



News Notes

#1098 A weekly bulletin for residents of Auroville 25 September 2025



Photo by Alexey

Aspiration is a turning upward of the inner being with a call, yearning, prayer for the Divine, for the Truth, for the Consciousness, Peace, Ananda, Knowledge, descent of Divine Force or whatever else is the aim of one's endeavour.

Sri Aurobindo, Letters on Yoga II

Pondering



The goal of Yoga is always hard to reach, but this one is more difficult than any other, and it is only for those who have the call, the capacity, the willingness to face everything and every risk, even the risk of failure, and the will to progress towards an entire selflessness, desirelessness and surrender.

Sri Aurobindo, Letters on Yoga II

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House of Mother's Agenda

(continued from last week)

Intuitive beams shall touch the nature's peaks,
 A revelation stir the nature's depths;
 The Truth shall be the leader of their lives,
 Truth shall dictate their thought and speech and act,
 They shall feel themselves lifted nearer to the sky,
 As if a little lower than the gods.



For knowledge shall pour down in radiant streams
 And even darkened mind quiver with new life
 And kindle and burn with the Ideal's fire
 And turn to escape from mortal ignorance.
 The frontiers of the Ignorance shall recede,
 More and more souls shall enter into light,
 Minds lit, inspired, the occult summoner hear
 And lives blaze with a sudden inner flame
 And hearts grow enamoured of divine delight
 And human wills tune to the divine will,
 These separate selves the Spirit's oneness feel,
 These senses of heavenly sense grow capable,
 The flesh and nerves of a strange ethereal joy
 And mortal bodies of immortality.

A divine force shall flow through tissue and cell
 And take the charge of breath and speech and act
 And all the thoughts shall be a glow of suns
 And every feeling a celestial thrill.

Often a lustrous inner dawn shall come
 Lighting the chambers of the slumbering mind;
 A sudden bliss shall run through every limb
 And Nature with a mightier Presence fill.

Thus shall the earth open to divinity
 And common natures feel the wide uplift,
 Illumine common acts with the Spirit's ray
 And meet the deity in common things.

Nature shall live to manifest secret God,
 The Spirit shall take up the human play,
 This earthly life become the life divine."

The measure of that subtle music ceased.

Down with a hurried swimming floating lapse
 Through unseen worlds and bottomless spaces forced
 Sank like a star the soul of Savitri.

Amidst a laughter of unearthly lyres
 She heard around her nameless voices cry
 Triumphant, an innumerable sound.

A choir of rushing winds to meet her came.

She bore the burden of infinity
 And felt the stir of all ethereal space.

(to be continued next week)

Sri Aurobindo, Savitri,

Book Eleven: The Book of Everlasting Day

Canto I: The Eternal Day: The Soul's Choice and the Supreme Consummation

<https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

Gangalakshmi (HOMA)

Community News

Matrimandir News & Schedules



MATRIMANDIR ACCESS Information

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.

- Starting from the Visitors Centre. Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir 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.

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>.

The Petals of the Matrimandir

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

Antoine for Matrimandir Executives Team

AMPHITHEATRE

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 mmconcentration@auroville.org.in one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheatre only** from 5:45pm. Guests are requested to bring along their Aurocards. **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre
- **Last exit for guests** at 6:45pm.

Velmurugan for Access team

For Your Information

ROAD STRETCH between SK Roundabout and Mother's Flower Garden will be Closed



This is to inform you that the road stretch between SK Roundabout and Mother's Flower Garden will be closed from Tuesday, 23 September to Friday, 26 September for the opening of the existing paver road to lay water pipes.

We kindly request you to use the diversion road shown in the attached map during this period.

Thank you for your understanding and cooperation.

Auroville Road Service Team
roadservice@auroville.org.in

From Mass Bulletin

FAREWELL UPDATE

Recently, members of the Farewell team met with FAMC to discuss the budget for this service, including what kind of support will be offered to Aurovilians for funerals. It is clear that only basic material costs incurred by the Farewell service (ambulances, flowers, cool box, materials for cremation or digging costs for burial) can be covered for all Aurovilians in need of help by BCC. The payment for these expenses will be channelled through Farewell. Often there are additional kinds of expenses. These have to be met by family members or friends. Exceptional circumstances will be taken into consideration, but not guaranteed.

A Farewell form (in several languages) is available on AuroNet, at Anandi's desk in PTDC, at Santé and at Town Hall Reception. With this form (placed inside a marked envelope and delivered to Farewell on the Crown Road) an Aurovilian can make his or her wishes about what happens at the time of passing clear to both family members and to the Farewell team. Even if it feels uncomfortable to write this down, having a frank conversation with family members can establish clarity that will make things smoother when there is a death.

Several kinds of documentary information are required by the authorities at the time of death: the person's Aadhar card, the number of the plot of land on which the death occurred, and passport and stay visa (for foreign nationals). It is good to keep copies of these documents handy.

As a service Farewell follows the indications Mother has given about what can support an individual as he/she is making the passage called death. Every effort is made to create a peaceful, harmonious atmosphere in the viewing room at Farewell and at AVBCG (Auroville Burial and Cremation Ground). For this reason it is requested that some customs like fireworks and drums and posters are not followed within Auroville boundaries.

We also request all families and friends visiting the burial ground to take care of the space. Please take time to clean up. Collect paper and plastic after any ceremonies and

remove building materials used in any gravestone construction. Please check with the team for the placing headstones or other grave markers or before planting trees near graves.

The team arranges a simple, hand-painted name stone. Also, avoid leaving food behind as it attracts dogs and boars.

We remind you that although there is a relatively large team of volunteers that come together each time there is a Farewell event, we cannot be certain who will participate at any particular event. All have other work in Auroville and have taken up this extra task in a spirit of collective service. We ask the community to respect the members of the team and its work, and to refrain from expressing personal preferences. The team does not bring in any personal views/preferences and we request individuals using the service to do the same towards the team.

Funerals are collective events and the participation of community members is welcome, especially for vigil keeping and flower preparation. Information about how to participate is published along with notification of a passing.

Please write to us if you have further questions. Soon we will hold an open house to give another opportunity to obtain information about Farewell.

farewellmatters@auroville.org.in

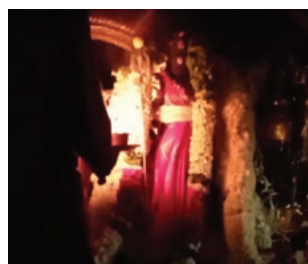
Suzie and Michael for farewell

Awakening Spirit

THE PANCHALI'S VOW EXPLORATION

during Durga Puja

27 September—2 October



We at Aram are happy to invite you to **The Panchali's Vow exploration during Durga Puja** this year.

In this process, we'll delve into the psychological roots of the Metacrisis and inquire into what the Mahabharata can teach us in the journey towards Collective Evolution.

This is especially for those who are deeply concerned with the current state of the world and want to live meaningfully in today's times.

- More [details are in the brochure here](#).
- And the [registrations can be done here](#):

For further queries, please contact:

- aram@auroville.org.in

Naveen for Aram

Bharat Nivas presents

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



SAVITRI BHAVAN SCHEDULE, OCTOBER 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

- **29 September: Four Great Aspects of The Mother—Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati—**In this film The Mother reads text from Sri Aurobindo's book *The Mother, Chapter 6*, illustrated with images of flowers and their spiritual significances given by The Mother, and paintings by Usha R. Patel. We also see scenes of The Mother interacting with children and sadhaks on darshan days. Duration: 52min.

Sri Aurobindo wrote: "Four great Aspects of the Mother, four of her leading Powers and Personalities have stood in front in her guidance of this Universe and in her dealings with the terrestrial play.

One is her personality of calm wideness and comprehending wisdom and tranquil benignity and inexhaustible compassion and sovereign and surpassing majesty and all ruling greatness.

Another embodies her power of splendid strength and irresistible passion, her warrior mood, her overwhelming will, her impetuous swiftness and world-shaking force.

A third is vivid and sweet and wonderful with her deep secret of beauty and harmony and fine rhythm, her intricate and subtle opulence, her compelling attraction and captivating grace.

The fourth is equipped with her close and profound capacity of intimate knowledge and careful flawless work and quiet and exact perfection in all things.

Wisdom, Strength, Harmony, Perfection are their several attributes and it is these powers that they bring with them into the world, manifest in a human disguise in their Vibhuti and shall found in the divine degree of their ascension in those who can open their earthly nature to the direct and living influence of the Mother. To the four we give the four great names, Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati."

The film is based on a 1954 documentary by Dr P. Sanyal and produced by the Department of Physical Education of Sri Aurobindo Ashram in 2006 with Mother's organ music and Sunil's compositions.

It is [available on AuroMaa website and on YouTube](#).

