

Auroville

NEWS & NOTES

No 1036 - A weekly bulletin for residents of Auroville

18 July 2024

RA EDITION



PONDERING

All education of the body should begin at birth and continue throughout life. It is never too soon to begin nor too late to continue.

The Mother - On Education, Page 11
<https://motherandsriaurobindo.in/The-Mother/books/on-education/#physical-education>



HOUSE OF MOTHER'S AGENDA

Mother gives Satprem a red rose:



The red rose is the order of the “knights of the Truth.” Don’t you know this?... I began placing it when Colonel Répition came here, the one who made the Africa march during the war. Every morning I would give him a red rose, and with him I instituted it. Since then, when I give any man a rose (I give them a red rose), it’s so he becomes a knight of the Truth.

But I don’t tell him.

(Soon afterwards, Satprem proposes he might himself translate a certain text in order to save Mother’s time. Mother smilingly refuses and wants to do it herself.)

If I listen, Sri Aurobindo will say it to me, so it will be better!

All of a sudden he tells me what I should write—it’s so clear! So clear, so evident. Sometimes there’s even a word I don’t hear well; I say, “What?”, like that, and he repeats it!

I think that’s why I am becoming deaf! It’s because I am constantly listening there (gesture turned upward), all the time. So I am not listening enough here.

It’s the same thing with my eyes.... I have started seeing things with my eyes open, and, oh!... People’s state, their thoughts, and especially the state of their vital (because it’s a vision of the physical, a very subtle, very vitalised physical, and it’s a representation of things in pictures). And their state shows itself as... if you knew (Mother laughs) the things one can see!... A myriad of forms, faces, expressions. You’d think it’s an album by the sharpest humorist imaginable. It’s extraordinarily humorous and sharp in the perception and the sense of how ridiculous people are. Then, in the middle of all that, suddenly a beautiful form, a beautiful picture, a beautiful expression appears; something so beautiful, so pure, so wonderfully noble! And it all turns round and round, constantly. It’s very amusing, really.

I had always complained it was a realm in which I didn’t see. I mostly saw (in the past), I mostly saw mentally—mental visions—and also, naturally, I saw all the way up (but that was organised), and to some extent in the vital, especially at night, but anyway... The vision was highly developed, very clear and precise, but physically (“physically,” I mean in the subtle physical and physically), I had never seen with open eyes: I always saw the stark reality as it is, never anything else, and I had always complained about it. Until suddenly it came: one day I started seeing, and then...! (Mother laughs) Now I am obliged to calm it down, because (laughing) it’s too much. But it’s unbelievable—unbelievable how full of forms the air is, and such expressive forms! It’s as if, yes, a humorist, a caricaturist, even, were constantly making the subtle representation of what goes on materially.

And I think that's what people see when they have what medical science calls "hallucinations," when they have a fever, for instance. But I already knew this because I once had such a high fever that I was in the state in which, according to doctors, you "go off your head." Then I saw (with the material vision), I had the vision of all the hostile beings rushing to attack me from every side—it was frightful! You understand, it's the support of the material consciousness that's no longer there, you are wholly in that vision, and that's why you generally get frightened, while others believe it's a "hallucination." I remember (Sri Aurobindo was there), at the time I told him, "Ah, now I know what hallucinations caused by fever are."—It has nothing to do with hallucinations! But it's not pleasant, it's the vision of a world that's not pretty.

But now, it's not the result of fever, it's simply the vision I have. But then...! As I said, there's anything and everything there, all possibilities; and probably because of the quality of the aura [of Mother], I haven't seen anything really unclean or ugly. But it must exist—it must exist, but it doesn't get in.

But what one sees is the work of a priceless humorist! Things... like men's great ambitions, for example, also their self-satisfaction, the opinion they have of themselves, oh, it's all so comical! Those lives are shown in relation to (and, so to speak, in contact with) the Truth-Light, and then the difference between people's movement (or thought or attitude or action, or state of consciousness) and the Truth, the state of Truth, becomes plain to see, oh, if you knew!... But it's not seen by someone severe or harsh, no, no! It's seen by someone very sharp—very sharp—with a wonderful sense of humour and a charming irony.

It swarms and swarms....

Then, the other day (yesterday or the day before), I said to Him, "All right, that will do! Now I'd like to go into silence and peace and a luminous immensity" (you remember, like during that meditation we once had here; that's far more pleasant!). Then it calmed down.

(to be continued next week)

— **The Mother, Agenda, December 31, 1966**

<https://incarnateword.in/agenda/7/december-31-1966>

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)

CONTENTS

House of Mother's Agenda

Guidelines / Table of Contents / Acronyms

RA WORKING GROUPS NEWS

COMMUNITY NEWS

Community Sharing

Gratitude

Awakening Spirit

Volunteering Opportunities

Poetry

Voices and Notes

Education

Health

Classes, Workshops & Healing Arts

Activities & Events

Foods, Goods & Services

Auroville Conversations

Taxi Share

Available

French News & Notes

Looking For

FO Groups NEWS

Cinema

AV Public Bus / Emergency Numbers

Cinema Paradiso Program

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

THE MANAGEMENT OF THE @AUROVILLE.ORG.IN DOMAIN:

A RESPONSE TO THE GB WC'S MASSBULLETIN OF 13 JUNE 2024

Dear Community,

Some of you may have seen on Auronet the announcement of 15 June 2024 by those impersonating the Working Committee with the support of the Office of the Secretary. The text of the announcement is [available here](#). Point 3 of that announcement accuses the RA Working Committee of misleading the Community in suggesting that "...@auroville.org.in is currently under unknown administration.."

We would like to express that, as often with AVFO appointees of the AVFO, the management of the domain @auroville.org.in and the associated workspace is indeed opaque and secretive. The difficulty in extracting information about the management of the @auroville.org.in administration has been immense. An RTI was filed by a concerned individual in August 2022 seeking this very information. Amongst other things, the RTI asked for:

"Identities of the Administrators of the [auroville.org.in](#) mailboxes (the administrators)" and "Details of the Administrators': a) scope of duties. b) letters of appointment which identify which persons appointed them. c) lines of managerial reporting. (viii) Information regarding who authorised the appointment of Administrators."

The information was denied to the RTI applicant with a spurious excuse (as nearly all RTI requests have been). The matter went to the Central Information Commission (CIC). On 13 February 2024, the Information Commissioner, Smt. Anandi Ramalingam, saw through the spurious excuses, which included attempts to blame former members of the Auroville Foundation Office. She said, with remarkable clarity:

"...the replies given by the respondent [ie the Auroville Foundation] in all the cases were evasive and misleading.' (Paragraph 8 of the Ruling.)

The CIC Ruling is a public document. Everyone can read it. Without the strong intervention of the CIC, the AVFO 'WC' would almost certainly never have provided the limited information that they have regarding who manages @auroville.org.in. At some point, those impersonating the Working Committee must reflect deeply on who is, to quote the Information Commissioner, Smt. Anandi Ramalingam, "evasive and misleading." Auroville deserves better from its residents.

