



News Notes

#1072 A weekly bulletin for residents of Auroville 27 March 2025



Aurodam summer—Hoopoe and Go House. Painting by Roy

She follows to the goal of those that are passing on beyond, she is the first in the eternal succession of the dawns that are coming,—Usha widens bringing out that which lives, awakening someone who was dead.

What is her scope when she harmonises with the dawns that shone out before and those that now must shine?
She desires the ancient mornings and fulfills their light; projecting forwards her illumination
she enters into communion with the rest that are to come.

Kutsa Angirasa—Rig Veda

Pondering



The earliest preoccupation of man in his awakened thoughts and, as it seems, his inevitable and ultimate preoccupation... preparing to return to its primeval longings. The earliest formula of Wisdom promises to be its last,—God, Light, Freedom, Immortality.

And the moment we recognize, as our enlarging experience compels us to recognize, that there are in the universe knowable realities beyond the range of the senses and in man powers and faculties which determine rather than are determined by the material organs through which they hold themselves in touch with the world of the senses,—that outer shell of our true and complete existence,—the premises of materialistic Agnosticism disappears. We are ready for a large statement and an ever-developing inquiry.

The touch of Earth is always reinvigorating to the son of Earth, even when he seeks a superphysical Knowledge. It may even be said that the superphysical can only be really mastered in its fullness—to its heights we can always reach—when we keep our feet firmly on the physical. "Earth is His footing," says the Upanishad whenever it images the Self that manifests in the universe. And it is certainly the fact that the wider we extend and the surer we make our knowledge of the physical world, the wider and surer becomes our foundation for the higher knowledge, even for the highest, even for the Brahmaidya.

"The Human Aspiration" and "The Two Negations: The Materialist Denial"
The Life Divine—Sri Aurobindo

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House of Mother's Agenda



(continued from last week)

The spirit wandering from state to state
 Finds here the silence of its starting-point
 In the formless force and the still fixity
 And brooding passion of the world of Soul.
 All that is made and once again unmade,
 The calm persistent vision of the One
 Inevitably re-makes, it lives anew:
 Forces and lives and beings and ideas
 Are taken into the stillness for a while;
 There they remould their purpose and their drift,
 Recast their nature and re-form their shape.
 Ever they change and changing ever grow,
 And passing through a fruitful stage of death
 And after long reconstituting sleep
 Resume their place in the process of the Gods
 Until their work in cosmic Time is done.
 Here was the fashioning chamber of the worlds.
 An interval was left twixt act and act,
 Twixt birth and birth, twixt dream and waking dream,
 A pause that gave new strength to do and be.
 Beyond were regions of delight and peace,
 Mute birthplaces of light and hope and love,
 And cradles of heavenly rapture and repose.
 In a slumber of the voices of the world
 He of the eternal moment grew aware;
 His knowledge stripped bare of the garbs of sense
 Knew by identity without thought or word;
 His being saw itself without its veils,
 Life's line fell from the spirit's infinity.
 Along a road of pure interior light,
 Alone between tremendous Presences,
 Under the watching eyes of nameless Gods,
 His soul passed on, a single conscious power,
 Towards the end which ever begins again,
 Approaching through a stillness dumb and calm
 To the source of all things human and divine.
 There he beheld in their mighty union's poise
 The figure of the deathless Two-in-One,
 A single being in two bodies clasped,
 A diarchy of two united souls,
 Seated absorbed in deep creative joy;
 Their trance of bliss sustained the mobile world.
 Behind them in a morning dusk One stood

Who brought them forth from the Unknowable.
 Ever disguised she awaits the seeking spirit;
 Watcher on the supreme unreachable peaks,
 Guide of the traveller of the unseen paths,
 She guards the austere approach to the Alone.
 At the beginning of each far-spread plane
 Pervading with her power the cosmic suns
 She reigns, inspirer of its multiple works
 And thinker of the symbol of its scene.
 Above them all she stands supporting all,
 The sole omnipotent Goddess ever-veiled
 Of whom the world is the inscrutable mask;

The ages are the footfalls of her tread,
 Their happenings the figure of her thoughts,
 And all creation is her endless act.
 His spirit was made a vessel of her force;
 Mute in the fathomless passion of his will
 He outstretched to her his folded hands of prayer.
 Then in a sovereign answer to his heart
 A gesture came as of worlds thrown away,
 And from her raiment's lustrous mystery raised
 One arm half-parted the eternal veil.
 A light appeared still and imperishable.
 Attracted to the large and luminous depths
 Of the ravishing enigma of her eyes,
 He saw the mystic outline of a face.
 Overwhelmed by her implacable light and bliss,
 An atom of her illimitable self
 Mastered by the honey and lightning of her power,
 Tossed towards the shores of her ocean-ecstasy,
 Drunk with a deep golden spiritual wine,
 He cast from the rent stillness of his soul
 A cry of adoration and desire
 And the surrender of his boundless mind
 And the self-giving of his silent heart.
 He fell down at her feet unconscious, prone.

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>

With love and gratitude,
 Gangalakshmi (HOMA)

Townhall Speaks

VACANCY:

FAMC office administration

Funds & Assets Management Committee (FAMC) is looking for a full time Office Administrator.

As an Aurovilian, if you are passionate about implementing the City of Truth and all its needed assets, resources and funding and if you can list all the sub groups of FAMC and more, provide a succinct outline of the work required of each of the sub groups, we would like to meet you.

Understanding of proper communication, use of Google Workspace for various administration tasks, use of project coordination tools, facilitations of meetings, tracking works to completion with a proper closure etc. are skills that are pre-requisite. Some areas of gaps may be supported for learning and overcoming. If you are in for the long haul, we welcome you to come participate. Working with the FAMC members and as a team member, full and complete team trust and confidentiality is expected.

If interested please send us email famc@auroville.org.in

Balaji, FAMC Admin

NEW EMAIL ID

for Passport & Visa Registration

Dear Community, Please note the new email id:

pvrdauroville.org.in

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

ATDC:

Advertisement for Recruitment



L'avenir d'Auroville

Auroville Town Development Council is seeking talented and passionate Architects and Engineers to join our team. As an Architect/ Engineer at Auroville Town Development Council, you will play a key role in all phases of project development, from conceptual design to construction administration.

Open Positions:

Description	Qualifications	Number of vacancies	Work Experience Required
Senior Architect	B.Arch/ M.Arch	1	Minimum 2.5—3 years
Assistant Architects	B.Arch	2	Minimum 2 years
Junior Architects	B.Arch	2	1 year/ Freshly graduated
GIS and Mapping	B.Plan/ Diploma in GIS	1	1 year/ Freshly graduated

We are looking for individuals who:

- Have the ability to prepare working drawings and co-ordinate with consultants
- Have excellent design and problem-solving skills with site experience
- The ability to clearly communicate technical information, both verbally and in writing, is vital for collaborating with other team members.
- Manage project budgets and schedules.

For Architects:

- Are proficient in industry-standard software like Auto-CAD, Sketchup and Photoshop.
- Experience in software like Rhino and Revit will be considered as an added advantage.

To Apply:

- Please submit your resume, portfolio (for Architects), and cover letter to avenir@auroville.org.in

We encourage all qualified candidates to apply.

Last Date to Apply: On or before 31 March 2025.

Don't miss this opportunity to shape the future of Auroville with us!

Joel, Resource Person

WORK OPPORTUNITY:

Admissions and Terminations

We invite CVs from Aurovilians for the position of Secretariat 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 communication skills to effectively interact with various stakeholders.
- **Proficient Computer Use** (especially Microsoft Office)
- **Organizational Skills:** Ability to prioritize tasks, manage schedules, and maintain accurate records.
- **Time Management:** Efficiently manage deadlines.
- **Attention to Detail:** Accuracy in handling documents and information.
- **Confidentiality:** Discretion in handling sensitive information.
- **Interpersonal Skills:** Ability to build positive relationships 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

Community News

Passing On

MESSAGE BY MARIE-JO

At the burial of Jean-Claude on 17 March



To my brother Jean-Claude, you who shared the same enthusiasm for living in Auroville and offering your many skills to the two dental centers we created from the moment we met in 1982!

I don't know why I simply asked you one day if you wanted to work with me: I only knew you by sight, seeing you on the paths with your big smile—it felt like a heart's intuition, as if we had known each other forever!

One of the first questions I had about you was how you experienced your arrival, seeing that there was neither a plaza nor a cafeteria as you had imagined, since Auroville was already a city, right? But when you saw a barren square, you completely stunned me by saying, "Well then, let's make it!"

In any case, I also had to start from scratch after practicing for 10 years in France—a tough trial alongside my new life at 39 years old—but I had chosen that point of no return.

So, we started little by little, without resources, this adventure, but already with a clear goal: to find the best ergonomics to relieve my back pain, which had been bothering me since I graduated as a dentist in 1968. With total freedom of imagination, using plywood to create a semi-circular table around me as I sat, a pressure cooker to generate pressurized water, and many other experiments, before spending five weeks in Japan in 1991 with the great Dr. Beach, a brilliant researcher who radically changed the way of working.

Jean-Claude built most of what became the main Dental Center, as well as a dental clinic and a prosthetics laboratory at the dispensary for the villagers: these two centers are currently unique in India, applying this revolutionary concept, called “Zero Concept,” based on a philosophy of the absence of need (also in the spirit of Auroville), completely contrary to current trends.

These centers continue to offer quality care in the spirit of Service, which Jean-Claude loved so much. He is happy, as are the 20 members of our team, all without back pain, and the patients (especially the younger ones), most of whom are no longer afraid of the dentist—our greatest victory!

We are always grateful to him, with the hope of spreading this revolutionary concept throughout India, because Auroville plants for the future!

Thank you from the bottom of my heart, my Jean-Claude, and may you rest in peace in the arms of Mother!

Submitted by Jacques Verre

Important

STEPPING OUT

The other night I reached the end of Life Divine, once again. But this time, it had a different feeling. Some of you may have noticed that as I read through Life Divine when I found a passage especially touching to me, it ended up on the front page of NewsandNotes, with some beautiful passages from an Upanishad or Veda.

That wonderful opening passage by Sri Aurobindo, stating:

The earliest preoccupation of man in his awakened thoughts and, as it seems, his inevitable and ultimate preoccupation... preparing to return to its primeval longings. The earliest formula of Wisdom promises to be its last,—God, Light, Freedom, Immortality.

Interestingly, anthropologists date the ancient Cave paintings back some 40,000 years, spread out over some 350 sites across the world and have speculated that they represent man’s first awakened thought. Those stoic but profoundly poignant images on a rock wall of a simple painted human hand are somehow deeply profound. Raising one of the most penetrating of all human thoughts,

‘Immortality of the Individual’

The Life Divine, after a long journey ends with Sri Aurobindo’s vision of the future:

It must lead inevitably towards an evolution in the Knowledge, a self-finding and self-unfolding of the Spirit, a self-revelation of the Divinity in things in that true power of itself in Nature which is to us still a Supernature.