- **6 October: Meditations on Savitri, Book 10—The Book of the Double Twilight, Cantos 1—4.** A meditative film of passages from Sri Aurobindo's epic poem SAVITRI—A Legend and a Symbol, read by The Mother, accompanied by her own organ music and illustrated with paintings by Huta under the guidance and inspiration of The Mother. Duration: 41min.
- **13 October: The Mother on the Overmind Gods and The Mother on Overmind & Supermind.** The Mother explains the Overmind as the domain of the gods, that the gods are conscious of their own divinity but do not know surrender and avoid to incarnate on earth, except Sri Krishna. She also speaks about the long terrestrial

evolution, the Veda's 'forefathers', her successful efforts to bring the Overmind down into matter, how Sri Krishna descended into Sri Aurobindo's body, Sri Aurobindo's withdrawal, and that she came in charge of the sadhaks. The Mother speaks in French and the English translation is on the screen. Films by Arvind T Akki. Duration: 40min.

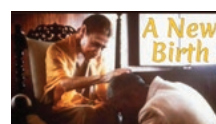
- **20 October: Sri Aurobindo's Integral Yoga—Evolution Fast-forward, Part 2.** Psychology, Cosmology, Transformational Practice. An educational motion graphics film by Sopanam. Duration: 50min.
- **27 October: Evolution Fast-forward, Part 4—Spiritual History of India in the Light of Sri Aurobindo.** This film traces the spiritual evolution of India over 4000 years, seen through an original Indic perspective based on Sri Aurobindo's research to discover the past and future of India's gift to the world. Film by Sopanam. Duration: 75 min.

Full Moon Gathering

- **Monday, 6 October, 7:15—8:15pm** in front of Sri Aurobindo's statue

Dream Divine Series

This initiative is designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

- **Friday, 26 September, 4—5pm @ Sangam Hall**
Filmed Interview with Shraddhavan, Part 2. *Life, Yoga and Savitri Bhavan* by Richard Eggenberger (Narad). 
- **Friday, October 3: 4—5pm @ Sangam Hall**
Surrender in Integral Yoga. A powerpoint presentation by Nethya and *The Mother: A New Birth—Interview with Surendranath Jauhar*—A recorded video film. 
- **October 10: Living with Savitri**—a recorded video of Dr. Prema Nandakumar.
- **October 17: Sri Aurobindo and Spiritual Quest of Humanity**—a recorded video of Dr. M.V. Nadkarni at Matagiri, 2004.
- **October 24: Ideal of Human Unity**—Talk by Ameeta Mehra, Gnostic Centre.
- **October 31: Finding the Divine through Karma Yoga.** A talk by Dr. Alok Pandey.

Savitri Satsang with Narad @ Savitri Bhavan

- **Every Tuesday, 4:30—5:15pm followed by OM Choir, 5:30pm**

In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

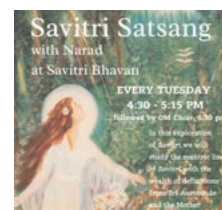
The Mother's words on Savitri:

"Savitri, the Supreme revelation of Sri Aurobindo's vision."

"... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."

"... all the rest is preparation, while Savitri is the Message."

"The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted."



OM Choir

- **Fridays at 6pm @ Ashram School, Pondicherry**
- **Tuesdays at 5:30pm @ Savitri Bhavan, Auroville**

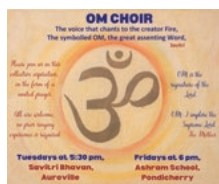
*The voice that chants to the creator Fire,
The symbolled OM,
the great assenting Word. Savitri*

Please join us in this collective aspiration, in the form of a united prayer.

All are welcome, no prior singing experience required

OM is the signature of the Lord.

OM: I implore the Supreme Lord.



Hymn to the Earth (Bhūmi Sūkta) from the Atharva Veda

Invitation to a collective sharing by Nishtha

- **3 October, 5—6pm @ Savitri Bhavan.**

The Hymn to the Earth with 63 verses in different poetic metres occurs in Book 12 of the Atharva Veda and is certainly the most extensive and most ancient work of its kind. It gives us a window of opportunity to fathom the synthetic Indian mind at a period where the life of the society is still centred in the vision of the Vedic Rishis where Heaven and Earth are a divine couple and Mother Earth is seen as the evolutionary embodiment of the Divine. Among profound images from the secret teachings of the Rig Veda we find in this hymn as well time and again verses that are very down to Earth, so to say, and remind us that we should not simply exploit the resources of the Earth-mother but always take care that what we dig out from her is able to regrow and that in that process we will not hurt her life-line or mortal point.

The pregnant words *satyam, brihad, ritam*, with which the cosmological opening verse of the hymn begins are several times quoted and commented upon by Sri Aurobindo in different works, including *The Life Divine*, where we find along with parts of verse 1 as well quotes from four more verses (8, 12, 44, 56).

The idea of this continuous program is first to recite a verse in the original, then dwell on its most central vocabulary and syntax and then collectively come up with an English rendering, taking advantage of the rich variety and different talents of beings living in Auroville. At the same time no primary knowledge of Sanskrit is required for any participant. But for those who are interested a handout with the original text and the basic vocabulary given in English will be supplied.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:15pm:** OM Choir led by Narad
- **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
- **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

New Activity from October 2025 onwards:

- **Fridays 5—6pm:** Hymn to the Earth (*Bhūmi Sūkta*) from the Atharva Veda—Invitation to a collective sharing by Nishtha.
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

Margrit & Dhanalakshmi for Savitri Bhavan

BHAGAVAD GITA CHANTING

- Every Sunday morning, 7—8am
- @ The Mother's Flower Garden

All are welcome to join the Bhagavad Gita Chanting sessions

For queries: vidyamandir@auroville.org.in



Deven

for Vidyamandir Auroville Team

PAVILION OF TIBETAN CULTURE: EXHIBITION

**on Dalai Lama
and Auroville—Three Memorable Visits
(1973, 1993 & 2009)**

On the occasion of the 90th Birthday of His Holiness the Dalai Lama, the Pavilion of Tibetan Culture presents an exhibition on "Dalai Lama and Auroville—Three Memorable Visits (1973, 1993 & 2009)"

- **Open every day except Sunday.**

Starting right from Auroville's inauguration day in 1968, when soil of Tibet was put into the urn by a young Tibetan girl, continuing in 1971, when the Mother took 12 Tibetan children into the Auroville school and in 1973 when the Dalai Lama spent two days in Auroville and Pondicherry (on January 17, he met the Mother in the Ashram), the exchanges between the community of Auroville and Tibetans have been frequent and regular.



In December 1991, the Pavilion of Tibetan Culture became a unit of Auroville Foundation through a resolution of the Governing Board under Dr Karan Singh and Dr Kapila Vatsyayan, the famous Art and Tibetan scholar.

In January 1993, His Holiness agreed to be the Patron of the Pavilion. Later in the year, he came to Auroville to lay the Foundation Stone of the Pavilion and in January 2009, he returned to inaugurate the building.

I appreciate the development occurring constantly

I pray this place will be of immense benefit to others.

*His Holiness the Dalai Lama
in the Matrimandir's Guest Book, January 20, 2009*

*Kalsang
for Pavilion of Tibetan Culture*

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*

LEARN THE 1008 NAMAS (SACRED NAMES) of the “Divine Mother”

Thursdays, 6—6:30pm @ Buvana’s house, Certitude

Dear Devotees of The Mother,

Here is an opportunity to learn the 1008 namas (sacred names) of the “Divine Mother”, “Sri Lalitha Sahasranamam” weekly on Thursday evenings from 6pm to 6:30pm at Buvana’s house in Certitude Community.

- The 1st class will start on “Vijayadasami Day” 2 October

- Please contact Buvana 9443703287

Submitted by Grace

Education

SAIER INVITES THE COMMUNITY

Thursday, 25, Friday, 26, Saturday, 27 September
8:50—10:30am @ Unity Pavilion



All are welcome to attend the plenary sessions at the upcoming Integral Educators Practitioners Gathering-6 (IEPG-6)

Speakers:

- **Thursday:** Bernard and Dr. Alok Pandey
- **Friday:** Dr. Anuradha Choudry and Manoj Pavithran
- **Saturday:** SAIER Research Desk

Nilima for IEPG Organising Team

CALL FOR GRANT PROPOSALS

A two part-grant application and budget request form is available on request from abundance.pcg@auroville.org.in to apply for possible funding from the Foundation for World Education (FWE) in 2026 and Stichting de Zaaier (SDZ) year end funding for 2025.

Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: abundance.pcg@auroville.org.in

- **Latest by Monday, 20 October 2025.**
- request form is available on request from abundance.pcg@auroville.org.in

Questions and early submissions are very welcome,

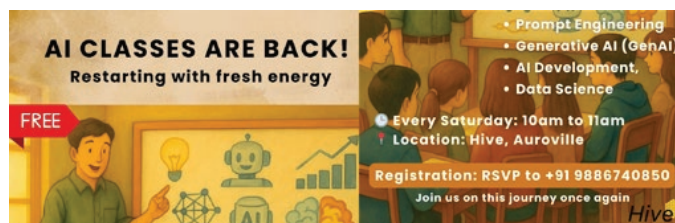
Devi, Pala, Sauro, Tineke, Vani
for Abundance (PCG)

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

FREE AI MASTERCLASS FOR ALL



Are you looking to transform your future and career with AI? Come Join our Free AI Masterclass at Hive Coworking Space facilitated by S.M. Pandi Subramanian, founder of Enthiram. AI, with over 20 years of pioneering work in AI innovation and solutions. Open for all, no prior experience needed.

+91 9886740850, Dhesh

ILAINARKAL EDUCATION CENTRE

Vanakkam! In line with our motto—**Supporting the workers and children of Auroville through shared learning and holistic empowerment**—we invite you to engage with our team of resource experts. As part of our Further Learning Programs, these specialists help strengthen vocational skills—from tailoring and craftsmanship to wellness and cultural arts—and foster holistic development across our learning community. Please feel free to share this information with your teams, workers, and networks across Auroville to co-create research-based initiatives for the future of Auroville as envisaged by The Mother.



Activities

Name	Expertise	Availability
Anandou	Yoga & Wellness; Spoken English	Monday—Saturday Afternoons, 3:30—6pm
Drupad	Performing & Visual Arts Specialist	By appointment
Harshini	Women & Children Welfare Consultant	By appointment
Monika	Bharatanatyam Dance Instructor	Sundays, 3—4:30pm
Prabha	Tailoring & Textile Design Mentor	Monday—Friday, 9—3pm
R. Meenakshi	Tamil Culture, Poetry, Language & Village Social Dynamics	Thursdays Session 1: 3:30—4:30pm; Session 2: 4:45—5:45pm
Ramesh Karunakaran	Editorial Support; Tamil Language Typing & Tamil Poetry	By appointment
Sivakumar	System Design & Research in Technology and Social Entrepreneurship	By appointment
Vatchala	Library In-charge & Reading Circle Facilitator	Monday—Friday Mornings, 10am—12pm

To Enroll: Please call us at 0413 2623773 to book your slot in advance.

Sivakumar &
R. Meenakshi for IEC

LEARNING SPACE OPENS DOORS FOR KIDS

of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville. Learning Space is an initiative of SAILER, offering a space for orientation, integration, and exploration of Auroville before school enrollment. As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools. A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.



Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15 to 8:45 am
- Pick up time 3:30 to 4:40 (depending on the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near Dehashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways. For admission/visit, please make an appointment at aarambham@auroville.org.in.

Alexey
for Aarambham Team

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

SUPPORTIVE LEARNING SATELLITE: SLS TEAM

We are happy to share with the entire Auroville community that the Supportive learning Satellite (SLS) is now becoming an official unit under SAILER. Our service began in 2015 under the umbrella of the Teachers' Center, SAILER.

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs.

Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

- Children requiring specialized education and IEP/ICP (Individual Educational or Counseling Plans)
- Students facing specific learning challenges such as ADD, ADHD, ASD, ODD, Dyslexia, Dyscalculia, and other learning difficulties

The support provided may focus on:

- Academic or behavioral aspects. Referrals for children requiring further medical support or assessment
- Advise and help to implement family support
- Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity
- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura for SLS Team

Health Care



Santé

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. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday—Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Midwifery & GYN Care with Paula: Monday & Wednesday	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

WEEKLY BABY SUPPORT CIRCLE

Every Wednesday, 9am—12pm
@ Lilaloka

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

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

MARIKA HOME:

Company to the seniors needed

We are looking for a person who likes to be on one or two afternoons per week for two hours, 2:30—4:30pm in Marika Home, Samasti, opposite Pitanga, to give company to our seniors. If you would like to try this, please contact 9787626452.

Submitted by Mechtild

AUROKIYA INTEGRAL EYE CENTRE

Eye Care Services

9am—5:30pm, Monday to Saturday @ Arka

Aurokiya provides a range of eye care services for Auroville and the bioregion.

Available services

- Primary & emergency eye care
- Spectacles & contact lenses
- Eye Yoga & Vision Therapy
- Workplace & community outreach eye camps
- Support for visits to Aravind Eye Hospital

New services

- Retina imaging
- Intraocular pressure (glaucoma) monitoring

Contact: 94880 05685



Unlocking the Power of Vision: A Retreat for Children

Join us for a retreat to strengthen your child's visual skills!

For Registration & Details



Auro Perfect Vision (An Initiative under Aurokiya)

Unlocking the Power of Vision

A Special Workshop for Children

Age: 6–12 years

Date: 29th Sep - 2nd Oct, 2025

Time: 9:00 AM - 10:00 AM

Place: Progress Hall, Bharatnivas

+91 80123 05151 : +91 97042 58709 aurokiya@gmail.com



- 29 September—2 October, 9—10am
- @ Progress Hall, Bharat Nivas

This program is designed to help children strengthen their visual skills—not just visual acuity alone, but also focus, coordination, memory, tracking, and other essential abilities—through guided eye exercises and fun activities.

- For registration & details:
+91 8012305151, +91 9704258709
aurokiya@gmail.com

Aurosugan

AURODENT DENTAL CLINIC

Perfect Fit, Confident Smile!





DISCOUNT

20%

Special care with Dr. Divya—Expert in Cast Partial & Flexible Dentures

- Best quality materials
- Perfect fitting for comfort & confidence
- Natural look and long-lasting

Book your consultation today and experience the difference: **Free Consultation this September** for Denture Patients, Get 20% off on all types of denture work and Scaling 10% off.

For Appointment:

- +91 9629199328 WA,
0413 2622063 landline
- aurodent@auroville.org.in

Working Hours:

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

Jayasutha

CHILDBIRTH AND PREGNANCY education

Morning Star offers education to expectant parents about conscious pregnancy, childbirth and parenting. Classes are conducted



- In both English and Tamil
- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light.

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father's role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us.

If you would like more information or to join the class, please contact Savithri through only WhatsApp +918940571774 or email us at morningstar@auroville.org.in

Paula
for Morning Star Team

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovillian born and brought up in Auroville. I have completed my Masters degree in Physiotherapy (MPT) and I am specialised in Orthopaedics. I am ready to provide home care visits at your place.



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 advice, Geriatric care, Myofascial massage (Head&Neck/ Back)

- Pain is a sign that has to be taken care of.
- Kindly get in touch with me if you need my service.

+91 7904769496 WA,
auroshruthi@auroville.org.in
Sruthi Sundaram

MAATRAM

Addiction Recovery sessions

- Every Tuesday, 3:30—4:30pm
- @ Maatram, 1st floor, Arka

In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on Addiction Recovery.

These sessions are suitable for any kind of addiction including addiction to substances such as

- alcohol, cigarettes, tobacco, marijuana, coffee, sweets
- and addictive behaviours related to use of:
 - smart phones, social media, video games,
 - eating, porn and gambling.

Clinical Psychologist in Maatram

We are happy to welcome Beatriz to the Maatram team. She is a Clinical Psychologist who brings with her about 30 years of experience in the field.

As Spanish is her first and most natural language, Beatriz will be available and looking forward to offering support for Spanish-speaking community members.

Megha, Raam & Palani

Animal Care

THE TRUE STORY of the Auroville Dog Shelter

In April 2023, a new team took over the former IACC dog shelter (Integrated Animal Care Center), an unregistered activity under BCC run by K. and P. CS., because IACC functioned minimally with inadequate nutrition, housing and medical care.

The Animal Welfare Board of India inspected IACC and reported that even the minimum SOP (Standard Operating Procedure), which every shelter has to adhere to, was not achieved, and some dogs were suffering, even prematurely dying, from neglect and poor quality care. Soon afterwards, an investigation into substantial donation theft by IACC management was started by Auroville Foundation, which is still ongoing but presently on hold because the internal AVF auditor left the Foundation in April 2025.

A new team, which was entrusted with the care of the animals and shelter, registered a unit under Service Trust "Auroville Dog Shelter" and worked hard to improve the lives of the neglected dogs and bring the shelter up to new levels, amidst constant attacks by the former IACC manager and their Aurovilian support group who defamed the new team on many occasions. Some of the IACC support-group members were members of the Entry Group, thus blocking Arthur's Newcomer process with fabricated 'negative feedback', made up by their friends.

Despite these ongoing challenges, and through hard work and their love for animals, the dog shelter team managed to garner the support of donors and government agencies and secured funding to improve the living conditions of all animals in the shelter and in Auroville. Especially thanks to Arthur Birago, an integral dog training specialist, and his outstanding social media and fundraising skills, the shelter was able to procure medicines, employ more qualified staff and experienced veterinarians, and improve the infrastructure of the entire shelter. Soon partnerships were entered, the first one with *Rajiv Gandhi Institute of Veterinary Education and Research (RIVER)*, Mettupalayam Vet hospital, who sent their veterinary students to the shelter for hands-on practical internships and experience. Maneka Gandhi of "People for Animals" and Dr. Shiranee Pereira gave their support to the shelter amongst countless animal lovers, famous persons and well-wishers. The Auroville Dog Shelter changed from being just a holding facility for dogs into an essential municipal service and a research and education facility with a great reputation.