In Service,

The Working Committee of the RA,
Aravinda, Bharathy, Chali, Maël (TOS), Matthieu (TOS),
Prashant, Valli



COMMUNITY NEWS

COMMUNITY SHARING

AUROVILLE DOG SHELTER

A CALL FOR COMPASSION: THE URGENT NEED FOR ANIMAL WELFARE IN AUROVILLE



Auroville experienced another distressing case of animal cruelty, highlighting a growing issue within our Community. On Monday, a severely injured dog was found near Naturellement Cafe, where the new crown road is being constructed. The dog, likely injured in an accident two or three weeks ago, had suffered immensely with maggots eating away most of its face. Despite its horrifying condition, people near Verite Community had reportedly chased the dog away rather than seeking help.

The dog's suffering continued unchecked until a compassionate individual spotted it today. Unfortunately, despite rushing to rescue the dog, it died the moment we arrived. This tragic incident underscores a concerning lack of empathy within our community regarding animals. Instead of calling for help, the dog was left to suffer unspeakable pain alone. We spare you the horrifying pictures.

There are ongoing debates among some people in Auroville about the necessity of a dog shelter in our city. It should be clear to everyone that our shelter plays a crucial role in maintaining public health and safety by vaccinating, rescuing, and sterilizing dogs to control the population and prevent deadly diseases like rabies.

Every day, we receive calls from individuals wanting to abandon their pets, often due to reasons such as moving house and landlords not accepting animals. Last week, a man tried to dump his 15-year-old dog, claiming the dog was too old and bothersome to take care of. Others just throw their dogs like pieces of garbage over our fence! Such heartlessness is alarming and disheartening and it not only stems from villagers but also from Aurovilians.

We are living in a dark age where compassion for living beings seems to be dwindling. Dogs are family members and deserve our care and respect. It is heartbreaking to witness this lack of empathy and responsibility. The words of the Mother: "...it is good always to treat animals with respect, love and compassion" (CWM 17:103) seem to be conveniently ignored and disrespected.

The Auroville Dog Shelter is vital for the welfare of animals and humans in Auroville. It is a place of refuge, care, and compassion. Let us not forget the importance of kindness and empathy in our community. We must stand together to ensure that such tragic incidents do not happen again and that all animals receive the care and protection they deserve. Auroville needs its dog shelter and the Auroville Dog Shelter needs you! Please support us!

If you want to donate to our shelter please kindly use our FS Account 251391 or come by to lend your support with donations in kind, your energy and time!

We are happy to welcome you!



GRATITUDE

THANK YOU

We would like to thank Rakhal and Francois and all other friends who were involved in making the video on Goupi so special. It was beautiful.

Also with gratitude a big thank you to all the Health Service Angels and Farewell Team.



We also would like to share this little story of the closure : On asking Goupi about cremation or burial, Goupi had always happily told us that he wanted to be in the ocean with the dolphins.

Therefore we cremated his remains. When we (Dave from Health Service, Jean, Joy, Kumbha, Shanti, and myself) took the boat into the sea, dolphins came towards the boat. It was really magical. It was just amazing and filled our hearts with happiness.

At almost the same time, also in the ashram, a part of the ashes were taken to the ocean and also there dolphins were present.

Thank you Goupi OM



With love and Gratitude
Li Mei, Kumbha, and Shanti.



THANK YOU TO THE AMBULANCE TEAM

I wish to express my deepest gratitude to Alok from the Ambulance, who saved my life twice in less than a week. His professionalism was not only exemplary and efficient but also deeply moving. Alok was there even on a Sunday and returned multiple times to ensure my well-being.

It's worth noting that there are few individuals as dedicated as Alok, who has been performing this crucial work almost single-handedly for 13 years.

I'd also like to extend my deep gratitude to his entire team. Thank you Ashwin whom I recognised and team (I was not in a state to catch all of your names or even see who you were... thank you).

With heartfelt appreciation,
Aurore, Transformation

AWAKENING SPIRIT

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

OPEN-CIRCLES FOR PSYCHIC BEING



Dear Friends,

With regards to the 'Open-Circles', previously announced, on the topic of the Psychic Being that will take place on:

- **Saturday, 20/07 and 24/08**, from 3.30 to 5pm in **English** at the Pavilion of Tibetan culture

Please find below a few guidelines that we would like you to take into consideration, to ensure a smooth and respectful sharing:

- Booking in advance is recommended in order for us to be able to wait for anyone arriving (not too) late. Arriving on time shows respect to the rest of the participants :)
- There is no obligation to share in the circle, however, we would like to encourage a fully present and deep listening audience
- The circles will not be recorded as our intention is to create a sacred and confidential space for the individual sharings.

Looking forward to meeting you at our upcoming circles,

Warm regards,

Dan, for the InnerBeing team

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 23rd July, 9 am - 12 noon

Focus: The Vision and the Way

Led by Ashesh Joshi

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

All are Welcome



SEARCH ENGINE ON LINE SRI AUROBINDO THOUGHTS AND GLIMPSES

An open-source search engine based on Sri Aurobindo's work 'Thoughts and Glimpses' is available online at the links indicated below. Includes the English original published by the Ashram, the Italian translation by Davide Montemurri, and (currently being introduced into the database) the French translation by Mère .

The site is freely accessible without login credentials at the following links:

<https://www.aurotools.net/html/pensafor/html/MainPensafor.php>
<https://www.aurotools.net/html/pensafor/html/EstraiOk.php>

Allows you to submit searches for snippets of text, words or phrases In English, Italian and French and to get to video and then to downloadable in *.pdf file, the Aphorisms containing the textual fragment you requested.

The Italian translation is by Davide Montemurri, director of the film L'uomo dopo l'uomo and who is the translator together with Tommaso Boni Menato of the Italian version of L'Agenda di Mère,

Leonardo

leo.biacca@gmail.com

THE OM CHOIR IN SAVITRI BHAVAN

Thursdays, 5:30 p.m.

ALL ARE WELCOME

- Narad



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 SAIER 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

SAVITRI SATSANG WITH NARAD

Savitri Satsang with Narad will take place every

Wednesday at 6:30 pm

at the home of Uma and William in Kalpana.

VOLUNTEERING OPPORTUNITIES

LOOKING FOR INTEGRAL EDUCATOR

Integral Mathematics Sessions for children is looking for kind, understanding, helping hands of integral Educators to assist during math sessions.

Requirements:

Open mindset.

Must understand and practice Integral yoga by The Mother and Sri Aurobindo. Doesn't believe in teaching.

A living joyful Being.

Understanding Mathematics is an added advantage.

Working Hours: Wednesday 4:30 - 6 pm

Thursday from 2 pm - 5:30 pm

Friday 2:45 - 3:45 pm

Please write back to snehal@auroville.community

with your intentions(why you want to join?), thoughts, and details.

POETRY

Hers

I have not seen the soul in flight
Since childhood's days when I would roam
The stellar worlds throughout the night
Then into the body again, arriving home.

My life has been a whirlwind some might say,
The journey of the soul through endless time
And often joy and sorrow have paved the way
To the Ashram's gates and Auroville sublime.

I do not know what next my steps will be
But faith, the hidden knowledge of the soul
Will lead me forth to Mother, one day to be
Hers alone through all eternity.

- Narad

Each one is playing
A shadow boxing game.

