednesdays	Pranayama & Meditation	7:30am - 8:30am	Radhika
Wednesdays	Kirtan- Songs for Your Soul (no class Jul 3) - contributions are voluntary	5:00pm - 6:00pm	Mamta
Thursdays	Gentle Hatha Yoga	7:30am - 8:30am	Ramya
Thursdays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Fridays	Restorative Yin Yoga	7:30am - 8:30am	Radhika
Fridays	Face & Eye Yoga	5:00pm - 6:00pm	Mamta
Saturdays	Sivananda Yoga	7:30am - 8:30am	Mani
Saturdays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Sat, 6 Jul	Mindfulness Kindfulness	9:15am - 12:00pm	Helen
Sat, 6 Jul	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:00pm	Parvathi
Fri, 12 Jul	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am - 12:00pm	Radhika
Sat, 13 Jul	Awareness Through the Body: Exploration of the Element Space	9:15am - 12:00pm	Amir
Sat, 13 Jul	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:00pm	Parvathi
Sat, 20 Jul	Face & Eye Yoga: Face Your Self	2:00pm - 4:30pm	Mamta
Sat, 20 Jul	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:00pm	Parvathi
Sat, 27 Jul	Master Class: Sivananda Yoga	9:15am - 12:00pm	Mani
Sat, 27 Jul	Food is Medicine - Lifestyle Health Practices	2:00pm - 4:00pm	Parvathi
Therapies (by appointment only)		Therapist	
Face & Neck Massage		Mamta	
Biodynamic Craniosacral Therapy		Mila	
Food is Medicine: Lifestyle Health Practices Consultation		Parvathi	
Birenda Massage		Radhika	
Integrated Craniosacral & Foot Reflexology		Radhika	
Craniosacral Therapy		Radhika	
Foot Reflexology		Radhika	
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage		Raja	
Energy Healing Reiki		Vyshnavi	
Holistic Foot Reflexology		Vyshnavi	
Integrated Energy Healing & Holistic Foot Reflexology		Vyshnavi	

Click [HERE](#) to view the Program in full.

TAI CHI HALL @ SHARNGA

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

Mondays & Saturdays:

- 7:30-8:30am Chi
- 8:30-9:30am Form

Tuesdays - Fridays:

- 7:30-8:00am Chi
- 8:00-9:00am Form

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

Our next beginner's intensive is from August 5 to August 24, 2024.

taichi.auroville.org / taichi@auroville.org.in



CAPOEIRA - MARTIAL ART AND MUSIC WITH GINGA SAROBA

Afro-Brazilian martial art that combines elements of dance, acrobatics, music and movements. More than 500 years old, Capoeira is a constantly evolving art form, come connect and express yourself.



Join us for classes for teens and adults (15 yrs and above)

Intermediate : Tuesday, Thursday and Saturday - 5.15 PM - Dehashakti

Beginners: Tuesday and Thursday - 6.00 PM- Dehashakti

Contact: 7598446327

Let us know if you would like more information.

AUROMODE YOGA SPACE

JULY 2024 SCHEDULE



Registrations are a must for all the program.

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

Contact – email – balaganesh.siva@gmail.com & WA(only) +91 98926 99804

Day	Time	Description
Monday to Friday	10 00 am to 11 00 am	Mobility with Karlakattai
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
July 10 to 14	6 30 am to 9 30 am, 10 am to 1 pm & 5 00 pm to 7 00 pm	5 days Yoga, Meditation, Pranayama and Yoga Nidra Workshop intensive
August 1 to 22	6 30 am to 9 30 am & 3 30 pm to 7 00 pm	200 Hr Vinyasa Flow TTC

VINYASA FLOW WITH BALA :

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

Date and Time :

- Every Friday - 5 30 pm to 7 00 pm
- Every Saturday - 5 30 pm to 7 00 pm
- Every Sunday -5 30 pm to 7 00 pm



MOBILITY WITH KARLAKATTAI:

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

Date and Time :

Monday to Friday - 10 00 am to 11 00 am

5 DAY YOGA, MEDITATION, PRANAYAMA AND YOGA NIDRA WORKSHOP: JULY 10 TO JULY 14:

Time : 6 30 am to 9 30 am,10 am to 1 pm & 5 00 pm to 7 00 pm

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

AUROVILLE YOGA 200 HR TTC SCHEDULE:

200 hours-22 days- August 1 to 22, 2024

Timing - 6 30 am to 9 30 am - 3 30 pm to 7 00 pm

- Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.
- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, subtle anatomy, mantra chanting
- Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
- Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
- Introduction to Kalaripayatu, Animal flow,
- Sound healing, Karma Yoga and more.
- Internationally recognised Yoga Alliance,USA accredited

5 day Auroville Yoga Festival– July 10 to 14,2024

Join us for this 5-day yoga festival celebrating life!