An example of one extraordinary transformation was the Serenity building, comprised of a few dim concrete kennels at the back of the property, surrounded by flooded land and overgrowth. After moving tons of earth and elevating the grounds, the kennels were refurbished and each indoor kennel supplied with its own outdoor garden that includes dog houses and natural shaded areas. The new Serenity House provides a special area for teens, shy dogs, paralyzed dogs and dogs with severe skin issues and was supported with the funding of the Dept. of Animal Husbandry. The new facility combines the use of the beautiful natural environment of the current shelter along with the individualized care and attention that residents need and exemplifies the visionary approach to animal care.

Soon afterward, the Honorable President of India announced her visit to Auroville, and the Secretary of the Auroville Foundation wanted to quickly build a new VIP road for the presidential visit right through the shelter.

The shelter team was given site permission in June 2024 by ATDC to rebuild the shelter adjacent to Red Earth Rid-ing School, 500 meters up the road from its present lo-



AUROVILLE
DOG SHELTER

cation. In its 66th meeting on 13.2.2024, the Governing Board pledged its support for the relocation, naming 15 new buildings to be built, plus 2 crores in GOI funding for the moving in order that the VIP road can be constructed.

See also <https://aurovillefoundation.org.in/wp-content/uploads/2024/02/66th-GB-minutes.pdf>

(to be continued)

Tine (Aurogreen) and Arthur

International

UNITY PAVILION PRESENTS

Unity Pavilion Regular Events

Day Time	Venue	Event Details
Tuesdays, 5pm	Hall of Peace	12 Qualities and the Mother's Symbol by Jaya: A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.
Wednesdays, 5:30pm	Unity Hall	Sound Bath by Svaram—Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursdays, 3pm	One-ness Hall	Tao of Tea—Sencha Style Tea Ceremony by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul.
Thursdays, 5pm	Hall of Peace	Silent Meditation by Pierre—Tune into your psychic self and experience deep inner peace and calm for awakening within.
Saturdays, 10am	Garden	Kids Art Class by artist Janakiraman—A playful exploration of watercolor techniques for children.
Special program of the week		
Friday, 6pm	Unity Hall	The Flow: Chakra Meditation by Sergei & Preeti—Awaken your inner energy and activate your meridians and chakras through sound, mantras, and frequency for deep healing and balance.

Kids Art Class by artist Janakiraman



Tao of Tea—Sencha Style Tea Ceremony



The Flow: Chakra Meditation



Connect with the Source and enter the Flow.

Through ancient Beej mantras and healing frequencies, this meditation awakens the chakras and opens the meridians, allowing prana to move freely through the body. As the energy flows, it releases emotional blockages, eases stress, and restores balance-leaving you with a deep sense of lightness, harmony, and renewal. Experience a journey of sound and vibration!

Presented by The Unity Pavilion Research Team:

Sergei—Electronic Musician, Specialist in Social & Musical psychology

Preeti—Author, Life coach, and Researcher with 25+ years in Integral Yoga & Human Development

Preeti for Unity Pavilion

Art for Land: Inner Awakening and Outer Expression

- Show on till 31 October @ Unity Pavilion Monday—Saturday, 9am—5pm



Art for Land 2025 presents “Inner Awakening & Outer Expression” celebrating handcrafted expressions in textile, art, and sculpture, as an artistic tribute to Sri Aurobindo’s birthday.

Inspired by Sri Aurobindo’s Four Austerities—Knowledge, Love, Power, and Beauty—and the vision of his Fifth Dream, this exhibition brings together textile works from the Sri Aurobindo Ashram, Auroville-based units To Be Two and Hibiscus Heroes, and other artists whose inner Tapasya (spiritual practice) finds form through powerful, creative expression. The exhibition invites viewers to witness this inner-to-outer movement: how silence, practice, and aspiration are transformed into colour, form, and texture.

We warmly invite you to visit the exhibition!

Priya for Unity Pavilion

FRENCH PAVILION PRESENTS

@ Pavillon de France, opposite the Visitor Center

Board games

- Wednesdays, 4—5:30pm

French Pavilion welcomes you every Wednesday, 4 to 5:30pm for Boardgames.

Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



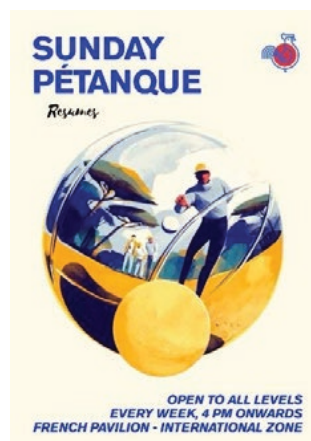
Vivekan

Sunday Pétanque

- Every Sunday, 4—5:30pm

Sunday pétanque is back!

Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a ‘cochonnet’. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it’s a great way to socialize while having fun. Come and share a convivial moment and bond with others in a relaxed and welcoming atmosphere!



Submitted by Vivekan

TIBETAN PAVILION PRESENTS

Pavilion of Tibetan Culture: The Library

- Monday, Tuesday and Wednesday mornings, 10:30am—2pm

For your information: We are opening our Library to the readers. We have vast collection of books on Tibetan Buddhism, History, Medicine, Environment and etc.



And also sections on India, China, Bhutan, Spiritual books on Sri Aurobindo and The Mother and good collection of interesting non-fiction books.

- Our opening hours: Monday, Tuesday and Wednesday mornings from 10:30am to 2pm.
- We remain closed on National holidays.

Kalsang for Tibetan Pavilion

Games

BLOOMO!

A Soulful Flower Card Game

Monday, 29 September, 5—6:15pm

Flowers speak to us when we know how to listen to them; it is a subtle and fragrant language.

The Mother



Launching BloomO! play sessions for collective, soulful experience with and for the community.

Play as you learn about the spiritual significance of flowers. A fun and unique way to connect with nature as well as yourself!

- Participation: Free of cost
- Age Group: 6 to 70+
- Hosted by: Jyoti & Naresh @ The Mother’s Flower Garden Near Solar Kitchen, Auroville
- Email address: mothersflowergarden@auroville.org.in
- Web page link: flowersong.in/mother-flower-garden

Rabi for Mother’s Flower Garden

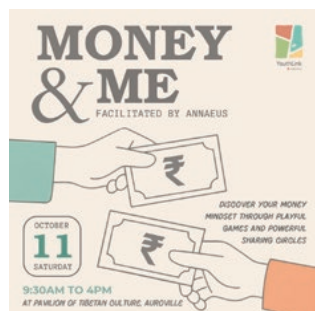
Youth Initiative

MONEY & ME WORKSHOP

Saturday, 11 October,
9:30am—4pm
@ Tibetan Pavilion

Money & Me Workshop wants to explore your relationship with money in a fun and interactive way? Join us for a day of games, sharing, and new insights!

- Registration: <https://forms.gle/JCTVRz8HAAJ8s3c8A>
- For more information, write to annaueus@youthlink.org.in



Jisung for Youthlink

Books

EDIBLE WEEDS and Naturally Growing Plants

Coloring Book, 2nd Edition

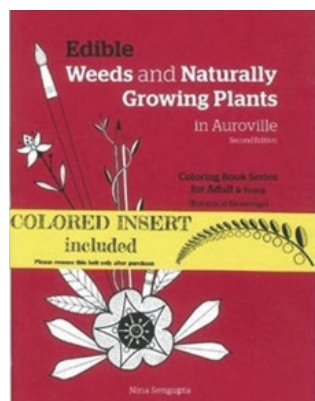
Following the closure of Freeland Bookstore, many have asked about the book. It's available by writing to

- edibleweedwalk@gmail.com.

In Auroville and the bioregion, copies can be picked up after payment from designated spots like Town Hall or PTDC. Price: Rs600 (pickup)/ Rs750 (with S/H).

Hand-bound with a hand-made paper cover, this is an artisanal production. Now as project under Prani, The Living (Service Trust), the book offers special discounts for schools and groups ordering 20+ copies.

To avail, just reach out.



Nina,

edibleweedwalk@gmail.com

FS Account # 251937

DIGITAL PERSONA Book Launch

Thursday, 2 October, 3—4pm

BOOK LAUNCH

digital persona

THURSDAY
2ND OCTOBER, 2025

03:00PM - 4:00 PM
VERITÉ HALL

ALL WELCOME

This book is about something we all live with every day: our digital presence. We already have one, whether we shape it or not. I wrote this book to help people take ownership of that presence by being intentional, authentic, and confident.