For myself this moment also signals an ending of sorts. Due to health issues, I find it more and more difficult to commit myself to my responsibilities as Editor of the News&Notes and will have to step back.

My work will now be fulfilled by Alexey, a welcome member to the N&N team.

Really there is nothing more I can add save that I really enjoyed doing this work and now must focus on some other rather demanding issues I am compelled to face.

Roy, Aurodam

Matrimandir News & Schedules

MEDITATION

Under the Matrimandir Banyan Tree:

The Mother’s First Arrival to Pondicherry in 1914

Saturday, 29 March, 6:30—7am

“It matters little that there are thousands of beings plunged in the densest ignorance, He whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth....”

The Mother, 30.3.1914

- Entrance from the Office Gate at 6:15am.
- Guests are requested to bring along their Aurocards.
- Last entry for guests at 6:30am.
- Access limited for guests to the Banyan Tree
- Last exit for guests at 7:15am.

Antoine, for Matrimandir team

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri



6—6:30pm, 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.

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 Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: Daily 7—8am, 5—6pm.

Antoine for The Matrimandir executive team

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

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.



Flowers by Hasi: 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 Spirit of Auroville: 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.

Anita for Unity Pavilion Team



Awakening Spirit

SAVITRI BHAVAN SCHEDULE, APRIL 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
- **Glimpses of the Mother:** Photographs and texts in the Square Hall

Films: Mondays, 4pm @ Sangam Hall

- **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.*

On 4 April 1910, Sri Aurobindo took refuge in the French settlement Pondicherry. His inner guide gave him the 'Aadesh' to move there to avoid persecution by the British Government. This day and this event are held in high esteem by devotees in the Ashram and in Auroville. We like to honour it by presenting a beautiful recording of Sri Aurobindo's Uttarpara Speech.

The text of the Uttarpara Speech contains records of Sri Aurobindo's various experiences in the Alipore Jail and detailed descriptions of his realisation of the Supreme's presence and work in this world. It mentions how the Supreme in the form of Vasudeva, Narayana, and Krishna protected him and took care of him while he was in jail. Sri Aurobindo saw Him everywhere and in everyone: in the jailed swindlers and murderers, in the Magistrate, and the Prosecuting Counsel in the courtroom during his trial.

It was Sri Krishna who arranged for Sri Aurobindo to get a copy of the Gita in jail. It was He who taught him the central truth of the Hindu religion which is Sanatan Dharma, the universal and eternal truth, and that the Divine is present in all men and things, and that in the Divine we move and have our being.

The Uttarpara Speech is a special document about Sri Aurobindo's experiences as an undertrial prisoner in Alipore Jail from 1908—1909, his work for India's freedom, and the inner guidance he received from his Master of Yoga. It also discusses the very essence of India and her mission in the world: to live and to bring the eternal wisdom of the Sanatan Dharma to humanity. It knows what immortality is and has totally cancelled death. Sanatan Dharma is life itself.

Sri Aurobindo's Uttarpara Speech was first published in the *Bengalee*, an English newspaper in Calcutta, and then revised by Sri Aurobindo himself and republished in the *Karmayogin* in June 1909. Later, it was included in Sri Aurobindo's *Tales of Prison Life*.

The text of the Uttarpara Speech is read by Angad and the Divine presence of Sri Aurobindo is perceptible. The video produced by Savitri Bhavan is supplied with subtitles and is available on the [Savitri Bhavan Auroville website](#).

- **7 April: Meditations on Savitri, Book 7.** The Book of Yoga, Cantos 1—7. *Duration 74min.*
- **14 April: How the Mother's Inner Quest brought Her to Sri Aurobindo.** Lopa, a former student of the Sri Aurobindo International Centre of Education, has collected stories recounted by the Mother about Herself. *Duration: 51min.*
- **21 April: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920—2020).** A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. *Duration: 48min.*

Full Moon Gathering

- **Saturday, 12 April, 7:15—8:15pm** in front of Sri Aurobindo's statue

Regular Activities

- **The OM Choir** has been in their sacred home of Savitri Bhavan for twenty-five years and even earlier, when the Mother told Narad to bring down a new music. During the prime months in Auroville often one hundred and more people come in aspiration and devotion to bring down the new music that has the power of transformation. The Divine Presence is in both the square hall and the Sangam Hall. All are welcome and no prior singing experience is needed.
 - **Every Tuesday, 5:30—6:30pm**, led by Narad
- **Savitri Satsang**, an experiential reading of Sri Aurobindo's magnum opus, *Savitri*, shared by Narad in a new series that touches on its mantric beauty, poetic vastness, definitions of words and terms by Sri Aurobindo and the Mother, and the older Ashram disciples, in a deep line by line study.
 - **Every Tuesday, 4:30pm, followed at 5:30 by the OM Choir** led by Narad
- **Sundays 10:30—12pm:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** How to find the soul—Theory & Practice 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
- **Mondays to Saturdays 3—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

Talks of Dr Alok Pandey on Sri Aurobindo's Essays on the Gita



@ Sangam Hall, Savitri Bhavan 10—11am

Wednesdays, 9 & 23 April, 21 & 28 May, 11 & 25 June

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...

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.

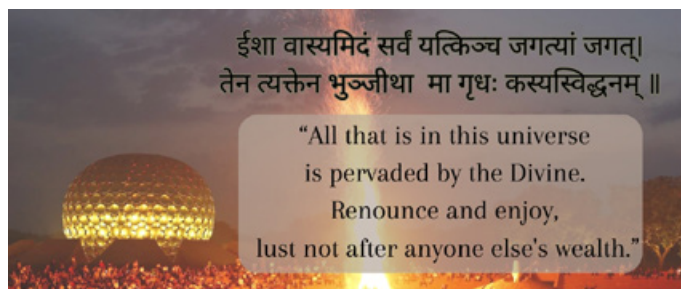
Dhanalakshmi, Margrit & GangaLakshmi for Savitri Bhavan



ISHA UPANISHAD

in Daily Life

6—26 April, every day, 5—6am IST, Online



All are welcome to a collective learning space for integrating the wisdom from

ईशोपनिषद् (Isha Upanishad) in daily life.

To know more, write to: vidyamandir@auroville.org.in

Deven

THE INTEGRAL YOGA

**of Sri Aurobindo and The Mother:
an Introduction to its Vision and Philosophy
with Ela Thole**

30 March, 9am—12:30pm



@ Inside India Office
No. 2, Kalpana, Auroville

Please register at tours@insideindiaauroville.com

- +91 413 2622047
- +91 8524953838
- Contributions apply
- Free for Aurovilians

Olivier Normandin

BHARAT NIVAS

**A weekly study circle on The Synthesis
of Yoga—Sri Aurobindo**

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

BHARAT NIVAS
Scan for Location

Monisha
for BN Team

BRAHMANASPATI KSHETRAM

BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

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

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

kshetram2014@auroville.org.in

Location

Submitted by Rajan

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

Education

AUROVILLE PHYSICAL EDUCATION BODY

Course commences

JUNE 2025 Learn from the best of Auroville.

Integral Approach To Physical Education-IAPE

IAPE course aims to create a new squad of sports teachers who are:

- empowered with the latest in sports science,
- equipped with on ground practical training and supervision
- and sparked with the spiritual significance of the human body

Auroville Physical Education Body
AVPEB

Auroville Physical Education Body (AVPEB a unit under SAILER) announces its one year course in Physical Education 2025—26.

The course is open to ALL aspirants and will prioritize those who aspire to become Physical Education teachers in Auroville Schools.

If this interests you and feels like your calling, fill the form to receive the detailed brochure:

- <https://tinyurl.com/5n66z934>

For clarifications: +91 8489311336 WA

We will contact you individually in the coming weeks.

Lijun for AVPEB

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Offers Bachelor's Degree Courses

Auroville Institute of Applied Technology at the Aurobrindavan campus **offers bachelor's degree courses** (B.Voc.) in Software Development and Machine Learning, Applied Electronics and Chip Design, Electric & Electronics Technologies (Renewable energy and Mechatronics and Production Technology) affiliated with Pondicherry University.



These courses are skill-centric and of three years; candidates with a +2 or equivalent are eligible to join a B.Voc. course. B.Voc. graduates are eligible for lateral entry in the 4th year of a B.E. course. Students learn by doing projects from the people working on projects (mentorship) and at industrial sites (internship program).

Eligible are students with +2 or equivalent.

• **AIAT is looking for a part-time English teacher** with a minimum qualification of an M.A. in English. Interested candidates should apply to principal.aiat@auroville.org.in

Lavkamad



KUILAI CREATIVE CENTRE
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)



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
கையால் செயல்பாடு TALORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 th Grade
காத்தி 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
பாரத நாட்டியம் BHARATHA NAATTIYAM	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
சுவியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

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

Submitted by Selva for KCC

SATORI: EDUCATIONAL SERVICES

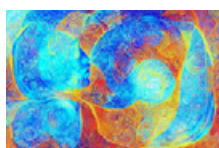
- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,
satori.auroville@gmail.com

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

Snehal

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

YUVABE EDUCATION

3-Month Digital Marketing Course

Starting 31 March

We're excited to announce the launch of a 3-Month Digital Marketing Course as part of our Bridge Program for young adults in the Auroville Bioregion.

Starting 31 March this course will equip students with in-demand skills in SEO, content marketing, social media strategy, email marketing, Google Ads, and analytics. Learn directly from industry professionals and work on hands-on projects to build a job-ready portfolio.

This program is ideal for anyone looking to enter the field of digital marketing, upskill for career growth, or start their own online business. If you or someone you know is interested, reach out for more details!

- Contact Us: +91 9677604467, bridge@yuvabe.com

Follow Us on Social Media:

- Instagram: @yuvabe.auroville
- Facebook: Yuvabe Auroville
- LinkedIn: Yuvabe
- YouTube: Yuvabe Auroville
- [Flyer Link](#)

We look forward to welcoming new learners into this exciting program!

Submitted by Abilash

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

AN OFFERING from the Kindergartens of Auroville



On 18 February Auroville kindergarten children came together to create The Mother's symbol as an offering for Her and Auroville's birthday celebration. The significance of the work was inspiring as the symbol, crafted by the youngest of the community, was placed at the town hall for the entire community to see, enjoy and reflect.

Children from six different Auroville kindergartens gathered at SAIER that morning. On arrival they were randomly distributed into 12 groups. Children simply followed the guidance of the teachers who were unfamiliar to most of them in each group. New faces of the peers, the relatively unfamiliar setup and the new sounds of the adults didn't seem to take away the joy and cheer that is embedded in all works of creative expression. Collaboration flows in moments like these where little children join hands for a shared purpose and the surrounding adults simply get enfolded into the atmosphere.

In some groups the teachers felt inspired to tell stories and sing songs related to the quality that their group was working at. The idea of having the children work on each petal, each representing a different quality, and tying those qualities into songs and stories, added layers of meaning to the activity.