- Daily Asana Yoga – Vinyasa Flow
- In-depth study of Meditation and Pranayama practices
- Yoga Nidra – Theory and practice
- Sound healing journey
- Karma Yoga in Auroville Farms
- Introduction to Auroville lifestyle
- Fresh food and farm produce
- Visit and meditate in Matrimandir Gardens & Inner chamber
- Walk in Auroville Forests and more...



We invite you to take this opportunity to visit Auroville and give yourself the necessary pause. This is a non-residential course. We will guide you to find accommodation if you are from outstation. DM to know more.

Registration must **Auromode Yoga Space**
Email – balaganesh.siva@gmail.com WA + 91 98926 99804

REGENERATION LISTENING CIRCLE

Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h



Experiences of previous participants:

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

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

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

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

Submitted by Nadim

DEEP SOUND BATH IN CREATIVITY

TIBETAN BOWLS

Hall of Light
CREATIVITY community

**Every Friday
from 5 to 6:30 PM**

Starting from 17th November



There will be a LIGHT massage by the Tibetan Bowls.

Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practise produce a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

“If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes.”

Drop in the Hall, no reservation needed.

Please arrive 10 minutes before.

Guest 600 rs / Volunteer 300 rs

Aurovilians and Newcomers, conscious contribution

Sathyayuga

WA +917639761930

QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India

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

Mobile & WhatsApp: +91 9488084966

WOGA (Yoga in Water) with Friederike & Tamara

**Saturday 6th & 20th July
(4:30 - 6.00pm)**



WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.

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

No previous experience required (also no need to be able to swim)!

Baby Watsu with Friederike

**Monday 8th & 22nd July
(9:30 - 11.00am)**



A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together.

You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. In the end, there is free playtime.

Please bring towels and a closing swimming pant for your baby.

For babies between 2 and 12 months with their parents.

Gravity Colon Hydrotherapy

Quiet Healing Center reopens its Colon Hydrotherapy Clinic from 1st July onwards!

This highly effective detox treatment offers a natural approach using gravity instead of machines to clean the colon through a continuous, gentle flow of warm water. It is a manual therapy that allows for feedback and dialogue between the client, your body and the therapist.

The objectives of Gravity Colon Hydrotherapy are: eliminating waste matter; toning the musculature of the colon, and complete detoxification of body, liver and blood. It is especially useful for insomnia, diabetes, high blood pressure, digestive complaints, fatigue, brain fog, skin problems, and women's health issues.

Gravity Colon Hydrotherapy is considered one of the most effective ways to support the body regaining its natural capacities and experiencing greater vitality and health. As such, this therapy is for anyone who aspires to inhabit a healthier body, mind and spirit!

Colon Hydrotherapy

Detox through Woods Gravity Method



Gravity Colon Hydrotherapy is one of the most effective ways to support the body regaining its natural capacities and experiencing greater vitality and health.

This therapy is for anyone, who aspires to embody greater health, vitality and aliveness!

The objectives of Gravity Colon Hydrotherapy are:

- eliminating waste matter;
- retraining and toning the musculature of the colon, which is responsible for proper elimination (ideally 3 times a day);
- complete detoxification of body, liver and blood through reaching the blind end of the bowel over a series of sessions.

Very effective for people struggling with acne, indigestion, constipation, skin issues, toxicity issues, excess weight, fatigue, brain fog etc.

To begin to understand the benefits of Wood's Gravity Method, a minimum of three sessions is recommended. The duration of each session is one hour.

A full cleanse encompasses a series of 15 sessions, over a period of three months, once in a lifetime. To maintain optimal functioning, this can be followed up by one or two sessions every six months.

For bookings, call or WhatsApp Quiet Healing Center at 9488084966
www.quiethealingcenter.info / quiet@auroville.org.in

PITANGA CLOSED: 2 JUNE - 7 JULY



Summer maintenance work

Pitanga remains closed to the public during the month of June,
2 June – 7 July,
for annual maintenance work.

Pitanga supports a cashless economy in Auroville. If you are hosting a guest who'd like to join our activities, kindly inform them that contributions need to be made cashless.

If you wish to receive our program of activities by email, please write to us.

See you at Pitanga, with a smile!

Pitanga Cultural Centre
2622403 / WA 9443902403
info@pitanga.in

SWIMMING CLASS

Swim to Serenity: Waves of Strength!




Package swimming class

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

 Watersport_mani

Book Now

 +91 86376 33696

SALSA DANCE CLASS

Auroville New Creation Dance Studio
Embrace the Rhythm and Let Go!