ASHISH CHAWLA
Author

programming@verite.in
www.verite.in

+91 413 2622 045
+91 936 3624 083

verite.auroville
verite auroville

@ Verité Hall

"This book is about something we all live with every day: our digital presence. We already have one, whether we shape it or not. I wrote this book to help people take ownership of that presence by being intentional, authentic, and confident." Ashish Chawla, Author

Submitted by Anandhi

Theatre, Music & Arts

DANCE PERFORMANCE EVENING @ CRIPA

Sunday, 28 September, 7pm



An evening of works-in-progress:
come support artists and witness creation in motion.

Hans: A contemporary dance and theatre duet exploring love in a world of borders and unequal freedoms.

The Shift Within: An improvised group piece tracing the journey from old patterns and conditioned life towards self-discovery.

Be with us for a night of creativity and performance!

Laura for CRIPA

THE THINKING HAND BY NANDITA SHARMA

3—11 October

Opening on 3 October, 4:30 @ Citadine

- Saturday 10am—12:30pm & 2—5:30pm
- Monday to Friday 2—5:30pm

We are delighted to welcome Nandita as our current artist-in-residence. An anthropoet by practice, her work fluidly traverses painting, illustration, haibun, academic writing, lexical landscapes, ethnography, and abstraction—constantly blurring the boundaries between disciplines, mediums, and modes of thought.

Having previously lived and volunteered in Auroville, she returns through this residency with a project that attempts to create an "encyclopaedia of lenses", a layered, poetic network of connections to experience Auroville not as a place, but to explore it through borrowed lenses. In her studio, at Citadines, where she's been staying for the last two months, we can see her creating a lasagna of layers with words and images. One can clearly see how easily her writings become companion pieces to her drawings, inviting us into a space where images and words converse.

Marco



UPCOMING SHOW AT MAJI: PAUSE

Monday to Saturday 9am—5pm, till 18 October



Gayatri Gamuz and Supriya Menon Meneghetti's artworks feature the common thread of being influenced by nature, balance and the understanding that a moment of stillness can reveal the clarity of a thousand thoughts. There is an emphasis on the act of creation itself, which allows for interpretation and invites the viewer to experience the work in a deeply personal way.

Sagarika Bhati, Gallery Manager,
MAJI, Maroma, majim@maroma.com

WATERCOLOUR PAINTINGS: Efforts Never Fail



1 September—31 October, 10am—5pm @ Aurelec
Exhibition of watercolour paintings by S. Alexraj B.V.A., Watercolour Artist, Puducherry, India.

Aurelec, Auroville Rd, Near SBI Bank Kulapalayam

- **Contact Artist S. Alexraj B.V.A:**
alexrajdart3@gmail.com, +91 8807013690

By Franz Fassbender

BHARAT NIVAS PRESENTS

Celebration of Durga Puja

- Thursday, 2 October, 7pm @ SAWCHU



You are warmly invited to join us in the celebration of Durga Puja—offered in the spirit of the Mother and Sri Aurobindo's vision of Durga and the Divine Mother.

This gathering is both a prayer and an offering—to Her, and also to the community of Auroville—to share in strength, beauty, and joy together.

The evening will conclude with an open, communal dance with Dhaka and Dhunuchi, where all are welcome to join.

Varsha, 9370026907

Kalaripayattu Performance



Monisha

Dance Activities

DANCE WITH DANIEL

Open Style: Saturday, 4:30—6pm
@ CRIPA Small Hall

Hiphop: Sunday, 5:30—7pm
@ Harmony Hall, Bharat Nivas

Contacts: +97 2557732584

- Instagram: [@daniel.helman.lee](#)

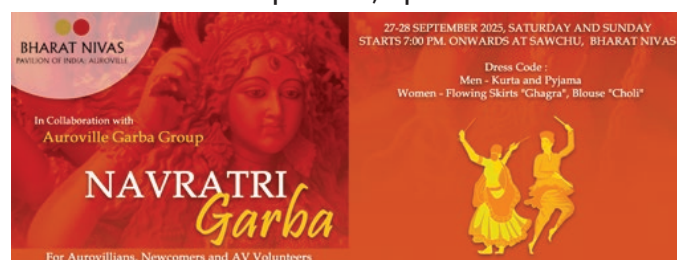


Daniel Lee

Bharat Nivas Presents

NAVRATRI GARBA

27—28 September, 7pm onwards



@ SAWCHU

Navratri is a traditional Gujarati dance—a festival dedicated to the worship of nine different forms of the Hindu deity Durga in the center, and the dancers dancing in rhythmic circular movement around.

Khushmita

for the Auroville Garba Group

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



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

NEW REGULAR SESSIONS of Dance for Children

@ New Creation Dance Studio!



We offer classes for almost all age groups:

- **Toddlers' dance initiation**
from 4 to 5 years old, every Monday, 2:30pm
- **Children' ballet class**
from 6 to 8 years old, every Saturday, 9:15am
- **Tweens' ballet class**
from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries:

- +91 9600225764

Fleur

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

- Monday, 8pm:
Introduction to Tango
 - Wednesday, 7:30pm:
Practica
 - Friday, 6:30pm:
OpenSource
 - Saturday:
Bi-monthly Milongas
- No partner required.
Bring socks or dance shoes.
And plenty of joy!



+91 9821166082, tango@auroville.org.in
Aurevan

Music & Art Activities

SVARAM ACTIVITIES

Eternal Dhrupad Workshop



- 3 October, 9:30am—5pm
- For details: <https://svaram.org/eternal-dhrupad/>

This immersive experience, facilitated by Dhrupad vocalist Shilpa Shanker Narain, is based on the intricate and subtle knowledge of Dhrupad, India's oldest form of music, with its roots in Vedic saam-gaan, aimed at activating voice awareness, creative flow and self-discovery.

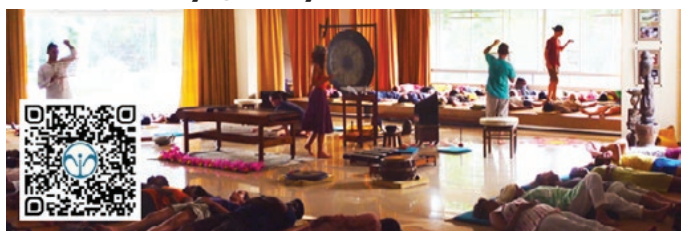
Sound Healing Session



This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner. **By Appointment Only**

- Available Sessions: Solo, Duo or Group
- For details and booking: Scan the QR Code or <https://svaram.org/sound-healing-sessions/>

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

- Every Wednesday, 5:30—6:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-journey-unity-pavilion/>

Sound Garden Tour



These unique spaces invite people of all ages to reconnect with themselves, nature and sound.

- Monday—Saturday, 10:30am—4:30pm,
- Sunday 10:30am—12:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-garden-art-installations/>

Aurelio
for the SVARAM Team

CREEVA

Center for Research Education Experience in Visual Art

Weekly Art Workshops & Sessions

- Watercolour Painting Workshop by Sathya
 - Every Monday, 5—7pm.
 - Life Model Drawing Session:
 - Every Tuesday, 5—7pm.
 - Live Portrait by Sathya:
 - Reach out to schedule a session.
 - Open Studio: A space for everyone to explore their artistic potential: Every day, 9am—5pm,
 - Contact Abi: +91 82206 12413
- For info contact Sathya:
- +91 9486145072
 - sathyacolour@auroville.org.in

Sathya
for CREEVA Art Studio, Creativity

Paper Pulp Doll Making Workshop

- Sunday, 28 October, 9—10:30am
- Location: CREEVA Art Studio, Creativity Community, near Solar Kitchen, Auroville.

CREEVA (Center for Research Education Experience in Visual Art) invites you to a Paper Pulp Doll Making Workshop by artist Giribala Tripathy.

The workshop encourages participants to rediscover the joy of creativity and childhood play while promoting eco friendly alternatives to plastic dolls. All art materials will be provided. The workshop is free and open to all, with no age limit.

About the Artist:

Giribala Tripathy, originally from Odisha and now based in Pondicherry, is a member of the Sri Aurobindo Ashram. With over two decades of artistic practice, she continues to explore and share her passion for creative expression and sustainable art.

- For more information: +91 7598277864.

Giribala Tripathy

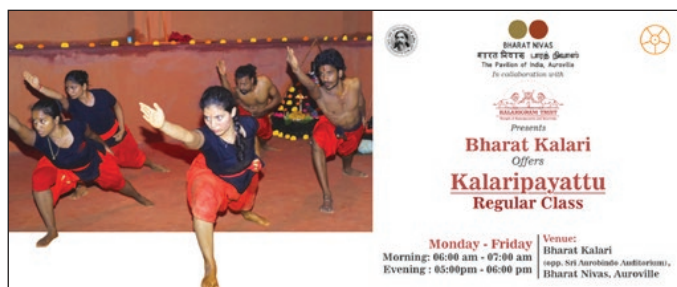


Sports & Martial Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

- Monday to Friday
 - Morning: 6—7am, Evening: 5—6pm
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium



Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



Grappling and Rudiments of Martial Arts for Kids

- Tuesday & Thursday, 4—5pm @ Harmony Hall



Monisha for BN Team

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

THE ART OF CHI: Stevanovitch Method

Classes with Hans

Tai Chi Quan & Chi

- @ Dehashakti outside
- Tuesday and Friday, 6:30—7:45am

Body awareness & Relaxation

- @ Budokan Dojo, Dehashakti
- Wednesday, 5—6:15pm

For more info:

- 8110848123 WA.