What does it
Have to do with
The person in the mirror
Who accompanies your practice
In a self-strengthening game?

If you see
Through the shadow,
Blame and shame,
You will know
Who accompanies your practice,
Who plays with you,
Who plays you,
Time and again.

The air you punch at
Tears you away from
The revolving, unresolved
Reactions that chain.

The air you punch at
Dares you
To evolve
And step into
A self-exceeding game —

Invite the person in the mirror
To come to your side,
Not to pose for a Selfie,
But to pair up
In the cosmic dance
With ingrained drama
In the unfolding Dream,
Knowing that you are buddies
In the bubbling scenes.

- Anandi Z.



VOICES AND NOTES

THE LIGHT OF THE SUPREME

As Aurovilians share internally in our online Auronet what "Light" is and its relevance and complementarity with darkness, one brother asks:

"What about the Ray of Light invited so graciously by the Mother to enter the Chamber (*of Matrimandir*) and caress the Sphere, then penetrating our eyeballs indirectly and without blindingly deliver us a telegram of Love from the Beyond?"

This popped up: That Supreme Light is Savitri, the incarnation of the Supreme Divine Mother MahaShakti Herself, as portrayed in Sri Aurobindo's epic mantric poem Savitri - A Legend and a Symbol, and in the most recent Earth incarnation is our Mother Mirra Alfassa.

Examine carefully the Gayatri Mantra of Sri Aurobindo:

तत्सवितुर्वरं रूपं ज्योतिः परस्य धीमहि |
यन्नः सत्येन दीपयेत् ||

Om Tat Savitur Varam Rūpam Jyotiḥ Parasya Dhīmahi
Yannaḥ Satyena Dīpayet

Tat = That

Savitur = Sun-god who is the Creator

Varam = most auspicious

Rūpam = form

Jyotiḥ = Light

Parasya = of the Supreme (since para = Transcendental)

Dhīmahi = meditate on (since Dhi = Intellect)

Yannaḥ = by which

Satyena = Truth

Dīpayet = shall illumine (dipa = light)

Let us meditate on the most auspicious form of Savitri, on the Light of the Supreme which shall illumine us with the Truth.

— Sri Aurobindo

https://youtu.be/qNbLVIAmKYQ?si=Gi3CZwN_SihC2JEg

To all who have been called to participate in this City of Dawn of the Kalki Avatar Sri Aurobindo and the Mother, choose not the path of fear and division, but that of faith to and oneness with the Divine in all. Why? Because greater still will be the coming challenges in this hastened and intensified transitional stages. We were amply warned by our Avatar founders, and we can clearly see the still pitiful state of this world. In the Kurukshetra War of the Gita almost all the members of the warring clans were wiped out, and it is said that Kali Yuga started after the Avatar Krishna left his physical body. We have already learned from and do not want that violent path that is still continuing to this day, as that is part of the Integral Truth of Unity in Diversity in the undivine world of Mind. We are now called to prepare for and hasten the advent of the Divine Supramental World. In our advanced Communications and Information Age, ignorance is a choice. All the spoken and written guidance of Sri Aurobindo and the Mother are now freely available on many online sites, including <https://incarnateword.in/>.

To anyone who still chooses the path of the false-separative ego-mind, understand that you have chosen the Ignorance, pain and suffering and you will be obliterated violently by crashing circumstances.

Beyond the pettiness of the selfish self-serving ego, let us all prepare Auroville together in the spirit of oneness, joy, goodwill, collaboration and Divine Love for all the many more needed generations to come, reaching a critical mass of awakened humans, consciously working for the eventual advent of the new apex species the Supramental being, the blossoming of the Life Divine on Earth.

We continue on in the Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti... 🙏 Zech, 2024.07.15

EDUCATION

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.

STUDY AT AIAT FOR SKILLS OF THE FUTURE AND INTEGRAL PERSONALITY DEVELOPMENT

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

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

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

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

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

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

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

For more information please contact:

Auroville Institute of Applied Technology-College

Phone or WhatsApp: 89031 66923

Webpage: aiat.in

Or visit AIAT campus at Aurobrindavan.

Lavkamad and Sanjeev Ranganathan

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.



INTEGRAL MATHEMATICS:

A JOURNEY OF INSIGHT AND INSPIRATION

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

Section 1: "Echoes of Wisdom"- Learning through Sankhya Philosophy

Section 2: "Insights Illuminated"- Discussion on Sri Aurobindo's insights on Sankhya Philosophy

Section 3: "Inspirations Unveiled" - Walk through the works of the greatest Mathematicians that go close to Sankhya philosophy and Integral yoga.

Sankhya Philosophy By Kapila Muni

On 28th July, 24th August, 28th September, 26th October and 30th November 2024

Time: 4.00 – 5.00 pm,

in the Sangam Hall of Savitri Bhavan Everyone is welcome

Facilitated by Team Enlight and Savitri Bhavan.

HEALTH

AUROKIYA INTEGRAL EYE CENTRE @ ARKA



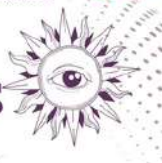
Aurokiya Integral Eye Centre
(An Auroville Activity)



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

SANTÉ SERVICES IN JULY 2024



Working Hours:

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

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

Appointment:

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: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday (except Wednesday)	Physiotherapy with Arun Monday to Saturday (except Friday)
Bio-Well Assessment (Evaluation of your well-being) with Helena: TOS	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.

VISIT OF THE TIBETAN DOCTOR IN THE MONTH OF JULY 2024

Dear all,

This is to bring to your attention that the Tibetan Doctor and the team based in Chennai Mentseekhang are visiting us on:

- **Thursday the 18th of July from afternoon 2 to 5 pm**
- **Friday 19th as a full day from 8.30 to 1 pm & 1 to 5 pm**
- **Saturday 20th from 8.30 to 1 pm.**

The consultation is happening at the Pavilion Of Tibetan Culture, International zone, Auroville.

To visit the Doctor one needs to get an appointment. To get your appointment, please call@0413 2622401 during the working hours.

You are also welcome to see the various herbal products that are produced by Men-tsee-khang based in Dharamsala in Himachal Pradesh. All the medical products are produced from herbal remedies and ¹⁰⁰ percent organic.

Note: to understand more on Tibetan medicine you are most welcome to read Auroville Today June edition.

Until then take care of one self and then the others.

Warmly Tibetan Pavilion Team.

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.

CLASSES, WORKSHOPS & HEALING ARTS

VÉRITÉ WORKSHOPS

Pre-registration required

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



Face & Eye Yoga: Face your Self – with Mamta Saturday, July 20, 2:00pm – 4:30pm

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.

Food is Medicine: Lifestyle Health Practices – with Parvathi Saturday, July 20, 2:00pm – 4:00pm

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.

Sivananda Yoga: Masterclass – with Mani Saturday, July 27, 9:15am – 12:00pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Food is Medicine: Lifestyle Health Practices – with Parvathi Saturday, July 27, 2:00pm – 4:00pm

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.