Choose your dance

- Bachata Dance
- Kizomba Dance
- Salsa Dance
- Tango Dance

Tuesday Salsa Class 6:30 pm
Saturday workshop 7:00 pm

Register Now

 +91 86376 33696

 Bakisata_dance

TANGO DANCE

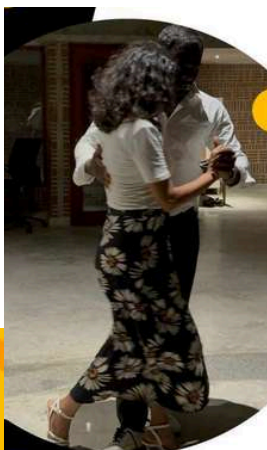
Auroville, Cripa (Small Room)

MONDAY

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

FRIDAY

Workshop 6:30 to 7:30 pm
Open Practice 7:30 to 8:30 pm



CONTACT US BY

 +91 86376 33696

 Bakisata_dance

SVARAM IS TAKING A BREAK IN JUNE

 **SVARAM**
SOUND EXPERIENCE

SOUND JOURNEY

is taking a break!

Sessions at the UTSAV Building
are postponed until 3rd July 2024

See you soon!



Scan for details

JOIN INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH!



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

Facilitated by Juan Andres and YouthLink

- **Every Monday** (started 10th of June) **4:30 ~ 6:00pm**
- At the request of the library, we will close the entrance at 4:45 PM. Please arrive before then.
- Auroville Library
- Age group: 16 ~ 30

MAKER SPACE:

Join us for our new youth maker space at the Youth Center, **Monday to Friday from 8.30am till 12.30pm.**

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

A facilitator will be available to provide assistance in learning how to use the tools and technologies, as well as hands-on experience in bringing your ideas to life.

Don't miss out on this exciting opportunity to be a part of our growing maker community.

What can you learn:

CUTTING BOARD/ LAMPS/ RENOVATION OF FURNITURE/ METAL & WOODWORK / WELDING/ ARTS & CRAFTS/ JEWELLERY/ UPCYCLING



SUN & SOIL

Natural building workshop

- **8 - 12 July**
- **7:30 am-5:00 pm**
- **5-day full-time workshop**

INTRODUCTION

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

Join us for this **5-day full-time workshop 7:30 am-5:00 pm.**

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

From **July 8th till 12th** - at Auroville, at Youth Center.

SOIL WALK | NATURAL BUILDING | DORODANGO ART | BIO ENZYME WORKSHOP | OPEN HOUSE

For registration and more info, please go to our website:

Youthlink.org.in



ACTIVITIES & EVENTS

MARCS CAFE - BREW BAR & LIVE MUSIC

5 PM TO 9 PM **26 JUNE** **LIMITED CAPACITY**



NON ALCOHOLIC

BREW BAR + LIVE MUSIC

CONTACT NUMBER: **+91 81486 60249** ADDRESS: MARC'S CAFE - STORE - ROOFTOP
Auroville Rd, Kuiltapalayam, Bommayapalayam, Tamil Nadu 605101, India



MULTIDISCIPLINARY IMPROVISATION LAB

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

IT MATTERS - WEEKLY ACTIVITIES - A/C ROOM

Schedule from 2nd to 6th July

Location: It Matters, Auroville Main More

Info on itmatters.auroville.org/activities or instagram [@auroville.curated](https://www.instagram.com/auroville.curated)

All activities are Rs./600 for guests and Rs./150 for Aurovilians/Volunteers

Discount vouchers available.

- **June 27th** - Thursday 5.30-6.30pm - Mandala drawing with Thamizh
- **June 28th** - Friday 5-6pm - Dance - with Aishwarya
- **June 29th** - Saturday 2-4pm - Intuitive painting with Marie-Claire Barsotti*
- **July 2nd** - Tuesday 5-6.30pm - Energy and Spiritual Science with Louis-Patrick
- **July 3rd** - Wednesday 5-6.30pm - Watercolor Art through geometry and meditation with Gino
- **July 4th** - Thursday 5.30-6.30pm - Mandala drawing with Thamizh
- **July 5th** - Friday 5.30-6.30pm - Kollywood dance - with Pranathi
- **July 6th** - Saturday 2-4pm - Intuitive painting with Marie-Claire Barsotti*
- **July 6th** - Saturday 4.30-5.30pm - Psychology and Mantric Poetry with Matthias

*extra fees for material may be applicable

IMPROVISATION CLASSES IN CRIPA

STARTS 6H JULY, 3:30 PM - 5:30PM

For queries write to: michaelsokolin@gmail.com

IMPROVISATION CLASSES

**Starting 6th July
Every Saturday
15:30-17:30
in Cripa (small room)**

Open ONLY to those who are here long-term as we are interested in on-going continuity to progress

We will explore staying receptive to the space, to the moment and to ourselves to become more in tune with what is natural allowing it organically to come forth without performing, acting, effort or tension.