Submitted by Hans

THE 2ND EDITION GREEN RIDE Cyclothon 2025

- Sunday, 12 October, Starts @ Certitude Sports Ground
- Ends @ Punjabi Dhaba, Auroville Junction, Moratandi Toll Gate
- Distance
 - 65kms for Elite & Master: Men
 - 47kms for Master: Women, Amateur (Men & Women) & Juniors (Boys & Girls)
 - 20kms for fun ride inside Auroville: All ages above 8 years old
- Bicycle Type: Only manually driven pedal bicycles are allowed.

Registration Fees include:

T-Shirt, Timing Certificates, Finisher medal, Technical support, Hydration support, Medical aid, Ambulance Services and breakfast.

Certificates/ Medal/ Cash Prize:

- T-Shirt, Medals & Certificates provided to all participants.
 - Lucky draw winners: Two Special Prize to overall Men & Women category at the prize distribution time. Names will be picked in front of all participants.
 - Attractive cash prizes for the top 3 positions in each category.
- Register: www.aurovillesports.in



Raju, +91 9443074825

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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!



Changes regarding Aikido activity

Monday to Friday:

- Adult class: 6—7:30am
- Children class: 3:50—4:50pm

Saturday:

- Advanced: 6—8am
- Weapon: 8—9am

We also started a new activity named **Aikitaïso** it's a body practice based on Zen movement and Aikido body preparation. Perfect for everybody who wants to feel more grounded.

- Monday to Friday: 8—9am
- Friday: 5:15—6:15pm
- Saturday: 9—10am

8300643963 WA, Philippe G.
9952812843 WA, N. Murugan,
+ 33622053932 WA Michaël B.

MOVING MEDITATION

Taichi & Qi-gong

Taichi is the art of change. Learning how to drive your energy. It is a mental & physical training method.

- Every Monday & Tuesday 5:15—6:15pm @ Budokan, Dehashakti

Facilitated by Jiseong Park.

Contact:

+91 7094339490 WA



Jisung for Youthlink

ABHAYA MARTIAL ARTS



Abhaya Martial Arts is proud to have trained over 500 students of all genders, ages, and experience levels. We've hosted expert Muay Thai coaches, Brazilian Jiu-Jitsu (BJJ) black belts, and introduced our students to a range of transformative practices. Our team has participated in national competitions and begun awarding official belts and degrees recognized by the **Shou Dao School**—a martial arts academy acknowledged by the Olympic Committee.



Our regular classes for adults @ 5:30pm

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Muay Thai/K1 with Coach Ruben, Coach Tanguy and Coach Giacomo

Please note:

- Contribution required
- Be punctual. Short nails, sportswear and no jewelry
- Stay home if you're unwell or have open wounds

For updates and participation: +91 9487340778 WA msg.

Brazilian Jiu-Jitsu classes for kids!

- **Tuesdays & Thursdays, 3:30–4:30pm** for kids aged 4 to 13.
- Contribution required
- **For more info or to join the kids' WA group:** +91 8448077070

Send your child in sportswear, with a water bottle—and a big smile!

Classes are led by **Monica**, an experienced assistant instructor beloved by the kids. At Abhaya, we teach Brazilian Jiu-Jitsu in a **non-competitive way**, focusing on **discipline, self-control**, and a solid, practical foundation in martial arts. BJJ is one of the most effective real-life self-defense systems and is proven to enhance **cognitive skills** and **fine motor development**, especially in young children.

Giacomo for Abhaya

AUROVILLE FUTSAL

football club

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring.

We play futsal in Dehashakti,

If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

- Mondays and Wednesday, 5pm
- Please contact Balaji: 8940224950



Boys 16yo+ are playing

- Tuesdays and Fridays, 5pm
- Please contact Beber 638563 5943



Submitted by Beber

MORNING SWIMMING CLASSES

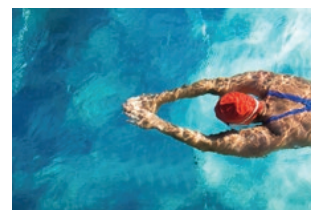
for children

Limited spots available!

Tuesdays & Thursdays, 6:30am—7:30am @ La Piscine

- Group classes for Aurovillian kids aged 11 to 15 years
 - Safe and fun environment with professional guidance
- Build confidence, improve technique, and enjoy the water!

- **To enquire:** +91 8940 288090 WA



Sonia and Ana

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

Bioregion & Nature Activities

PEBBLE GARDEN:

Story of the Land

Saturday, 27 September, 10am—12:30pm



Join us for an informative Talk & Walk at Pebble Garden - discover 30+ years of land regeneration, from bare pebble land to thriving biodiversity.

27th Sept 2025 || Saturday || 10am to 12.30pm



Limited Spots - Register by WhatsApp

CONTACT: +91 81487 15966

Free Entry

Join us for an informative talk & walk at Pebble Garden. Discover 30+ years of land regeneration, from bare pebble land to thriving biodiversity.

- **Limited Spots:** Register by +91 8148715966 WA
- Free Entry

Deepika & Bernard

VEGAN POTLUCK

@ Sadhana Forest

4 October, 6pm

Join us this Saturday from 6pm for our monthly vegan potluck! It's a fun evening full of tasty plant-based dishes, community spirit, and new friends!

Bring a vegan dish to share, or just bring yourself and enjoy what's on the table (yes, there's dessert!).

The potluck is a substance free space.

Come hungry, leave happy. Everyone's invited!

Aviram

AUROVILLE EARTH INSTITUTE

Upcoming On-Campus Training Courses



We are pleased to announce our upcoming training program at the Auroville Earth Institute. These hands-on courses offer a unique opportunity to explore sustainable construction techniques with a focus on earth-based technologies.

Below are the details of our upcoming sessions

Months	Dates	Category	Details
October	6—9	Special	Ferrocement

• For more information and to register:

www.earth-auroville.com

• Contact: training@earth-auroville.com

T. Ayyappan

ENLIGHT



Bioregion Tour



Canyon Tour



Forest Walk



Cooking Class



Fireside Drumming



Pottery Workshop



E-Auto Tours



Visit Units



Cycle Tour

ENLIGHT

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

Arun,

Anand and Balaji for Enlight Team

SOLITUDE FARM ACTIVITIES



Saturday Free Farm Tour! Be a part of a weekly farm tour to learn where your food comes from. Free guided farm tour only on **Saturdays, 11:30am**. For the larger group (5+) and private bookings, there is a separate charge.

• Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

• **3 days Intensive Permaculture Weekend Workshop**

◦ View schedule and book here:

<https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

• **Mini Permaculture Workshop**

◦ Please email us: solitudepermaculture@gmail.com for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

◦ **Introduction to permaculture through local food:** Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!

◦ **Handmade Soap-Making:** By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

Farm Fresh Basket Service: A long term commitment to your health! A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

• Please email us at solitudepermaculture@gmail.com to book your basket.

Lunch Scheme @ Solitude

Experience a wholesome lunch scheme at Solitude Farm—freshly prepared straight from our farm every day. Enjoy traditional grains such as millets and red rice, heritage greens like local spinach, and a variety of seasonal fruits and vegetables rich in Ayurvedic benefits. All food is grown without chemicals and follows time-tested methods that have supported communities for generations.

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing life-style conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots.

Come, eat well, and feel well.

• **Booking:** solitudepermaculture@gmail.com

Krishna for the Solitude farm & café

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.

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
Henna	2 hours



- The Make & Take workshops can be booked for any day Monday—Saturday, 10am—12:30pm or 2—5pm.

Auroville Bioregional Experience with Mohanam

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

Classes @ Mohanam Campus

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.



Tours inside Auroville with Mohanam

Tour Activity, Time	Description
Auroville Northwest Tour Monday to Saturday, 10:30am—1pm	Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville.
Mohanam Campus Tour Monday to Saturday, 10am—4pm	Visit Mohanam Bio-region Cultural Centre to experience Tamil culture with all your senses—taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.

Thiruvannamalai Eco & Spiritual Services

Thiruvannamalai—Mohanam Services. Arunachala—Auroville. Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening/spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

For more information, contact us:

- mohanamprogram@auroville.org.in,
- +91 8300949079 **Balu for Mohanam Program**

AUROVILLE BAMBOO CENTRE EVENTS

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.