There was bound to be some chaos! It was a children's event and there were around 165 of them. Precisely at one such chaotic moment, our teachers knew exactly what to do. One of them simply started chanting the mantra, Anandamayi Chaitanyamai. All Auroville children are familiar with these words and soon the town hall square vibrated with the soft, sweet chanting of the children and teachers. Our teachers knew how to bring a collective pause. This was particularly touching as it brought alive the power of a simple act that can bring the whole group into a shared, mindful moment.

The magic did not end here but continued when the teacher concluded with the shanti paath. A rare silence emerged! An awakening silence, in the midst of a beautiful and joyous birthday celebration.



In the end as the children got ready to head back to their respective schools, they circled the big vibrant and colourful artwork that had been accomplished. Some tried to identify the little piece of paper that they had cut out while others simply enjoyed the colourful vibration of the symbol.

Reflections shared by few Udavi School teachers:

"The main highlight for me was the surroundings that were filled with peace as we worked on the petals craft work. As children listened to the quality of the petal that they were working with, I felt the vibration spreading all over me. I really enjoyed the activity."—Kokila

"The participation of various schools, was a shining example of teamwork and solidarity for us. The initiative beautifully brought together the young generation, fostering collective action and community spirit. It was heartening to witness everyone's enthusiastic sharing and participation"—Malliga and Muthazhagi

"It was beautiful to see even the so-called naughty children being immersed and working enthusiastically in the craft work. Although the children were mixed and didn't know each other, it did not matter and we worked together to make the beautiful, colourful symbol."—Chandra and Shanthy

"It was enriching to see all schools in Auroville come together to create something beautiful as an offering for The Mother's birthday. Children are eager to interact and know about children from other schools and work along with them. I feel camps like this give children an opportunity to build their character and the spirit to come alive and discover new things. What a wonderful way for the youngest members of the community to contribute to a larger legacy."—Sandhya

Sandhya and Nilima

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**

BEYOND THE BORDERS:

Art Exhibition @ Transition School

Monday, 7 April, 10:30am—12pm

@ Transition School arts and crafts classrooms

Transition School arts and crafts team and students invite the community to our first art exhibition at the school. The exhibition is part of a project called 'Beyond the Borders'.

The students' work will be displayed, and there will be interactive art stations and presentations by the students. This is a fantastic opportunity to celebrate their hard work.

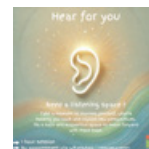
We look forward to seeing you there.

Clare for Transition School

Youth Initiative

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**

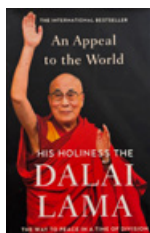
Books

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 on 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



Santé

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: Monday to Friday
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Midwifery & GYN Care with Paula: As per availability	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena— inquiry email: adminsante@auroville.org.in	

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>

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

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

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

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.

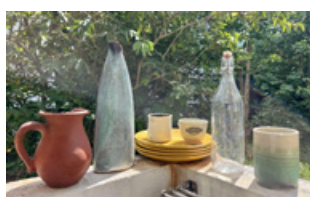
Madhi, 9597222826 call/ WA, madhiazhagan014@gmail.com

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

Animal Care

AUROVILLE DOG SHELTER Job Opportunities

Reliable Workers, Ladies and Men

The work starts at 9am until 4:30pm, 1 hour lunch time, 2 times tea. The Dog Shelter is just 150 meters beyond Edayanchavadi, on the road towards Red Earth Riding School.

If interested, contact Kiran

- 9498410380/ call or WA
- aurovilledogshelter@auroville.org.in



**AUROVILLE
DOG SHELTER**

Temporary Executive

Please help us to find the right person.

The Auroville Dog Shelter is seeking a temporary executive to join our passionate team. The position is open to Aurovilians registered in the Register of Residents (RoR) who have deep compassion for dogs and all living beings. The ideal candidate should be well-connected within the Auroville community, exhibit good organizational skills, and thrive in a collaborative team environment in the spirit of Mother.

Key Qualifications—Aurovilian Status: Must be registered in the RoR. **Passion for Animal Welfare:** A genuine love for dogs and all living beings. **Community Engagement:** Strong connections within the Auroville community. **Organizational Skills:** Ability to assist in daily tasks and projects. **Team Collaboration:** Willingness to work in harmony closely with our team, including management, executives, veterinary staff, and local workers. **Compensation:** A half-maintenance is available, depending on work and time commitment.

If you're interested, please get in touch with Arthur or Tine 812225266 WA to schedule a meeting.

Tine, Arthur for Dog Shelter

International

Unity Pavilion Presents

THE MOTHER'S SYMBOL, Matrimandir & 12 Qualities



SACRED SYMBOLS



Living with Sri Aurobindo & The Mother

Integrate the wisdom of sacred symbols to balance mind-body-soul. Learn the Flower of Life mandala and the Art of Integral Living. Take home the mandala you create.

Facilitated by Preeti—an author, life coach, researcher and trainer for Integral yoga, NLP & emotional Intelligence.

ART CLASS WITH ARTIST JANAKIRAMAN



SENCHA-STYLE TEA CEREMONY



Experience the spiritual and healing power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

Discover a new perspective on tea drinking as you embrace awareness and relaxation.

- Sessions are available as a one-on-one experience or for groups (4+ people).
- Children (5+ years) are welcome. Special Kids birthday sessions available.
- Pre-booking or by appointment: +91 9385428400 WA

**Priya
for Unity Pavilion**

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



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 YOUTH CHOIR CONCERT

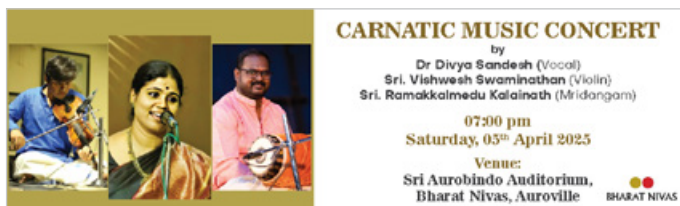
29, 30 March, 7:30pm @ CRIPA



All are welcome! Nuria

BHARAT NIVAS PRESENTS CARNATIC MUSIC CONCERT

Saturday, 5 April, 7pm @ Sri Aurobindo Auditorium



Dr Divya Sandesh (Vocal)

Sri. Vishwesh Swaminathan (Violin)

Sri. Ramakkalmedu Kalainath (Mridongom)

Submitted by Monisha

PHOTO EXHIBITION BY TIM

Trees—Their Outer Garment

1—22 April @ Pitanga

Monday to Saturday,

8:30am—12:30pm and 2:30—5:30pm.

Sundays and holidays closed

Andrea



DANCE-THEATRE PERFORMANCE:

Darshan by Surya Performance Lab

Saturday, 12 April, 7:30pm @ CRIPA



A captivating theatrical journey by Philippe and Thierry from Surya Performance Lab, exploring the theme of inner transformation and the call for evolution. This intimate performance will feature a fusion of theatre, dance, video, and projections.

This experimental performance is a work in progress, with Saman Me Kala.

Directed by Philippe Pelen and Thierry Moucazambo

Philippe and Thierry for
Surya Performance Lab,
+91 8903869078

Hibiscus Art Village presents

SYNERGY ART CAMP & FESTIVAL

HIBISCUS ART VILLAGE
PRESENTS

SYNERGY

Art Camp: 24—28 March, 10am—5pm

Festival: Saturday, 29 March, 2—10pm

@ Sve Dam, Sudha's Kitchen

Saturday, 29 March, 2—10pm

- 2pm: Tarot reading by Carmen

Performances

2:22pm	Improvisation on the keys by Abtin
3:33pm	Celestial Alignment with Olga on handpan
4:20pm	Mystic Roots Earth Connected: From the Ganges to the Amazon
5pm	Djambefola
6pm	Drum circle with Tommaso Bring your own instruments
7pm	Journey is home Folk & Originals by River & Bhasma
8:30pm	Melodic & Electronic & Progressive Live set by CWILD

Art Camp & Exhibition

Atoon, Birgitta, Bhavana, Dhanajey, Elena, Evgenia, Gobi-nath, Helgard, Lavanya, Louis, Olga, Ronald

Elena for Hibiscus Art Village

Theatre, Music & Art Activities

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/>



Harmonizing Sound Immersion

- 30 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/>



Here are our other Social Media links:

- YouTube: <https://www.youtube.com/@SvaramStreams/about>
- Facebook: <https://www.facebook.com/svaram.org>
- Instagram: <https://www.instagram.com/svaramsoundexperience/>

Aurelio and the SVARAM Team

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

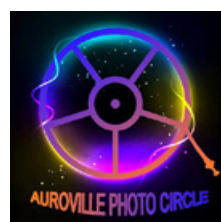
For programs, workshops, Soundbaths and group visits: email to svaramprograms@auroville.org.in

Aurelio and the SVARAM Team

PHOTO CIRCLE MEETS AGAIN

Friday, 4 April, 5pm

@ Centre d'Art multimedia room, Citadines



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.

This time we present:

- Pongal Festival 2025 in Kottakarai

Village, slideshow by Jean Francois

- Auroville Early Days 1969—1976, slideshow by Lisbeth
- A Day of Street Photography with Jonathan Jasberg—Documentary 14' min.
- Seidou Keita, the most famous African photographer of the 20th century—Documentary 13' min.

Anyone can also bring and screen a small selection of images. Everybody is welcome.

Marco

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 Practice 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

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



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 sports-wear 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

Submitted by Giacomo

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



BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

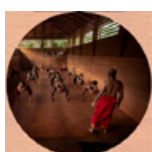
in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: bharatnivas@auroville.org.in, office: 0413 2622253

- Contribution is applicable

Monisha for BN Team



SWIMMING CLASS

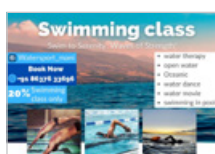
Swim to Serenity: Waves of Strength!

Water therapy, Open water, Oceanic, Water dance, Water movie, Swimming in pool. **@watersport_mani**

Book now: +91 8637633696

Package swimming class

Mani



KALPANA GYM

Open 7—9am & 5—8pm Monday to Saturday. *Satyakam*

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

Bioregion & Nature Activities

TERRASOUL COMMUNITY

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 Monday, 4—6pm

@ Auroville Forest

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. Discounts available for groups, Aurovilians, Newcomers and Savi Volunteers.
- **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

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.

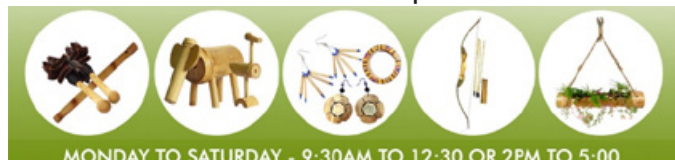
Daily, Make and Take Hands-on Workshops Experiences

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



- 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 +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- www.aurovillebamboocentre.org

Archana
for Bamboo Centre Team

CATCH THE LAST TWO

Edible Weeds Walks of the Season!