Health 
is wealth

PITANGA



Program July 2024

DROP-IN CLASSES *Join without prior registration!*

Mondays

8:30am–10am, **Yoga Therapy** with Gala
4pm–5pm, **Doing No -Thing Consciously** with Mike

Tuesdays

9am–10:30am, **Yoga for adults** with Lisbeth

Wednesdays

8:30am – 10am, **Yoga Therapy** with Gala

Thursdays

4:30pm–5:30pm, **Aviva Exercise** with Suriyagandhi

Fridays

6:45am–8am, **Pranayama** with François & Namrita, For former “The Art of Living” course participants
8:30am–10am, **Yoga Therapy** with Gala

Saturdays

2:15pm–4:15pm, **Truth Based Relationships** - Practical Sessions with Juan Andrés

YOUTH ACTIVITIES

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

Asanas for Teenagers with Lisbeth

- **Mondays, Wednesdays, 4pm – 5:15pm**

Lisbeth resumes the Teen Yoga classes from Monday 8th July onwards. These classes can be joined by teenagers from AV schools. Old students can join again and new students can register at the reception before class and try out some classes for the month of July before they commit for the school trimester. Best is to attend both classes but choosing one day is also possible.

You'll be added to the TeenYoga app for communication.

Yoga for children, from 9 yrs. +, with Gala

- Saturdays 10am–11am

Energy games for children, 9 yrs. +, with Gala

- Saturdays 11am–12pm

CLASSES – BY APPOINTMENT

Art Therapy with Gala

- Thursdays, 3–5pm for adults
- Fridays, 3–5pm for families

HEALING SPACE—BY APPOINTMENT

- Acupuncture by Heidi
- Shiatsu by Patricia G
- Thai Yoga Massage by Juan

NEW ACTIVITIES

Yoga for adults by Lisbeth

- **Tuesdays 9am–10:30am**

These classes concentrate on posture, pranayama, yoga nidra and asanas which are adapted to the level of the class.

This is a drop-in class for all levels of practitioners.

Shiatsu Sessions by Patricia G.

Patricia dedicates her Shiatsu work to the seniors of Auroville, either in the various senior services of Auroville or in their homes. She has decided to free up time from her primary work once a week to offer Shiatsu to other people in need at Pitanga. If you would like to make an appointment with Patricia, please contact the reception desk.

WORKSHOP

Natural Eye Healing, workshop “Eye Yoga” with Aurosugan



- **Monday 22 – Friday 26 July**
- **Daily 3–4pm, for 5 days**

Eye yoga exercises strengthen weak eye muscles, improving circulation and muscle movement. The technique includes activities that can help improve the entire visual system for better vision.

The eye yoga and exercises are simple and can be done in between your routine tasks, and by doing them regularly, you can significantly reduce your level of eye discomfort, blurred vision and other symptoms of eye strain.

- Registration required.

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*

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

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



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 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

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH



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

Facilitated by
Juan Andrés and YouthLink

EVERY MONDAY
UNTIL 29th OF JULY
4:30 ~ 6:00 PM
9 AV LIBRARY
AGE GROUP : 16~30



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

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.

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

SOUND JOURNEY @ THE ATELIER

For details please scan the QR Code or click this link:
<https://svaram.org/sound-journey-the-atelier/>

ॐ SVARAM Team



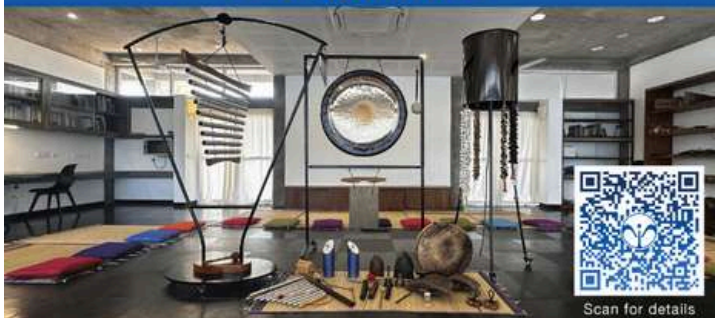
SVARAM
SOUND EXPERIENCE

SOUND JOURNEY

is back!

Weekly sessions at the UTSAV Building
restart on Wednesday, 3rd July 2024

See you there!



Scan for details

QUIET HEALING CENTER



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

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

Mobile & WhatsApp: +91 9488084966

AUGUST PROGRAM

Watsu Yoga Round with Ellie & Fred Thursday 1st August (3:00 - 6.30pm)

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and offers a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.



While immersed in warm water during the Watsu Yoga Round, your body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive feeling of well-being: body and mind become free to dance!

Prerequisites: no previous experience required (also no need to know how to swim).

Watsu Basic with Fred Saturday 3rd & Sunday 4th August (8:45am - 6.30pm)

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and - ultimately - for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required (also no need to know how to swim).

OBA Basic - Liquid Joy with Fred Saturday 10th & Sunday 11th August (8:45am - 6.30pm)

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality developed in the mid 80's. It combines elements of light movements, stretching, massage, and joint mobilisation in connection with breathing and energy work conducted both on the surface and under water.



In this 2-day course, you'll learn a series of simple movements both on the surface (with and without cushion and pool noodles) as well as under water (with a nose clip), which you'll be able to share with friends and relatives afterwards. You'll also practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. At the same time, you'll experience floating others and being floated both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Prerequisites: no previous experience required (also no need to know how to swim).

OBA 1 - Fluid Body with Fred Monday 13th - Sunday 18th August (8:45am - 6.30pm)

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and under water (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the whole spine to swing and energy to flow.



OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

Prerequisites: OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

WOGA (Yoga in Water) 1 & 2 with Pooja Wednesday 28th & Thursday 29th August (8:45am - 6.30pm)

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, and in floating position), pranayama and meditation.



Woga sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period; the difference is that you are in a warm water pool!

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

Prerequisites: no previous experience required (also no need to know how to swim).

Watsu Basic with Pooja Friday 30th & Saturday 31st August (8:45am - 6.30pm)

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and - ultimately - for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required (also no need to know how to swim).



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 Sunday Except Wednesday	4 00 pm - 5 00 pm	Fusion of Time: Body Conditioning with Bala
Monday to Sunday Except Wednesday	5 30 pm - 7 00 pm	Vinyasa flow Yoga - Asanas, Pranayama & Meditation
August 1 to 22 except Sundays	6 30 am - 9 30 am 3 30 pm - 7 00 pm	200 Hr Vinyasa Flow Yoga TTC

Vinyasa flow with Bala :

Traditional yoga practices are characterized by discipline, and Bala believes in the power of showing up. Therefore, we intend to create the time and space and offer you the choice of practice every day of the week except Wednesdays.

The class will be suitable for beginner to intermediate levels. Please bring your own yoga mats.

Vinyasa Yoga is a gradual progression that connects one pose to another, unifying breath and movement for a smooth flow.

Date and Time :

Starting from July 17 to July 31

Monday to Sunday (except Wednesday) - 5:30 pm to 7:00 pm



Fusion of Time: Body Conditioning with Bala - July 2024

Monday to Sunday (All days of the week) - 4 00 pm to 5 00 pm
Except Wednesday



Inspired by the ancient martial art forms of Kalaripayattu and Karalakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

Bala, a seasoned practitioner of these mixed modalities, will guide you through an hour-long exploration and fusion of these traditions to create a unique style of body conditioning aimed at enhancing your overall health and happiness.

