



News Notes

#1070 A weekly bulletin for residents of Auroville 13 March 2025



Shivaratri

Threefold are those supreme births of this divine force that is in the world, they are true, they are desirable; he moves there wide-overt within the Infinite and shines pure, luminous and fulfilling. ... That which is immortal in mortals and possessed of the truth, is a god and established inwardly as an energy working out in our divine powers. ... Become high-uplifted, O Strength, pierce all veils, manifest in us the things of the Godhead.

Vamadeva—Rig Veda

Pondering



Our nature is complex and we have to find a key to some perfect unity and fullness of its complexity. Its first evolutionary basis is the material life: Nature began with that and man also has to begin with it; he has first to affirm his material and vital existence. But if he stops there, there can be for him no evolution; his next and greater preoccupation must be to find himself as a mental being in a material life — both individual and social — as perfected as possible...

The cult of reason, the interpretation of life by an intellectual thought critical, utilitarian, organising and constructive, the government of life by Science are the last outcome of this inspiration. But in ancient times the higher creative and dynamic element was the pursuit of an ideal truth, good and beauty and the molding of mind, life and body into perfection and harmony by this ideal. Beyond and above this preoccupation, as soon as mind is sufficiently developed, there awakes in man the spiritual preoccupation, the discovery of a self and inmost truth of being and the release of man's mind and life into the truth of the Spirit, its perfection by the power of the Spirit, the solidarity, unity,

mutuality of all beings in the Spirit.

"The Divine Life", The Life Divine—Sri Aurobindo

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Important

AUROVILLE FOUNDATION
OFFICE OF THE SECRETARY AUROVILLE FOUNDATION
AUROVILLE FOUNDATION BHAVAN
AUROVILLE, TAMIL NADU-605 101.

No.106/AF/GB/DF/2025 Date: 06/03/2025

SHORT TERM TENDER CUM OPEN AUCTION NOTICE

The sealed tenders are invited from the eligible individual for the disposal of dried, fallen, pruned/cut tree branches as fire wood. The interested parties shall approach the office of the Auroville Foundation for the tender forms (or) can download the forms that have been uploaded on the website www.aurovillefoundation.org.in. The last date for submission of the tender form is 5.00 p.m. of 14-03-2025 by post or in person.

**Officer On Special Duty,
Auroville Foundation**

House of Mother's Agenda

A covert answer to his seeking came.
 In a far shimmering background of Mind-Space
 A glowing mouth was seen, a luminous shaft;
 A recluse gate it seemed, musing on joy,
 A veiled retreat and escape to mystery.
 Away from the unsatisfied surface world
 It fled into the bosom of the unknown,
 A well, a tunnel of the depths of God.
 It plunged as if a mystic groove of hope
 Through many layers of formless voiceless self
 To reach the last profound of the world's heart,
 And from that heart there surged a wordless call
 Pleading with some still impenetrable Mind,
 Voicing some passionate unseen desire.
 As if a beckoning finger of secrecy
 Outstretched into a crystal mood of air,
 Pointing at him from some near hidden depth,
 As if a message from the world's deep soul,
 An intimation of a lurking joy
 That flowed out from a cup of brooding bliss,
 There shimmered stealing out into the Mind
 A mute and quivering ecstasy of light,
 A passion and delicacy of roseate fire.
 As one drawn to his lost spiritual home
 Feels now the closeness of a waiting love,
 Into a passage dim and tremulous
 That clasped him in from day and night's pursuit,
 He travelled led by a mysterious sound.
 A murmur multitudinous and lone,
 All sounds it was in turn, yet still the same.
 A hidden call to unforeseen delight
 In the summoning voice of one long-known, well-loved,
 But nameless to the unremembering mind,
 It led to rapture back the truant heart.
 The immortal cry ravished the captive ear.
 Then, lowering its imperious mystery,
 It sank to a whisper circling round the soul.
 It seemed the yearning of a lonely flute
 That roamed along the shores of memory
 And filled the eyes with tears of longing joy.
 A cricket's rash and fiery single note,
 It marked with shrill melody night's moonless hush
 And beat upon a nerve of mystic sleep
 Its high insistent magical reveille.
 A jingling silver laugh of anklet bells
 Travelled the roads of a solitary heart;
 Its dance solaced an eternal loneliness:
 An old forgotten sweetness sobbing came.
 Or from a far harmonious distance heard
 The tinkling pace of a long caravan
 It seemed at times, or a vast forest's hymn,
 The solemn reminder of a temple gong,
 A bee-croon honey-drunk in summer isles

Ardent with ecstasy in a slumbrous noon,
 Or the far anthem of a pilgrim sea.
 An incense floated in the quivering air,
 A mystic happiness trembled in the breast
 As if the invisible Beloved had come
 Assuming the sudden loveliness of a face
 And close glad hands could seize his fugitive feet
 And the world change with the beauty of a smile.
 Into a wonderful bodiless realm he came,
 The home of a passion without name or voice,
 A depth he felt answering to every height,
 A nook was found that could embrace all worlds,
 A point that was the conscious knot of Space,
 An hour eternal in the heart of Time.
 The silent Soul of all the world was there:
 A Being lived, a Presence and a Power,
 A single Person who was himself and all
 And cherished Nature's sweet and dangerous throbs
 Transfigured into beats divine and pure.
 One who could love without return for love,
 Meeting and turning to the best the worst,
 It healed the bitter cruelties of earth,
 Transforming all experience to delight;
 Intervening in the sorrowful paths of birth
 It rocked the cradle of the cosmic Child
 And stilled all weeping with its hand of joy;
 It led things evil towards their secret good,
 It turned racked falsehood into happy truth;
 Its power was to reveal divinity.
 Infinite, coeval with the mind of God,
 It bore within itself a seed, a flame,
 A seed from which the Eternal is new-born,
 A flame that cancels death in mortal things.
 All grew to all kindred and self and near;
 The intimacy of God was everywhere,
 No veil was felt, no brute barrier inert,
 Distance could not divide, Time could not change.
 A fire of passion burned in spirit-depths,
 A constant touch of sweetness linked all hearts,
 The throb of one adoration's single bliss
 In a rapt ether of undying love.
 An inner happiness abode in all,
 A sense of universal harmonies,
 A measureless secure eternity
 Of truth and beauty and good and joy made one.
 Here was the welling core of finite life;
 A formless spirit became the soul of form.

(to be continued next week)

Sri Aurobindo, Savitri—A Legend and a Symbol
 Book Two: The Book of the Traveller of the Worlds
 Canto XIV: The World Soul
<https://incarnateword.in/cwsa/33/the-world-soul>
 Gangalakshmi (HOMA)

Townhall Speaks

BANK ACCOUNT OPENING

Dear Aurovilians, the mass bulletin sent by Shri Sathyana-
rayanji on 2 March requested all Aurovilians to open bank
accounts by 31 March, 2025.

We will have three slots in the coming two weeks allocated
for this exercise with SBI, ICICI, and HDFC banks, which are
ready to open zero-balance accounts. You may choose to
open your account with any one of these banks (**in case you
don't have a bank account**) or with any other bank. For
non-Indians, you may want to consider a bank that offers
the ability to make donations (SBI does not offer this, while
ICICI and HDFC do) and has international banking services.

The first such exercise will take place on

- Monday, 10 March, 1:30 to 4:30pm
@ SAWCHU and Bhumika Hall, Bharat Nivas.

Please bring self-attested copies of your PAN card, Aad-
haar card, two photos, and address proof. (For address
proof, you may approach hrrs@auroville.org, or visit their
office in the Multimedia Complex, next to SAVI and upstairs
from Cinema Paradiso, Monday to Friday from 9am—
12:30pm and 2—4:30pm.)

Non-Indian residents may also need to provide passport
copies, a stay visa, and a TIN (Tax Identification Number).

Those who already have a bank account need to fill out the
following link to provide their bank details to the FS/BCC:

<https://aiis.auroville.org.in/bank-details/list>

This information will be used to deposit the cash compo-
nent of your maintenance into the bank account you pro-
vide, starting from 1 April, 2025. The in-kind component
will continue to be deposited into your FS account as usual.

Please provide these details so that we can ensure you re-
ceive your full maintenance.

From 1 April, all maintenance for BCC-supported services
and units will be handled exclusively by the BCC mainte-
nance module.

- For any queries, please send an email to
fs-bank-transition@auroville.org.in,
and we will do our best to answer them.

Geeta for FAMC

WORK OPPORTUNITY: ADMISSIONS AND TERMINATIONS

We invite CVs from Aurovilians for the position of Secre-
tariat work in Auroville Admission & Termination Registry.

Any graduate or equivalent with minimum 3 years of work
experience in Auroville. This is a full time position with Full
Maintenance available.

Key Skills required:

- Communication:** Excellent verbal and written commu-
nication skills to effectively interact with various stake-
holders
- Proficient Computer Use** (especially Microsoft Office)
- Organizational Skills:** Ability to prioritize tasks, man-
age schedules, and maintain accurate records
- Time Management:** Efficiently manage deadlines
- Attention to Detail:** Accuracy in handling documents
and information
- Confidentiality:** Discretion in handling sensitive infor-
mation
- Interpersonal Skills:** Ability to build positive relation-
ships and work effectively as part of a team

We are aiming to build a team to progress in our inner
discovery to manifest the City of Dawn.

Pl send your cv to atr@auroville.org.in within 2 weeks from
the date of announcement. *Joel, for ATR and ATSC*

NEW EMAIL ID

for Passport & Visa Registration

Dear Community, Please note the new email id:

pvr@auroville.org.in

of the Passport & Visa Registration Desk (formerly known
as Residents Service). *William, FAMC Admin*

TENDER CUM AUCTION ANNOUNCEMENT

for Firewood

We are sharing the tender cum open auction notice floated
by the Auroville Foundation regarding dried, fallen, pruned
tree branches as some Auroville residents have expressed
interest in being informed about such auctions. Please see
the attached Tender notice for details.

*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

SHORT TERM TENDER CUM

Open Auction Notice

The sealed tenders are invited from the eligible individual
for the disposal of dried, allen, pruned/cut tree branches
as firewood. The interested parties shall approach the of-
fice of the Auroville Foundation for the tender forms (or)
can download the forms that have been uploaded on the
website www.aurovillefoundation.org.in.

- The last date for submission of the tender form is 5pm
of 14.03.2025 by post or in person.**

Officer On Special Duty, Auroville Foundation

*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

IMPORTANT ANNOUNCEMENT

On Donation Channeling

via Intermediary Fundraising Portals

Dear Unit Executives, Trustees, and Residents,

It has been observed that some units are using indepen-
dent third-party platforms (payment processors) to raise
donations for their cause from the public at large. While
donors intend to support Auroville's projects and the Moth-
er's vision for the city of the future, a significant portion of
these donations is being taken up by third-party platforms,
as channeling fees which adds up to a substantial amount.

In the Project Registration Form the name and source of the
funders is to be provided. When using public fundraising plat-
forms, the project holder will also provide the percentage of
the collected donation that is held back by the platform for
their fees. The information that is required to be collected is
the donation fees, payment processing fees & platform fees.
While the specific fees may vary depending on the platform or
organization facilitating the donation, they commonly range
between 2% and 5% of the total donation amount channelled.
Donation processing fees or administrative costs by third-
party platforms is to be clearly understood and shared with
FAMC for approval. If the charges in percentage of raised
donations are exorbitant it will be upfront restricted, so that
units don't engage with such channels.

Effective immediately, units and residents wishing to raise
donations through third-party platforms are required to
obtain prior approval from the Funds & Assets Manage-
ment Committee (FAMC) of the Auroville Foundation, as
recommended by the Foundation's Auditors.

Please note that the FAMC is accountable to the Governing
Board and the Comptroller and Auditor General (CAG) for
all financial transactions recorded by units and trusts.

For any queries or clarifications on this matter, please feel
free to contact us at dca@auroville.org.in.

Thank you for your cooperation and understanding.

*Ravindra for Donation Channeling Group,
Sub-department of the FAMC*

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

February 2025

Summary

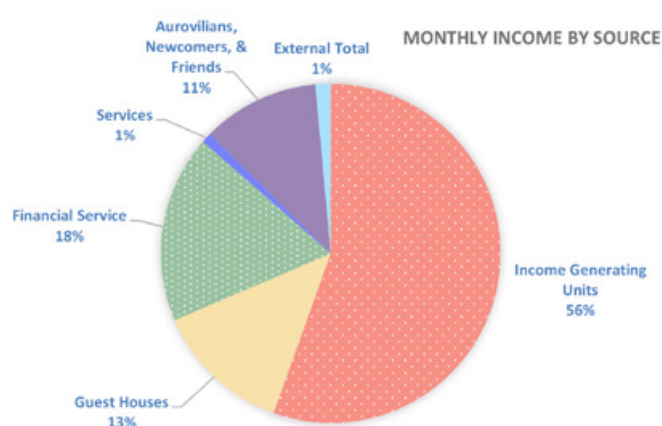
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	15,74,09,345	—	15,74,09,345
Monthly Contributions (Int. + Ext)	2,35,98,249	8,83,942	2,44,82,191
Total Contributions (OB+Monthly Inc)	18,10,07,594	8,83,942	18,18,91,536
Total Payments	1,86,48,715	8,83,942	1,95,32,657
CS Ending Balance (Includes BOB)	16,23,58,879	—	16,23,58,879
Monthly loss/gain			49,49,534

Internal Contributions

Source	Unspecified	Specified	Total
Income Generating Units	1,29,10,840	6,70,677	1,35,81,517
Guest Houses	31,99,794	4,000	32,03,794
Financial Services	43,00,000	79,770	43,79,770
Services	2,34,486	—	2,34,486
Aurovilians, Newcomers, & Friends	25,96,301	1,29,495	27,25,796
Internal Total	2,32,41,421	8,83,942	2,41,25,363

External Contributions

Government of India for SAIIR	—	—	—
Government of India for Other	52,780	—	52,780
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	3,04,048	—	3,04,048
External Total	3,56,828	—	3,56,828



BCC Team (Angurajan, Arthi, Kalaiarasi, Kalaimathi, Kaileshvaari, Punniyakodi, Victoria)

AUROVILLE INTERNATIONAL (AVI):

A Review by the Working Committee

Introduction

The Association Auroville International was founded in The Hague, Netherlands on 28 February, 1983, under the laws of the Netherlands. It is an independent body with no formal agreements with the Auroville Foundation or the Working Committee (the only body referred to).

Its general introduction speaks of The Mother setting up the international township known as Auroville, the initiatives of UNESCO, the foundation of Auroville and its Charter. It also states that to secure the future development of Auroville, in accordance with its Charter, the Govt. of India had enacted the Auroville Foundation Act and mentions the Working Committee.

The stated aim & objective of the Association is to **advance human unity by promoting the development of the International Township of Auroville & to encourage the aims and ideals of Auroville, as laid down in the Charter and, in the writings of Sri Aurobindo and The Mother.** The Association would actively cooperate in the development of Auroville, promote its ideals and facilitate cooperation with governments and organizations irrespective of political affiliations.

Regarding its overall organizational structure, roles and responsibilities, it states that Auroville will be closely involved in the Association & that all matters requiring the advice of Auroville will be addressed to the **Working Committee of the Auroville Foundation.** The Working Committee had the right to advise the General Assembly and the Auroville International Board on its own initiative.

There are several other references to the Working Committee of the Auroville Foundation such as: The Working Committee would nominate a member to the AVI Board; its General Assembly would be convened by the Chairperson of the Association by giving notice to the Working Committee, or that Chairperson would, at the request of the Working Committee or, of not less than 3 of its members—call an extraordinary meeting of the General Assembly and so on.

Observations

While all this appears well intentioned there is a serious discrepancy between what is stated and what is actually done.