OFFERING BY MIKE

MICHAELSOKOLIN@GMAIL.COM



KUILAI CREATIVE CENTRE

Integral Education Activities on Mother's 12 Qualities

at our Kuilai Creative Centre - AUROVILLE



	10am to 11:30am	12pm to 1pm	3pm -4:30pm
Monday	English Class	Mother's 12 QUALITY SESSION TAILORING - Flag Making	Mother's 12 QUALITY SESSION (Gardening)
Tuesday	TAILORING (Flag Making)	TAILORING - Flag Making	Mother's 12 QUALITY SESSION (Calendars Making)
Wednesday	Mother's 12 QUALITY SESSION (Painting)	TAILORING - Flag Making	Mother's 12 QUALITY SESSION (Mural painting on walls)
Thursday	English Class	TAILORING - Flag Making	Mother's 12 QUALITY SESSION (Embroidery work)
Friday	TAILORING (Flag Making)	TAILORING - Flag Making	Mother's 12 QUALITY SESSION (Book making)
Saturday	Physical, Craft and Art Activities from 9am to 4pm with free snacks and lunch for 30 kids from age 8 to 15.		

All are FREE for everyone from the ages of 10 onwards, except English, but please register through this link <https://forms.gle/vEtY21LuoE1PuVf7Z> or scan or call us 8608473385 (WhatsApp)

NOTE: Free snacks will also be provided! Volunteers are most welcome!



PERMACULTURE 360° FARM TOUR AT TERRA SOUL



terra soul

@ AUROVILLE

Permaculture 360°

Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?

Join us

Saturday from 11:00 AM to 1:00 PM for an immersive tour of our permaculture farm in Auroville!

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

CALL & BOOK A TOUR NOW

JUAN - 9443434182

terrassoul_community

👤 Limited spots available!

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

TANGO AUROVILLE

Wanna
STUDY
TANGO

AUROVILLE
TANGO
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
---	--

HARMONY
Bharat Nivas

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

+91 98211 66082 | tango@auroville.org.in

EDIBLE WEED WALK

Tamil Nadu is experiencing a wet summer. Wettest in 20 yrs it seems. This regular sprays may not last for long, but enough to encourage some lush growth in wild weedy plants. Inspired by this rain announcing this special Edible Weed Walk on Saturday 8 July 2024, at 7:30 am. To join you would need to pre-register w/ contribution only thorough FS Account #251937 or via the UPI QR code on the poster. The walk will be at an easily accessible location within Auroville. Exact location will be decided after the registration closes. Registered participants will be informed. The walk will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

However if the registration doesn't reach minimum 8 people, or if it rains at **7am on Saturday, 8th**, the walk will be cancelled and by or before 10th all contribution will be refunded using the payment method used.

Let's walk

7:30am to 8:30am (8:45am max)

July 8th

RAIN SPRAYS INVITING US FOR JUST ONE WALK ON SATURDAYS IN JULY
Registration w/ contribution is required
(min 8 max 10 in this walk)

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

Commelina benghalensis
கொச்சா, ஆடு தின்னா தளை
Page 22 in Edible Weeds book

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

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

Registration deadline :
Friday, 7th @ noon

If walk is cancelled
contribution will be returned
by the 10th using same
payment method used

Edible Weed Walk @ NinaS
WhatsApp +91 98409 36907



FOODS, GOODS & SERVICES

VÉRITÉ CAFÉ



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 utmost care, integrating sattvic principles to promote overall well-being.

AUROVILLE LIBRARY SUMMER TIMINGS

Summer timings for May and June:

- **Mon - Sat mornings: 9am - 12.30pm**
- **Tues - Thurs - Sat afternoons: 4pm - 6.30pm**
- **Mon - Wed - Fri afternoons: closed**

Storytime for children will continue through summer - Saturday mornings 10am - 11am



HAIRCUTS

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

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



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 and is open **9am - 5pm, Mon-Sat**. See you there!

Much love,

The Maroma Team

ARE YOUR TREES GETTING THE CARE THEY NEED!?

At **TreeCare** we have been working hard to expand our services and reduce our wait time. Call us today for a free visit & consultation.

Contact us through
+91 **90420 59890** or
office@treecareindia.com.

We have always believed in providing the best quality services, as well as educating people about the field of ARBORICULTURE and its importance in today's landscape.

Warmly,
TreeCare Team



ANITYA COMMUNITY LUNCH

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 and Volunteers)

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



JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



Limited seats available

Every Thursday & Saturday- Contribution required



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY

MUST book min. 1 day in advance: +918489760966

Anitya is a community project registered under LEAD, Auroville
Location: Center Field, after center GH, follow the ANITYA signs
To know more about Anitya: joyofimpermanence.in



RUPHAVATI 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 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
between 10AM and 5PM**
at creativity.

Please book sessions in advance.