Join us to transform your body and mind through this innovative fusion of time-honored practices.



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



SELF EMPOWERMENT PROGRAM

Self-Empowerment Program

 Avatar mini-course
Belief Management

Experience freedom
in your life
by managing your Belief



27 / 7 / 2024 (Sat)

9:30am - 12:30pm

Facilitator : Jisung

European House

REGISTRATION ONLY



This is the introductory program of the self empowerment program 'Avatar'. The theme of this mini-course is about managing beliefs. This program takes about 3 hours to complete and involves reading the instructions from a booklet and engaging in practical exercises. It is a journey of self-exploration that one can undertake on their own.

it is expected to contribute to the overall mental health of individuals. Additionally, it will provide an opportunity for those interested in exploring their consciousness.

Facilitator : Jisung

Register from the QRcode !

27/07/24 (Sat) 9:30 ~ 12:30

European House

*For the smooth operation of the program, please arrive before 9:30AM.

<https://forms.gle/4HcPFataQMrRQXBd9>

MINDFULNESS FOR STRESS REDUCTION (MBSR) - 8 WEEK COURSE

TUESDAY 5-7PM FROM 30TH JULY



The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & wellbeing benefits. It synthesises ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.

The course has been found to improve participants' ability to cope with the stresses of everyday life - giving space to respond rather than react. Research has found it can help with anxiety & depression, management of chronic pain, diabetes, lowering blood sugar levels, and reducing menopausal symptoms. It can also improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is run by Helen, an Aurovilian and qualified MBSR teacher.

The course is run over 8 weekly sessions. Sessions will be held 5-7pm on Tuesdays for 8 weeks from 30th July to 16th Sep. The course will be held at Maloka, Anitya community.

Pre-registration is required. Please Whatsapp Helen on **7094753054** to book or see innersightav.org

MIKSANG - A MINDFUL PHOTO WALK

SATURDAY 20TH JULY - 8AM TO 9.30AM



Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.

In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment - seeing, appreciating, comprehending, expressing, sharing - that is all there is.

This practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

No prior experience (of anything) is needed. All you need is something to take photos with.

The session will be led by Helen - a mindfulness teacher with a passion for Miksang. For details and booking message Helen on **7094753054** or visit innersightav.org

LEAP TOWARDS THE FUTURE



We remember Her words: "Auroville will be ... despite all the oppositions" ... and this is like a buoy, but obviously not enough to navigate.

This program is an invitation to everyone concerned; we aspire to look dearly together for the masterful questions which will guide us to make a **LEAP** toward the future.

You feel the call?

You are new to Auroville or Aurovilian ?

Come and join this program of twice one and half day

29 & 30th July / 6 & 7 August

Register at leap@auroville.services

Ramya +91 9159281641

Rakhal +91 9488483485

Amir + 91 9751257709

SUN & SOIL

Natural building 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 29th till Aug 2nd - 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 or scan the QR code

Free for Aurovilians, with options to contribute to support our work.

Have a nice day,
Lucrezia & Youthlink team



MAKER SPACE

Join us for our Maker Space at Youth Centre **Monday to Friday from 8.30am till 12.30pm.**

Registration required for booking and it's free! youthlink.org.in

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



What can you learn?

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



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!

Have a nice day,
Lucrezia & Youthlink team

ACTIVITIES & EVENTS

WASTELESS FUNDRAISER - 27TH JULY



Fundraiser Event

JOIN THE WASTELESS JOURNEY

An afternoon of playful exploration,
community and giving.

Together, let's make a difference
to empower our next generation.



Dear Friends,

WasteLess invites you to an afternoon of playful exploration, community building and giving. Join us at our exciting fundraising event, featuring waste games for all ages, a thrilling scavenger hunt, food and lively music.

Save the date!

Saturday, July 27th from 3 PM to 6 PM at the RE-Centre, Auroville Service Area.

Support us in our mission to Pave a Path for a WasteLess World.

We look forward to seeing you there!
Chandrah & Ribhu.

**LESS
PLASTIC IS
FANTASTIC**

KUILAI CREATIVE CENTRE

Integral Education Activities on Mother's 12 Qualities

At our Kulai 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, Bharat Naatiyam, Silambam, Up- cycling, and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15. <i>All are FREE for everyone from the ages of 5 onwards, but please register through this link https://forms.gle/vEY21LuoE1PuV7Z or scan or call us 8608473385 (WhatsApp)</i> <i>NOTE: Free snacks will also be provided! Volunteers are most welcome!</i>		



EDIBLE WEED WALK

Rain is nourishing the wild

Let's Go for a Walk

Saturday, July 20 th

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

Registration w/ contribution is
required (min 8 max 10 in this walk)

Registration deadline : Friday, 19th @ 4:30pm

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

Contribution :

Rs. 500/person (for all).

Rs. 350/person for
Aurovillian and
SAVI-registered
volunteers

Contribute only by : FS Account

251937 or by UPI (scan QR code)



If walk is cancelled contribution will
be returned within 2 working days
using same payment method used

WhatsApp +91 98409 36907

Edible Weed Walk @ Ninas

Boerhavia diffusa/Punarnava
புனர்நீர், மூக்கிரட்டை கீரை

Page 15 in Edible Weeds book

Tamil Nadu is experiencing a wet summer. Wettest in 20 yrs it seems. These regular sprays may not last long, but they are enough to encourage lush growth in wild weedy plants. Inspired by this rain announcing this special Edible Weed Walk on Saturday 20 July 2024, at 7:30 am. To join you would need to pre-register w/ contribution only through FS Account #251937 or via the UPI QR code on the poster. The financial service closes at 4:30 pm hence that is our closing time for registration. Kindly register by or before that time. No late requests, please. The walk will be at an easily accessible location within Auroville. The 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 a minimum of 8 people, or if it rains at 7 am on Saturday, the 20th, the walk will be canceled and by or before the 10th all contributions will be refunded using the payment method used within 2 working days.

GUIDED TOURS IN AUROVILLE BOTANICAL GARDENS

From the 20th of July
to the 20th of October
2024



Come walk with us!
Guided Garden Tour

Auroville Botanical Gardens

Wednesdays and Fridays - 9.30 am (about 1 1/2 hour walk)

Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen
Please send us an email to: avbgtours@gmail.com to book your walk



avbgtours@gmail.com

ARBORICULTURE WORKSHOP WITH ISLAND

To register or know more about our upcoming workshop on Arboriculture with (Island Lescure) at the Auroville Botanical Gardens from **5th August to 9th August 2024**, please contact us at ecologicalhorticulturecourse@gmail.com.

Arboriculture 1.1

PLANNING, ESTABLISHMENT
AND MANAGEMENT
OF TREES

With Island Lescure

Learn to use and think about trees in different ways in this 5 day workshop.

An introduction into the field of Arboriculture/Tree care: the management and establishment of trees.

This workshop is suitable for landscape designers, urban planners, town developers, forest stewards and reforestation project managers and staff.