None of the stated objectives with reference to the Working Committee have happened since 2022. The AVI Board, in particular, has aligned itself with the RA faction group and, refused to recognize the legitimate Working Committee, despite the High Court Order of 1 August, 2024 and, has continued to divide the AVIs against the Foundation and the legitimate groups. Now it will surely support the new appeal by the RA faction. It refused invitations by the Working Committee to meet, three years in succession, with evasive and false statements (correspondence available), and in 2024 attempts to invite them via their Auroville rep had to be abandoned, again due to evasiveness. The AVI Board, on its part, failed to invite the Working Committee to any of its meetings of its own accord, or inform it of its projects and decisions since 2022. In February 2025 the Working Committee decided to wait and see if they would reach out—they did not—but understand that their meeting was held and decisions taken, none of which has been communicated to us.

The AVI Board and its supporters also played a deliberately negative role that led to the cancellation of the UNESCO Conference, in Paris in September 2022, meant to commemorate Sri Aurobindo's 150th Birth Anniversary. Letters vilifying the Auroville Foundation, the Secretary & the Auroville working groups and against the development of the Crown, were sent to the Directors at UNESCO echoing the RA faction. The cancellation of the Conference was a matter of rejoicing, we have been told, with no care or respect for Sri Aurobindo's 150th year just as all other events were boycotted.

Such actions make it abundantly clear that the AVI Board, in particular, and its supporters, have failed to uphold the Association's key aims of advancing the ideal of human unity & promoting the development of the International Township.

Systematic steps were taken to not recognize the full community by lending support to the divisions created within Auroville through court cases, and by duplicating these divisions within the AVIs. This also helped discourage people from coming to Auroville. Western volunteers are now at a record low. Misleading media stories in the international press that also pandered to political sides, were aimed against the Auroville Foundation, the Indian government, and against Auroville's working groups. These have tarnished the Mother's project and its purpose in the eyes of the world. In the last one year we have seen repeated articles in the western media where Auroville is portrayed as a failed or dying project.

We understand that not all AVI members are in support of this and are unhappy about it.

Finally, donations collected for Auroville's Land have been withheld. It seems donors are informed that unclarity on the Indian side could affect the association's taxes. We have no direct information yet. (We have since received some clarification but nothing from the AVI.) This birthday week, support for Acres for Auroville, which has, for decades, single handedly raised funds for land, was suddenly withdrawn by the AVI at a meeting held in Auroville. No representative from Acres for Auroville or from the Working Committee was present, let alone informed.

Conclusions

The Mother asked Roger Anger to start the first Auroville International, in Paris, in 1968—to make Auroville and its evolutionary experiment known to the world, carried by the vision of Sri Aurobindo and The Mother, for the creation of a new city for a new humanity. The centre was to provide information, hold events and exhibitions and guide all those who wanted to come to Auroville with a willingness and joy to participate and serve in this evolutionary project, by offering them the right information and assistance.

Given the obvious failures in the AVI system, the need of the hour is to evolve towards honest Auroville Information Centres. It is important that these centres sign agreements with the Auroville Foundation and a representative body, such as the Working Committee, and commit to uphold the vision and realization of Auroville without bias, distortion or politics.

*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

Community News

Passing On

STEPHANIE B. PASSING

With deep sadness, we share the passing of Stephanie Bussman. Stephanie left us in Frankfurt on the night of Sunday, March 10th, after a long journey with her health, surrounded by the love and care of her family. She was 57.

Stephanie dedicated much of her life to Auroville, working with various groups and initiatives. She founded the Reach for the Stars program, driven by her deep belief in the power of education, especially for young women. She was always committed to helping others, uplifting those around her, and contributing to the community she cherished.



She had a deep love for the ocean and found joy in surfing. Above all, she was a wonderful mother, an amazing aunt, and a kind soul whose warmth touched many lives.

Trying to summarize her life in just a few lines would never do her justice. Everyone who knew her understands how much she meant to this world and how deeply she will be missed.

We are truly heartbroken by this loss. But if there is one thing Stephanie taught us, it is to keep finding reasons to smile—even in the hardest times.

With love, Vincent, Lena, Anita, and Max

VAISHYA DANIEL: POST-WWII SEEKER

I first met Daniel in the eighties, when visiting pioneer Anamaria in Certitude—a painter, poetess, Matrimandir worker and Auroville civil servant, symbol of a bygone age. An energetic member of the AVI France, Daniel had made a fortune selling nudes in his art gallery in Paris. His warmth and enthusiasm were contagious and we bonded immediately; when he returned to Auroville for good (he had been living here 1977-1981) I was delighted.



With his strong Tuscan accent, debonair Daniel had the irony and wit typical of his people, but also a big generous heart that endeared him to many. We shared one passion: Futurism, the explosive art movement in the early twentieth century that launched modern art on the

world scene; my grandfather was one exponent and Daniel published one of my books, caught by its many Futurist images.

Attending Raghu's workshops on inner exploration, which Daniel took much seriously, I discovered his link with the Kabbala. "Kabbalistic thought is often considered Jewish mysticism. Its practitioners tend to view the Creator and the Creation as a continuum, rather than as discrete entities, and they desire intimacy with God" is one definition, and our friend was this too.

Daniel was a patron of art and culture and helped many Aurovilians. A strong Galaxy supporter, he sponsored some of my books and all my exhibitions on contemporary architecture at the Town Hall.

Daniel Emdin hailed from a wealthy family of Italian Jews; most of his relatives died in concentration camps. Extermination, shared by an entire generation, whether Jews or rebels against the Nazi-fascist regimes, is at the roots of the profound humanness, empathy and elan to succor others that have assigned to Daniel a distinct place in an Auroville fast distancing itself from its founding principle: human unity. Eliciting ideals of social justice, chivalry and sharing, championing for the poor and the oppressed in a world family where no one is too small to be heard, the tragedy of WWII has profoundly impacted the post war generation to which I and the early Aurovilians belong, in an Auroville that was so different from what it has now become. Those who bore stigmata for life, like Daniel who lost his closest people, reacted to cruelty and barbarian savagery turning into signposts of sharing and compassion for the frail and less fortunate. This is the conscience that will make Daniel declare: "I have a money-making capacity which I have been happy to use for Auroville. Over the years, we've given a lot to the community, one year even 120% of our profits, using our reserves."



In an Auroville succumbing to the race for money and prestige as in the rest of the world, Daniel embodied the Vaishya ideal of ancient chaturvarnya: business as an offering to society. Returning Auroville to the Mother, may this spirit shine again.

Paulette

REMEMBERING DANIEL



Daniel of Tanto (Daniel Emdin) left us suddenly on 4 March, 2025, due to cardiac arrest. He was 77 years old.

Daniel came to stay in Auroville in 1977, after having visited a few years earlier. At the time he lived at Sri Ma, then called Far Beach.

He left in 1981 and returned for good in 2004. From then on he was fully involved in various activities and working groups of Auroville, where he shared his visionary ideas. Having had experience in France as a correspondent for RFI (Radio France Internationale), Daniel set up, along with Andrea, Auroville Radio (now Auroville Radio TV).

Another of his areas of expertise was managing a pizzeria, and here he showed himself to be a successful entrepreneur, establishing (in 2007) a pizza restaurant in Kuilapalayam, called Tanto Pizzeria ('Tanto' meaning 'abundance'), which was one of the first pizzerias in India. Over time another three Tanto's followed.

He also developed a beach resort in Sri Ma, which is "not a common holiday resort for tourists, but a place for people to meet, learn and relax" as he put it. He always remembered a conversation The Mother had with Satprem on 23 June 1965, as recorded in Mother's Agenda, in which she suggested the development of the beach area north of Pondicherry where there could be a "big hotel, the plan of which Roger has already done, a big hotel to receive visitors from outside."

Daniel always emphasized that his motivation for doing business was not to earn money for himself, but as a service to Auroville. He ran the resort in Sri Ma, together with his partner Sheril, with the Auroville economy very much in mind. He felt that the future of Auroville's economy is hospitality connected to education.

He thought Sri Ma was the ideal place for this. "What's important is the flow of money—not what you own, but what you let pass through you."

People who knew Daniel will have found him to be a person with a big heart, a good friend and a generous spirit.

He reserved, in two of his restaurants, one day in the week when Aurovilians could have lunch for half the usual price. This 50% off was to get Aurovilians to get together in a jolly family atmosphere, unlike at meetings or events.

His sudden passing leaves a vacuum in Auroville and in the lives of many, including Sheril and his daughter Lailah.

On the day of his passing, it was announced that the Tanto pizzeria in Kuilapalayam was open as usual, offering the usual 50% discount for Aurovilians.

Not closing the restaurant on that day was a fitting tribute to Daniel's memory. He would have wished it to be like that.

Daniel's body has been taken back to Pisa, in Italy, where he was born, to be buried there, as per his last wish.

Here are two Auroville Today interviews with Daniel (accessible without subscription):

- Developing the Sri Ma resort | Auroville Today <https://auroville.today/articles/764/developing-the-sri-ma-resort>
- The trials of an Auroville entrepreneur <https://auroville.today/articles/3363/the-trials-of-an-auroville-entrepreneur>

Annemarie

Matrimandir News & Schedules

AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri



5:30—6pm, every Thursday
(weather permitting)

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

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance, or the very day before 11am. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm.

Surya and Velmurugan for Amphitheater team

MATRIMANDIR ACCESS INFORMATION

Please note that the Matrimandir Access team has made **Some small changes to the Access Policy**

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

Access to the Park of Unity

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

Access to the Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered Newcomers:

- Monday—Saturday: 6—8am, 4:30—7:30pm.
Sunday: 6am—12pm, 4:30—7:30pm.

The Inner Chamber is open to SAVI registered Volunteers:

- Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate.

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in

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

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

The Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders:

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass.
- Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre.
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir

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

*The Matrimandir executive team,
Antoine, Divya Karun, John H., Judith, Sundar K*

VISITING MATRIMANDIR with Family and Friends

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

The Park of Unity

Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens:

- 9am—3:30pm.
- 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.

The Inner Chamber of Matrimandir

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

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

Thursday Meditations at sunset with Savitri

The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

Antoine, for Matrimandir Executives

Acres for Auroville

ART FOR LAND 2025 EXHIBITIONS:

Flowers by Hasi & The Spirit of Auroville

ongoing till 30 March

Art has the power to transcend individual experiences, creating spaces for connection, reflection, and shared transformation. The Art for Land 2025 exhibition, showing from 2 February to 30 March, 2025, invites visitors to engage with the intersection of creativity, spirituality, and collective purpose.

This celebration of Auroville's ideals reflects the power of art to unite and inspire, drawing upon the themes of nature, growth, and unity that lie at the heart of the Auroville's vision.



Central to the exhibition is 'Flowers by Hasi', a vibrant tribute to the late Hasi Grandcolas. Hasi, a dedicated sadhika and artist, captures the spiritual essence of flowers like Peonies, Roses, Sunflowers, and Tulips. Each painting invites viewers to explore the deeper symbolism of nature's blooms as expressions of spiritual nourishment. Through her work, visitors are reminded of the connection between art, nature, and spirit. The art serves not only as personal expression but also as a collective offering, with proceeds supporting Auroville's land consolidation efforts and the city's growth.

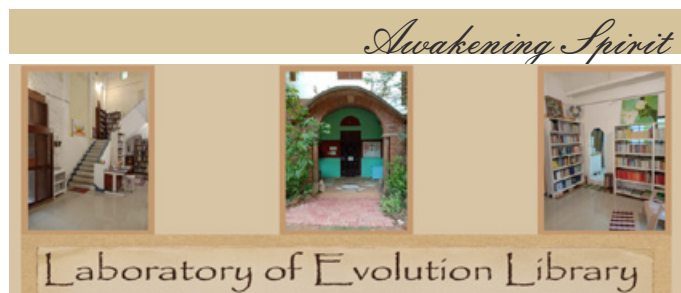
The complementing 'The Spirit of Auroville' exhibition showcases artworks from 1971—73 by Sri Aurobindo Ashram artists, inspired by flowers chosen by The Mother for Auroville, each symbolizing qualities like unity and aspiration. Recent contributions of flower paintings by Dilip Patel are included. Presented in four languages, the exhibition reflects Auroville's multicultural ethos and invites a universal understanding of its mission. It is guided by Richard Pearson of the Sri Aurobindo Ashram, who has dedicated much of his life to sharing The Mother's insights on flowers.

Let the stories, spiritual insights, and vibrant creations of Art for Land 2025 lead you on a transformative journey of beauty and unity. Together, we celebrate the profound power that emerges when creativity aligns with a collective vision for a more harmonious world. Join us in celebrating the vision of Auroville.



Inauguration: 4 PM on 02 FEB 25
Solely conceived by SOHAM MURWICAR
Sponsored by:

*Anita
for Unity Pavilion Team*



LABORATORY OF EVOLUTION Library

Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health ...etc. You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, Cd & DVD, films & lectures.

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

SAVITRI BHAVAN SCHEDULE, MARCH 2025



Exhibitions

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo: A life-sketch in photographs'** with texts both in English and Tamil is displayed in the upper corridor
- **A special Exhibition, 'Homage to The Mother':** A painting exhibition by Aghni.
 - 5—21 March, 2025
 - Inauguration: Wednesday, 5 March, 10am

Films

Mondays, 4pm @ Sangam Hall

- **March 17: Interview of Shraddhavan—Responses to Questions about Auroville.** Filmed by a Russian TV Crew on April 3, 2013. Shraddhavan speaks about her entry into Auroville in 1970, the Matrimandir, and about Savitri—the Supreme revelation of Sri Aurobindo's Vision. *Duration: 54min.*

Shraddhavan stresses that Auroville is meant to hasten the advent of the Supramental Reality upon earth and reflects on the Mother's saying that "Auroville wants to be the first realisation of human unity based on the teaching of Sri Aurobindo, where men of all countries would be at home." (MCW13, p.215)

On Earth and especially in Auroville we are asked to accelerate our personal evolution and through that contribute to the overall evolution of humanity. But that is not something we can do ourselves. We can only put ourselves under the influence of the higher Wisdom and the deeper Will and try to serve it.

As well, she emphasises the wisdom of Integral Yoga that above the mind there is a consciousness much greater than our normal mental consciousness, and in the depths of matter, there is a will much more powerful than the human will. The name 'Shraddhavan' was given by the Mother, and it means 'One who has faith in the Higher Being'.

The film is also available on the AuroMaa website under the title [2013 Interview on Auroville \(Shraddhavan\)](#).

- **March 24: The Quest of Truth and Sanatan Dharma.** Pariksinh Singh and Partho converse about the Quest of Truth and Sanatan Dharma, the eternal law and life itself, at the Jaipur Literature Festival 2024. *Duration: 46min.*
- **March 31: Sri Aurobindo's Uttarpara Speech.** Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. *Duration: 33min.*

Full Moon Gathering

Thursday, 13 March, 7:15—8:15pm in front of Sri Aurobindo's statue

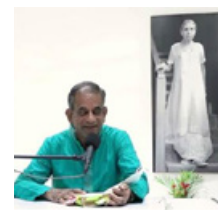
Regular Activities

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

Dhanalakshmi & Margrit for Savitri Bhavan

Talks of Dr Alok Pandey on Sri Aurobindo's Essay on The Gita

- 12 & 26 March, 9 & 23 April
- 21 & 28 May, 11 & 25 June
- 10am—1pm @ Sangam Hall of Savitri Bhavan



Death, Dying, and Beyond: The Science and Spirituality of Death

Le livre: La Mort, Mourir, Et Au-Delà La Science et la Spiritualité de la Mort de Alok Pandey, MD est de nouveau disponible à Savitri Bhavan, Il ya une 20 de copies en Français.

Bienvenue à Tous avec Joie toujours...

The Grand Egyptian Museum: A Journey of Becoming

Travelling to the Initiation Temples along the Nile.

- **A photo presentation** by Franz @ Savitri Bhavan
- **Friday, 21 March, 6pm**



House of Mother's Agenda Is Open



House of Mother's Agenda informs you, GangaLakshmi is present at H.O.M.A.