5 & 12 April, to be filled on a first-come basis

Untimely rain has created an unusual lush even as summer takes over!

Location:

Always within Auroville. Details shared the day before to registered participants only.

Timing:

7:30—8:30am
(arrive by 7:25am).

Contribution:

Rs500 for all. Rs300 for Aurovilians, Newcomers & SAVI volunteers (send SAVI card picture during registration).

Important Notes:

- Cash payments only if all other options (GPay or FS via Unity Fund) aren't possible.
- Register Now:
 - edibleweedwalk@gmail.com,
 - 9840936907 WA



Submitted by Nina

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
Kaluvēli 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



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**

Make & Take Workshop @ Mohanam Campus

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

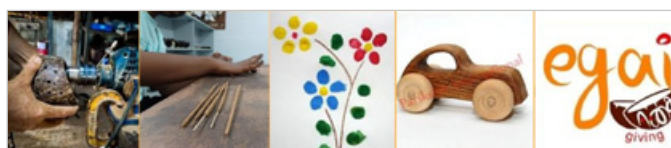
ENLIGHT

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

Arun, Anand and Balaji for Enlight Team

EGAI GIVING

Arts and Crafts



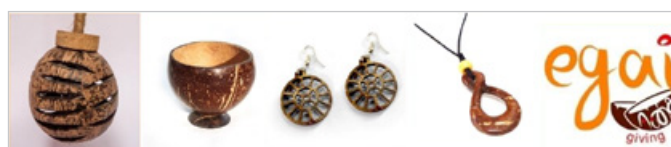
Toys Workshop: Craft simple toys made of wood and bamboo.

Finger Painting Workshop: Tap into your inner child and learn how to paint with your fingers.

Coconut Shell Workshop: Make and take earrings, keychains, bowls, and pendants.

Incense Workshop: Come and make your own agarbatties.

Products



We make craftwork out of eco-friendly materials such as coconut shell. All our products are unique by design and sustainable.

• **Contact Anand:** +91 9791896488,
egai@auroville.org.in

Anand

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



3-DAY SCRAP METAL SCULPTURE WORKSHOP

by Saravana

4, 5, 6 April, 10am—12noon



National award-winning artist at Ok Upcycling Studio.

Workshop fee:

- Rs. 5000/- for Aurovilians, Newcomers, and SAVI Registered Volunteers
- Rs. 6000/- for Auroville Registered Guests and others.

Note: The workshop will be held over three days, and we kindly ask that participants interested in registering commit to attending all three days.

The fee includes all materials required for the workshop.

- For registration: +91 9789443081 WA

Saravana

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.

Matilde

Available

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.



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



Submitted by Pandian

Co-working space at It Matters

CO-WORKING SPACE

Auroville Main Road

Open: 9am-6pm

Mon-Wed-Thu-Fri

Daily rate: 250rs

A/C space / internet

It Matters



Call us / also on whatsapp: +91 9344 087 925
Email us: itmatters@auroville.org.in

If you need a co-working space, come to It Matters on Monday, Wednesday, Thursday, Friday from 9am to 6pm. There is high speed internet and A/C. Check it out! Daily rate 250rs. Location: Auroville Main Road

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

Bhakti & Sandra

Ashton ACB100CEQ NTM Acoustic/ Electric Bass Guitar with cutaway and equalizer for sale

Fingerboard—Rosewood. Neck—Mahogany

Comes with: Embroidered Lord Jagannath carrying case, replacement strings for E, A and G unopened (Orpheus bass), new 9V battery for EQ, shoulder strap, aux cable

Paid 15000Rs, asking for 12000 negotiable. Available immediately. Please contact Daniel 8807300562 for details.



Daniel Rabin, Courage

Three wheeler scooter for sale

Commissioning date:

- September 2023

No license requested. Sold together with an additional two-wheels system and trunk.



Gali, +91 8489281478,
gali@auroville.org.in

Available hometrainer in working condition

Hometrainer in working condition to be picked up for free from the Realization community.

Paula,
+91 9488239348



Taxi Sharing

To Chennai Airport, Wednesday, 9 April, 7:30pm

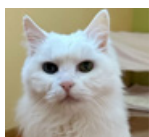
Departure around 7:30pm

Sibylle +91 8940567857,
sigapro@web.de

Looking For

Searching for a Female Kitten

I am looking for a female kitten or young cat of the white Auroville cat family. Contact vmwelser@gmail.com or 9043099478 mob. or 00436643662160 WA. Verena



Volunteer Seeking House Sitting

This is Sajiv, a theatre artist and performer. I am a SAVI volunteer who has been living and contributing my service in Auroville for the past 1.5 years. Being a responsible and caring individual, I am looking for a house-sitting opportunity for a period of 6—8 months (or shorter if needed).

I will take good care of your home, ensuring its upkeep and security while you are away. If you or someone you know is looking for a reliable house-sitter, please feel free to reach out. +91 7396557993 WA, sajiv.pasala@gmail.com.

Sajiv Pasala

Matrimandir is Looking for a Fridge

Matrimandir is looking for a used and working fridge to help out with the project of seed collection and preservation. If you have a fridge to offer please contact us at matrimandir@auroville.org.in or call +91 7598104644.

John

Honorary Voluntary

VOLUNTEERS

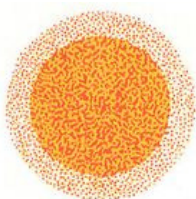
for AV School Students Collective Programs

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

LOOKING FOR FACILITATOR for Learning Space

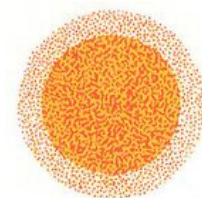
SAIER is looking for a teacher/ facilitator to spend time with children newly arrived in Auroville who do not yet have placement in an Auroville school. What we need:

- Aurovilian or long-term volunteer with experience working with children ages 7 to 12.
- Able to hold a space for a group of 10 to 12 kids.
- Multilingual and multi-talented person is highly welcomed.

A maintenance is offered as well as simple accommodation if needed.

- To express your interest please write to saiier@auroville.org.in.

Lijun



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

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

STOCK CLEARANCE SALE @ FREELAND

Saturday, 29 March 3—6pm



Join us for our final chapter—a stock clearance sale with a flat 50% off on all books. It's the perfect opportunity to build your library. Don't miss out on this event! We can't wait to see you all!
Radhika for Freeland Team

ECOPRO OFFERING

Disposable Menstrual Pads Made of Biological Materials

Dear Auroville Community, In particular women in the menstruating age! As many of us are aware, the widely used disposable menstrual pads on the market contain some plastics which makes it difficult to dispose of used pads in an easy and ecologically sound way. Now a new product has become available, that is menstrual pads made exclusively of biological materials and hence biodegradable or compostable after use. So, as regards disposal, no need to incinerate with dubious emissions from burning plastics, and avoiding pollution from microplastics (when disposed of with other waste in landfills or discarded anywhere in open drains—which is not meant to be the case).

One of the brands is **Bliss**, which is now available at EcoPro for sales. We have asked a few women to test the pads in regard to reliability of function and comfort, and received only positive feedback. The pads are free from sanitizers or artificial fragrances and pose no risk to health.

Availability: Bliss Pads are now available at EcoPro, Auro-sarjan complex.

- Please contact us at ecopro.sales@auroville.org.in +91 6385514605.

Concerns regarding composting: In all community and household gardens where some structured and supervised composting of kitchen and garden waste is in operation, used pads can be integrated into it. Concerns about attracting dogs and rodents need to be dealt with in the same way as it applies to fresh kitchen or food waste. (Wild pigs are a separate issue—they plough through our gardens independent of composting activities.) Feel free to ask for guidance at EcoPro.

Sharmila for EcoPro

MARC'S CAFE STORE NEWS

We are Happy to announce that at Marc's Café we are welcoming anyone who would like to work or study in a co-working space atmosphere to visit our 3rd floor Rooftop with Free Wifi.



- We will be open 8am—8pm, 6 days a week.
- We are closed on Wednesdays.

Also as a reminder

- We have Aurovilian discount for AV, NC and registered SAVI volunteers and a 10% for Aurocard holders
- **Tuesday 50% discount for breakfast** (only coffee and croissant and dosa)

Marc's Cafe team, Matilde

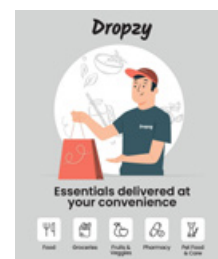
DOWNLOAD OR ACCESS DROPZY APP

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



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

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 Aurovilians.

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

PLENTY TANTO BREAKFAST

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

Daniele



TASTE OF YOGA VÉRITÉ CAFÉ



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**

Kathir for Vérité Programming

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 Aurovilians, 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

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.

Davide

GASTRONOMIC:

Fresh Flavors Every Day!

Visit Gastronomia 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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

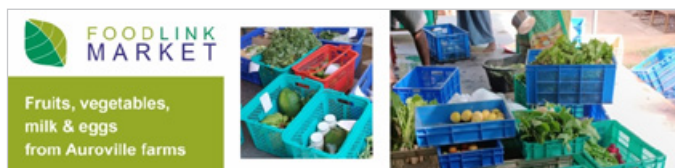
7:30—10pm

Variety of Dosa and Millets Pongal, Coffee
Rs.99

Submitted by Shiva



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

THE SPROUT TIMINGS



Daily, 7am—4pm

Monica for The Sprout team,
www.thesprout.in

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



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.auroillesunrisetaxi.in



Sathish



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- 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

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

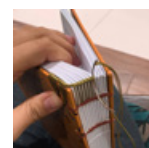
Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer 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

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

THE INSIDE INDIA

Travel Service And Special Deals



Namaste, Bonjour, Hello, and Vanakkam from Inside India! 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 to 5pm
- Monday to Saturday
- He's available on landline 0413 2623030, +91 9894598686 WA.
- Reach him by email at ticketing@insideindiaauroville.com.

Yes, Ganesh will be present on Saturdays too.

Exclusive Offers & Tailored Travel

Dreaming of a custom journey through the breathtaking South of India? Drop us an email at insideindia@auroville.org.in or tours@insideindiaauroville.com, and let us bring your travel dreams to life!

Current Flight Deals: Special offers:

- **Emirates**—From Chennai to Paris.
- **Malaysian Ariways**—From Chennai to Seoul.
- **Etihad Airways**—From Chennai to Amsterdam, Zurich, Rome, Milan.
- **Air India**—From Chennai to Frankfurt.

Little reminder IndiGo is now operating daily direct flights connecting Puducherry with Bengaluru and Hyderabad since 20 December 2024.

Travel Updates You Should Know

- **Indian Railways:** Starting 1 November 2024 passengers can book train tickets 60 days in advance (reduced from 120 days), making trip planning easier and more flexible.
- **Chennai Airport:** International travelers can now drop off baggage at the I-to-D transfer facility before moving to domestic terminals.