THAI MASSAGE

Monday - Saturday between 9AM and 5PM

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

TAILORING

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

For any of the above services, contact information below:
Phone/WhatsApp - 8098845200
Email - rupavathijoy@gmail.com

TRAVEL NEWS FROM INSIDE INDIA



Namaste, Bonjour, Hello and Vanakkam from Inside India.

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

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

Our door is open from **9h30 till 4pm**.

Mr. Ganesh our Travel Consultant will be at our **Kalpana office** from 10:30 till 16:00, Landline **2623030 (Monday to Friday)**. Saturdays on appointment only.

He can also be contacted anytime via mobile or WhatsApp: +91 **9894598686**

And by e-mail: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email: insideindia@auroville.org.in or insideindia@inside-india.com

Some current offers:

- Air India has offer fare from Chennai to Frankfurt, London, Paris, Zurich, Milan, Copenhagen.
- Etihad airways offer fare is available from Chennai to Rome, Frankfurt, Vienna, Milan, Brussels, Madrid, Copenhagen.
- Malaysian airways & Thai airways special fare from Chennai to Seoul.
- Qatar airways special fare from Chennai to Paris, Frankfurt, Milan, Munich, Hamburg.
- Air visatara special fare from Chennai to Frankfurt, London, Paris.
- Oman airways offer fare from Chennai to Milan.
- Aerofloat flight offer fare is available from Delhi - Moscow - Delhi.

Trip ideas:

- Looking for a weather change, why not Nepal, Kashmir, or Ladhak... and of course closer to Auroville, Kodaikanal is there too...
- A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...

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

Travel Tips:

Several travellers were "boarding denied" as check-in staff didn't accept the **e-FRRO Stay Visa** as valid document without 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.

Srilankan Tourist Visa 30 days single entry fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further notice. Indian Nationals can apply for E-tourist visa through the given link <https://www.srilankaevisa.lk/> Indian Nationals are entitled to visa exemption for the purpose of tourism and short-term business engagements, for a period not exceeding 60 days. Visa on arrival at the immigration checkpoints on arrival for the purpose of tourism, for a period not exceeding 15 days.

The **Embassy of the Republic of Turkey** announces that Turkish authorities has commenced requiring the "Electronic Airport Transit Visa" (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.

Thailand has extended its visa exemption program for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.

Also, [this LINK](#) will tell you all that you need to know about Flight delays and/or cancellations.

Finally, [this LINK](#) can be useful too in case you are travelling on your own... or not...

Thanks a lot to all of you who already trusted us.

Have a great week...

Inside India New Team

DROPZY

A graphic for the Dropzy app. On the left, the word "Dropzy" is written in a large, stylized font. Below it, the text reads: "Food, Groceries, Fruits & Veggies, Body Care, Wellness, etc." and "Stay home, order and access. We'll drop it to you." In the center, there is an illustration of a delivery person in a blue shirt and red cap holding a red shopping bag. On the right, there is a large QR code.

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

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

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

Download link as shown below:

Android

<https://rb.gy/32zcix>

iPhone

<https://rb.gy/visp4c>

Desktop

<https://rb.gy/bpnud5>



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

Best regards, Sathish Arumugam / For Dropzy

Mobile: +91 8098144686 / www.dropzy.in

SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

so much beautiful fresh produce in this season.

Subscribe for a basket that can be picked up from Solitude Farm once a week (or more).

Salad greens, spinaches, veggies, fruits and more.

9843319260

solitudepermaculture@gmail.com



AURODENT OFFERS IN JULY



AURODENT EXPERIMENT

July Month Offer

Get your dental fillings on a donation basis!

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

BOOK APPOINTMENT NOW

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

LIGHT FISH

PHOTOGRAPHY STUDIO AURELEC

Services:

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

Phone: 8279300821

sales@light-fish.com



ECO FEMME OPEN HOUSE

eco • femme

Come learn about:

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

EVERYONE IS WELCOME.

Every Thursday, 10:30am - 12:00pm

P.S. You can pick up all our eco-friendly products at a discount!



Eco Femme Office
Auroshilpam, Auroville

ecofemme.org | WA: +91 94871 79556



WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of **PCB Assembly, SMD soldering, de-soldering and minor repair of appliances.**

The unit can also undertake sub-contract of your production work on job work basis.

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295,

Mobile 9443090082 / 8098193820 or via e-mail to newwaves@auroville.org.in



SATURDAY FOODLINK MARKET

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.



Fruits, vegetables,
milk & eggs
from Auroville farms

29th June
Saturday
10:00 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804



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

Dear community,
We are organising a market weekly on Saturdays between 10 am and 12.30 pm. Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

Isabelle M for FoodLink team

Mobile and WhatsApp: +91 **8300 268804** | [FoodLink basket order form here](#)

FOOD PATHS IN AUROVILLE



Summer brings an abundance of fruits. You can indulge in mango, papaya, jackfruit, banana, and more, available at your outlet and for basket orders. Various types of spinach are also in full swing. Get thandu, ponnanganni, basella, or chicken spinach for your poriyal, vegetable stir-fry, pasta sauce, and salad mix.