Every afternoon, 3—5pm you have an opportunity to **listen to Sweet Mother.**

*GangaLakshmi
for House of Mother's Agenda*

Homage to the Mother

An exhibition of paintings inspired by Sri Aurobindo's writings at Savitri Bhavan, Auroville

- 5—21 March, 9am—5pm daily (Sundays closed)
- Inauguration on 5 March, Wednesday, 10am

The painter is Aghni (he is the founder of Centro Sri Aurobindo e Mère—Italy and he has been exploring Sri Aurobindo's writings through paintings for more than 30 years).

There will be 4 sections:

- 15 paintings on canvas inspired by lines of "Savitri", Book 2
 - 41 paintings inspired by "The Mother"
 - 41 paintings inspired by "The Object of our Yoga"
 - 15 drawings inspired by different writings of Sri Aurobindo that illustrate the parts and planes of the being
- Everyone is welcome



Doing Deeper Body Work

- Saturdays, 8 & 22 March, 4—5pm @ Sangam Hall

Doing Deeper Body Work in the Light of Savitri's mantric verses and Huta's paintings with Arul Dev. All are welcome

Deeper Body Work is a labour of love to gently shift our body's habits and to turn it to be a servitor of the Divine. Deeper Body Work constitutes of tiny practices that are direct, simple, subtle and experiential. These are done within the body's sensations, energies, vibrations, movements, emotions and thoughts. The aspiration is also to discover pure substance which is present in the 'core' of every cell of our body. Pure substance is where the entanglements absorbed from the world are least and the capacity to directly connect to the Divine and receive the Divine Qualities are the highest.

Dhanalakshmi for Savitri Bhavan



Join the Integral Education Circle

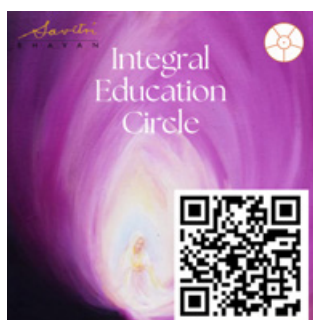
- Thursdays starting 20 March, 8pm, Online

Are you interested in deepening your understanding of Integral Education and applying it to your own growth and progress?

We invite you to a weekly learning circle hosted online by Savitri Bhavan, Auroville, where we will explore the writings of Sri Aurobindo and The Mother On Education. This is a collective journey—a space to reflect, share, and apply Integral Education to our lives through readings, meditative practices, journaling, and discussions.

Open to: Educators, parents, and all seekers on the path of self-perfection. If you would like to know more or feel called to join, [click here](#).

Neel for Savitri Bhavan



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Work only for the Divine

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

Location
kshetram2014@auroville.org.in

Calendar of regular events of March 2025

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

13th & 27th Thursday 6:30 - 7:30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

13th, Thursday at 6:15pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo

By Deepti Tewari

4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location

Monisha for BN Team

Education

DEEPANAM SCHOOL PRESENTS

Shakespeare's timeless comedy

As You Like It

- Saturday, 15 March, 7pm

Join us for an enchanting evening as the Forest of Arden comes alive with wit, love, and laughter!

Deepanam school amphitheater.

- Visit our website:
<https://deepanamschool.org/>

Mahavir



SATORI: EDUCATIONAL SERVICES

- Physics and Chemistry CBSE and Edexcel IGCSE: A-levels.
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei +91 9442934078,
satori.auroville@gmail.com

செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
சைவல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாணல் நேர கழகம் வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 th Grade
கராத்தே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பந்த நாட்டகம் BHARATHA NAATTIVAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
குவிம்ஸ் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: kuliacreativecentre@auroville.org.in OR kuliacreativecentre.auroville@gmail.com
WhatsApp: +91-96084 73385 / 9843195290 WEBSITE: www.kuliacreativecentre.org

VISUAL MATHEMATICS CLASSES

We are happy to bring back 'Visual Mathematics classes' to children under 7 years. These classes offer a strong visual base and act as a foundation for the mathematics concepts learned later in school.

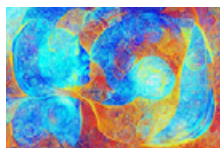
We are thankful for the consistent and strong parent support for this activity and we would like to show our heartfelt gratitude to each one of them.

Snehal,
+91 9529673687 WA

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.



Sankhya Philosophy by Kapila Muni

"System of Sixty"—Part 1. Ignorance and Disabilities

• Friday, 28 March, 5pm @ Sangam Hall of Savitri Bhavan
Everyone is welcome.

Facilitated by Team Enlight and Savitri Bhavan
Snehal

AUROVILLE LIBRARY

Our Reading Circles

- **Mondays 6—7pm:**
The Prophet by Kahlil Gibran,
hosted by Malcolm, +91 9080159721
- **Tuesdays 6:30—7:30pm:**
A New Earth by Eckhart Tolle,
hosted by Debashish +91 7678208825
- **Thursdays 6—7pm:**
When Things Fall Apart by Pema Chodron,
hosted by Helen & Serena
+91 7094753054, +91 8489760966

Auroville Library Contacts and Timings

- 0413 2622 894, avlib@auroville.org.in
- **Opening timings:**
 - **Mornings:**
Monday—Saturday: 9am—12:30pm
 - **Afternoons:**
Monday, Wednesday,
Thursday, Friday & Saturday: 2—4:30pm.
Tuesday: 4—6:30pm.

Laura

TUITION CLASSES AVAILABLE

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

Ashwini

Youth Initiative

AVATAR MINI COURSE

Saturday, 15 March, 9am—12:30pm
@ Youth Space, Center field

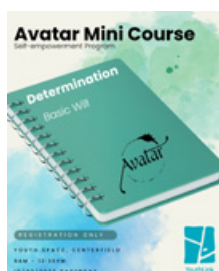
This is one of the introductory courses for the self-empowerment program Avatar. We will explore the non-physical quality that makes choices and decisions, controls motion and attention, creates and perseveres—human will.

It is designed to help you discover and realize more about yourself through guided exploration. This program involves reading the instructions from a booklet and engaging in practical exercises.

Facilitator: Jisung. For the smooth operation of the program, please arrive before 9am.

- [Register via the link!](#)

Chaha for Youthlink



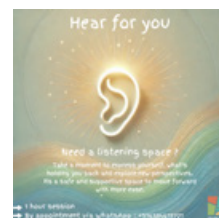
HEAR FOR YOU

Looking for a space to talk, reflect, and gain clarity? Hear for You offers a one-on-one conversation space where you can freely express yourself in a safe and supportive environment.

Each session lasts about an hour and is focused on active listening and guidance, helping you bring more clarity to your current situation and find what can bring meaning and fulfillment into your life.

Sometimes, all we need is someone to truly listen. I'm here for you. Book an appointment: +91 6384615721 WA

Mailys for YouthLink



NVC PRACTICE SESSIONS

Thursdays, 4:30—6:45pm
@ Youth Space, Center Field

We are excited to start the third practice session with Vega!

Please sign up using the application form at the bottom of the message! YouthLink would like to invite you for NVC Practice sessions, Facilitated by Vega (CNVC-certified trainer).



NVC is a communication tool that helps us connect from our heart. This tool can enhance connection and understanding and make us aware so we can have choice from the conscious space.

During this workshop you will learn to practice basic principles of Nonviolent Communication and explore different ways of connecting oneself and others from the heart.

- **13 March—17 April, every Thursday, 6 sessions.**

It is subject to change depending on the facilitator's circumstances.

- Practice sessions for those with basic NVC experience, for deeper understanding and daily application.
- We will prioritize those who can attend all 6 sessions first. If there are any remaining spots, we will get other participants. [Registration form](#)

Jisung for Youthlink

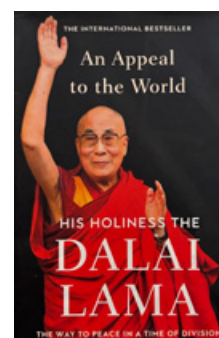
Books

AN EVENING READING @ TIBETAN PAVILION

Fridays, 4:30—5:30pm @ Pavilion of Tibetan Culture

The Tibetan Pavilion is conducting a reading session on Fridays. We are starting the session with a book *An Appeal to the World*.

Upon completion of this book, other books with connection to Tibet and Tibetan Culture and Buddhist thought will follow. Each session will consist of reading a chapter followed by a mode for led discussions on the topics covered. It is expected that individuals will keep an open mind and be open to sharing their own personal thoughts on the topics covered.



Submitted by Kalsang

Health Care

AUROVILLE HEALTH CENTRE AND PHARMACY

Will Be Closed

Friday, 28 March, 1pm—Sunday, 30 March

The Auroville Health Centre and Pharmacy will be closed for their Annual Tour from Friday 28 March 1pm up to Sunday 30 March.

Dr Uma

SANTÉ SERVICES



Schedule

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

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

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

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

WORLD GLAUCOMA WEEK

9—15 March, 2025



This year's theme, "Uniting for a Glaucoma-Free World," highlights the importance of coming together to prevent glaucoma-related blindness.

Join us at Aurokiya in raising awareness and taking action! During this week, we offer free Intraocular Pressure (IOP) measurement to help detect glaucoma early. Early detection is key—catch the disease in time, and you have a great chance of preserving your vision for years to come.

Be a part of this global movement and protect your sight. Thanks to our donors who supported with this vital equipment.

Aurosugan for Aurokiya

www.aurokiya.com, aurokiya@auroville.org.in

AYURVEDA

and the use of Turmeric

Anti-inflammatory and anti-oxydant



The harvest season of Turmeric is slowly coming to an end. The fresh plant comes at the right time to support our health during Spring when Kapha toxins (cold, heavy, sticky, slimy, viscous, stagnant) need to be expelled from the body otherwise they create a state of fermentation (bloating in the belly), stagnation (swelling in some parts of the body), inflammations (in body tissues and joints), leading to hayfever, allergies, cold, cough with mucus, mild fever.

Healthy Kapha in our body is felt in our immunity and helps to resist any external factors, viruses or unhealthy bacteria, it keeps our respiratory system clean and clear and brings strength, endurance and perseverance in the energy, it is warm and generous at heart, soft and kind in its words.

Turmeric is a great plant that helps Kapha to maintain its best potential. Here some uses:

1. Early morning, to boost energy and immunity (at Kapha time—between 6am and 10am): drink hot water with some fresh turmeric, fresh ginger and a lemon juice

2. As appetizer for lunch, to stimulate the gastric enzymes for a better digestion: one tsp of fresh turmeric grinded with fresh ginger, lemon juice and a pinch of salt (the mix can be kept in the fridge for some weeks)

3. As digestive, to stimulate the digestion or get rid of heaviness, bloating or indigestion: mix of ginger powder, turmeric powder and black pepper powder (= Be No1), take ½ tsp in a sip of warm water after a meal or anytime when feeling heavy or stuck in the digestion

4. In case of hayfever, allergies, cold and cough with mucus: ½ tsp of turmeric powder or 1 tsp of turmeric flakes with lemon juice and honey, before any meals. An ayurvedic preparation for Kapha allergies (hives, dermatitis, rhinitis, itching, fungal infection) is called Haridrakhanda (it contains turmeric as main ingredient)—1 tsp twice a day before meals. For sore throat and mucus in sinuses or throat: gargle with hot water, salt and a pinch of turmeric

5. As anti-inflammatory for joints: take 1 Tbsp of sesame or olive or coconut oil + 1 flat tsp of turmeric powder + 1 pinch of black pepper—once or twice daily before meals and apply daily a mix of castor oil and shallaki oil on the painful joint

6. Anti-inflammatory in general: a mix turmeric powder, ginger powder and fenugreek powder (= Be No4), take ½ tsp in warm water early morning.

7. To purify the blood and clear the skin of ailments, rashes, prickly heat: mix of turmeric powder or flakes with neem powder and black pepper powder (= Be No2): ½ tsp in warm water twice a day before meals for 2 to 3 months

This great plant (fresh, sun-dried or powdered) is available at AuroOrchard and some other places in Auroville. Nature's gift to end spring and start summer in the most harmonious way.

Take good care and be well,
 Be @ Sante Clinic



HEALTH FUND: PLEASE SUBMIT MEDICALS BILLS

Dear Health Fund Members,

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from **April 2024** onwards. If you have any laying around that is.

We need them before the 27 March 2025! That is our last working day for the month of March. **Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!**

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

Stephen



WEEKLY BABY SUPPORT CIRCLE: LITTLE RED FEET

Every Wednesday, 9am—12pm @ Humanscapes

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

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

Here's what to expect:

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

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

Rotem



OFFERING NURSING SERVICES

My name is Madhi and I'm 26 years old. I've been living in Auroville since my childhood with my family. I have done my bachelors degree in B.Sc (Nursing) and I have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in ICU and six month in emergency). Past two years I've been working with private diagnosis and health care in Auroville. **Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.**

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I'm happy to offer my professional skills in the appropriate and proper way.

Madhi, 9597222826 call/ WA, madhiazhagan014@gmail.com

ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovillian who was born and brought up in Auroville.

I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

Services provided:

- Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advise, Geriatric care, Myofascial massage (Back and neck), Head and neck massage

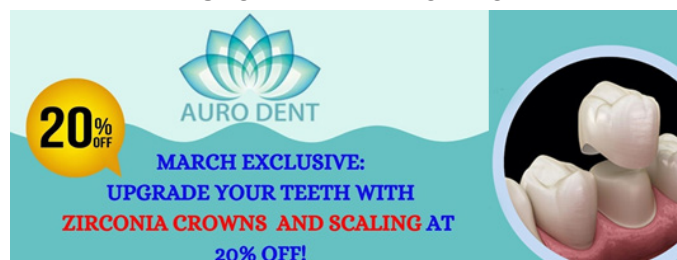
Pain is a sign that has to be taken care of.

Kindly get in touch with me if you need home visits.

- Sruthi, 7904769496, WA/ call
- auroshruthi@auroville.org.in

Submitted by Sruthi

AURODENT DENTAL CLINIC:



A dental crown protects and restores damaged teeth, improving strength, function, and appearance. It prevents further decay, supports teeth after root canal treatment, and ensures long-term durability. Proper crown placement enhances both oral health and confidence in your smile.

Offer Details:

- Open to all Aurovilians and Guests
- **Valid until March 31, 2025**

Working Hours:

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

For Appointments:

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

Jayasutha for Aurodent

Ecology

COME & CHECK ECO SERVICE TREASURES

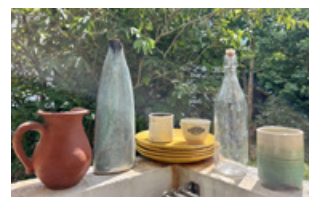
Monday to Saturday,
10:30am—12:30pm & 3—4:30pm

Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.

We welcome all recyclers or anyone needing such items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

- It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H. for Eco service team



International

The French Pavilion presents

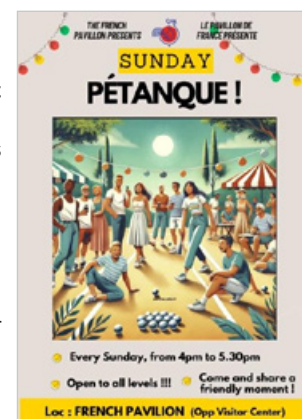
JOIN US FOR PÉTANQUE

@ the French Pavilion!

**Every Sunday, 4—5:30pm,
opposite Visitor Center**

Discover Pétanque, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (cochonnet). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French! Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!

Vivekan



UNDERSTANDING AND SUPPORTING

Psychological Trauma

A conference by Anne Sophie Cuq in French

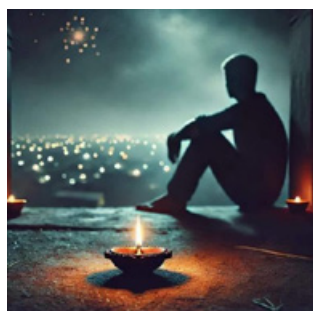
Tuesday, 18 March @ Pavillon de France

Many people experience psychological trauma, which can deeply impact the nervous system, increasing vulnerability to chronic illnesses, mental health disorders, and addictions. More than the event itself, it is the imprint it leaves on our internal regulation system that shapes its long-term effects.