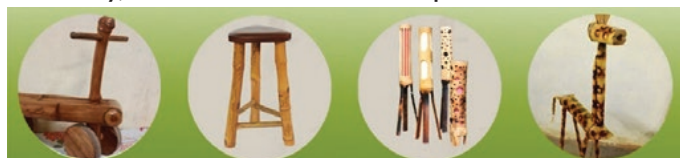
Trainings and workshops

- Every day except Sunday

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.

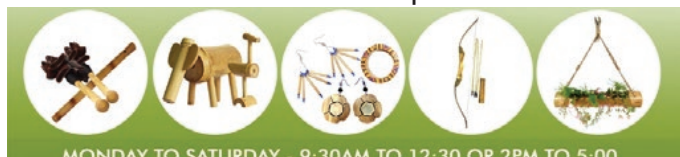
Daily, Make and Take Hands-on Workshops Experiences

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.

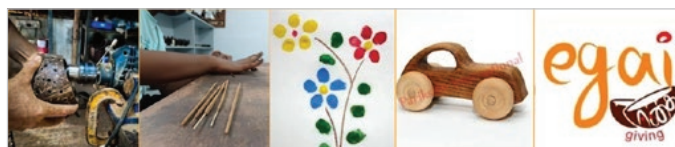
For more information, special requirement, and pre-booking contact:

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +91 8300949081, voice call & WA
- 0413 2623806/ 2964727
- Flexible training dates offered to groups
- www.aurovillebamboocentre.org

Balu
for Bamboo Centre 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

SADHANA FOREST: Plant based Saturday Every Saturday

Join us every Saturday for a day of connection, learning, and delicious plant-based food! Whether you're curious about sustainable living, enjoy spending time with cows, or want to explore new recipes, we'd love to have you with us.

Schedule:

- 09:00 Breakfast
- 10:00 Cow Connection
- 11:00 Plant-Based Cooking Class
- 12:30 Talk on Diet & Nutrition
- 18:00 Dinner

You're welcome to join for the whole day or just a part of it, all offered to you as a gift from Sadhana Forest free of charge.

Aviram

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



Multiple Activities

IT MATTERS ACTIVITIES

A/C room

@ It Matters, Auroville Main Road

More info on instagram:

• @auroville.curated

Workshop pre-registration required:

• itmatters@auroville.org.in or

• +91 9344087925 WA



Date	Workshops in September*
27, Saturday, 8—9:30am	Yogic Science of Breath (Pranayama & Mudras) with Mamta, Contribution Based
27, Saturday, 10am—12pm	Tamil Siddhas and their Contributions to the World (Sharing) with Raman, Contribution Based
27, Saturday, 2—3pm	Contemplative studies (The Psychology of Social Development) with Anshul Sinha, Contribution Based
27, Saturday, 3:30—5:30pm	Intro Session (Integral Polarity Practice) with Henrik, Contribution Based

* Pre-registration for Workshops required (if participants do not actually come after registration, the session might be cancelled)

Sandra & Bhakti
for It Matters

Office Spaces

Office Space Available: Auromode

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



Contact Mr. Pandian

at Auromode in person, +91 9943390391 or

pandian@auroville.org.in

Pandian

Kinisi Cowork

Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings.

• Opening hours: 7am—11pm

• Flexible Passes & Validity:

1 Day Pass

5 Days Pass (Valid 14 Days)

25 Days Pass (Valid 60 Days)

60 Days Pass (Valid 120 Days)

• Conference Room: As Booked (4 hrs)

• Amenities: Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).

• Community & Connection: Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.

Ready to join? Learn more and book your spot:

• +91 9429690049,

• hello@cowork.kinisi.in

• CSR Campus, Auroshilpam, Auroville—605101

• cowork.kinisi.in

Laure



Aurelec Spaces Available

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

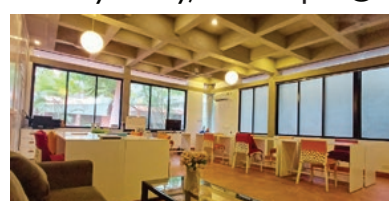


Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports 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 for ADPS Trust

Hive Coworking Space Open House

• Every Friday, 9am—7pm @ Hive, Auromode



Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—All for Free on our weekly Open House from 9am to 7pm.

Visit us at www.auromode.in/hive-coworking for more details on our flexible plans and facilities.

For inquiries:

• auromodehive@auroville.org.in

• +91 9042759540 WA, +91 7092197375 WA

• or drop by

Dhesh for Hive Team

It Matters:

Space Sharing for creative people

Do you need an art studio or an office space? Whether it's computer work or artistic practices, we'd like to invite 5 to 10 people max that are committed to using the space for at least 1 month and up to 6 months and more.

The monthly contribution will be adapted to the space you need and how long you commit. Interested?

• Send us your info, creative practice and motivation at: itmatters@auroville.org.in

We'd love to meet you :)

Bhakti & Sandra



Looking For

Looking for Long-Term Home Sitting

I have been working with Auroville Consulting for the past year and am looking for a long-term home sitting opportunity. I will keep the house neat, clean, and well-maintained. If you know of any possibilities, please contact me.

Madhu Agarwal, +919790582924

Coconut Mattress to Give Away

195 x 125cm, with a nice new cover, fully clean and functional, but quite heavy. Birgitta, 9442300574



Honorary Voluntary

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:

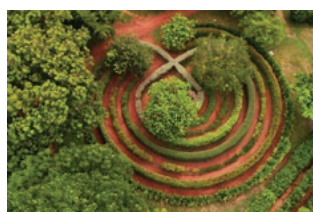
sadhanaforest@auroville.org.in,

8525038274 WA or call
8122274924

Aviram
for Sadhana Forest team

VOLUNTEERS NEEDED @ Botanical Gardens

A lot of work goes into caring for the Botanical Gardens to keep them looking beautiful and pristine. We invite new volunteers who are ready to help and dedicate some time to caring for the various parts of the Gardens. In particular, right now we need volunteers to help with the Japanese Garden and Labyrinth area, and would like to find one person who could be trained as a long term backup for all parts of the garden work, especially the watering system.



The work involves a lot of weeding, mulching, composting, pruning and clipping, raking and other general maintenance tasks. Talking to the plants, trees and creatures is also welcome, along with jokes and cheerfulness.

- If interested please contact Noel at earthyyoga@hotmail.com or stop by in the morning sometime to explore the possibilities.

Noel Parent

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



AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations: Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy.



We can provide lunch and some additional bonuses to come as you will stay with the team longer.

For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages

Alexey

Work Opportunities

A NEW SERVICE FROM ECO SERVICE

The Eco Service is pleased to announce to the community a much needed extension of our regular waste pick up from the residential, commercial and institutional establishments.

As we all might have noticed of late there has been a growing amount of litter dumped along the roads, pathways and in the bushes within the city and in certain open spaces.

From mid October or latest beginning of November, The Eco Service will have a dedicated service to clear this litter and waste from the areas that are hard to reach by our larger vans.

For this purpose we have acquired a smaller vehicle—a three wheeler and will begin the operation 3 days a week. This service will largely concentrate on within the designated City Area only (and not along the tar road) and gradually extend to the greenbelt.

- **This Service is being hoped to be undertaken by Aurovilians and Newcomers on a volunteer basis along with an Eco Service member as it may need more than one person (and maximum two) to do the task.**

If you are one of the inspired ones who shares similar concerns and is interested to be part of this project to help keep Auroville litter free and can dedicate some time to it please get in touch with us either by dropping into our office or connecting with us by email or on the number provided below.

Wish us luck for this new endeavor and if possible join up!

Eco Service, ecoservice@auroville.org.in

6379669034, Sumit. From Mass Bulletin

JOB OPENINGS

@ AuroYali, Auroville

We are looking for motivated and passionate professionals to join our team in Auroville.

Project Manager

- **Experience:** 0–2 years
- **Skills:** Planning and Estimation
- **Qualification:** B.E / B.Tech in Civil Engineering
- **Preference:** Women candidates are encouraged to apply

Civil Engineer (Site Supervision)

- **Experience:** 0–2 years
- **Role:** Site supervision and coordination
- **Qualification:** B.E / B.Tech in Civil Engineering
- **Preference:** Male candidates are encouraged to apply

Interested candidates may send their CVs to:

- auroyali@auroville.org.in

Mohan J

Foods, Goods & Services

NATURELLEMENT GARDEN CAFE DISCOUNT

September: 50% every Thursday

We're happy to share that our 50% discount every Thursday has received such great feedback that we are now extending the offer through September as well. Most welcome!



Chitra
for the Naturellement Garden Cafe team

POUR TOUS WATER FREE SERVICE

Pour Tous Water provides free service to the Aurovillians as part of the prosperity vision (service for all). This free labor service is supported through city services budget.

The parts & material costs need to be paid directly by the Aurovillians to the supplier as follow:

- NEFT through financial service or Gpay.
- Post completion of the work you will receive payment details through the PTW office.
- Hard copy of the material bill from supplier shall be sent thereafter.