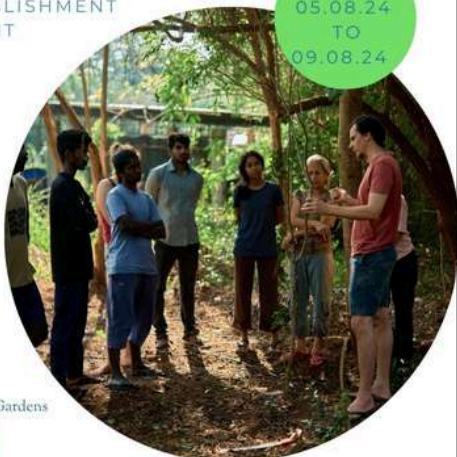
Location: Auroville Botanical Gardens

Registration open!

15 SPOTS AVAILABLE

To register/ further details email us at : ecologicalhorticulturecourse@gmail.com

DATES:
05.08.24
TO
09.08.24



IMPROVISATION CLASSES IN CRIPA

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.

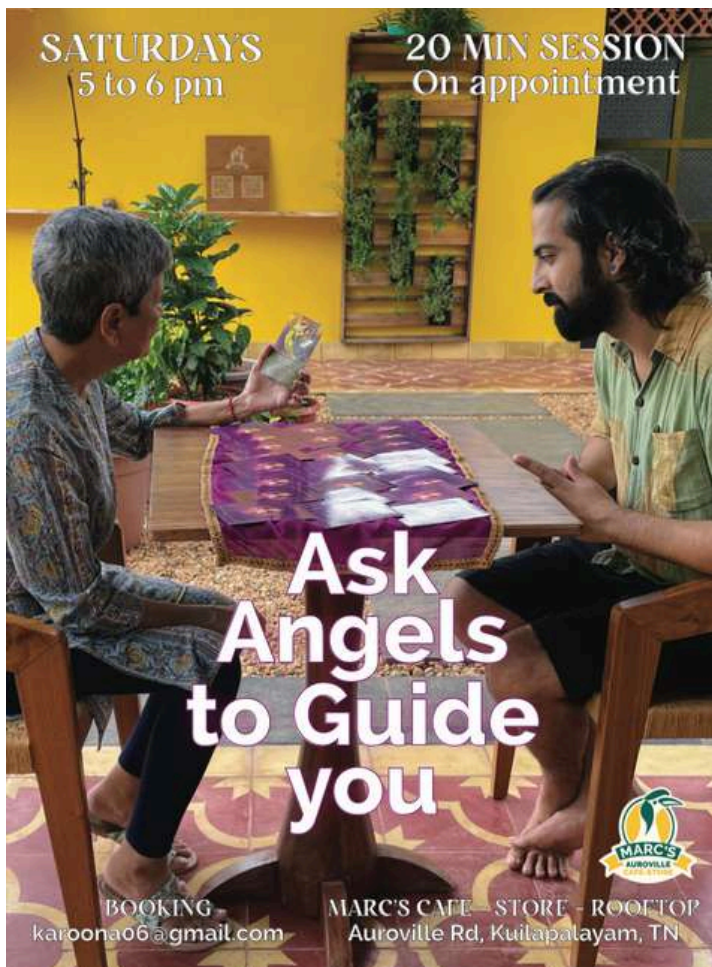
OFFERING BY MIKE

[MICHAELSOKOLIN@GMAIL.COM](mailto:michaelsokolin@gmail.com)



ANGEL ORACLE TAROT @ MARCS CAFE

Booking: karoonao6@gmail.com




SATURDAYS
5 to 6 pm

20 MIN SESSION
On appointment

Ask Angels to Guide you

BOOKING
karoonao6@gmail.com

MARC'S CAFE - STORE - ROOFTOP
Auroville Rd, Kuilapatayam, TN



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

 [terrasoul_community](https://www.instagram.com/terrasoul_community)

 Limited spots available!

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

THE SOULFUL FLOWER CARD GAME BLOOMO! THURSDAY, JULY 25TH, 5:15PM

Now play sessions on alternate Thursdays
at Marc's Cafe Terrace, Auroville



Launching BloomO! play sessions for a collective, soulful experience with and for the community. Play as you learn about the spiritual significance of flowers. A fun and unique way to connect with nature as well as yourself!

Our first BloomO! session is on Thursday, July 25th. Karoona and Naresh will be PJs 😊, our play jockeys helping facilitate.

Email: contact@marcscoffees.com

Matilde

CALL FOR ARTISTS AND POETS

Celebrate Motherhood and Breastfeeding.



Dear Artists and Poets, We warmly invite you to share your creations on the theme of "Motherhood and Breastfeeding" during International Breastfeeding Week. Whether you have existing works or feel inspired to create something new, we welcome your contributions. Kindly submit paintings, sculptures, poems and stories or any art by July 31st.

Exhibition during August 1st - 7th, daily 4.30-6pm.

Poetry and Stories Presentation: on Sunday, August 4th, 11am - 12:30pm (Serving Golden Milk)

Location: AUROMODE, Morningstar Birth and Women's Wellness Service, Midwifery Office (former Yoga Studio)

Contact: Ulrike Urvasi at 9751513906 or mothersworkfortheMotherswork@gmail.com

Join us to honour and celebrate the beauty and significance of Breastfeeding!

Submitted by: Ulrike Urvasi



NEW BOOK READING CIRCLE - STARTS THURSDAY 1ST AUGUST

'When Things Fall Apart:

Heart Advice for Difficult Times' by Pema Chodren. Join us in reading this heart based guide on how to deal with life's challenges.

Thursdays 6-7pm at Auroville Library.
For details WA Helen on 7094753054 or
Serena on 8489760966.



TANGO AUROVILLE



AUROVILLE TANGO
New batch starts
the first week of each month

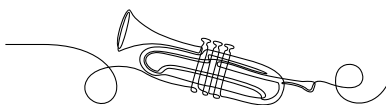
MON	WED
19:00 Introduction to Tango	19:30 Guided Practica
20:00 Opensource	20:00 Practilonga

HARMONY
Bharat Nivas

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



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



FOODS, GOODS & SERVICES

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



AUROVILLE LIBRARY TIMINGS

Auroville Library has resumed normal opening hours after the summer break.

Our timings are:

Mornings:

Monday - Saturday: 9am - 12.30pm

Afternoons:

Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm

Tuesdays: 4pm - 6.30pm

Every **Saturday** between 10am -11am: **Children's storytime!**



LIGHT FISH

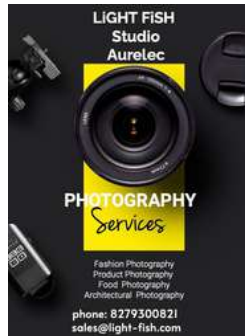
PHOTOGRAPHY STUDIO AURELEC

Services:

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

Phone: 8279300821

sales@light-fish.com



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



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 605 101.
WHATSAPP 9629199328 LAND LINE: 0413-2622063

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



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 **Kalpna 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 **98945 98686**

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:

- Armenia airways announces the commencement of its operation in India from Delhi to Yerevan weekly three days Tuesday, Thursday and Sunday.
- Emirates special fare from Chennai to Frankfurt, Paris.
- Ethiopian airline offer one way business class from Chennai to Africa.
- Air India has offer fare from Chennai to Milan, Copenhagen, London.
- Etihad airways offer fare is available from Chennai to Paris, Milan, Brussels, Madrid, Munich.
- Malaysian airways, Singapore airways & Thai airways special fare from Chennai to Seoul.
- Aerofloat flight offer fare is available from Delhi - Moscow - Delhi.