A holistic approach that considers both the body and relationships is essential. Beyond treatment, preventing retraumatization and addressing the specific needs of survivors is crucial. Trauma-sensitive approaches promote awareness and adaptation through "universal precautions," fostering healing in all areas of life—healthcare, education, workplaces, and daily interactions. Join us for an insightful discussion on healing and resilience.

Speaker: Anne Sophie Cuq is a psychologist, psychotherapist, and naturopath. She practices integrative psychotherapy and develops therapeutic programs on various themes, including emotions, attachment, and resilience.

Conference in French



Vivekan

LA MÈRE RACONTE (THE MOTHER TELLS)

French Practice

from classes given by the Mother at the Ashram

Every Thursday, 4:30—5:30pm @ Pavillon de France

In the 1950s, The Mother gave classes in French at the Pondicherry Ashram, later compiled into *La Mère raconte*.

Using simple and figurative language, she conveyed her thoughts in various registers of French.

This workshop explores these texts, helping participants deepen their understanding of both French and The Mother's teachings. Open to all levels, sessions include reading, vocabulary exploration, and group discussions in French, English, or Tamil. Led by Augustin (Tamil/ English) and Jean-François (French).

Vivekan



Theatre, Music & Arts

AUROVILLE HARMONIES IN CONCERT



Women Choir Singing The World

Saturday, 15 March, 8pm & Sunday, 16 March, 6:30pm
@ CRIPA

Antoine

OPEN ART STUDIO HUFREESH DUMASIA

14 March—15 March @ Aurelec, Auroville



Step Into the World of Art & Energy

Join me for an immersive **Open Studio Experience**, where colors, textures, and cosmic energy come to life!

- Explore my latest abstract paintings—each piece a reflection of the unseen forces that shape our universe. Feel the energy, connect with the art, and discover the stories woven into every brushstroke.
- Meet the Artist
- Exclusive Art Pieces
- **Drop in anytime between 10am—5pm**

Come, be inspired, and let the art speak to you!

Hufreesh



OF BEAUTY AND CONSOLATION:

A Photo Exhibition by
Lisbeth

7—25 March
@ Pitanga

Andrea

ARTIFICIAL BRAINCANDY

by Philipp Klinnert

7—26 March, Tuesday—Friday, 2—5:30pm

Saturday, 10—12:30 & 2—5:30

@ Centre d'Art, Citadine

Opening on Friday, 7 March, 4:30pm

This exhibition is the result of the two month long Centre d'Art residency program enacted by the Berlin-based artist Philipp Klinnert. It reflects the subjective experience of Auroville and its people through the artist's practice and research.

The Artist presents a series of multi-layered drawings that explore the complex ways in which we interpret and fill our perceptions with meaning, language, and symbols to understand ourselves and the world. Driven by improvisation and intuition, the artist captures the contradictions inherent in our experiences—how we blend memories, ideas, and future concepts with the immediacy of the present. Using a variety of pens and pencils, including half-empty ones, the process reflects the diversity and inherent lack in our individual and collective ways of existing.

Marco



Arpanaa presents

PRIYA PURUSHOTHAMAN VOCALIST

To Perform

Saturday, 15 March, 5—6:30pm @ Unity Pavilion

Please be seated by 4:45pm.

On the occasion of Holi, the festival colors, **Arpanaa** brings to the community a music concert by one of the prominent young musicians of her generation, Priya Purshothaman.

Priya Purushothaman is a Hindustani vocalist of the Agra gharana, trained under Vidushi Aditi Upadhya, Pandit Sudhindra Bhaumik, and Agra gharana stalwart Pandit Dinkar Kaikini.

Having travelled extensively in India and abroad, she has been featured at the Barbican Centre, London; Bimhuis, Amsterdam; Carnegie Hall Neighborhood Concert Series, NY; National Centre for Performing Arts, Mumbai; Kalakshetra, Chennai; Gharana NextGen Festival, Mumbai; among many others.

As an educator, she runs a global private teaching studio in-person and online, where she utilizes a contemporary approach to relating to learners of different generations.

She has authored the book, *Living Music: Conversation with Pandit Dinkar Kaikini* and is the creator of an educational children's podcast, "Music & Masti".

Post the performance the artist has agreed to engage in a short interactive session. This will be a wonderful opportunity to understand the creative process of a musician on stage.

Priya will be accompanied on the table by Sagar Bharathraj and on the harmonium by Tejas Katoti.

Arpanaa is a unit under SAILER and is supported by the BCC. It has been engaged in bringing various cultural events to the community. Presently this service is anchored by Yogini and Megha.

*Yogini & Megha
for Arpanaa*

Bharat Nivas Presents

Panchadeva



*Monisha
for BN Team*

EXHIBITION @ AURELEC: MAHA KUMBH 2025



Franz

Music & Art Activities

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop

By Sasikanth Somu, 20, 21 & 22 March
@ Centre d'Art Gallery, Citadines, Auroville

Analogue Photography Darkroom Workshop



Dates: 20th, 21st and 22nd March 2025

Venue: Centre d'Art Gallery, Citadines, Auroville

Program & Timings:

- **Thursday, 20 March, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 21 March, 9am—2pm:** Film photo shoot (in your own time), 2—5pm: Develop your roll of film.
- **Saturday, 22 March, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

The workshop fee for Guests: Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 9159355809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Sergey, Centre d'Art

CREEVA ACTIVITIES

- **Watercolor Landscape class** by Sathya
 - Monday, 5—7pm.
- **Figurative Drawing Session**
 - Tuesday, 5—7pm.
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30—4:30pm, Monday to Thursday. If you plan to attend at other times, please inform us in advance. Contact Abi, +91 9042058981
- **Portrait:** For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.

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



PHOTO CIRCLE MEETS AGAIN

Friday, 14 March, 5pm

@ Centre d'Art Multimedia Room, Citadines



Photo Circle meets again. The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images. You are all welcome.

Marco

SVARAM PROGRAMS

SVARAM Sound Journey

- @ Unity Pavilion
- Every Wednesday, 5:30—6:30pm



Contact No.: +91 93601 23054 (WA)

SVARAM Sound Journey

- @ Kala Kendra, Bharat Nivas
- Daily, 2:30—3:30pm

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



Sonorium Wellness Training 2025

- 17—22 March

For details please click the link below or scan the QR Code:

<https://svaram.org/sonorium-wellness-training-2025/>



Sound Journey Facilitation Training

- 7—12 April

For details please click the link below or scan the QR Code:

<https://svaram.org/sound-journey-training-2025/>



For order enquiries: email to svaram@auroville.org.in

For programs, workshops, Soundbaths and group visits: email to svaramprograms@auroville.org.in

Aurelio
and the SVARAM Team

EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

Adult Drop-In

- Thursday and Friday, 10am—5pm
- Contributions welcome

Classes for Children:

- Saturday, 10am—12noon
- Monthly contribution Rs 200.

Artist: 8015362636,

Office: 0413 2623576



Lisa

FREEDOM OF THE BODY:

Dialogue with the Cells

Thanks to the vision of The Mother and Sri Aurobindo

21, 22, 23 March, 9am—1pm

@ Harmony Hall, Bharat Nivas,

Please come at 8:45am

An experiential immersive workshop designed and guided by Philippe Pelen and Thierry Moucazambo from Surya Performance Lab

A path to follow from the mind to the heart and from the heart to the body, through deep relaxation, frequencies, meditation, Pranayama, yoga, visualization, and a spontaneous natural dance. A joyful experience for the transformation of the body.

This workshop is open to all: Aurovilians, newcomers, volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who have attended previous workshops and want to experience deeper inner practice. Each workshop offers a different experience.

The theme of this workshop is Joy, Ananda in the cells.

- Contribution:** Aurovilians, Newcomers, Volunteers: Rs. 1500, Guests: Rs. 5000
- Contact, registration** (is mandatory): Bianca, bianca_nc@auroville.org.in +91 8300387288 WA.
- Registration is mandatory.

Philippe and Thierry for Surya Performance Lab



Dance Activities

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango
Register now: +9186376 33696

Salsa Dance

@ New Creation dance studio

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

@Bakisata_dance

Embrace the Rhythm
and Let Go!



Tango Dance @ CRIPA

Monday

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

Friday

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

Contact: +91 8637633696



Mani

AUROVILLE TANGO @ HARMONY HALL, BHARAT NIVAS

New batch starts the first week of each month

- Monday:** 7—Introduction to Tango 8—Improvers
- Wednesday:** 7:30—Guided Practica 8—Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

+91 9821166082

tango@auroville.org.in



Maud

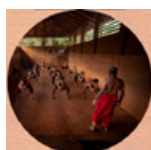
Sports & Martial Arts

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

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



Monisha for BN Team

25TH ANNIVERSARY of the Auroville Horse Show

5—16 March

@ Red Earth Riding School

The event timings

6:30—9:30am

3:30—6:30pm

Kalivaradhan
for Red Earth Riding School



SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic
- Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book now: +91 8637633696

Package swimming class



Mani

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

ABHAYA MARTIAL ARTS

Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by Shou Dao School, a martial art academy recognized by the Olympic Committee.



Our regular classes for adults

- Monday: MMA/Grappling 5:30pm with coach Giacomo
- Wednesday: MMA/Grappling 5:30pm with coach Giacomo
- Friday: Kickboxing 5:30pm with coach Ruben

Contribution required. Be punctual, short nails, in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.

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

Brazilian Jiu-Jitsu classes for kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from 4—13 years old on Tuesdays and Thursdays, 3:30—4:30pm.

Contribution required.

Send your kids in sportswear, with a bottle of water and a big smile.

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self e training and it has proven results in building cognitive skills and fine motor development, especially for kids.

For more information and to be part of the WA group contact +91 8448077070 Giacomo

AIKIDO CLASSES

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

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



Adult Aikido classes

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

Children/ young students

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

Contact for more info and registration

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

Cristo, Rita, Surya & Philippe for Auroville Aikido

KSHETRA KALARI

@ Aspiration Sport Ground

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



Maneesh

GIRLS' FUTSAL FOOTBALL CLUB

Tuesday and Friday at 5:10pm @ Dehashakti

Girl's football team in Dehashakti. If you like football and you want to learn, play and have fun, come and enjoy it with the other girls.

- Age group 15+ only.
- Contact Beber 6385635943 for details

Beber



Bioregion & Nature Activities

Terrasoul Community Permaculture - New Arboriculture

**Saturdays, 8am—12pm @ Terrasoul Farm Community
Hands-on Saturday**

- Introduction to Agroforestry & Food Forest, Basics of Agroforestry & Food Forests
- Tree Management, Planting, Pruning, Fertilization, Irrigation, Disease Management
- Tree Biology Essentials: Anatomy

No experience needed. Commitment and good will are required.

- **Every Saturday, 8am—12pm**
 - Tea Break: 10:30am, closing: 12pm
- **Optional Farm Tour & Lunch:**
 - Farm Tour: 12:00—1pm
 - Lunch: Tamil vegan meal (contribution required)

Juan, +91 9443434182,
terrasoul@auroville.org.in

BEING-NATURE-BEING-FOREST

Walk in Presence with Aikya every Wednesday, 4—6pm

Having lived for almost 30 years in Auroville, I got to feel the rhythm and subtleties of the forest. And still now, every time, there is something new to discover in the outside nature or in my inside nature.

The forest helps me to consciously slow down, and helps in refining my senses. If I then open to the living wisdom of Nature, a subtle air almost, a Presence of the living, I feel myself, my body bathing in a conscious light of joy and beauty.

I now offer this re-connection to others, to you

- **Meeting point** in front of Auroville Library to take you to a special location
- Very small groups, **please register** sending a message to this number: +32491259966 WA
- **Contribution:** Between 600 and 1000Rs depending on what you can give
- **Good to know:** Carry your water, have a mode of transport, come open hearted.

To know more go to my website: <https://spiritandnature.org>

Elena

JOIN ONE OF THE LAST FIVE Edible Weeds Walks of the Season!

- **Next Walk:**
Saturday, 15 March
(filled on first-come basis)
- **Location:** Always within Auroville. Details shared the day before to registered participants only.
- **Timing:** 7:30—8:30am
(arrive by 7:25am).

Contribution required

Register Now:

edibleweedwalk@gmail.com, 9840936907 WA



Nina

AUROVILLE BAMBOO CENTRE

Bamboo Centre Campus Tour

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

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

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



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

Special Bamboo Lunch for Groups in week days

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

Trainings and workshops

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

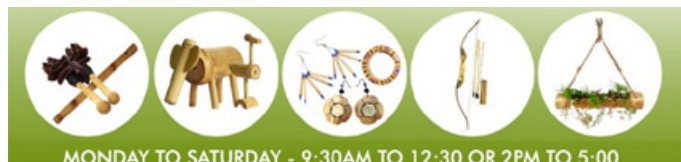
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops



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

3 Hours Make and Take Workshops



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

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

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

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- **Contact:** Voice call and WA: 8300949081
- www.aurovillebamboocentre.org

Archana for Bamboo Centre Team

MOHANAM PROGRAM

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

mohanamprogram@auroville.org.in



Call/WA: 8300949079

Office: 10am—4pm, Monday to Saturday

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

1 day advance booking is necessary.

Auroville Bioregional Experience with Mohanam

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

Classes @ Mohanam Campus

Classes and Workshops

Cooking Class

3:00pm - 5:30pm
Monday - Saturday;
10:00am - 12:30pm
Sunday

Learn how to cook traditional South Indian food and snacks

Saree Workshop

10:00am - 4:00pm
Monday - Saturday

Learn the art of saree wearing and model your look in an optional photoshoot

*One day advance booking necessary

1 day Advance booking of classes is necessary:

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

Pottery Making

Kolam Mandala Painting

Candle Making

Incense Making

Soap Making

...and more, including Traditional leaf craft, bamboo jewellery, and dream catchers. Manifest your inner artist and try your hand at traditional handicrafts

*One day advance booking necessary

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

Balu for Mohanam Program

ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034
enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

WELLPAPER WORKSHOP

10am—4pm every day except Sunday.

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

- Wellpaper:
+91 9385744722, 0413 2969722

Viji



BHARAT NIVAS KALA KENDRA PATHWAY: EGAI

Invites to the Coconut shell Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville

Ready to spark your coconut creativity? Your creativity in a hands-on! Experience and learn the art of designing unique crafts made from eco friendly materials. In this workshop you create either Pendant, Earrings, Keychains, or bowls through new and unique techniques and carry your product with you as a souvenir.



What you Learn? Eco-friendly crafting, Designing techniques, Creative craftsmanship, Sustainable artistry, Hands-on Creation

Invites to the Incense Stick Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville

Master the art of aromatic creation? Awaken Your Senses with Every Stick! Experience and learn the art of making two different types of Incenses (Agar-battis and Cone shaped Incense). In this workshop you will be able to make your own best natural Incense in an easy way and carry your product with you as a souvenir.



What you Learn? Incense Crafting Basics, Agarbatti Making, Cone Incense Techniques, Natural Ingredients Usage, Hands-on Creation.

Monisha, BN Team

FERMENTATION WORKSHOPS

Every Saturday 10—11:30am

Explore the art of fermentation in our engaging, hands-on sessions held every Saturday!

Whether you're a complete beginner or looking to refine your skills, this workshop will guide you through safe and effective fermentation techniques. You'll learn the foundational principles of fermentation and how to create unique, delicious fermented products at home.

- The booking should be done 24 hrs prior to the class for the confirmation
- For enquiry please contact: contact@marcscoffees.com +91 0413 2623119 and +91 7200881291. Mathide



Looking For

Looking for Housitting: Marina

I am looking for a house sitting from Mid March or a bit later, for a minimum of 2 months. I am extremely clean, passionate about gardening and I teach yoga. This is the 3rd year I come and stay in Auroville.