- **Indonesia:** Complete the SATUSEHAT Health Pass (SSHP) before arrival.
- **Thailand ETA System:** From December, nationals of visa-exempt countries need an Electronic Travel Authorization (ETA).
- VFS Global to offer new Indonesia e-Visa on Arrival service to Indians.

Airport Fast-Track Options

- **DigiYatra:** Enjoy fast check-ins with facial recognition at Chennai Airport.
- **New Parking Facility:** Skybridge access to terminals at Chennai Airport for easier parking.

Fast-Track Immigration: Trusted Traveler Program

Indian nationals and OCI cardholders can now apply for FTI-TTP for smoother immigration processing. Learn more and apply at the official FTI-TTP website.

Important Reminders

- Be sure to bring your **Original Visa** along with your e-FRRO Stay Visa to avoid check-in issues.
- We accept a variety of payment methods, including debit/credit cards, Aurocard, UPI, and QR codes at our office.

Other News

- The ferry service between Nagapattinam, Tamil Nadu (located 170 km from Auroville), and Kanesanthurai, Sri Lanka, **resumed on February 22, 2025**. It will operate **six days a week**, excluding **Tuesdays**. Passengers are allowed to carry up to **10 kg of luggage** free of charge, with additional fees applicable for excess baggage.
- The United Arab Emirates (UAE) has expanded its visa-on-arrival programme for Indian nationals, extending eligibility to those holding valid visas, residence permits, or Green Cards from six additional countries. This move allows more Indian passport holders to avail of the visa-on-arrival facility at UAE entry points, further simplifying travel for frequent visitors and expatriates. Under the revised guidelines, Indian travellers with valid visas, residence permits, or Green Cards from Singapore, Japan, South Korea, Australia, New Zealand, and Canada are now eligible for this facility.
- Thailand will reduce visa-free stays for tourists from 60 days to 30 days to prevent illegal business activities. This change affects travelers from 93 countries and aims to stop unauthorized work and rentals. More details will be announced soon.

Thank you for choosing Inside India. Here's to a week of incredible journeys ahead!

Olivier Normandin for the Inside India Team

Poetry

WHEN I AM ALIGNED

When I am aligned
My body and being feel at ease
My walk and talk effortless
My breath tunes in to
A musical rhythm
Everything feels
Just right
The way
It is

Anandi Z.

BECAUSE I COULD NOT STOP FOR DEATH

Because I could not stop for Death –
He kindly stopped for me –
The Carriage held but just Ourselves –
And Immortality.

We slowly drove—He knew no haste
And I had put away
My labor and my leisure too,
For His Civility –

We passed the School, where Children strove
At Recess—in the Ring –

We passed the Fields of Gazing Grain –
We passed the Setting Sun –

Or rather—He passed Us –
The Dews drew quivering and Chill –
For only Gossamer, my Gown –
My Tippet—only Tulle –

We paused before a House that seemed
A Swelling of the Ground –
The Roof was scarcely visible –
The Cornice—in the Ground –

Since then—'tis Centuries—and yet
Feels shorter than the Day
I first surmised the Horses' Heads
Were toward Eternity.

Emily Dickinson

Voices & Notes

AUROVILLE RADIO TV



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

Last published podcasts

- [Marlenka's weekly Offering—Ep.132](#) (Literature)
- [Savitri—Ep.3: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [The Secret of the Flowers by Narad](#) (Sri Aurobindo)
- [Seeking Our Inner Being Group Discussion in German—Ep.1](#) (Spirituality)
- [Teens Connect Ep. 14—Sowmya](#) (Education)
- [Cosmic Inner Weather Report—Ep. 4: The Walk of the Pilgrim](#) (Conversations)
- [Exploring Education in Arts, Animation and Film-making—Ep. 46 "Elements of Beauty in Art"](#) (Arts & Culture)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.485](#) (Integral Yoga)

Latest Youtube videos

- [Equinox—Piano Meditations by Hartmut at Matrimandir, Auroville](#)
- [Moments—Voice meets Piano meets Voice | An Improv Jazz Concert in Cripa, Auroville—Part 2](#)

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

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

Be Part of Auroville Radio TV's Creative Journey

We are passionate about bringing fresh, engaging podcasts to you through Auroville Radio TV, our radio website and Youtube channel. Now, we invite you to be part of this creative journey!

Do you have an idea that could inspire, inform, or uplift our community? Share it with us! If it aligns with our vision, we'll support you in shaping it into inspiring podcast.

Let's co-create something meaningful and extraordinary together!

- Send your ideas to radio@auroville.org.in
- Explore more on:
 - www.aurovilleradiotv.org
 - www.youtube.com/@AurovilleRadioTV

Follow us for more updates!

Looking forward to hearing your ideas!

Sai Priya for Auroville RadioTV Team

BUILD THE CITY FIRST!

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

Please click the link below or scan the QR Code for the full posting:

- https://zechjoya.blogspot.com/2025/03/build-city-first_23.html

And with a bonus offering of a poetry titled "New Emergences" in the following link or through the QR Code:

- <https://zechjoya.blogspot.com/2025/03/new-emergences.html>

Note: for readers of the printed version, please scan the QR Codes or visit the websites to view the posts.

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



THE SCOPE

On Saturday, 2 February, Isaiambalam school hosted a Traditional Vegetable and Tuber Fair. This was organised in collaboration with the Tamilnadu Seed Savers Network.

I thought I would pay a visit for half an hour or so, but I liked it so much that I ended up spending the whole day there.

Endless stalls with various local seeds, vegetables, tubers, traditional food items, agriculture tools, oils, jams, lotions, handicrafts, food and more food.

In these days where India is getting over excited about foreign foods such as pizza, pasta and tiramisu, I was happy to see so many local people coming together and reconnecting with their traditional food and their native edible variety.

Near the entrance, on a large table there were local edible varieties displayed. I noticed two main things: one very good and one not so good.

- The not so good one: I noticed on display a few varieties of solanaceae (tomatoes, chillies, aubergines, peppers and potatoes). These are part of the nightshade family and, contrary to people's belief (especially chilly) they aren't actually native of India. These plants were taken from South America, got modified to make them edible and then introduced to India by the British during the colonization. The solanaceae fruits/vegs are very tasty and addictive but unfortunately they are also not very healthy. These non native varieties are today very much part of the world food chain and are especially part of the Indian diet. But what is happening to the native edible varieties? Sadly they have lost their popularity, and because people aren't buying them, the farmers don't cultivate them so much, and this could result in extinction of these species.

- The good one: big part of the table displayed quite a large variety of tubers of different shapes and sizes. I recognised some of these tubers, they look and taste just like potatoes but in fact they aren't related to the American potato, and they are much healthier.

I also saw a larger variety of native gourds, pumpkins, beans and spinach. Some of these edibles look very unusual, but I know they taste good and they are healthy.

If only we could find a way to popularize these natives edible varieties (perhaps by demonstrating how to prepare them and give to taste to the public) we would be able to reintroduce them into the market and avoid their extinction. This is important because today the vast majority of the food we buy in Auroville is food that cannot grow here.

The native food not only is an Heritage component of the local culture, but it might also be the future of our food. Outside food like: cabbage (red and white), Chinese cabbage, iceberg salad, beetroot, broccoli, zucchini, cauliflower, leek, oranges, apples, grapes, and much more, gets brought in from other regions. They are not native of Tamil Nadu and they are surely not organically grown. In fact most of them are not even native of India.

The food supply in Auroville depends literally by far away farms. And one day we might not be able to afford it anymore. Either their prices will be very high, or those farming systems might fail and stop providing their farming produce.

This is why I'm of the strong opinion that we must keep our local/native variety alive. Because even if we don't consume much of it today (because of the exotic food trend), one day the native variety might be the only food available.

Anyway, back to the Vegetable and Tuber Fair: I find that it was a great idea to have it hosted by an Auroville school. Getting the kids involved in transplanting and harvesting, and preparing snacks like ladoo (peanuts, sesame and jaggery) and kambu murukku, is a small but also great step into passing on the "agri" culture of what grows here.

I think in Auroville we are lucky to have a community based farming system, because it gives us the choice and the chance to grow our food and to shape our future. Other cities offer only private supermarkets and private lands for private projects.

It's true that in Auroville things move extremely slow, and that any project has to go through politics, approvals and hopeful greenlights from various committees and groups; but it is also true that here we have a chance to create something positive for our future generations, whilst in the outside world one can only work towards their private businesses.

Sometimes when I meet guests, they ask me the usual questions "How did you come here?", "How long have you been here?", etc, they also ask me the inevitable question "How is it in Auroville?" to which I usually give positive feedback, and that's when they add "Aren't you lucky to live in such a paradise?"

This makes me ponder on...

While Auroville is for many aspects a little paradise, somehow many of us feel that here we can't quite use our potentials and can't reach any form of growth.

Personally I feel that I'm holding some limiting beliefs and I'm self sabotaging or perhaps I'm lazy.

Auroville is surely a special place, or at least it was chosen to be as such, and we are all here to achieve a higher purpose, a bigger calling. And when I see all the politics that go on, I think that maybe we are being blocked by our lower life patterns. The fact itself that we have reached here and are trying to settle and construct something together shows that the archetype of our souls contains a searching desire for a completely different trajectory.

Life in general is full of difficulties, and for most people it is a bumpy ride until our late 20's. Some of us can't actually create momentum until our 30's and 40's. We carry the pain of our neglected childhood, lack of support, and our toxic abusive relationships.

Some of us carry all that in our body to the point of also struggling with physical problems and energy crises. And because we have been going through a lot, we also struggle with addictions, escapism, binge eating, binge drinking, overspending etc, just to get out of our reality.

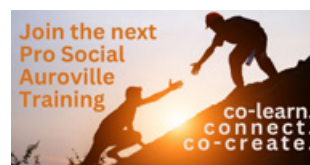
Looking at Auroville today, our "work in progress-roads", our farms and the "local" food supply system, our unSocial system etc, I feel that we are behind with work. Or if we compare our work with outside projects it looks like in the outside world things move easier. When I look at the bigger picture, I often wonder why we keep finding obstacles and resistance on whatever work we try to do for Auroville. And the only answer I find within is that perhaps that's the way it has to be because the higher calling we have the harder the path we encounter. So instead of looking at what's wrong with us or why we are unsuccessful, perhaps we need to focus on what we have been doing right so far. Because when we start seeing all the challenges we went through, and we see them as the training grounds to our mission, we can see that one day we won't just create success, we will create something truly revolutionary. Perhaps this is only the beginning of our mission, and it has to be extreme because the impact we are going to make on the world will also be extreme.

Gino

Classes, Workshops & Healing Arts

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

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

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



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.