Enjoy the many paths of Auroville Food,
foodpathsauroville.com | Isabelle M | Photo by Edo

REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.

You may contact him via phone
/ SMS or whatsapp
+91 94434 93025



SURABHI SUPPLIES

Dear Auroville Community,

Surabhi Supplies is dedicated to aiding individual community members, units, and projects in **acquiring a wide range of materials and equipment**, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices** achieved through **bulk purchases** and **volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

If you have any inquiries, please don't hesitate to reach out to us at:

Email: surabhisupplies@auroville.org.in

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies

RAPID CARE SERVICES RCS

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	Services
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, Meter box, Lights, Switches & Sockets, Motion sensor.

Contact: + 91 8270071581 / +91 7639810621

Primary Email: rapidcare@auroville.org.in

Secondary Email: rcsrapidcareservice@gmail.com

Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

AIRCON CLEAN OFFERS COMPREHENSIVE AIR CONDITIONER CLEANING SERVICE KNOWN AS "JET SERVICE".



The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact **AIRCON CLEAN** now at 9786809518 or email us at airconclean.av@gmail.com

Regards, Julien.

SUPPORT NEEDED



FINANCIAL SUPPORT FOR MITHILA FOR MY 1ST YEAR COLLEGE

Dear friends,

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

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

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

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

Course Name: B.Pharm.

Fee per annum: Rs.2,50,000

Fee for the entire course: Rs.10L

Hostel Fee per annum: Rs.1,20,000

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

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

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

With lots of love & hope,
Mithila

Financial Service Account no.: 251777

Account name: Mithila study

AVAILABLE

BIKE: X-PULSE 200 CC EFI BS6

Sept. 2021, 7500 km, first owner
Very good condition & good price!

phil.av@philome.mooc.com

Or: 83001 89062 (no WA)

0413 262 3813



TAXI SHARE



TAXI TO CHENNAI - 2 JULY

I will need to be at Chennai International on **July 2nd at 9:30 am.**

Anyone interested in sharing to or from there? (Departure from AV at around 5:30/6:30 am).

WhatsApp +39 3917254083, ph.7418660246 (Monica)

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

Click [here](#) to read the **French News&Notes**
or
Scan the QR code:



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1032

Please click [HERE](#) to read the FO Groups News

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

**ACCESSIBLE AUROVILLE PUBLIC BUS**avbus@auroville.org.in / +91 94430 74825**Auroville TO PONDICHERRY**

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

Pondicherry TO AUROVILLE

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

- Monthly Rs. 800: Aurovilians & Newcomers, No validity
- Student Pass Rs. 1200 per month/ 24 days round trip
- Rs. 150 Round trip for Aurovilians & Newcomers
- Rs. 200 Round trip for guests

Bus passes are available at
Auroville Vehicle Service,
Town Hall, Auroville, 0413 2623302

**EMERGENCY NUMBERS****Ambulance (24/7):**

Auroville 9442224680	PIMS 0413 2656271	
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Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 8903836246
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Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

CINEMA

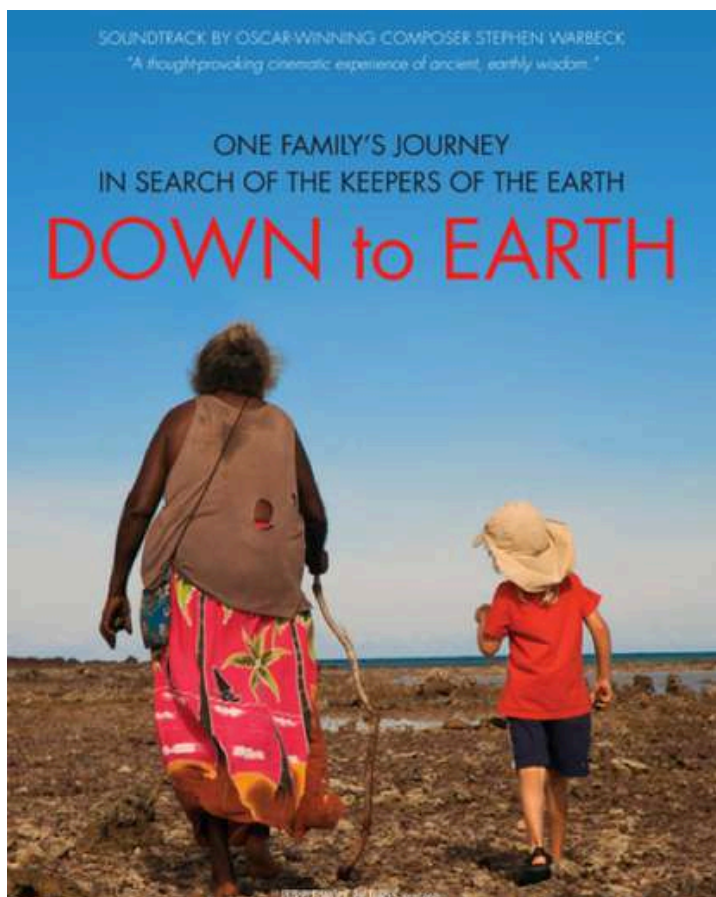
THE PAVILLON DE FRANCE PRESENTS : DOWN TO EARTH