Marina, +393273995849WA

Looking for a Home Amidst Nature

We are an Indian couple from Bangalore, seeking a home surrounded by greenery and trees for at least a year (or longer). We're looking for a 2BHK, either furnished or unfurnished, that aligns with our holistic lifestyle, as I primarily do my healing work from home.

I'm a psychotherapist specializing in personal therapy and group well-being sessions, integrating somatic and art therapy with NLP, inner child work, and trauma healing. Our family also includes two beloved dogs.

If you have or know of a beautiful home that matches our vision, we'd love to hear from you!

Shereen, 9589238004 WA,
shereen@bestinu.in

Available

Pallet Bed Frame Available

Double bed frame from pallet wood, size 162x213cm with a 50cm tall back, plus matching coir mattress and futon. Available immediately.

Daniel 8807300562



Handpan Available

I am selling my Handpan to the best offer, as I don't play it any more. Please contact me manohar@auroville.org.in

+919486416179, Manohar



Office Spaces Available: Aurelec

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

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



Submitted by Siva

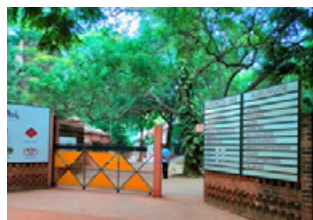
Office Space Available: Auromode

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

Contact Mr. Pandian

at Auromode in person, +91 9943390391 or pandian@auroville.org.in

Pandian



Taxi

To Chennai, Monday, 22 March, morning

Taxi sharing to Chennai (possible to stop at airport) Saturday 22 March, morning. 9655474497, Andrés

To Chennai Airport, Monday, 24 March, 9pm

To stay Eco Friendly I am very willing to share a taxi from Auroville to Chennai airport on Monday, 24 March. Departure from Auroville Town Hall at around 9pm.

+34 685673777 WA, srimala221@gmail.com, Sunny

Honorary Voluntary

VOLUNTEERS

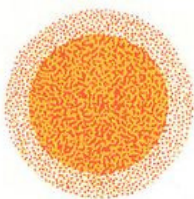
for AV School Students Collective Programs

This is an opportunity to learn about the Auroville schooling and interact with our teachers in designing learning experiences aligned with the principles of Integral Education. We are looking for support in organising collective programs for students and teachers.

You will work with a team at SAIER on projects that are designed to meet collective goals and aspirations of Auroville education. Join us as we weave threads that connect our different schools in an experiment of Human Unity.

Write to us at saiier@auroville.org.in with the subject line "Volunteer for Collective Programs"

Nilima



GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

VOLUNTEERING @ ECOSERVICE

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

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

for some onsite sorting and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first. B for Ecoservice, 7598911090 WA



KULAI CREATIVE CENTER

Is Looking for Ideas, Information, Materials, Stories, Links, Physical or Online Support

Dear Ones, we are doing a great preparation and work plans towards "Integral Activities on Mother's Qualities" and very gladly looking for some ideas, information, materials, stories, links, physical or online support for working on to create some children books with pictures and stories, calendars, gardening work, craft, stitching, games, and many more. Please reach out to us on how you wish to be part of it. Students above 5 to 13 also can participate in this programme.



- Monday to Saturday, 11am—1pm & 2—4pm

For registration, please write to...

- kulaicreativecentre@auroville.org.in
- WA: +91 8608473385/ 9843195290 Selva for KCC

Work Opportunities

LIVE EDGE FURNITURE MAKING

We offer an opportunity to be highly creative in a small team. At TreeCare we are passionate about giving a second life to trees that had to be cut for various reasons. If this resonates with you, come work with us.



We work with untreated, air-dried, and solid wood, designing and building unique live-edge furniture and lifestyle products.

- **Work hours and commitment:** A daily commitment of 6 hours for a minimum of 2 months is required. However, we encourage a duration of at least 6 months.
- **Prior Experience:** Any training or education in working with wood, Treecare.

9443737945,

creations@treecareindia.com

Tina for Auroville unit Treecare

FUNDRAISER

and Market Development Manager

For the Green Silk Road
Regenerative Agriculture Program

The Green Silk Road helps people travelling to and from Auroville reduce their footprint by using public transport instead of aeroplanes, but we do much more than that. We connect like minded projects we meet along the way, building on Auroville's expertise and experience.

One such project is a regenerative agriculture collaboration between farmers in India and Türkiye. We facilitate exchange of knowledge and skills among communities of practice and help with supply chain development. We start with cotton, but will soon expand from fibre to food (coffee, nuts, fruits, spices, oils). To grow this program we are looking for professionals with solid management experience and excellent communication skills.

- Are you good at relationship building and grant writing?
- Are you good at project management? Can you keep an overview of multiple moving parts, but also zoom in on urgent time sensitive writing when needed?
- Do you believe in what we do? (see more on our website www.thegreensilkroad.com and www.raddiscotton.com)

Then we want to meet you!

Please contact us

- socent@auroville.org.in
- + 91 9943820241 WA, Gijs Spoor

Gijs

JOB OPENINGS AT THE LIVING ROOM CAFE

We're seeking passionate and talented individuals for waiter/waitress positions. Aurovillians and Newcomers from the bio-region are welcome to join our team at The Living Room Cafe! **Contact:** tlr@auroville.org.in, +919786368727

Debo for TLR

Foods, Goods & Services

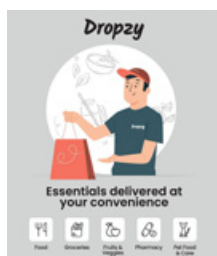
DOWNLOAD OR ACCESS DROPZY APP

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version:
<https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish



BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



Medicinal Herbal Nursery Counter
Green and Clean Land



Venue: Bharat Nivas Cafe,
Bharat Nivas, Auroville

Green and Clean Land:

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

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

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

Souvenir Outlet



Monisha

PLENTY TANTO BREAKFAST

We are serving breakfast at Plenty Tanto in front of Tanto.

Daniele



AUROMODE TANTO:

Friday Discount Dining

Dear All, we are happy to announce that we will be having a 50% discount for dining on every Friday for Aurovillians.

Our timings: Monday to Saturday

- Lunch: 12—3:30pm
- Dinner: 6—9pm

• We are also available on Dropzy for deliveries.

We are closed on Sundays.

You can call or WA us at 7448811088.

Pavithra



BELLA VITA BOSSA NOVA

Saturday, 15 March, from 7pm onwards

You are all invited to a special evening of live music at Bella Vita. (between Sprout and Verite in the Utsav building)

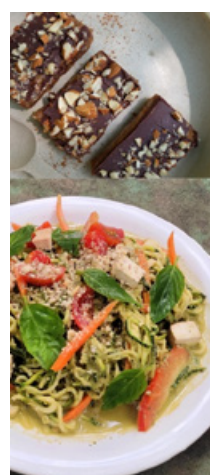
Join us on Saturday, 15 March, from 7pm onwards for an evening of Bossa Nova & Groove. With AV TRIO featuring Shakhti, Tommaso, Tony, and guest violinist Veronique!

Special food, snacks and drinks will be available, and of course our delicious pizzas! Welcome!

Martina



TASTE OF YOGA VÉRITÉ CAFÉ



Vérité
VEGAN CAFE
TASTE OF YOGA
Raw | Gluten-free | No added sugar

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

Monday to Saturday
08:30 - 16:30

Vérité Integral Learning Center

Kathir for Vérité Programming



SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee
Rs.99

Submitted by Shiva



LIVING ROOM CAFÉ: UPDATED TIMINGS

All are welcome to enjoy delicious meals and coffee in a cozy and inviting atmosphere at The Living Room Cafe, opposite the Auroville Library.

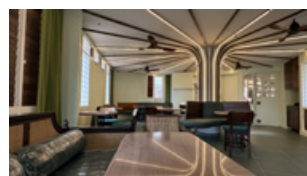
We now serve breakfast, lunch, and dinner to Aurovillians, Newcomers, Volunteers, and Guests every day except Wednesdays.

Hours of Operation:

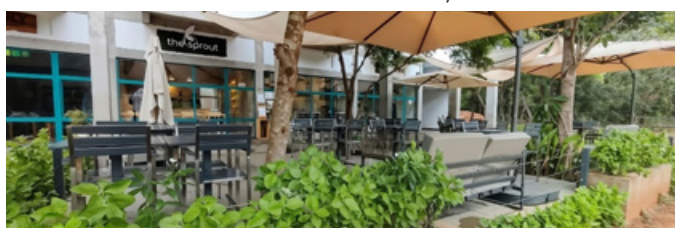
- 8am—9pm, closed on Wednesdays.

We look forward to serving you!

Debo for The Living Room Cafe Team



THE SPROUT TIMINGS: DAILY, 7AM—4PM



Monica for The Sprout team, www.thesprout.in

ANNAPURNA FARM BASKETS

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



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

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



Madhuri for Annapurna Farm

HEMPLANET:

Explore the Benefits of Hemp!

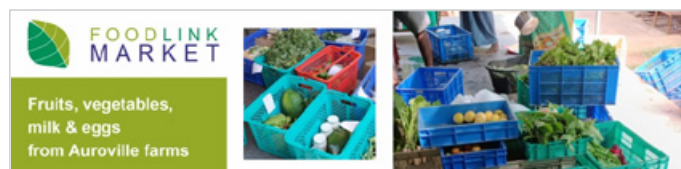
Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



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

Daide

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- **For more info,** call/ WA +91 83002 68804 or pass by.

Isabella for FoodLink

GASTRONOMICA:

Fresh Flavors Every Day!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches. We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more. Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!



- **Monday to Saturday:** 9am—7pm
Sunday: 10am—3pm
- **Location:** right opposite Auroville Bakery, Kuilapalayam
- **Contact:** +91 70102883943

Submitted by Davide

A NEW MATRIGOLD PHONE NUMBER

Due to continuous trouble with our connection we had to shift our landline number.

The new Matrigold number is **0413 3509967**,
Matrigold +49 94860742010 WA

The land line should be working, when there is a presence in our workshop. We are usually there.

Monday to Saturday, 9 or 9:30am—5pm

We close when there is outside work

Please call before coming to make sure that we are there for you.

Birgitta 9442300574, Shanthi 9486645033

FREE STORE

Our operating hours are:

- **Monday—Saturday:** 9am—12:30pm
- **Tuesday & Thursday:** 2:30—4:30pm

We kindly request that all items/clothes be dropped off only during our working hours. Please do not leave anything outside when we are closed.

Your support helps us continue serving the community, and we truly appreciate your generosity!

Kamala for the Free Store Team

ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFÉ

Bharat Nivas Café has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20. Please, come and enjoy, welcome to Bharat Nivas café.



Arabinda for Bharat Nivas team

OPEN HOUSE

E-Luna Electric Moped & Kinetic Green Electric Scooters

21 & 22 March, 9am—4:30pm
@ ITS, near Solar Kitchen

Join us on 21 & 22 March, 9am to 4:30pm at ITS, near Solar Kitchen, Auroville, to explore the E-Luna electric moped and Kinetic Green's electric scooters.

Kinetic Green, a pioneer in sustainable mobility, is bringing eco-friendly, cost-effective, and efficient electric vehicles to the community.

The E-Luna and Kinetic Green scooters provide a smooth, reliable, and sustainable way to commute.

Come visit, experience the rides, and learn more about the future of electric mobility!

We look forward to welcoming you.

Submitted by Rajesh for ITS Team



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

Rajesh I.T.S.

SHARED TRANSPORT SERVICE

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



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

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

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

Rajesh.D

for Shared Transport Service



**Book
A Taxi 24/7**

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi for UTS

QUTEE ELECTRIC SCOOTER SERVICE

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

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

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

Govindaraj & B

for Qutee Electric Scooter Service

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



Contact Sarvam Computers

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

• 0413 2622050, 9443211891, 9786953603

• FS account: 251263

• sarvamcomputers@auroville.org.in

Bala

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

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

South-Indian Cuisine

Cooking class: Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage & Tailoring

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

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

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

Rupavathi

RAPID CARE SERVICES

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



Services offered

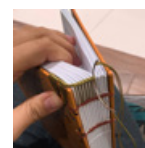
Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer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

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

Balaji & Arun

BOOK BINDING

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



8940648542, Michel

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money. **Contact us for all your procurement needs:** surabhisupplies@auroville.org.in



+91 9843846458 WA, Phone, Iyyappan

INSIDE INDIA



inside india
DREAMS & MEMORIES

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India.

From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals?

Count on us.

Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Saturday.
- He's available on landline 2623030 or via mobile/ WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com.
- Yes Ganesh will be present on Saturdays too.

Olivier
for Inside India Team

Poetry

FOLLOWER

My father worked with a horse-plough,
His shoulders globed like a full sail strung
Between the shafts and the furrow.
The horse strained at his clicking tongue.

An expert. He would set the wing
And fit the bright steel-pointed sock.
The sod rolled over without breaking.
At the headrig, with a single pluck

Of reins, the sweating team turned round
And back into the land. His eye
Narrowed and angled at the ground,
Mapping the furrow exactly.

I stumbled in his hob-nailed wake,
Fell sometimes on the polished sod;
Sometimes he rode me on his back
Dipping and rising to his plod.

I wanted to grow up and plough,
To close one eye, stiffen my arm.

All I ever did was follow
In his broad shadow round the farm.

I was a nuisance, tripping, falling,
Yapping always. But today
It is my father who keeps stumbling
Behind me, and will not go away.

Seamus Heaney

FUNCTION

Another function

On the road

Traffic flows

To another lane

Life always manages

To function

One way or another

With joyful Gratitude, Anandi Z.

Voices & Notes

AI: AMOUR INTELLIGENCE

Is this the age of AI, commonly referred to as Artificial Intelligence? Will the future be more so?

Will human existence be dwarfed, threatened, wiped out, by AI?! Or will humans upgrade ourselves with its help? See?! I still identify myself with being a human, at this point in time.

Sometime ago, there arose in me a repulsion, a revolt against AI, and I felt a strong urge to assert my "human-ness"—its creativity, its emotions, strengths and weaknesses, some of which the current AI may not yet experience, or I thought so. I went into a creative frenzy, as if it were my last chance to "express".

Those movements had their turn to show up and subside. Then, something shifted. I started to understand that AI must have already existed since long; it's only growing in its scope of work and in public awareness. Where is its rightful place in the universal arrangement?

Then, I got to not only use AI, but create something for an AI app, willingly, as a student, as a contributor, as a collaborator. Recently, this came: AI is the marriage of Authentic Intelligence and Artificial Intelligence, in the union of Amour Intelligence.

Now my inner puzzling picture feels more complete.

Who is chuckling there?



Anandi Zhang

AUROVILLE RADIO TV

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



Last published podcasts

- [Savitri—Ep.1 : Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Marlenka's weekly Offering—Ep.130](#) (Literature)
- [Soul Tracks S.6, Ep.10 Dhani Returns \(again\)](#). (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.484](#) (Integral Yoga)
- [Cosmic Inner Weather Report—Ep. 2: Ending the year with Hafiz and Ursula](#). (Conversations)
- [Seeking Our Inner Being Group Discussion in Italian, Ep. 2](#) (Spirituality)

Latest Youtube videos

- [Seeking Our Inner Being Group Discussion in French—EP.3](#)
- [The Bases of Spiritual Life by Alok Pandey | Mother's Flower Garden, Auroville](#)

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

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

Sai Priya for Auroville RadioTV

TORCHBEARERS OF THE BRAHMAJEJ

For the sincere aspirants wishing to join the Willing Servitors, Hero Warriors and Torchbearers of the Supreme Divine Mother MahaShakti working consciously in preparing Her Auroville the City of Dawn for the Divine Manifestation of the Brahmajej:

"Sweet Mother, Sri Aurobindo says that five thousand years have passed since the great battle of Kurukshetra was fought. But the benign influence of Sri Krishna's political genius ended only yesterday with Rani Lakshmi Bai.¹ After that, to protect India and the world anew, there had to be a Purna Avatar.² This Avatar will awaken the Brahmajej³, which is dormant. Sri Aurobindo also says that it is only in the Kaliyuga⁴ that the Divine manifests fully because man is in great danger in this age. And here he is! He himself reveals the great secret: the Divine has fully manifested in India. But he has the modesty not to say that he himself is this manifestation!