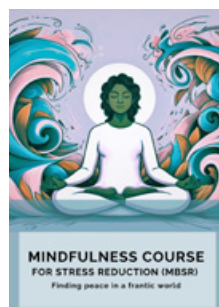
The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its health & wellbeing benefits. It synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience,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



TRANSFORMATIONAL YOGA

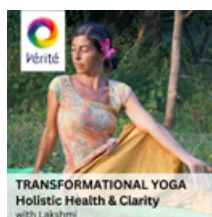
Tuesdays, 9:15am, Wednesdays, 10:45am @ Vérité

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



DANCE OF THE CHAKRAS

Every Tuesday, 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.

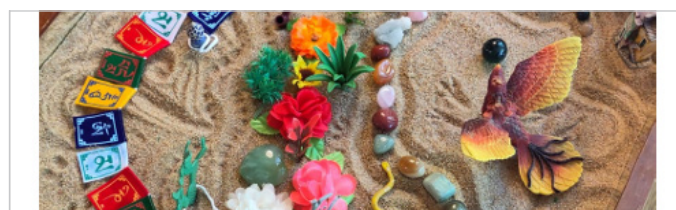


Benefits: Deep emotional and energetic healing. Release stress and stagnant energy. Activate inner peace and self-awareness. Connect with your authentic self. No dance experience needed—just an open heart!

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

Lakshmi, +918489764602

WORLD GAME FOR ADULTS AND CHILDREN



Create, Explore with the World Game in Auroville

This is an opportunity to be creative, to be able to express your own individuality and your 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

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.

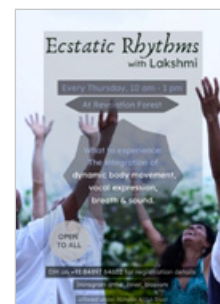
What to Expect:

- **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

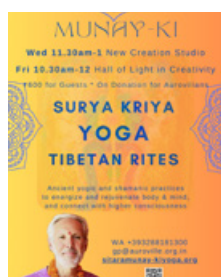
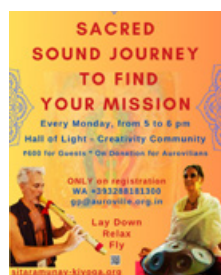
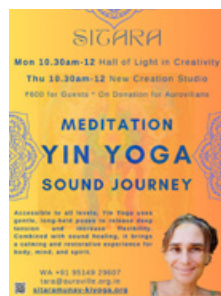
Munay-Ki: Surya Kriya & Tibetans Rites

- 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 YOGA SPACE Summer Break April & May

Dear friends, students, and supporters, we want to take this opportunity to thank each and every one of you for your incredible support throughout the season. Your energy, dedication, and presence have made this journey truly special.

As we move into the summer, Auromode Yoga Space will be on a break starting from 1 April, 2025. During this time, we are working on evolving our offerings, expanding our scope, and bringing new dimensions to our yogic practice in Auroville.

We also extend our heartfelt gratitude to all the students and teachers who have been a part of our space. Wishing you all a wonderful summer, and we look forward to seeing you again after the break!

Stay connected and keep an eye on News & Notes for updates on our schedule once we return.



Bala

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

Antarijyoti: 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

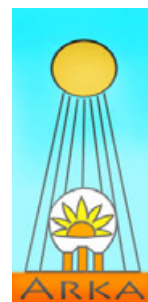
- Monday, Wednesday, Saturday, 6:30—8am
- Monday, Thursday, Saturday, 5—6:30pm
- Or by appointment: +91 9159052743

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
- aditivva@auroville.org.in

Health & Healing Trust: Administration Office

- Health & Healing Trust
- healthhealingtrust@auroville.org.in Ramana, Arka

TRADITIONAL MANTRAS AND STOTRAS

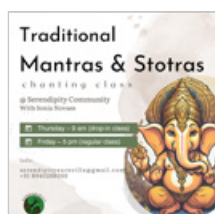
Chanting Classes

@ 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



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 @ 6:30—7:30pm IST

Registration link: allthingsvedic.in/webinars

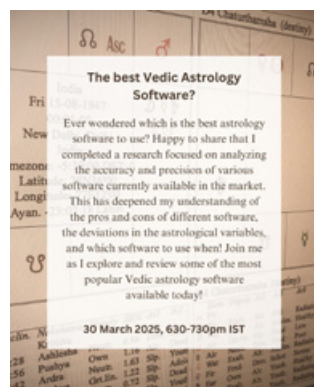
The best Vedic Astrology Software?

Ever wondered which is the best astrology software to use? Happy to share that completed a research focused on analyzing the accuracy and precision of various software currently available in the market.

This has deepened my understanding of the pros and cons of different software, the deviations in the astrological variables, and which software to use when! Join me as I explore and review some of the most popular Vedic astrology software available today!

- Astronomy behind Indian festivals, 10 April @ 6:30pm IST
- Coming together of Science and Spirituality, 17 April @ 6:30pm IST

Vikram Devatha, +91 9843948288



Program April 2025

Drop-In Classes: Join without prior registration!

Mondays	
7:30am–9am	Asanas mixed level with Rachel, not on 31 March and 7 April
8am–9:30am	Yoga Therapy with Gala, from 31 March onwards new timing
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Listening Within guided by Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel, not on 1 and 8 April
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., last class on 1 April before the summer break
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel, not on 2 and 9 April
8am–9:30am	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	Kundalini Yoga with Bel
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, not on 4 and 11 April
8am–9:30am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
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, not on 5 and 12 April
2:30pm–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés, resumes 5 April
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
 - Last class in Pitanga will be Monday, 7 April.

On Wednesday, 10 April the concluding session will be held elsewhere. Please contact Lisbeth.

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.
- Antigymanstique® individual session by Francesca F.
- Cranio Sacral Technique by Anne H.
- Shamanic Healing by Auomira
- Yoga Therapy with Nadia A.

New Activities

- **Listening Within guided by Mike**
 - Mondays 4–5pm

Through stillness and silence, we will listen deeply into our bodies. You may sit or lie down, however you feel comfortable.

Tuning into the natural workings of our unique bio-intelligence, feeling its rhythms in our bodies. Letting go of any sort of technique/method or meditation we will attempt to tune directly into Presence.

Letting go of our assumptions/ ideas to truly feel into the utmost natural expression of our Life, by listening deeper and deeper within...

"In absolute silence sleeps an absolute Power".

Sri Aurobindo

- **Healthy Pelvic Floor with Flowrina**

A weekly drop-in class about the maintenance and health of the pelvic floor.

- Thursdays 4–5:15pm
- For women only

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."*

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.

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

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

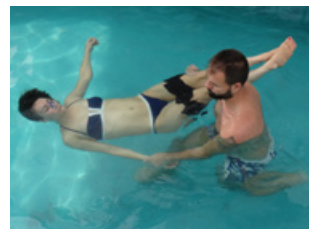
QUIET HEALING CENTER



Waterdance Fundamental with Roberto

- 1—6 April, 8:45am—6:30pm, 50 hours

In this course, we will focus on three fundamental aspects of WaterDance: vertical grounding, posture of both giver and receiver, and the breath. The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements.



Throughout the course, you will also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will also be given for integrating fears or apprehensions to go under water.

In addition, you will learn and practice the basic WaterDance movements, which form the essential core of this powerful aquatic bodywork modality.

On land, various tools such as guided meditations, body & energy work, active breathing exercises, and practising effective communication skills will offer opportunities for connecting deeper with yourself and others.

- **Prerequisites:** no previous experience required.

Watsu® Yoga Round with Ellie

- Monday, 7 April, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken, and celebrate the energy of your being. When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!



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

Watsu® & OBA Basic with Dariya

- 8—13 April, 1—6pm, 31 hours

In **Watsu Basic**, during which the receiver's face remains always on the surface, you will learn the qualities and body mechanics required to work with someone in water. During the **OBA Basic** part you will bring your receiver under water (with a nose clip), thereby offering a unique experience.

In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, both on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

- **Prerequisites:** no previous experience required.

Baby Watsu® Class with Appie & Friederike

• **Monday, 14 April, 9:30—11am**

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. Towards the end, there is free playtime.



- Please bring towels and a closing swimming pant for your baby; for babies between 2 and 12 months with their parents.

Woga® Class with Friederike & Tamara

(Yoga in Water)

• **Monday, 14 April, 4:30—6pm**

Discover the benefits of yoga in warm water! **Woga** is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.



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

Oceanic Bodywork Aqua (OBA) 1 with Dariya

• **15—20 April, 8:45—6pm, 50 hours**

Developed by Kaya Femerling & Nirvano Martina Schulz, **OBA** is a deeply relaxing form of aquatic therapy, which takes place in a warm water pool. It combines elements of soft stretching movements, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and below the water surface. Specially designed movements allow your whole spine to swing and energy to flow again.

In this first 50-hour OBA course, we will continue to approach water in a playful, friendly and secure way. You will build upon the basic movements you already learnt in OBA Basic and further explore the various techniques of this wonderful aquatic bodywork. You will learn the three phases of an OBA session: working on cushions and floats and working both on the surface and under water. Upon completion of this course, you will have acquired enough material to offer a basic OBA practice session to friends and family.

This form of aquatic therapy invites you to experience the healing energies of water in a new way. Chronic physical pain as well as emotional tensions can be released. Special positions may remind you of how you felt to be held as a child. You might dive into a wondrous world of memories, of floating weightlessly in the protective womb of your mother, of diving right back into that very space where you were surrounded by soft warm water.

OBA invites you to experience again the nurturing qualities of being held and loved, and to rediscover trust, peace within yourself, and a sense of coming home.

- **Prerequisites:** OBA Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

Woga® Class with Friederike & Tamara

(Yoga in Water)

• **Monday, 21 April, 4:30—6pm**

Discover the benefits of yoga in warm water! **Woga** is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.



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

Woga® (Yoga in Water) Course 1 & 2 with Dariya

• **25—26 April, 8:45—5pm, 12 hours**

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. **Woga** focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

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

Guido for Quiet, +91 9488084966,

www.quieth healingcenter.info/ quiet@auroville.org.in

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

VÉRITÉ EVENTS APRIL 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
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga (no class April 15)	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation. (no class April 2)	7:30—8:30am	Radha
	Yoga to Energize the Joints (no class April 16)	9:15—10:15am	Mani
	Peace with Pranayama (no class April 2)	5—6pm	Mamta
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Open Heart Space Meditation	5—6pm	Samrat
Fridays	Sivananda Yoga	7:30—8:30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga
	Movement Exploration	5—6pm	Valeria
Saturdays	Hatha Yoga for all	7:30—8:30am	Swetha Shri
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Treatments and Therapies

Therapist	Therapies (by appointment only)
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
Parvathi	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
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, 4 April	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
Friday, 4 April	Pranayama, Mantra and Kirtan Chanting: The Journey Within	2—4pm	Swetha Shri
Saturday, 5 April	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 5 April	Kolam Splash: Colorful Fun	2—4:30pm	Kowci
Saturday, 5 April	Food is Medicine: Remedies for Health Issues	2—4pm	Parvathi
Friday, 11 April	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Friday, 11 April	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 12 April	108 Suryanamaskar	9:15am—12pm	Mani
Saturday, 12 April	Kolam Splash: Colorful Fun	2—4:30pm	Kowci
Friday, 18 April	Pranayama, Mantra and Kirtan Chanting: The Journey Within	9:15am—11:15am	Swetha Shri
Friday, 18 April	Food is Medicine: Lifestyle Health Daily Practices	2—4pm	Parvathi
Saturday, 19 April	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 19 April	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 25 April	Introduction to Ayurveda and Its Lifestyle	2—4pm	Dr Geeta
Saturday, 26 April	Introduction to Shamanic Practices	9:15am—12:15pm	Aurora
Saturday, 26 April	Panchakarma: Ayurvedic Purification Techniques Workshop	2—4pm	Dr Geeta

Prana & Mantra: The Journey Within w/ Swetha Shri

- Friday, 28 March, 9:15am—12pm

A gentle introduction to *prāṇāyāma* (yogic breathwork) and *mantra* (sacred sound). You will learn simple yoga postures to ease into stillness and tools to integrate calm into your daily life.