A FILM BY ROLF WINTERS

Saturday 29th June at 4:30PM

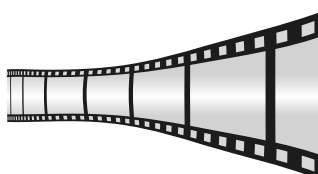
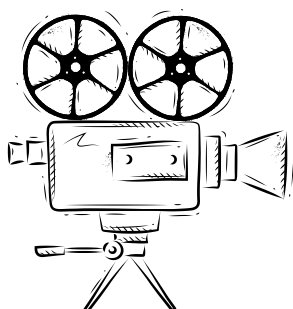
Cinema Paradiso

In English, with French subtitles



Leaving behind their cosmopolitan life, a couple and their three young children travel the world searching for a new perspective on life. During their five-year journey they live with some of the oldest indigenous communities on the planet. They record their encounters with the elders tribal sages never filmed or interviewed before. Without a crew or schedule, just one backpack and one camera each. And the curiosity to listen. **Inspiration and hope for a world to come.**

DOWN to EARTH is a mirror to humanity, a poignant and timely reflection on our 'civilized' world. The film invites us to see the world through the eyes of the Earth Keepers. It takes us on an inner journey, re-connecting us with the source and the mutual path we are walking. Having lived under the radar of our modern society for centuries, the Earth Keepers see that now is the time to step forward and share their insights with those who are ready to listen. DOWN to EARTH is both a wake up call and a resurgence of hope for our world to come. **This film is not to be consumed, It's to be worked with**



AUROFILM

The Aurofilm team is happy to restart its **Friday film screenings** or you all at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

Friday July 5th – at 8:00 pm

"A SCENE AT THE SEA" (Original title's transliteration: "**Ano natsu, ichiban shizukana umi**")

Directed by Takeshi Kitano (AKA Beat Takeshi) - Japan, 1991

With: Claude Maki, Hiroko Ohshima, Sabu Kawahara, Susumu Terajima, ...

Synopsis: Shigeru, a deaf garbage collector happens upon a broken and discarded surfboard. The discovery plants in him dreams of becoming a surf champion. Encouraged by his girlfriend, he persists against all odds.

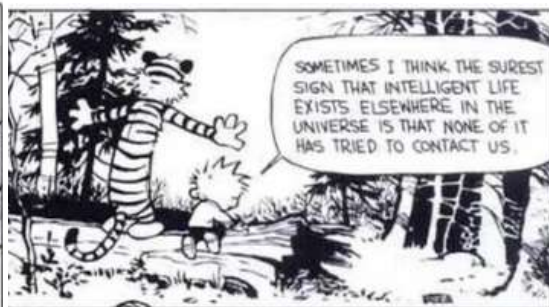
Overview: This movie was a break from previous Kitano fare in that it features no gangsters (*yakuza*) or police! Here instead, Kitano develops his more delicate, romantic side along with his trademark deadpan approach. (its original title Engl. would translate in "That summer, the calmest sea"....) It is truly on the art side and with beautiful music by Joe Hisashi (who has composed for many of Miyazaki's *anime*).

Original version in Japanese with English Subtitles, duration 1h.41'

FOOD FOR THOUGHT



I WAS READING ABOUT HOW COUNTLESS SPECIES ARE BEING PUSHED TOWARD EXTINCTION BY MANS DESTRUCTION OF FORESTS.



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 01 July - 07 July 2024



Cinema Paradiso-Multimedia Center is operating at 100% seating capacity.

Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.



A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

Indian- Monday 1 July, 8:00 pm:

• RAMPRASAD KI TEHRVI (Ritual for Ramprasad)

India, 2019, Writer-Dir. Seema Pahwa w/ Supriya Pathak, Nasiruddin Shah, Konkona Sen Sharma, and others, Comedy-Drama, 115mins, Hindi w/English subtitles, Rated: NR (G) Ramprasad or Bauji is a music teacher who uses notes of music as a metaphor for every person's character. As if as a kind of poetic justice, Ramprasad suddenly dies of a heart attack and crashes on his favorite piano. His wife Savitri is distressed. The entire family at last gathers under one roof, a dream that Baoji had but fulfilled only now at this tehrvi, the ritual after 13 days following death. This award-winning debut film is a satire - nudging to take a new look at life. A must-see film where death is a fulcrum for the narrative about life.