Those who accomplish the work are not in the habit of boasting. They keep their energy for the task and leave the glory of the results to the Eternal Lord."

¹ The Queen of Jhansi who died on the battlefield in 1858 while fighting British troops.

² Full or perfect Divine incarnation.

³ Power of the Spirit.

⁴ The "Iron Age" in which we live.

<https://incarnateword.in/cwm/16/6-march-1962>

And "...but above all, I insisted a lot on the fact that it would be better to build the city first!"

<https://incarnateword.in/agenda/07/august-13-1966>

For what? Here are the crystal clear Vision-Goal and Integral Guidance from the Supramental Kalki Avatar Sri Aurobindo and the Mother:

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

<https://incarnateword.in/>

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.

Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine."

Our sincere prayers in the Sunlit Path of Surrender and Bhakti to Her the Supreme Powerholder of the Cosmos and leader of the Divine Army:

"O Divine Mother, Sweet Mother, Make of me the hero warrior I aspire to become, so that I may fight successfully the Great Battle of the Future that is to be born against the past that seeks to endure, so that the new things may manifest and we be ready to receive them."

<https://incarnateword.in/cwm/19/4-january-1952>

*"Earth is the chosen place of mightiest souls;
Earth is the heroic spirit's battlefield,
The forge where the Archmason
shapes his works."*

Sri Aurobindo. Savitri

Note: for readers of the printed version, please scan the QR Code or visit the site below to access the links.

Zech,

<https://zechjoya.blogspot.com/>



Classes, Workshops & Healing Arts

THE SUFI WAY OF THE HEART

12—14 March

Dear one. Now is the moment of deep collective transformation. What better moment than to dive inwards, into the cave of the heart, in a community sangha spirit? Join us as we journey on The Path Of The Heart whilst immersing ourselves in the sacred practices of whirling, zikr, meditation, ilahi singing and poetry, as well as a range of heart-based and embodiment practices.

The first two days will prepare us for the third day where we will come together under the Moon and stars, with live music and whirling to experience a community Sufi Sema.

- **Register for the Sufi Immersion** via [this google docs form](#).

Good morning whirlers, musicians, seekers and Lovers, Welcome! There is just one day more until we begin our Sufi Immersion journey together.

For those who have filled in the google form to register but not given their name/ email/ number, please also message me to confirm your space and receive the schedule.

- **Alternatively**, join us for registration at **7:30am at Mohanam Village Cultural Centre (Dergha)** to register and begin for Sufi Sema: The Way of The Heart Retreat which **begins at 8am promptly**.



Whispering of the Flowers

One on one Flower Essence Medicine consultations, provided in both Ceremonial and Clinical settings, inspired by Flower Bodywork™, Findhorn Flower Essences™ and Mothers Significances of the Flowers. I will guide you on your journey of Flower dieta, including the ingestible essence tincture, tea, & holistic integration; using Naturopathy methods.

Womb Blossoming Therapeutic Sessions

Flower Bodywork with the aid of Mothers Significances, Flower Essences and the Music of the Plants Device uses somatic, sound & touch therapy to connect voice, heart and womb by **Louise Rose**, Naturopath, Sound Therapist, Doula-in-training.

Sessions available online worldwide & in person in Auroville @ Anitya Community with **Louise Rose**, poetry and voice facilitator. **Contact:** +91 7305373562 WA or Instagram @sisterhoodofftherose

By Louise Rose,

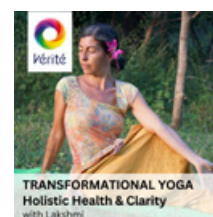
Naturopath, Sound Therapist, Doula-in-training

TRANSFORMATIONAL YOGA

Tuesdays, 9:15am, Wednesdays, 10:45am @ Vérité

Start your day with positivity and balance.

Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life.



Enjoy your inner discovery. Join me for a Transformative Experience on Tuesdays and Wednesdays morning! Breathe, stretch, and awaken your body and mind! See you on the mat!

Lakshmi, +918489764602

lakshmiprem369@gmail.com

MINDFULNESS FOR STRESS REDUCTION

1 week course

Monday, 7 April—Saturday, 12 April

Monday—Friday, 7:15—9:15am

& Saturday, 9am—3:30pm @ Creativity Hall of Light.

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

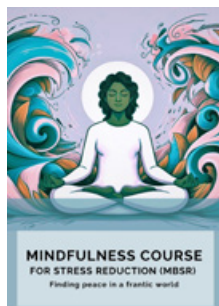
The MBSR course has been found to improve participants' ability to cope with the stresses and chaos of everyday life—creating space to respond more consciously. Through a gentle, kind curiosity participants discover their patterns of stress reactivity and explore the possibility of making healthier choices to support improved wellbeing.

The course can help with anxiety, depression, management of chronic pain, diabetes, blood sugar levels & menopausal symptoms. It can also improve emotional regulation, increase focus, and plant inner seeds of kindness & resilience. The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovillian and qualified MBSR teacher. Sessions will be held daily over the week. The course will be held at Creativity Hall of Light.

- Pre-registration is required.

Booking +91 7094753054 WA or see innersightav.org.

Helen



DANCE OF THE CHAKRAS

Every Tuesdays, 5pm—6:30pm @ Verite

A Meditative Healing Experience Join us for a transformative journey through movement, breath, and energy! Dance of the Chakras is a sacred meditative dance that aligns, heals, and energizes your body, mind, and spirit. Through fluid movements and rhythmic expression, we awaken each chakra, releasing blockages and inviting balance.



Benefits:

- Deep emotional and energetic healing
- Release stress and stagnant energy
- Activate inner peace and self-awareness
- Connect with your authentic self

No dance experience needed—just an open heart!

Step into the rhythm of your soul. Let's dance, heal, and transform together! DM to reserve your spot!

Lakshmi, +918489764602

TAIZÉ CHANT PRACTICE

13 March, 5—6:30pm @ Unity Pavilion

Hall of the Peace Table

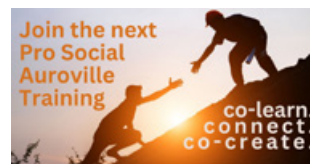
Come and immerse yourself in the practice of Taizé chants! Our next gathering will take place on 13 March at Unity Pavilion, in the Hall of the Peace Table, from 5—6:30pm. These meditative chants, with their simple and repetitive melodies, create a space for deep focus and inner stillness. This is an opportunity to practice together and let the experience unfold naturally. Everyone is welcome.



Ulrike

BECOMING PROSOCIAL

Register for the next Becoming ProSocial course in April and join the active Auroville Pro-Social Community This guided learning journey will introduce the basics of the ProSocial method as an applied change process. It's a 7 week online training with peer-group meetings to discuss, explore and deepen the work. You will be supported in identifying and working on your particular collaborative needs and goals.



Why ProSocial? ProSocial is a repeatable scientific approach designed to foster cooperation and improve the performance of groups by integrating principles from evolutionary theory, behavioral science, and social psychology. It emphasizes core practices like creating shared goals, enhancing trust, and fostering open communication to align individual behavior with collective well-being.

- Weekly, Starting: 2nd week of April
- Morning and late evening cohort available
- Online lessons and zoom meeting
- Commitment 4—5 hours per week

Course Details: <https://courses.prosocial.world/course/becomingprosocialapril2025>

Testimonials.

Scholarship Application (mention Auroville!): <https://courses.prosocial.world/form/2504-bp-scholarship-form>

This training helps us to expand our toolbox with user-friendly, and proven tools to boost collaboration, cooperation, and co-creation. Please share with Tamil-English speaking sisters and brothers!

Nadim

THE FIRE WITHIN

Thursday, 20 March, 5—8pm

@ Butterfly Barn, Sve Dam Community

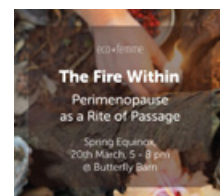
Spring Equinox, join us for a refreshing and empowering perspective on perimenopause, including tips for self-care and experiential practices such as intuitive movement & song, ritual and soul sharing.

We will explore the inner fire that awakens around our early 40s—a fierceness similar to premenstrual energy and a transformative force returning us to our essence in our postmenopausal wisdom years.

Hosted by Eco Femme and facilitated by an experienced Cyclical Living practitioner, we open this space to all those who live in a body that menstruates or has menstruated—including very much those before and after perimenopause to raise awareness of this vital phase in our lives.

- **Contribution:** 600 Guests/450 AV, spaces are limited. Please email us at learn@ecofemme.org before Wednesday, 19 March at noon to reserve your spot.

Mila, Educational Workshops Coordination



AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm

@ Hall of Light, Creativity Community

This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.

Register now here:

<https://tinyurl.com/ARAuroville>.

Dave & Prem Shakti



UNLOCK YOUR LIFE PURPOSE:



A Human Permaculture Workshop Starting Friday, 14 March, 4pm—6:30pm @ Anitya Community, Auroville

Join us for a transformative 2.5-day workshop where you'll gain clarity, tools, and insights to navigate life's transitions with confidence! Workshop with Bernard Alonso we will start with a session open to all:

- **Friday, 14 March, 4pm—6:30pm**

And continue for those who want to go deeper:

- **Saturday & Sunday, March 15—16**
Full day, lunch included

What you'll gain:

- Identify your unique strengths & purpose
- Design a personalized roadmap for your future
- Learn Human Permaculture principles for a fulfilling life
- Engage in hands-on, collaborative learning

Limited spots available, pre-registration and contribution required!

[More info and registration](#)

More details: www.permaculturehumaineinternationale.org

Share this with anyone seeking clarity, change, and inspiration!
Mathilde for the JOI Anitya team



Create, Explore with the World Game in Auroville

We offer an opportunity to be creative, to be able to express our own individuality and our unique, living soul. Tradition of Auroville since its creation, the world game is used as a tool to "know oneself", this being the core of all learning.

Click to know more: [Adults](#) or [Children](#)

Facilitated by Aikya or Elena

- **Duration:** 1,5 Sessions are on appointment.
- Individual session or together with a good friend.
- **Price for 1 person:** Rs 1500; for 2 people: Rs 2000.
- **Discounts** available for Aurovilians, Newcomers and Savi Volunteers.
- The session can be done in English, Francais, Espanol, Nederlands.

To book an appointment:

- +32491259966 WA, spiritandnature@auroville.org.in.

Elena

THE ANATOMY OF CONFLICT:

An Introduction to Heart Weaving

15 March, 9:30am—5:30pm

@ Hall of Harmony, Bharat Nivas



We warmly invite you to a one day workshop on recognising and transforming unconscious voices/patterns within ourselves, that further division and conflict. We'll attempt this through an embodied exploration of the film **The 12 Angry Men**. This will also be an introduction to the Heart Weaving process in Auroville. There will be opportunities to be a part of other workshops very soon for those attending this introduction.

It's open to Aurovilians, New Comers and long-term Volunteers only. Participation for the whole duration is necessary. No contributions required.

- **For registrations, please contact:**
heartweaving.auroville@gmail.com
or +91 9489527893 WA only

Shivaya for the Heart Weaver group

MINDFULNESS KINDFULNESS

Half Day Retreat With Helen

Saturday, 22 March, 9:15am—12:30pm

@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now. This session blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion.

Participants will have the choice of practicing in a seated position or lying. It is suitable for all—those new to meditation and experienced meditators looking to deepen their practice.

Booking is required:

- 7094753054 WA Helen or visit innersightav.org

Helen



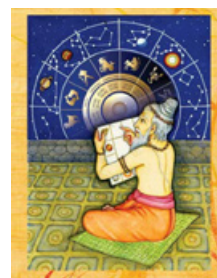
VEDIC ASTROLOGY WEBINARS

I'm offering a series of free webinars related to Vedic Astrology over the next few months.

- Debunking common myths about Vedic Astrology, **20 March @ 6:30pm IST**
- The best Vedic Astrology software, **30 March @ 6:30pm IST**
- Astronomy behind Indian festivals, **10 April @ 6:30pm IST**
- Coming together of Science and Spirituality, **17 April @ 6:30pm IST**

For more details and registration please click on the link:

- allthingsvedic.in/webinars



Vikram Devatha,
+91 9843948288

FLOW INTO TRANSFORMATION

Sunday, 23 March, 3—6pm in Auroville

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.



The Flow Game is played around a special board inspired by the 7 directions found across multiple cultures. The players are invited to connect to infinite wisdom of the Universe. The game enables you to go deep into your own inquiry, while getting new insights through collective wisdom. In-Person in Auroville.

- **Theme:** Love, **host:** Sandhya,
- **Venue** will be revealed after registration, limited spots!

Register now: contact@auroville-ijva.com,
+91 9443619403 WA

Sandhya

EXPERIENTIAL SATYANANDA YOGA PROGRAM

March 16, 7—10am @ Sawchu, Bharat Nivas



We would like to inform you that the Experiential Satyananda yoga program conducted by Sn Shivarishi is rescheduled to March 16, 2025.

<https://www.syctchennai.com/satyananda-yoga-auroville>

No charges are collected from the participants for the event, as it is offered as Seva to the people of Auroville.

Please register for the program and engage yourself in a retreat for the body and mind.

Dr Soundarya for SYC, Monisha, BN Team

ECSTATIC RHYTHMS

Thursdays, 10am—1pm @ Revelation Forest

Embark on a transformative journey, integrating Dance, Voice, and Breath: a unique workshop designed to awaken your authentic self through the harmonious fusion of movement, vocal exploration, and breathwork.

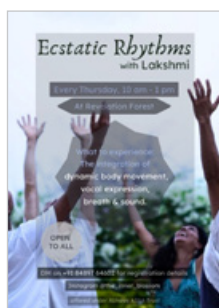
What to Expect:

- **Dynamic Movement:** Engage in free-form dance sessions that liberate your body, allowing you to connect deeply with your inner rhythm and release stored energies.
- **Vocal Activation:** Participate in vocal exercises and sound aimed at unlocking your true voice, enhancing self-expression, and fostering emotional release.
- **Breathwork:** Learn and practice various breathwork methods to center your mind, reduce stress, and cultivate a profound sense of inner peace.

Space is limited! Register to: Lakshmi +918489764602

Lakshmiprem369@gmail.com

Submitted by Lakshmi



SITARA MUNAY-KI YOGA

Sitara: Meditation—Yin Yoga—Sound Journey

- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

This is a drop-in class, offered on donation.

Sitara has been living in Auroville for 22 years. Over time, she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see <https://sitaramunay-kiyoga.org/sitara/>

In this class, accessible to all levels, she will teach her favorite combination of meditation, yin yoga and sound journey. Yin Yoga uses gentle, long-held poses to release deep tension and increase flexibility. Combined with sound healing, it brings a calming and restorative experience for body, mind, and spirit.



Sitara Munay-Ki: Sacred Sound Journey to find your Mission

- Every Monday, 5—6pm,
@ Hall of Light, Creativity

Only on registration: +393288181300 WA
gp@auroville.org.in

Munay-Ki: Surya Kriya & Tibetans Rites

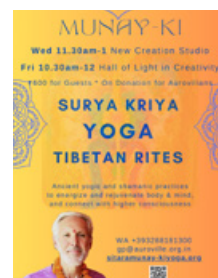
- Wednesdays, 11:30am—1pm
@ New Creation Studio
- Fridays, 10:30am—12pm
@ Hall of Light in Creativity

Original combination of ancient yogic and shamanic practices.