Pawanamuktasana Series: Energize the Joints w/ Mani

- Saturday, 29 March, 9:15am—12pm

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.

Food is Medicine: Lifestyle Health Daily Practices w/ Parvathi

- Saturday, 29 March, 2—4pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi shares her knowledge of traditional herbal healing practices through herbal cooking sessions, emphasizing the idea that food can be medicine. She will also demonstrate the proper way to prepare decoction/ infusion teas.

Releasing Fear & Anxiety w/ Pranayama w/ Lakshmi

- Friday, 4 April, 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.

Pranayama, Mantra and Kirtan Chanting: The Journey Within w/ Swetha Shri

- Friday, 4 April, 2—4pm

A meditative and heart-opening practice that weaves together the healing powers of Pranayama (breathwork), Mantra (sacred sound), and Kirtan (devotional singing). This session invites you to move inward, anchoring the mind through conscious breath, awakening subtle energy through the mantra, and opening the heart through the joyful rhythm of Kirtan. Together, these timeless practices create a space for deep stillness, emotional release, and spiritual connection. No prior experience is needed, just your breath, your voice, and a willingness to journey within.

Master Class: Sivananda Yoga w/ Mani

- Saturday, 5 April, 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.

Kolam Splash: Colourful Fun w/ Kowcika

- Saturday, 5 April, 2—4:30pm

Learn to create Kolams, the ancient South Indian art form where intricate patterns are drawn on the ground using rice flour or coloured powders to invoke divine blessings. You will be introduced to Kolam's cultural significance, discover how symmetry & geometry come into play, and enjoy a hands-on experience creating simple to complex Kolam designs.

Food is Medicine: Remedies for Health Issues w/ Parvathi

- Saturday, 5 April, 2—4pm

Learn how to use food as a natural remedy for common health concerns. Discover targeted nutrition strategies and healing foods that can help manage conditions like inflammation, digestive issues, hormonal imbalances, and more. Gain insights on restoring gut health, reducing symptoms, and creating personalized dietary plans to support your body's healing processes.

Regular Events—April 2025**Classes**

Contact 0413 2622045, +91 9363624083 WA,
programming@verite.in

Yoga Asana: Deep Stretch & Relaxation w/ Radha

- Mondays & Wednesdays, 7:30—8:30am
- No Class on April 2

Mindful movement to help release tension from the body and mind. We start with Pranayama (breath work), then gently progress to Asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full-body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyana (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced-level practitioners.

Yogic Breathing Techniques for Opening the Lungs w/ Mani

- Mondays, 9:15—10:15am

A structured sequence of breathing techniques to enhance the efficiency and capacity of the lungs, thereby enhancing the level of prana (vital energy). Suitable for all levels, beginner to advanced.

Deep Sound Bath: Frequencies for Deep Relaxation w/ Satyayuga

- Mondays, Fridays & Saturdays, 5—6pm

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

Sivananda Yoga: Pranayama, Asanas & Relaxation w/ Mani

- Tuesdays, Thursdays & Fridays, 7:30—8:30am & Saturdays, 5—6pm
- No Class on April 15

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

Transformational Yoga: Holistic Health & Clarity w/ Lakshmi

- Tuesdays & Thursdays, 9:15—10:15am

Transformational Yoga is an integral approach to physical health, emotional balance, and 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. This synthesis of yogic systems aims to awaken all aspects of the being to experience an enhanced state of physical health and stamina, emotional balance, and higher mental guidance. Enjoy your inner discovery.

Dance of the Chakras: Movement for Health & Clarity w/ Lakshmi

- Tuesdays, 5—6:30pm

A vibrant movement journey, combining rhythmic motion, intentional breathing, and energy alignment to activate and balance the seven chakras. Through guided movement and music, we attune to the unique frequency of each chakra, grounding with earthy steps for the root chakra, flowing with creative expression for the sacral, and rising into empowerment, love, and clarity as we ascend through the energy centres. No dance experience is required, just your willingness to connect with your inner energy!

Yoga to Energize the Joints w/ Mani

- Wednesdays, 9:15—10:15am
- No Class on April 16

A structured series of gentle, safe movements to enhance circulation and range of motion of the joints throughout the body, which supports the flow of prana (vital energy).

Peace with Pranayama—Mind Body Breath Alignment w/ Mamta

- Wednesdays, 5—6pm
- No Class on April 2

Learn Pranayama, which uses breathing exercises to nourish Prana, the vital force which keeps both body and mind functioning at their healthiest. The session concludes with a brief guided relaxation in Shavasana.

Open Heart Space Meditation: Embrace with Awareness w/ Samrat

- Thursdays, 5—6pm

A simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

Movement Exploration w/ Valeria

- Fridays, 5—6 pm

Through dance, breath, and stillness, we create harmony between body, mind and spirit, releasing blockages, enhancing our senses, and opening to the natural flow of life.

Hatha Yoga for all w/ Swetha Shri

- Saturday, 7:30—8:30am

A traditional Hatha Yoga class including breathing techniques, a flow sequence to warm up the body, postures to enhance flexibility, stability, and alignment, and guided relaxation. For all levels, from beginner to seasoned practitioner.

Therapies

By appointment: treatments@verite.in

+91 413 2622 606, +91 9363624083 WA

Face & Neck Massage w/ Mamta

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

Yoga Chikitsa: Personalized Yoga Therapy w/ Mani

One-to-one yoga therapy sessions tailored to everyone's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements) asanas (isometric stretches) pranayamas (rhythmic control of breathing) and relaxation techniques.

Biodynamic Craniosacral Therapy w/ Mila

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

Food is Medicine: Lifestyle Health Practices Consultation w/ Parvathi

Personalized guidance in nutrition and lifestyle modifications to support health and well-being. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your particular constitution and help prevent health complications.

Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs w/ Parvathi

Healing Facial Therapy helps cleanse the facial skin, remove dead cells, boost collagen, reduce wrinkles, treat acne and allow the skin to glow, and feel soft and smooth. The indigenous herbs used are natural products that are selected for your specific skin type.

Ayurvedic Massage: Detoxifying & Energy Balancing w/ Radha

Ayurvedic massage therapy is a core part of Ayurvedic healing, designed to enhance both physical and mental well-being. Using warm herbal oils and specific massage techniques helps the body heal, relieves stress, boosts energy, and promotes deep relaxation. This therapy is not just about relaxation but also aims to rejuvenate the body, improve circulation, flush out toxins, and bring the body's energies into balance, making it beneficial for overall health.

Swedish Massage w/ Radha

Swedish massage is a relaxing, therapeutic, full-body treatment designed to support overall well-being. It focuses on gently working the muscles and soft tissues throughout the body to promote healing, reduce tension, and create a calming effect on the nervous system. The massage involves smooth, flowing strokes with the use of oil, making it soothing and comfortable. It's a gentle technique suitable for people of all ages and is perfect for restoring balance.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage w/ Raja

A massage that integrates elements from Acupressure (application of pressure on specific points on the body), Deep Tissue (sustained, slow, deep strokes to target the inner layers of muscles and connective tissues) and Heart Healing (a gentle, relaxing technique that improves the delivery of oxygen to the heart).

Healing Sound Bath with Tuning Forks w/ Satyayuga

Sound Healing is a gentle yet powerful method to help you reconnect with your own innate high-level vibration. The vibration of the tuning forks and Tibetan bowls helps to recalibrate and free blocked energy, balance the right and left brain, and harmonize the chakras. This resonance supports the recalibration of our energy system, allowing creativity and peace to flow.

Heart-Centered Resilience w/ Susan

Drawing from Heart Math and Positive Psychology, Heart-Centered Resilience offers scientifically validated techniques for regulating our response to life and its stressors. Easily learned, these simple, effective skills can then be deepened through self-practice.

Energy Healing Reiki w/ Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner's hands. Based on the belief that a "vital energy" flows through the body, a Reiki practitioner gently places their hands on or near the client's body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Holistic Foot Reflexology w/ Vyshnavi

In Foot Reflexology manual pressure is applied to specific "reflex points" of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, brings more oxygen & nutrients to the cells, & helps reduce stress, improves digestion & promotes sound sleep.

Holistic Rebalancing Massage w/ Vyshnavi

A full-body treatment integrating elements of deep tissue massage, joint release, & energy balancing. Rhythmic strokes & deep yet gentle pressure release tension from muscles & fascia, improving circulation & enhancing the body's natural ability to heal.

Aparna & Anandhi

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

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.

Other key benefits of this powerful practice include:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance while reducing pain and enhancing overall physical health.

Mental Clarity: Regular practice enhances focus, reduces stress, and promotes emotional well-being, leading to a calm and centered mind.

Spiritual Growth: Kundalini Yoga helps deepen your connection with your inner self, expand consciousness, and cultivate a sense of purpose and meaning.

• **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.

• **Contribution Fee:** Rs400 for guests

• **Contact:** +91 7598892065 WA

Bel, a certified yoga teacher.

Bel



It Matters

Schedule from 28 March—6 April

Weekly Activities—A/C Room

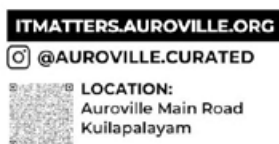
All activities are:

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
28 March, Friday, 3—4pm	Abundance & Psychology with Matthias
30 March, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias
3 April, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
4 April, Friday, 3—4pm	Abundance & Psychology with Matthias
6 April, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias
Date	Workshops in March
29 March, Saturday, 3—5:30pm	Collective Yoga Sharings with Matthias, contribution based

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

Bhakti & Sandra

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



SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls 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: +91 8489764602,
lakshmiprem369@gmail.com

Lakshmi



OFFERING A MASSAGE SESSION

@ Joi Anitya

I'm happy to share that I will now be offering massage sessions as part of well-being practices at Joi Anitya. You are welcome to experience:

- **AMA Massage:** A seated acupressure massage using rhythmic thumb pressure, stretching, and percussion on energy points (tsubos) to promote relaxation and revitalization (20-30 min, clothed, on an AMA chair).
- **Swedish Oil Massage:** A deeply relaxing full-body massage that relieves pain, improves sleep, reduces stress and muscle tension, and supports overall well-being (60 or 90 min).