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:

- **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/>
- Effective 1 July 2024, all inbound travellers to **Cambodia** will be required to submit an electronic arrival card at least seven days prior to their arrival. Known as the 'Cambodia e-Arrival' (CeA), this initiative aims to expedite and modernise the entry process. The digital card replaces the traditional paper-based immigration form, health form and customs declaration, consolidating them into a single, convenient online portal. Travellers can access the e-Arrival system through two channels: **Official Website:** The official government website, <https://arrival.gov.kh/>, allows for online submission of the e-Arrival card. **Mobile App:** The Cambodia e-Arrival app is available on the Apple App Store and Google Play Store. It offers a convenient mobile platform for completing the e-Arrival card.
- The Embassy of India in **Bangkok, Thailand**, issued a press release stating that the Government of India has announced a visa fee exemption scheme (e-Tourist visa) for ordinary Thai passport holders. The exemption applies to e-Tourist visas and will be effective from July 1 to December 31, 2024. The new scheme allows Thai tourists to visit India for up to 30 days with double entry without paying any visa fees. However, e-Tourist visas must still be applied for in advance through the designated website: <https://indianvisaonline.gov.in/evisa/tvoa.html>.

Important Notice for travelers applying for Schengen visa in West & South India.

- For families applying together, it is permitted for just 01 of the parents to book an appointment slot under their name and for the rest of the family members to accompany them on the same appointment booking / appointment letter.
- Your familial relation must be verified via your passport, child's birth certificate, marriage certificate.
- As per directive received from the Belgium Consulate in Mumbai, a family would be considered as Husband, Wife & their children under the age of 25 only. Visa Application Centre's would not permit entry to additional familial relations / accompanies such as grandparents, siblings, house help, nanny etc. unless they have their individual appointment booking / letter.
- travelers from West and South India who wish to apply for a Belgium visa under the below mentioned category can walk-in to their respective Visa Application Centre in the jurisdiction of the Belgium Consulate in Mumbai and do not need to book an appointment.

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

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

SATURDAY FOODLINK MARKET

<https://foodpathsauville.com>



Fruits, vegetables,
milk & eggs
from Auroville farms

every 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.

SATSANGA RESTAURANT

Combo Menu - Home delivery

European and Indian dishes:

vegetarian, chicken, fish, prawn, meat, pasta, paneer cottage cheese and much more!

Call:

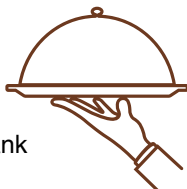
WA:8825801990 or 9080386900

Landline: 0413-2918553

Address: Auroville main road, next to HDFC Bank

Email: aurosatsanga@gmail.com

Satsanga



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.

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

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



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

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

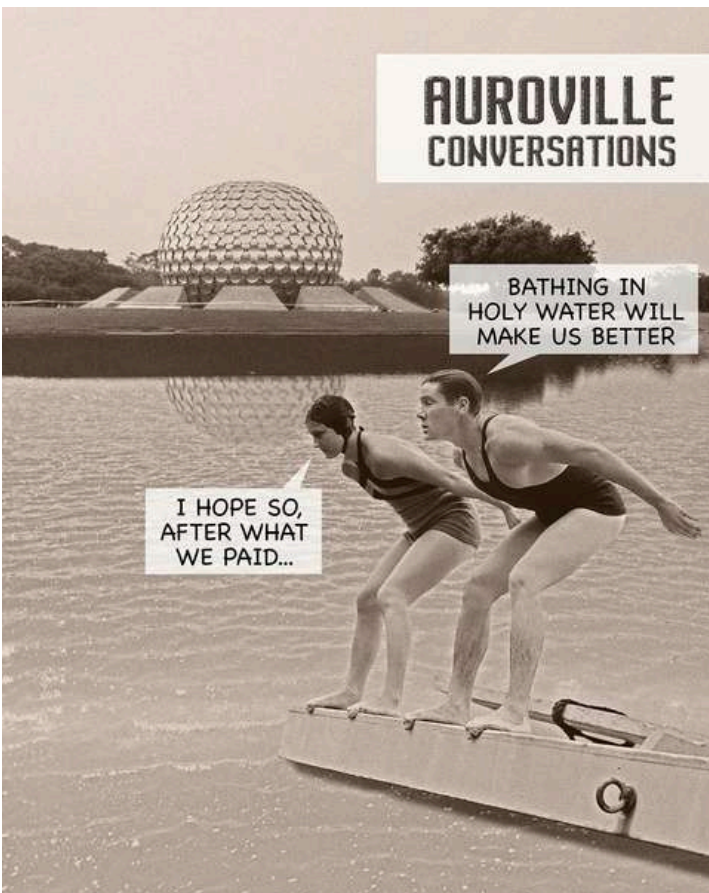


AUROVILLE CONVERSATIONS

AUROVILLE CONVERSATIONS

BATHING IN
HOLY WATER WILL
MAKE US BETTER

I HOPE SO,
AFTER WHAT
WE PAID...



TAXI SHARE



FROM CHENNAI TO AUROVILLE, 31ST JULY AT 4:30PM

From Chennai Airport on Wednesday 31.07.2024 at 04:30pm to Auroville.

Warmly, eric.stardust@gmail.com.

AVAILABLE

21 GEAR CYCLE

Dear friends, namasté,

My great brown/yellow Bergamont cycle is available: 21 gears (3 platters) Excellent condition, all serviced and revamped by Aurovélo just now!

You can contact me/Surya with mobile: 83001 89062 (call & SMS, no WA) landlines 2623813 (home) 2622037 (morning/office).

Thanks!



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



LOOKING FOR

THAMARAI REQUEST FOR DONATION OF WEIGHTS ETC

Dear community,

Do you have any **weights/ dumbbells, kettle**

bells, medicine/ strength balls, resistance bands, punching bags and or gloves etc that you are not using?



We could really make great use of these at the **Thamarai Learning Centre!**

- to support our wellbeing activities with the children in our after-school and weekend programs, as well as for health programs with local youth and adults.

Can you help? If so, please contact us at: thamarai@auroville.org.in or via WhatsApp: +91 9566936746

Or maybe you would like to donate for us to directly purchase this needed equipment? If so, we welcome with gratitude any contribution to FS account number: **251633**



With love and thanks,
Carla, for the Thamarai Team

HOUSESITTER



I am looking for a House-Sitter from **October 5th onwards** for two months.

The place is located in a greenbelt community. The house sitter, Aurovillian, Newcomer, or registered volunteer, has to take care of a dog and take up some community duties. He needs to be present at night and on Sunday.

Shivaya.

Call/SMS/Whatsapp 94896 01312.

FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1035

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

CINEMA



presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

Reminder: **Friday July 19th, 8:00pm** : **“PEBBLES”** - in the presence of the filmmaker **P.S. Vinothraj** (to be confirmed) An award-winning film from Tamil Nadu, 2021

And **FRIDAY JULY 26th, 8:00 pm**:

“HOME” – Directed by **Ursula Meier**, 2008, Switzerland/France

With: Isabelle Huppert, Olivier Gourmet, Adelaïde Leroux

Synopsis: Marthe and Michel live with their three children in a house next to an uncompleted highway. They use the deserted road as a recreation area. As it has been ten years since the highway was abandoned, they believe that it will not be completed. One day, without warning, construction workers begin to upgrade the road and the highway opens to traffic...

Original version in French, with English Subtitles. Duration: 1h.38'

THE FRENCH PAVILION IN COLLABORATION WITH AUROFILM PRESENT:

SECOND ROUND / SECOND TOUR (2023) BY ALBERT DUPONTEL



Saturday 20th July 2024 at 4:30pm

Town Hall - Cinema Paradiso

in French with English Subtitles, duration: 90min

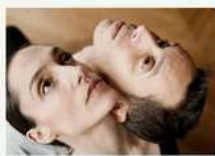
Second Round, an audacious and at times hilarious savaging of modern politics and media from the multitalented French actor, writer, and director Albert Dupontel.

After the humiliation of being demoted from covering politics to reporting on soccer, disgraced journalist Nathalie Pove (Cécile de France) is unexpectedly hauled back into current affairs to cover the upcoming presidential election. Weary, cynical, and feeling like she has seen it all before, even Nathalie cannot believe what she uncovers about the frontrunner, a populist with little political experience, but with deep family connections and even deeper hidden secrets.

Dupontel is something of a troublemaker in French cinema, with his blend of caustic humour, irony, and cynicism. In *Second Round*, his provocative approach to satire is as heightened as ever, delivering an intensely clever, original, and cutting comedy reminiscent of *The Thick of It* and *Veep*.

Trailer: <https://www.youtube.com/watch?v=nJSjja1y7GE>

MANIFEST DANCE-FILM FESTIVAL PONDICHERRY



**MANIFEST
DANCE-FILM
FESTIVAL '24**

FRI 26 - SUN 28 JULY

PONDICHERRY

ALLIANCE FRANCAISE



FREE AND OPEN TO ALL

9 AM - 9 PM

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	
-------------------------	----------------------	--

Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
---	---	---------------------------------------

Health:

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

Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

Cinema Paradiso



Multimedia Center (MMC) Auditorium

Film program 22 July 2024 - 28 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.

Watch out, now some days are mixed up from the usual!

Indian – Monday 22 July, 8:00 pm:

• 8. A.M. METRO

India, 2023, Writer-Dir. Raj Rachakonda w/ Saiyami Kher, Gulshan Devaiah, Sandeep Bhardwaj, and others, Drama, 116mins, Hindi w/ English subtitles, Rated: NR (PG)

Iravati is a simple Maharashtrian homemaker and a closeted poet dealing with a traumatic childhood event that results in panic attacks, preventing her from travelling by train. As her husband fails to join her on a trip to Hyderabad to look after her younger sister about to deliver a baby, she must navigate through a new city by herself as she deals with episodes of panic. Oddly talking to a stranger, a office goer, Preetam helps.

Potpourri – Tuesday 23 July, 8:00 pm:

• RENTANEKO (Rent-a-Cat)

Japan, 2012, Writer-Dir. Naoko Oigami w/ Mikako Ichikawa, Reiko Kusamura, Ken Mitsuishi, and others, Drama, 110mins, Japanese w/ English subtitles, Rated: NR (PG)

Sayako is a young somewhat, raised by her late grandmother, now lives alone. Her somewhat quirky demeanor sets her apart from her local community. Her outstanding character is that she attracts cats. Cats of all types fills her house. For the love of cats, she starts a business of renting out cats to lonely people. A delightful story!

Selection – Wednesday 24 July, 8:00 pm:

• SHEKVAREBULI KULINARIS ATASERTI RETSEPTI (A Chef in Love)

France-Georgia-Ukraine-Belgium-Russia-Germany, 1996, Writer-Dir. Nana Dzhordzhadze w/Pierre Richard, Nino Kirtadze, Micheline Presle, and others, Comedy-Romance, 100mins, French-Georgian-Russian w/English subtitles, Rated: PG-13

The story of Pascal Ichak, a larger-than-life French traveler, bon vivant, and chef, who falls in love with Georgia and a Georgian princess in the early 1920s. All is well until the arrival of the Red Army of the Caucasus, as the Soviet revolution that has swept Russian comes to Georgia. Told as a flashback from the present, as a French-Georgian man whose mother was Pascal's lover translates his memoirs for Pascal's niece.

Interesting – Thursday 25 July, 8:00 pm:

• REVEALED: HOW TO POISON A PLANET

Australia, 2024, Dir. Katrina McGowan w/ Matthew Simms, Theresa Ardlar, Gary Douglas, and others, Documentary, 95mins, English w/ English subtitles, Rated: NR (PG)

Investigates toxic chemicals that have sparked an international health and environmental catastrophe and examines a decades-long battle between some of the world's largest chemical companies and the contaminated communities fighting for justice. *You do not want to miss!*

International – Saturday, 27 July, 8:00 pm:

• **LE BLEU DU CAFTAN (The Blue Caftan)**

France-Morocco-Belgium-Denmark, 2022, Writer-Dir. Maryam Touzani w/Lubna Azabal, Saleh Bakri, Ayoub Missiou, and others, Drama-Romance, 124mins, Arabic w/English subtitles, Rated: NR (PG-13)

Halim and Mina run a traditional caftan store in one of Morocco's oldest medinas. To keep up with demanding customers, they hire a talented young man as an apprentice. Slowly Mina realizes how much her husband is moved by his presence.

Children's Matinee – Sunday, 28 July, 4:00 pm:

• **THE BLACK STALLION**

USA, 1979, Dir. Carroll Ballard w/ Kelly Reno, Mickey Rooney, Teri Garr, and others, Adventure-Sports, 118mins, English-Arabic-Italian w/ English subtitles, Rated: G

While traveling with his father, young Alec becomes fascinated by a mysterious Arabian stallion who is brought on board and stabled in the ship he is sailing on. When it tragically sinks both he and the horse survive only to be stranded on a desert island. He befriends it, so when finally rescued, both return to his home where they soon meet Henry Dailey, a once-successful trainer. Together they begin training the stallion to race against the fastest horses in the world.

BLACK & WHITE CLASSICS @ CINÉ-CLUB

Ciné-Club Sunday 28 July, 8:00 pm:

• **STRANGER THAN PARADISE**

USA, 1984, Dir. Jim Jarmusch w/ John Lurie, Eszter Balint and others, Comedy-Drama, 96 mins, English w/ English subtitles, Rated: NR(R).

A self-styled New York hipster is paid a surprise visit by his younger cousin from Budapest. From initial hostility and indifference, a small degree of affection grows between the two. Along with a friend, they eventually end up visiting their aunt in Cleveland and then proceed to Florida where they lose all their money gambling before unwittingly gaining a fortune.

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