Note: Suggested donations: Rs600 for Guests, on donations for Aurovilians.

- [New Creation Studio](#) is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.
- [Hall of Light](#) is in the Creativity Community, in the center of Auroville.
- Check sitaramunay-kiyoga.org for all our activities!

Sitara & Giovanni Munay-Ki



AUROMODE SPA

Offers Cosmetology Services

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



Meha for Auromode SPA

TRADITIONAL MANTRAS AND STOTRAS

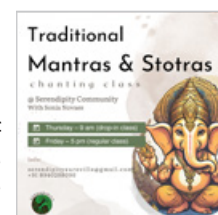
Chanting Classes

@ Serendipity Community with Sonia Novaes

- Thursdays, 9am, Drop-in class
- Fridays, 5pm, Regular class

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

Sonia, serendipityauroville@gmail.com,
+91 8940288090



ARKA WELLNESS CENTER

March Program

arka@auroville.org.in, 0413 2623799

Treatments

Barbara: Yoga of Mother and Sri Aurobindo, Healing and Awareness on all levels (physical, vital, emotional, mental and psychic), Mother's Flower Medicine (vibrational remedy), Individual Sessions and Groupwork, Psychosomatic Therapy and Breath Therapy, Consciousness/ Energy/ Body Work based on Integral yoga

- Only by Appointment, baritam@auroville.org.in

Pepe: Body Logic, Soft Massage, Deep Tissue Massage.

- Monday to Saturday, by appointment +91 9943410987

Silvana: Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage

- Monday to Saturday, by appointment only +91 9047654157

Antarjyoti: Psychospiritual Introspective Tarot Reading (English & French), Deconditioning Self Inquiry

- Monday to Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr

Niyati Thakkar: Integral Regression therapy, Integral reiki healing, Holotropic technique breathwork

- Monday to Sunday, by appointment only +91 7041391995, niyati.thakkar2112@gmail.com
narayani-nc@auroville.org.in

Olesya: Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines)

- By appointment only, +91 9159052743
olesya@auroville.org.in

Shruti: Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice

- By appointment only, +91 7904769496
auroshruthi@auroville.org.in

Classes

Damien: Acroyoga

- By appointment only, +91 9047722740

Teresa: Pilates

- Tuesday & Thursday, 7:30—8:30am
- Friday, 5:30—6:30pm
- By appointment only, +91 7867998952

Olesya: Iyengar Yoga

- Monday, Wednesday, Saturday, 6:30—8am
- Monday, Thursday, Saturday, 5—6:30pm
- Or by appointment: +91 9159052743

Aurosugan & Priyanka: Eye Yoga And Wellness Retreat

- Monday to Sunday: 7—8am
- By appointment only, +91 8012305151/ 9704258709

Priyamvada: Hatha Yoga

- Monday: 8—9am, Friday: 7:30—8:30am
- By appointment, +91 9486261640



Services

Aurokiya: Eye Care Center

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

Maatram: Psychological & Psychiatric Consultation

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

Convalescence Facility: Post-Surgical and Care Facility

- For Aurovilians only, Max. stays 3 weeks
- Please contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & Emergency Service

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

Svasti: Homeopathic Consultation

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

Health & Healing Trust: Administration Office

- Health & Healing Trust
healthhealingtrust@auroville.org.in

Ramana, Arka

AUROMODE YOGA SPACE

Aurothaima—Hospitality Trust

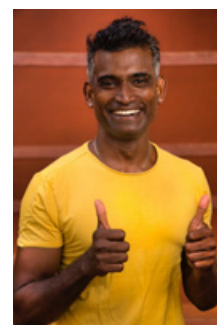
Pre-registrations is a must for all the program through e-mail or WA, to know more about the fees structure and other details: balaganesh.siva@gmail.com, +91 9892699804 WA only



Evening Vinyasa Flow Yoga with Bala

- Every day of the week Except Wednesday, 5:30—7pm

Vinyasa Flow yoga emphasizes the coordination of breath and movement, creating a dynamic and fluid practice. This style links various yoga poses together in a seamless sequence, building a continuous flow of postures that energizes the body and calms the mind. Whether you're a beginner or an experienced yogi, Vinyasa Flow classes adapt to your level, offering the perfect balance of intensity and mindfulness.



Gentle Hatha/ Yin Yoga with Cora

- Tuesday to Sunday (No classes on Mondays)
- 9:30—10:45am

Discover the transformative power of Gentle Hatha Yoga with Cora, a nurturing practice that emphasizes mindfulness, alignment, and accessibility. In this class, props like blocks, straps, and bolsters are used to:

- Support your body in achieving proper alignment.
- Enhance flexibility and deepen your stretches.
- Encourage relaxation and reduce stress.

Perfect for beginners, seniors, or anyone seeking a gentle yet effective yoga experience, Cora's classes focus on creating a safe and welcoming environment where you can connect with your breath, body, and mind.

Whether you're recovering from an injury, managing stress, or simply looking for a calming practice, this class offers the tools and guidance to support your wellness journey.

Come as you are, and leave feeling renewed!

Find us: Second Floor Hive Building, Auromode Apartments:

- [Yoga Shala](#),
- [Auromode Apartments](#).

Balu



Program March 2025

Drop-In Classes: Join without prior registration!

Mondays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel
7:30am–8:30am	Hatha Yoga with Priyamvada
10am–12pm	Kolam Yoga with Grace
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F.
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
5:15pm–6:15pm	Feldenkrais with Veronique D.
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
4pm–5:15pm	Healthy Pelvic Floor with Flowrina, for women only
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
6:45am–8am	Pranayama with François & Namrita, For former “The Art of Living” course participants
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder, not on 14/3
5:15pm–6:15pm	Feldenkrais with Shari
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Saturdays	
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flowrina
8am–9:30am	Breathing & Mudras with Gala
9am–10:30am	Asanas intermediate level with Rachel
11am–12:30pm	Kundalini Yoga with Bel
4pm–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

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, 4—5:15pm

These classes are for the teenagers from AV schools.

- **Energy games for children, 9 yrs. +, with Gala**
 - Saturdays, 10am—11pm

Classes—By Prior Registration

- **Art Therapy with Gala**
 - Thursdays, 3—5pm for adults
 - Fridays, 3—5pm for families

Healing Space—By Appointment

- Acupuncture by Heidi S.
- Antigymnastique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Technique by Anne H.
- Shamanic Healing by Auromira
- Shiatsu by Patricia G. (for Auroville residents only)
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

- **Healthy Pelvic Floor with Flowrina**
 - Thursdays 4pm—5:15pm, For women only

A weekly drop-in class about the maintenance and health of the pelvic floor. Just like a house needs a strong foundation, our bodies rely on a well-aligned pelvic floor for stability and health. This class is designed to bring awareness and care to this essential part of our body.

Through interactive and practical sessions, we’ll explore exercises to strengthen and relax the pelvic floor as needed. Inspired by yoga and pelvic floor gymnastics, the class will offer valuable techniques for long-term wellbeing.

Open to women of all ages and levels, including pregnant and postnatal participants. Prevention is key—start caring for your foundation now. Flowrina invites: “I’m here to guide and support you on this journey.”

- **Breathing & Mudras with Gala**
 - Saturdays 8—9:30am

A weekly class about breathing techniques and meditation mudras. This class invites everyone with interest in learning breathing techniques in combination with meditative mudras. The class is open to all level of practitioners.

Workshops

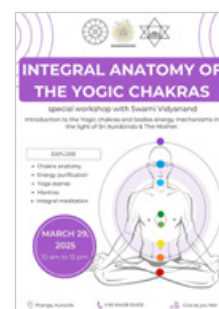
- **Integral Anatomy of the Yogic Chakras**
 - Saturday, 29 March, 10am—12pm @ Pitanga

Workshop “Integral Anatomy of the Yogic Chakras” with Swami Vidyanand, founder and spiritual head of SriMa International School of Transformational Yoga® and the Founder and President of Yoga Alliance International® (YAI), World Yoga Federation® and Meditation Alliance International® (MAI) spread over all continents.

- Registration requested as places are limited
- Contribution is voluntary.

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

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



INTEGRAL UNFOLDMENT Life Coaching (Aletheia Coaching School)



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

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

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

Dave (JOI Anitya), +44 7564119728 WA

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

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

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

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



COSMIC DANCE WAVE:



A Healing Journey Through Movement

We warmly invite you to experience our transformative Cosmic Dance Wave, where the ancient art of healing merges with the freedom of dance. This unique journey guides you through four Divine energies:

- Earth Energy—Mahasaraswati:**
Ground yourself and connect to your physical light body and call in Divine manifestation
- Water Energy—Mahalakshmi:**
Leave your emotional baggage behind and flow into love, beauty and abundance
- Fire Energy—Mahakali:**
Find your true inner power and transform anger and fear through dynamic expression
- Air Energy—Maheswari:**
Clear your mental patterns and move into higher consciousness and create a Divine reality

Through this sacred practice, you'll experience:

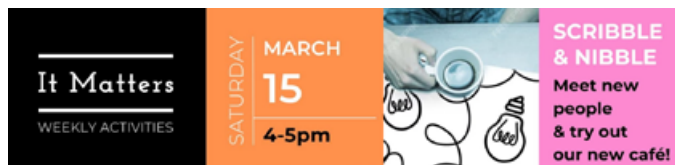
Deep healing across physical, emotional, vibrational, and mental planes, Elevation of your personal frequency, Connection to states of wholeness and higher consciousness. Integration of body, mind, and spirit. *Sandhya*

It Matters

Schedule from 14 to 23 March

Weekly Activities—A/C Room

- Location:** It Matters, Auroville Main Road
- Info:** [@auroville.curated](#)



All activities are:

Rs./600 for guests and Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers.

Discount vouchers available, only for weekly activities, not for workshops.

- Workshop pre registrations:**

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



Date	Activity
Friday, 14 March, 3—4pm	Abundance & Psychology with Matthias
Sunday, 16 March, 2:30—3:30pm	Integral Yoga Psychology with Matthias
Thursday, 20 March, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
Friday, 21 March, 3—4pm	Abundance & Psychology with Matthias
Sunday, 23 March, 2:30—3:30pm	Integral Yoga Psychology with Matthias
Date	Workshops in February
Saturday, 15 March, 9:30—12:30pm	Salt Printing Technique (Alternative photography), all levels welcome, with Nitin Joshi, Rs./900

*Pre-registration for Workshops is mandatory/
50% discount for Aurovilians and SAVI volunteers

Bhakti & Sandra

DISCOVER A SPIRITUAL JOURNEY

With a Sencha Style Tea Ceremony

During this unique experience you will also explore the healing aspects of the tea of your choice. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a "once-in-a-lifetime" experience that will completely change your perspective on tea-drinking, especially if you are a tea lover,



- The session can be conducted** 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.
- Venue:** To be decided, the ceremony can be conducted at your place of residence as well.
- Possibility to **buy the tea** after our session.
- Sessions are **donation-based** with the flow of Generosity. **+91 9385428400 Call/ WA, Isha**



Ayurvedic Marma Massage Course with Sivacoumar

• 17—22 March, 9am—5pm, 36 hours

Marma massage is an ancient Ayurvedic technique that focuses on stimulating the 107 vital energy points (Marmas) in the body. These points, when activated, can influence the physical, mental, and emotional aspects of well-being. By applying gentle pressure and specific massage techniques, you can release blocked energy, reduce stress, enhance circulation, and promote overall health.



This 36-hour Ayurvedic Marma massage course is designed for both beginners and experienced practitioners who wish to deepen their understanding of Ayurveda and its therapeutic applications. This course will guide you through the foundational principles of Ayurveda, the identification and significance of Marma points, and hands-on training in Marma massage techniques.

Certificate will be provided upon successful completion of the course.

Prerequisites: no previous experience required.

Lomi Lomi Heartwork: Basic Hawaiian Massage Training with Claudia

• 24—29 March, 40 hours, see timings below

Discover the art of Lomi Lomi Heartwork, a deeply nurturing and flowing bodywork practice rooted in the ancient Hawaiian tradition. This 40-hour intensive training offers a transformative journey into the heart of touch, rhythmic movement, and heartfelt connection. The Heartwork technique is performed using the hands as an instrument of the heart to relax and restore balance to body, mind and spirit.

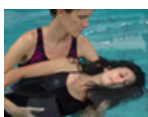


- Monday: 2—5pm
- Tuesday, Wednesday, Thursday: 9am—12:30pm & 3—6pm
- Friday: 8:30am—8:30pm (intense practice day!)
- Saturday: 9am—12:30pm & 3—6pm

Liquid Flow Deepening with Dariya & Daniel

• 24—30 March, 8:45am—6pm, 50 hours

Liquid Flow Deepening is an extension of Liquid Flow Essence with a focus on process work and refinement of flow and touch, both on the surface and under water. It also includes free movement and contact dance in water as well as acquiring tools for deeper listening and expressing yourself with the help of compassionate communication.



Though Liquid Flow Deepening offers some new material and variations of already known movements, it is basically about refining what is already there. In addition, you'll learn connecting deeper through working with the breath, sequencing your session, and finding your own combinations and adjustments according to your personal abilities and circumstances—away from right or wrong or perfect—to accommodate different sizes, shapes, and body types. You'll also be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

Tools will be offered for deeper listening, learning from feedback, and holding your own process and that of others. All this will hopefully lead to a better understanding of yourself and allow more empathy for your client's process, thereby fostering personal healing for yourself as well as your client.

- **Prerequisites:** Liquid Flow Essence and Liquid Flow Essence Integration Day.

Guido for Quiet, +91 9488084966,
www.quiethealingcenter.info/ quiet@auroville.org.in

VÉRITÉ EVENTS MARCH 2025

Please contact Vérité
 @ 0413 2622045, 2622606,
 9363624083

or programming@verite.in, www.verite.in



Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogic Breathing Techniques for Opening the Lungs	9:15—10:15am	Mani
	Hatha Vinyasa Yoga (no class on 31 March)	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Creative Voice Sound Healing	3:30—4:30pm	Lola
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yoga to Energize the Joints	9:15—10:15am	Mani
	Transformational Yoga	10:45—11:45am	Lakshmi
	Parent Child Yoga	3:30—4:30pm	Swetha Shri
	Hatha Vinyasa Yoga	5—6pm	Andres
	Cosmic Dance Wave: a Healing Journey through Movement	5—6:30pm	Sandyra
Thursdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Yin Yoga: Deep Tissue Release (no class on 13 March)	9:15—10:15am	Radhika
	Hatha Yoga: Breath, Movement, & Inner Balance	10:45—11:45am	Swetha Shri
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation (no class on 14 March)	7:30—8:30am	Radhika
	Hatha Vinyasa Yoga (no class on 28 March)	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Dev	Personalized Yoga Sessions
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 14 March	Master Class: Sivananda Yoga	9:15am—12pm	Mani
	Ananda & Nidra: Joyful Relaxation	2—4:30pm	Swetha Shri
Saturday, 15 March	Introduction to Shamanic Practices	9:15am—12:15pm	Auromira
	Pawanamuktasana Series: Energize the Joints	2—4:30pm	Mani
Wednesday, 19 March	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Friday, 21 March	Master Class: Yoga to Enhance Strength & Flexibility	9:15am—12pm	Dev
Saturday, 22 March	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
Friday, 28 March	Prana & Mantra: The Journey Within	9:15am—12pm	Swetha Shri
Saturday, 29 March	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani

Workshops

Master Class: Sivananda Yoga with Mani

- Friday, 14 March, 9:15am—12pm

The session begins with basic breathing and pranayama practices and continues with sun salutations and the 12 classical Sivananda hatha yoga poses. The asana sequence is designed to massage and rejuvenate the entire spine, freeing the flow of prana. Between asanas, there is time for relaxation. This rhythmic alternation between effort and relaxation

allows a re-patterning of the nervous system, enhancing the ease and effectiveness of the final guided relaxation.