Potpourri - Tuesday 2 July, 8:00 pm:

• IL POSTINO (The Postman)

Italy, 1994, Dir. Michael Radford & Massimo Troisi w/Massimo Troisi, Philippe Noiret, Maria Grazia Cucinotta, and others, Biography-Drama, 108mins, Italian w/ English subtitles, Rated: PG Pablo Neruda, the famous Chilean poet, is exiled to a small island for political reasons. This causes a sudden surge in the incoming mails in the local post office. The unemployed son of a poor fisherman is hired to hand-deliver the mails to Neruda.

Though poorly educated, the postman learns to love poetry and befriends Neruda. He falls in love and needs Neruda's help and guidance more than ever to woo his lady love. A delightful film!

Interesting - Wednesday 3 July, 8:00 pm:

• BILLY & MOLLY: AN OTTER LOVE STORY

USA, 2024, Dir. Charlie Hamilton-James w/ Billy Mail, Susan Mail, Documentary, 77mins, English w/ English subtitles, Rated: NR (G) When a wild otter in desperate need of help washes up on his jetty, Billy, his wife Susan, and their devoted dog Jade accept the creature into their family, who Billy later names as Molly.

While Billy is bringing Molly back from the brink with food and shelter, Molly is waking something deep inside Billy that had gone dormant. Brimming with wonder and joy, the film shows how love can help us accept ourselves and others. A must watch!

Selection - Thursday 4 July, 8:00 pm:

• KAMOME SHOKUDÔ (Kamome Diner)

Japan, 2006, Writer-Dir. Naoko Oigami w/ Satomi Kobayashi, Hairi Katagiri, Masako Motai, and others, Comedy-Drama, 102mins, Japanese-Finish w/ English subtitles, Rated: NR (PG) On a quiet street in Helsinki, Sachie has opened a diner, but has no customers. Finally, she has her first customer, meets Midori, a Japanese tourist, and also Masako, a middle-aged woman who lost her luggage. The three women end up working at the diner, where Sachie teaches them how to make a good coffee. But why in Finland? *An awarding winning film, a good watch!*

International – Saturday 6 July, 8:00 pm:

• **LA SOCIEDAD DE LA NIEVE (Society of the Snow)**

Spain-Chile-Uruguay-USA, 2023, Writer-dir. J.A.Bayona w/Enzo Vogrincic, Agustín Pardella, Matías Recalt, and others, Adventure-Biography, 144mins, Spanish w/ English subtitles, Rated: R
In 1972, the Uruguayan Air Force Flight 571, chartered to fly a rugby team to Chile, catastrophically crashes on a glacier in the heart of the Andes. Only 16 of the 40 passengers survived the crash and finding themselves in one of the world's toughest environments, they are forced to resort to extreme measures to stay alive. Inspired by true events, it is a real-life thriller.

Children's Matinee - Sunday 7 July, 4:00 pm:

• **L'EXTRAORDINAIRE VOYAGE DE MARONA (Marona's Fantastic Tale)**

France-Romania-Belgium, 2019, Writer-Dir. Anca Damian w/Lizzie Brocheré, Olimpia Melinte, Marius Manole, and others, Animation-Drama, 92mins, Romanian-French w/ English subtitles, Rated: NR (PG)

Named "Neuf", after her position in her mother's litter, a little mixed-breed dog with a big heart and a cute, heart-shaped nose recounts the eventful story of her life after a terrible hit-and-run accident. She has been through a lot: people have adopted her, sold her, changed her name, and all of them, have abandoned her on the street again and again. Now back on the street again, all alone, she remembers her short-lived moments happiness. In a life full of highs and lows; pain and joy; companionship and loneliness, love is all that matters.

BLACK & WHITE CLASSICS @ CINÉ-CLUB

Ciné-Club Sunday 7 July, 8:00 pm:

• **LA BATTAGLIA DI ALGERI (The Battle of Algiers)**

Italy-Algeria, 1966, Dir. Gillo Pontecorvo w/ Jean Martin, Brahim Hadjadj and others, Drama - Documentary, 121 mins, French w/ English subtitles, Rated:NR (R).

An impressive and historical film in semi-documentary style . Set when the Front de Libération Nationale is leading the resistance in Algeria against their French rulers. Finally, The Évian Accords were a set of peace treaties signed by France and the Provisional Government of the Algerian Republic, The Accords ended the 1954-1962 Algerian War with a formal cease-fire and formalized the status of Algeria as an independent nation and the idea of cooperative exchanges between the two countries.

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, compelling us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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