These sessions are offered as part of my volunteering at Joi Anitya. The money will support their project. If you're interested, feel free to reach out to book a time!

Looking forward to sharing this practice with you.

Angela, +33 750604028 WA only

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
27 March, 2025



Current Schedule of Classes as of 27 March

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 with Ashwini	4:30–5:30pm	Wednesday & Friday
	Kids with Ashwini	5:30–6:30pm	Tuesday, Thursday & Friday
French	Beginner	TBC	TBC with Jean-François
	Conversation Pre-Intermediate	2–3pm	Tuesday & Thursday with Jean-François
Tamil	Conversational pre-intermediate	TBC	TBC, Registration Open with Saravanan
Spanish	Beginner	2:30–4pm	Monday & Wednesday with Mila
Hindi	Spoken Beginner	TBC	TBC with Ashwini Registration Open
Italian	Beginner	TBC	TBC with Karuna

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

- Registration Open. Class times and dates for the next batch to be confirmed once enough students register.

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

- Registration Open. Class times and dates for the next batch to be confirmed once enough students register.

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,
17 March–7 May.

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://aurovillelanguagelab.org/registration/>

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 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 & Vismali
for Auroville Language Lab

Cinema



Presents at MMC Auditorium, Town Hall

Friday, 28 March, 8pm: "The Edge of Heaven"

German: Auf der anderen Seite, literally On the Other Side, Turkish: Yaşamın Kıyısında

Directed by Fatih Akin, Germany and Turkey in 2007

With: Nurgül Yeşilçay, Baki Davrak, Tuncel Kurtiz, Patrycia Ziolkowska and Nursel Köse

Synopsis: The film weaves together multiple interconnected stories, exploring themes of love, loss, and the search for identity. It follows the lives of several characters, including a Turkish-German man who seeks revenge for the death of his mother, a young woman who tries to find her estranged father, and the intricate relationships that develop between them. Set against the backdrop of cultural divides, the film reflects on the complexity of human connections and the consequences of past actions...

The film won the Best Screenplay Award at the 2007 Cannes Film Festival, and was Germany's entry in the category Best Foreign Language Film at the 2007 Oscars.

Original version in German, Turkish, English with English Subtitles. Duration: 2h03'



Friday, 4 April 7:30pm: "Scarecrow"

Directed by Jerry Schatzberg, USA, 1973

With: Gene Hackman, Al Pacino, Dorothy Tristan
In memory of the great actor Gene Hackman who passed away recently, considered one of the greatest actors of his generation and a paragon of the New Hollywood movement. Aurofilm pays tribute to him with the screening of one of his films from the 1970s.



Synopsis: This is a classic road film from the 1970s. The film follows the journey of two drifters, Max (Gene Hackman)

and Lionel (Al Pacino), as they travel across the American Midwest in search of a better life. As they travel together, they face many challenges and share their personal struggles. Despite their differences, they form a deep friendship. Both Hackman and Pacino deliver powerful performances, bringing to life the struggles of ordinary people and their pursuit of a better future.

The film's powerful storytelling and performances earned it the prestigious Grand Prix du Festival International du Film (now known as the Palme d'Or) at the 1973 Cannes Film Festival, marking it as one of the standout films of the year.

Original version in English with English Subtitles. Duration: 1h52'

Important Note:

Dear film lovers, we inform you that in upcoming months of April to June, Aurofilm will not be screening our Friday movies at the MMC auditorium/ Cinema Paradiso. We hope to return in July after the summer!

However, during the month of April, we will be screening the Friday's films at our studio in Kalabhumi, next to CRIPA.

We hope to raise sufficient financial support to continue bringing this useful and necessary cultural and educational service to the community!

To this end, Aurofilm is happy to announce that it has been accepted as an AVI USA partner!

Here we are sharing the link to support us. You can consider becoming a monthly supporter!

- <https://give.aviusa.org/page/AuroFilm>
- Or please help us at our financial service collection account number 252658.

Thank you very much and we wish to see you in our studio at Kalabhumi!

Susana and Aurofilm team

ECO FILM CLUB:

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
 - **Note:** Families and children are welcome! Dinner for children will be served at 19:00. :)



Friday, 28 March

The Elephant Whisperers

2023/ 41 minutes/ Kartiki Gonsalves & Guneet Monga

An Indian documentary short, won the Oscar for Best Documentary Short Film in 2023, following the story of a couple, Bomman and Bellie, who care for an orphaned baby elephant named Raghu in Mudumalai National Park, highlighting their bond and the importance of wildlife conservation.

Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
31 March—6 April

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

Indian—Monday, 31 March, 8pm
Vaazhai (Plantain)

India, 2024, Writer-Dir. Mari Selvaraj w/ Dhivya Dhuraisamy, Kalaiyaran, JSK Satish Kumar, and others, Drama, 134mins, Tamil w/ English subtitles, Rated: NR (PG)

Set in a rural village in Tamil Nadu, this story follows Kanni, a bright and determined young boy who dreams of a better future while working tirelessly in banana plantations to support his struggling family. He forms an inseparable bond with his spirited friend Rasa, who offers moments of joy and hope amid hardship. The narrative vividly portrays Kanni's battle against systemic oppression, caste prejudice, and poverty, showcasing his resilience and the enduring power of childhood dreams. *Yes, it is long but a wonderful film!*

Potpourri—Tuesday, 1 April, 8pm
Jean De Florette (Manon of the Springs)

Switzerland-France-Italy, 1986, Writer-Dir. Claude Berri w/ Yves Montand, Gérard Depardieu, Daniel Auteuil, and others, Comedy-Drama, 120mins, French-English w/ English subtitles, Rated: PG

Based on the novella *L'eau des Collines* by Marcel Pagnol, this story follows Jean, a city-dweller in France, who inherits rural farmland and dreams of cultivating it. Unbeknownst to him, two scheming neighbors conspire by blocking the property's spring, critical for irrigation. Battling drought and hardship, Jean's relentless determination takes a tragic toll on him and his family. This is a poignant prequel to the movie (we have screened last week), where themes of revenge and justice unfold.

Selection—Wednesday, 2 April, 8pm
Der Untergang (Downfall)

Germany-Austria-Italy, 2004, Dir. Oliver Hirschbiegel w/ Bruno Ganz, Alexandra Maria Lara, Ulrich Matthes, and others, Docu-Drama-Biography, 156mins, German-Russian-French-English w/ English subtitles, Rated: R

This much acclaimed portrayal depicts the last 10 days of Hitler's life, from his 56th birthday on 20 April, 1945, to his suicide on 30 April. The film uses multiple characters to show the chaos of a country coming apart at the seams, from Hitler's henchman under the streets of Berlin, to the soldiers and civilians fighting and dying as the Soviet Army ravaged the city above them.

Interesting—Thursday 3 April, 8pm
Dahomey

France-Senegal-Benin-Singapore, 2024, Writer-Dir. Mati Diop w/ Lucrèce Hougbe, Parfait Vaiayinon, Didier Sedoha Nassangade and others, Documentary, 68mins, English-French-Fon w/ English subtitles, Rated: NR (PG-13)

This film traces the return of 26 royal treasures from the Kingdom of Dahomey, taken during colonial times and displayed in Paris, to their homeland in Benin. It highlights the cultural and emotional significance of these artifacts, the impact of their absence on the community, and the complex debates surrounding repatriation, examining themes of colonialism, heritage, and ancestral connections.

International—Saturday, 5 April, 8 pm
A Real Pain

USA-Poland, 2024, Writer-Dir. Jesse Eisenberg w/ Kieran Culkin, Jesse Eisenberg, Olha Bosova, and others, Buddy-Comedy-Drama, 90mins, English-Polish w/ English subtitles, Rated: R

This poignant story follows two cousins who embark on a Jewish heritage tour in Poland to honor their late grandmother. As they explore the region's Holocaust history and their ancestral roots, unresolved tensions between them resurface. The journey becomes a deeply personal exploration of identity, grief, and family bonds, set against the backdrop of historical trauma. Through humor and heart-felt moments, the film examines the complexities of relationships and the enduring impact of shared history.

Children's Matinee—Sunday, 6 April, 4pm
Spellbound

Spain-USA, 2024, Writer-Dir. Vicky Jenson w/ Rachel Zegler, John Lithgow, Jenifer Lewis, and others, Animation-Fantasy, 109mins, English w/ English subtitles, Rated: PG

Ellian is a tenacious princess who must go on a daring quest to save her family and kingdom after a mysterious spell transforms her parents, the King and Queen of Lumbria, into monsters.

Jack Nicholson Film Festival @ Ciné-Club

Ciné-Club, Sunday, 6 April, 8pm
The Passenger

Italy-France, 1975, Dir. Michelangelo Antonioni w/ Jack Nicholson, Maria Schneider and Others, Drama-Thriller, 126 mins, English w/ English subtitles, Rated: R.

David Locke is a world-weary American journalist who has been sent to cover a conflict in northern Africa, but he makes little progress with the story. When he discovers the body of a stranger who looks similar to him, Locke assumes the dead man's identity. However, he soon finds out that the man was an arms dealer, leading Locke into dangerous situations. Aided by a beautiful woman, Locke attempts to avoid both the police and criminals out to get him.

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*



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



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.

The aim of New and Notes is to support any idea, that can shift Auroville as a community towards solutions:

- *If you see the problem and can share creative and constructive ways of sorting it out, we will print your article.*
- *If you are unsatisfied how the things are going on and simply want to express your frustration, we will not.*

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- 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.

Katiya (AgniJata), Alexey & Roy
News & Notes, Media Centre, Townhall,
NewsAndNotes@auroville.org.in

The Last Moment

INDIVIDUAL TIME TRAIL:

Mountain Bike Race & Fun Ride for Kids /10km

Individual Time Trail - ITT

Auroville

First ITT RACE for MTB in Auroville
BOYS & GIRLS

MOUNTAIN BIKE RACE & FUN RIDE FOR KIDS / 10KM

06 April / 2025 / 08.30AM - 09.30AM
Solar Kitchen , Auroville

- Certificate - Winners of MTB RACE
- T-Shirts for KIDS participants
- Breakfast

Free Registration :
<https://docs.google.com/forms/d/14ib71bRtg7yQvTB83r6rS2xY0y901qtw0E20Ck0/edit>
+91 9443074825 (whatsapp)
<https://www.facebook.com/auroville>

6 April, 6:30—9:30am @ Solar Kitchen, Auroville
Certificate for Winners of MTB Race

T-Shirts for KIDS participants, Breakfast, [Free Registration](#)

Raju,
+91 9443074825 WA