Ananda & Nidra: Joyful Relaxation with Swetha Shri

- Friday, 14 March, 2—4:30pm

A playful and relaxing session that includes laughter yoga to uplift your mood, gentle stretches to relax your body and a guided yoga nidra journey for deep rest. Learn practical tips to release stress and bring joy and rest into your daily routine.

Introduction to Shamanic Practices with Auromira

- Saturday, 15 March, 9:15am—12:15pm

Explore the ancient practice of shamanic journeying—a powerful tool reconnecting us to Nature for healing, guidance, and self-discovery. Whether you're a complete beginner or an experienced practitioner, you'll gain practical insights to deepen your self-inquiry practice. This highly experiential workshop includes guided meditative live drum journeys, along with a step-by-step approach to ensuring a successful and safe practice. You'll leave with a deeper understanding of shamanic practices and the tools to continue your journey with clarity and confidence.

Pawanamuktasana Series: Energize the Joints with Mani

- Saturday, 15 March, 2—4:30pm

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

Awareness Through the Body: Explorations with Amir

- Wednesday, 19 March, 9:15am—12pm

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

Master Class: Yoga to Enhance Strength & Flexibility with Dev

- Friday, 21 March, 9:15am—12pm

A blend of yogic strength, flexibility and relaxation techniques to rejuvenate body, mind and spirit. We explore the dynamic interplay between expansion & contraction, fluidity & structure, and breath & movement, allowing us to experience the feeling of being in each posture rather than just achieving a posture. Feelings of stress and anxiety can diminish as we develop a sense of space and balance.

Releasing Fear & Anxiety with Pranayama with Lakshmi

- Saturday, 22 March, 9:15am—12pm

Learn a 'kriya' (a set of cleansing, purifying breathing practices) specifically designed to promote the healthy flow of prana (life force) to the liver, spleen and kidneys, the key organs of the body that, according to Yogic science, are directly related to the experience of stress, anger and anxiety. This sequence can powerfully transform your practice and help to release fear, reduce anxiety, and clear emotional blockages.

Cancellation of Workshop: Face & Eye Yoga with Mamta Saturday, 22 March, 2—4:30pm.

Aparna & Anandhi for Vérité programming

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.

- **Please note:** for Aurovilians, Newcomers and SAVI volunteers contribution is of own choice.
- Leela therapy is offered by Kardash in **person or on-line**.
- For more details see www.innersightav.org or contact Kardash on 9940934875 WA.

Kardash

EXPERIENCE THE POWER of Kundalini Yoga

Thursdays, 5—6:30pm @ Hall of Light, Creativity,
Saturdays, 11am—12:30pm @ Pitanga

Kundalini Yoga is an ancient form of yoga that combines movement, breath, sound, and meditation to bring the practitioner into a balanced and harmonious state of being.

The unique combination of repetitive movements followed by periods of stillness in Kundalini Yoga sets it apart from other forms of yoga practice.

The skillful integration of these elements helps re-educate the nervous system, allowing it to relax deeply and enabling participants to experience an elevated state of well-being.

- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** Rs350 for guests Rs150 Savi volunteers
- **Contact:** +91 7598892065 WA
Bel, a certified kundalini yoga teacher.



Submitted by Bel

SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bells and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

Languages

LEARN

English and Hindi

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

Ashwini, Aspiration

NEWS FROM

**Auroville Language Lab,
13 March, 2025**



Tomatis

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

- Send an email to tomatis@aurovillelanguagelab.org.

Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

- Resonance, the book!
Check it out at <https://books.aurovillelanguagelab.org>
- To enquire or register:
tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

Courses

French with Jean Francois

French Conversation (Pre-Intermediate level)

This 16-hour course is for those with a little knowledge of French who are not yet comfortable conversing in French. This course will focus on day-to-day topics and will be a good mix of grammar, interactive verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Classes take place on Tuesdays and on Thursdays,
- 2—3pm, from 6 February.

Private and group classes for English

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

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

Beginner English with Ashwini:

- Monday and Wednesday, 4:30—5:30pm

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

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

Spoken Hindi for Beginners with Ashwini

- Tuesday, Thursday and Friday 4:30—5:30pm
started 18 February.

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

Conversational Tamil (pre-intermediate) with Saravanan

- Starting 11 March, Tuesdays and Fridays, 9:30—10:30am.

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

Beginner Spanish Course with Mila

- Mondays and Wednesdays, 2:30—4pm, starting 3 March.

This comprehensive beginner Spanish course, starting 17 March led by our veteran instructor Mila, is designed to equip you with the fundamental skills needed to understand and speak Spanish. Over the course of three months (36 hours), you will delve into essential grammar, vocabulary, and pronunciation, enabling you to engage in basic conversations and navigate everyday situations in Spanish. Whether you're planning a trip to a Spanish-speaking country or simply want to expand your language skills, this course offers a supportive and immersive learning environment to kickstart your Spanish language journey.

Italian—Beginner Level, Registration Open!

Our long time Italian teacher Karuna, with years of experience would love to start a new class. So, if you've been thinking about starting or getting back into learning Italian, please do register your interest online.

<https://aurovillelanguage.org/registration/>

Current Schedule of Classes as of 27 February

Lan-guage	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday Monthly with Rupam
	Pre-Intermediate & Intermediate	10:30–11:30am	Tuesday & Thursday Monthly with Rupam
	Creative Writing	9:30–10:30am	Monday & Wednesday Monthly with Rupam
	Learn English through theatre	11am–12pm	Monday & Wednesday Monthly with Rupam
	Beginner English	4:30–5:30pm	Monday & Wednesday with Ashwini
	English for kids	5:30–6:30pm	Tuesday, Thursday & Friday, with Ashwini
French	Beginner	4:30–5:30pm	Monday & Wednesday
	Conversation Pre-Intermediate	2–3pm	Tuesday & Thursday
Tamil	Conversational pre-intermediate	9:30–10:30am	Tuesday and Friday
German	Level A1 Beginner	5–6:30pm	Part II–TBA
Spanish	Beginner	2:30–4pm	Monday & Wednesday
Hindi	Spoken Beginner	4:30–5:30 pm	Tuesday, Thursday and Friday
Italian	Beginner	TBA	Registration Open
	Advanced	4–5:30pm	Wednesday
Didgeri-doo	Beginner	4:45–5:45pm	Tuesday & Thursday

Film Shows:

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

Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions happen weekdays from 5 to 6pm as follows:

- Mondays:** French with Coco and Gaspard
- Tuesdays:** Spanish with Gloria
- Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30–6:30pm
- Thursdays:** Amy will be back on 6 February to facilitate the English conversation meet-up (then every other week). We are looking for one more anchor to host one more meet-up for English.
- Fridays:** Conversational Hindi with Smriti, 5–6pm

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

Communication with the Lab

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

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

Mita, Mano, Louis & Vismai for Auroville Language Lab

Cinema

ECO FILM CLUB: EVERY FRIDAY AT SADHANA FOREST

Schedule of Events

- 16:00** Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30** Tour of Sadhana Forest
- 18:00** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30** Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00** Dinner is served

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

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

Friday, 14 March: A Beautiful Planet

2016/ 46 minutes/ IMax

This is a documentary that offers stunning, high-definition views of Earth from space. Narrated by actress Jennifer Lawrence, it showcases the beauty of our planet, highlighting its natural wonders, ecosystems, and the impact of human activity on the environment. The film provides a unique perspective of Earth from the International Space Station, combining breathtaking visuals with a message about the need for environmental awareness and preservation.

Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
17—23 March 2025

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. Observing the International Women's Day (8 March) and women's month in some nations, we will try to bring films by and/or about women.

Indian—Monday, 17 March, 8pm:

Mylek

India, 2024, Dir. Priyanka Tanwar w/ Sonali Khare, Umesh Kamat, Sanayaah Anand, and others, Drama, 114mins, Marathi w/ English subtitles, Rated: NR (PG)

Sharvari, a dedicated single mother, balances her life between working as the head chef at a London restaurant and dreaming of opening her own Maharashtrian eatery. As she strives to connect with her teenage daughter Myra, who is courageously battling endometriosis (a common but painful condition), their bond is tested. Together, they navigate the highs and lows of life, discovering the strength of their love and resilience.

Potpourri—Tuesday, 18 March, 8pm:

Antonia (Antonia's Line)

Netherlands-Belgium-UK-France, 1996, Writer-Dir. Marleen Gorris w/ Willeke van Ammelrooy, Jan Decleir, Veerle van Overloop, and others, Comedy-Drama, 102mins, Dutch w/ English subtitles, Rated: R

A strong-willed matriarch returns to her Dutch village and establishes a close-knit, matriarchal community. Over several generations, the family experiences both wonderful and tragic events, delving into themes of feminism, liberalism, and the cyclical nature of life. The matriarch's influence spans across decades, affecting the lives of her descendants as they navigate love, loss, and societal change, while highlighting the enduring impact of her presence on the village and its people.

Selection—Wednesday, 19 March, 8pm:

Ye Habe Ghand (A Cube of Sugar)

Iran, 2011, Writer-Dir. Reza Mirkarimi w/ Reza Kianian, Negar Javaherian, Farhad Aslani, and others, Comedy-Drama, 116mins, Persian w/ English subtitles, Rated: PG

On the outskirts of modern Iran, in a traditional house with a tree-shaded yard, a family prepares for Pasandideh's wedding. Being the youngest, she eagerly awaits her older sisters' arrival. Amid bridal arrangements, an unexpected treasure hunt, and ghost stories, the joyous event approaches. But is a single cube of sugar enough to bring happiness?

Interesting—Thursday, 20 March, 8pm:

The Bowmakers

USA, 2019, Writer-Dir. Ward Serrill w/ Charles Espey, Cody Kowalski, Josephine Thomackot, and others, Documentary, 53mins, English-French-Portuguese w/ English subtitles, Rated: NR (PG)

The story of the "silent servant" of the musical world—the Bow. Starting from the workshops of five master bowmakers in the Pacific Northwest, journey to the fascinating origin of the bow in France, and to Brazil, home to the imperiled tree from which bows are made. A film for all people who love music. A film about hope. How a handful of craftsmen is preserving this centuries-old trade in service to world-class musicians. An immersion into beauty itself. A film that will change the way you hear music.

International—Saturday, 22 March, 8pm:

Anora

USA, 2024, Writer-Dir. Sean Baker w/ Mikey Madison, Paul Weissman, Yura Borisov, and others, Comedy-Romance, 139mins, English-Russian-Armenian w/ English subtitles, Rated: R

Ani, a young escort from Brooklyn meets and impulsively marries the son of a Russian oligarch. Once the news reaches Russia, her fairy tale is threatened as his parents set out for New York to get the marriage annulled. *Not quite a modern-day version of Pretty Woman—but has a similar theme.*

Children's Matinee—Sunday, 23 March, 4pm:

Spider-Man: Into the Spider-Verse



Canada-USA, 2018, Dir. Bob Persichetti, Peter Ramsey, Rodney Rothman w/ Shameik Moore, Jake Johnson, Hailee Steinfeld, and others, Computer Animation-Superhero, 117mins, English-Spanish w/ English subtitles, Rated: PG

A teenager from Brooklyn gains spider-like abilities and discovers a multiverse where different versions of the superhero exist. He must team up with these alternate Spider-People to stop a threat that endangers all realities, learning the true meaning of heroism along the way.

Jack Nicholson Film Festival @ Ciné-Club

Ciné-Club Sunday, 23 March, 8pm:

Chinatown

USA, 1974, Dir. Roman Polanski w/ Jack Nicholson, Faye Dunaway and others, Drama-Mystery-Thriller, 130 mins, English w/ English subtitles, Rated: R

Los Angeles detective Jake Gittes is hired by a "Mrs. Mulwray" to spy on her husband. Shortly after Gittes is hired, the real Mrs. Mulwray appears in his office threatening to sue if he doesn't drop the case immediately. Gittes pursues the case anyway, slowly uncovering a vast conspiracy centering on water management, state and municipal corruption, land use, and real estate; and involving at least one murder.

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

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in.

Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account # 105106) or set up for a monthly contribution.

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

AUROFILM

Presents at Multi Media Centre Auditorium
(MMC, Town Hall)

Friday, 14 March, 8pm

"A Royal Affair" (En Kongelig Affære)

Directed by Nikolaj Arcel, Denmark, 2012

With: Alice Vikander, Mads Mikkelsen and Mikkel Følsgaard

Synopsis: Denmark, 1770. The secret passion that Queen Caroline Mathilde holds for the king's physician, the influential Struensee, will forever change the destiny of the entire nation. A Royal Affair tells a pivotal chapter of Danish history, forgotten in French textbooks. The romantic and intellectual relationship between Caroline Mathilde and Struensee, deeply influenced by Enlightenment philosophers such as Rousseau and Voltaire, leads to the overthrow of the established social order and foreshadows the revolutions that will ignite across Europe twenty years later. Based on a true story, the movie received two silver bears at the Berlin Festival and was nominated at both Academy Awards and Golden Globe as best Foreign Language Film in 2012.



Original Danish, Swedish and German version with English subtitles. Duration: 2h16'

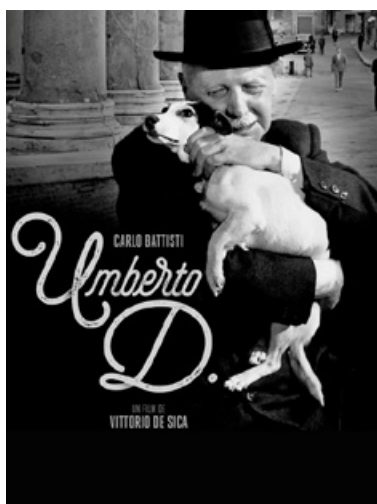
Friday, 21 March, 8pm

"Umberto D."

Directed by Vittorio De Sica, Italy, 1952

With: Carlo Battisti, Maria-Pia Casilio, Lina Gennari

Synopsis: Retired civil servant, Umberto can no longer provide for his needs. With nothing but a shabby pension to rely on, the old man spends his days trying to find something to eat, with only his dog Flike for company. When his landlord threatens to evict him, Umberto has no choice but to count on the support of Maria, the young chamber maid he has taken under his wing...



Of all Vittorio De Sica filmography, this was his favorite film, which is part of the Italian Neorealist movement, featuring mostly non-professional actors. In 2008, the film was included by the Italian Ministry of Cultural Heritage in a list of 100 films that "have changed the collective memory of the country between 1942 and 1978." The film was also nominated for the Grand Prix at the 1952 Cannes Film Festival.

Original Italian version with English Subtitles. Duration: 1h39'

- **Note:** Contributions are very welcome!
Aurofilm Collection Acc. No. **252658**

Susana and Aurofilm team

FIREBIRD: AN ECO COMMUNITY

In the Heat of Crisis

Tuesday, 17 March, 4pm @ Cinema Paradiso



Back by Popular Demand! Many are asking to see this film about Findhorn so for those who missed it the first 3 times. Findhorn, the world-renowned spiritual community in northern Scotland, was traumatized by the tragic loss of its community center and sanctuary, an exodus of young people due to Brexit, and mass layoffs as the Foundation struggled financially post-Covid. This documentary tenderly captures the community confronting these challenges amidst their 60th birthday celebrations.

The screening will be followed by a discussion about the film's relevance to Auroville with Daniel Greenberg—a Findhorn Fellow and recent Director of Education at the Findhorn Foundation (before they closed programs in September 2023).

Daniel



About N&N

NEWS AND NOTES GUIDELINES

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

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Max size of the poster:

- Width 9.5cm x Height 4cm

We maintain the right not to publish posters that are bigger than that or have text too small to be read in printer version or to publish them cut, or in icon size, or reformatted in a best way to fit the style of the newspaper.

Roy & Katiya (AgniJata), News & Notes,
Media Centre, Townhall,

NewsAndNotes@auroville.org.in

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Emergency Services

Ambulance (24/ 7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/ 7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