For the work, please contact us at Pour Tous Water office numbers:

- 2622899, 9843644308 WA and Call
- ptw@auroville.org.in

Please note:

- Do not give any cash to any team member of PTW.
- We request to avoid calling our workers directly on their contact numbers.

Danny, Grace
for Pour Tous Water team

HIBISCUS HERBAL TEA @ PTDC

Hibiscus has an Immense health Potential.

To avoid any sugar mixed with flowers, we are giving the dehydrated flowers powder to make herbal tea. This process preserves all the qualities of the flowers.

Qualities: Hibiscus flowers and leaves have great properties to support the blood, the reproductive system and the nervous system. It has a cooling effect that helps to reduce the heat in the body and any inflammations in the urinary tract. It helps to re-balance the hormonal system for the woman who suffers painful menstrual cycle or excess bleeding along with anemia. The flowers help to purify the blood and the heart, assist the liver for a better skin complexion and it promotes hair growth.

Brewing Instructions: Bring 1 cup of water to a near boil. Pour it over 1 teaspoon of Hibiscus Herbal Tea. Cover and let steep for 5 to 10 minutes depending on your desired strength. Strain and serve, or refrigerate for up to 3 days.

Pierre



EXCITING NEWS FROM SUDHA'S KITCHEN!

What's new on the Menu?

- Red Rice & Millet Mixed Dosa
- Red Rice & Millet Mixed Idli
- Chapati every evening
- Dosa & Idli available for breakfast too!

Healthy Plate monthly scheme
for Aurovilian Volunteers & Guests

- Wholesome, balanced meals every day
- Easy monthly booking option
- Special Offer: Aurovillians get 20% Discount



Group Bookings Welcome: Planning a gathering or arriving with a big group? We'll be delighted to serve you fresh & healthy meals.

Contact Us

+91 8608123072 WA, +91 413-3509884 landline

Come enjoy delicious, nourishing food in a warm place with beautiful trees surrounded!

Arun

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe.

The Cafe also hosts an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants.

In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.

Auroville Bakery & Cafe Team, from Mass Bulletin



PT PURCHASING SERVICE

Pour Tous ஸ்ரீ தாஸ் For All

- Canteen is now offering an In-Kind Lunch Scheme (Tiffin Service)

We are happy to announce that PT Purchasing Service—Canteen is now offering an in-kind lunch scheme (Tiffin service). If you are interested in subscribing to the monthly lunch scheme, please send an email to: ptps@auroville.org.in.

- PT Purchasing Service closing time: 5:30pm
From Mass Bulletin



@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo



Kyonghyon Lee for Right Path Cafe

NEEM TREE CAFE OFFER

Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- We are open every day **Monday to Saturday**
@ Mahalaxmi park (Near Solar Kitchen).
Sunday is holiday.
- Our prices are 20 to 200 only inclusive all taxes

Come and enjoy!

Parthasarathy Krishnan

TASTE OF YOGA: VEGAN CAFÉ



Kathir
for Vérité programming

AUROMODE RESTAURANT is Open

Monday to Saturday, 12—3:30pm & 6—9pm

We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

Pavithra
for Auromode Restaurant



LIVING ROOM CAFÉ

Open every day, 8am—9pm

Come enjoy delicious meals and coffee in our cozy space, located on The Crown across from The Auroville Library.

We serve breakfast, lunch, and dinner for Aurovilians, newcomers, volunteers, and guests. We look forward to seeing you!



Debo
for The Living Room Cafe Team

THE SPROUT CAFE & RESTAURANT



Nourishing body and soul,
freshly made, daily at The Sprout.

Mon - Sat 7:00 - 16:00
www.thesprout.in

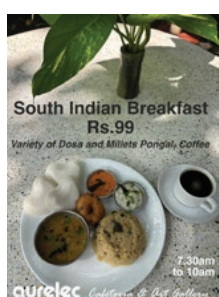
Monica for The Sprout team,
www.thesprout.in

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria
7:30—10am

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

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

TAMIL NADU BASMATI RICE @ Siddhartha Farm

At Siddhartha Farm, we have introduced Tamil Nadu Basmati rice, which we have been successfully cultivating here. It is now available at the following outlets: PourTous Distribution Centre (PTDC), PourTous Purchasing Service (PTPS), Farm Fresh, and Hers.

This aged, semi-polished Basmati raw rice is available in both whole grain and broken grain forms.

- Direct bulk orders are welcome, with a 25% discount offered on the following minimum quantities:
 - Whole grain rice, 25 kg
 - Broken grain rice, 15 kg
- Door delivery within Auroville will be provided as part of our service.

If there is a positive response from the community, we look forward to continuing its cultivation.

- For pricing and orders, please contact us at:
siddhartha.farm@auroville.org.in,
+91 8838012456

Available for immediate supply.

Suha from Siddhartha Farm



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

UTS TRANSPORT SERVICE



Open 24 X 7: 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*

INTEGRATED TRANSPORT SERVICE



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.

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*

KINISI E-MOBILITY

At Kinisi we are passionate about making sustainable, electric transport accessible and convenient for everyone in Auroville. Whether you're a guest, long-term volunteer, newcomer, or Aurovilian, we have tailored solutions to get you moving quietly, cleanly, and efficiently.

Our Services Include:

- E-Cycle, E-Scooter & E-Bike Rentals:
- Flexible pricing depending on the duration of rentals for guests. <https://app.kinisi.in/>
- Special discounted rates for SAVI registered for long-term volunteers—ask about our volunteer scheme! <https://app.kinisi.in/volunteer/>
- KIM Scheme: Exclusive benefits for Aurovilians and Newcomers. <https://app.kinisi.in/kim/>

Repair & Service:

- Comprehensive repair and maintenance for all models of e-cycles, e-scooters, and e-bikes—no matter where you bought it!
- General Service, Battery, Motor, and Controller check, parts replacement, and recycling services.

Contact Us:

- +91 8300460679/ 680, info@kinisi.in
- <https://bit.ly/2Jl4Q9Z>, <https://kinisi.in/>

Debo

SUNRISE TAXI SERVICE

SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592
Office cell: 8610915429

sunrisetaxi@auroville.org.in
www.auroillesunrisetaxi.in

Sathish for Sunrise Taxi

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*

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.

Daive

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**

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.

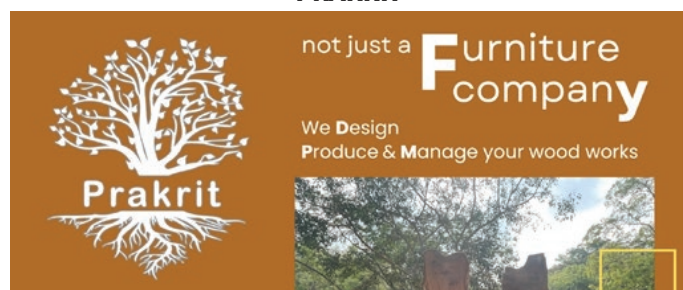


Services offered

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**

PRAKRIT



Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

Head over to our website www.prakrit.org.in to check out our portfolio of projects done in collaboration with various architects and businesses over past years. Reach out to us for enquiries and collaborative opportunities.

Mehul for Prakrit, +91 9634424066



Vanakam, Bonjour and Hello from Inside India

Launching Our Kolam Workshop every Friday

- **Every Friday, 2—4pm**

Inside India is excited to announce our Kolam Workshop. Join us to learn and experience the traditional South Indian art of Kolam, where intricate patterns are created with rice flour, blending creativity, culture, and mindfulness. Open to all skill levels.

Auroville Bio-Region Tours by Inside India

Join our tours as we take you through the powerful, ever-evolving Auroville bio-region. Catered to your niche and interests; explore where forests are still growing, communities are still dreaming, and where the land speaks if you listen.

- **Tours run from 10am—3pm**, with a hearty Auroville-style lunch. Available **only** on request, with a 24-hour heads up.

Cycle Tours through Auroville

Ride into the green lungs of Auroville on our newest bicycles partnered with KINISI. Muddy red earth under your wheels, rain-washed trees above you, sound of birds, forest winds and chance detours, explore this slow travel at its finest.

- **Tours run from 10am—3pm.**
Please book 36 hours in advance.

Off-Road Cycling & Half-Day Rides

For those who want to go off-script; we now offer off-road rides with our seasoned cycling guide. These are wild, custom-built trails cutting through fields, villages, forests and backroads of the bio-region. We tailor it to your stamina, spirit and sense of adventure. Available on request, with a 36-hour heads up.

Individual Travel Insurance by Bajaj Allianz

Inside India is now offering Travel Insurance to ensure safe travels and a smooth journey for you from the start till the end!

Travel comes with risks—delayed baggage, lost passport, or sudden illness. Individual travel insurance ensures financial protection, quick assistance, and peace of mind wherever you are.

What is Individual Travel Insurance?

It's a policy that protects solo travelers, families and any traveler against unexpected events like medical emergencies, trip cancellations, or lost baggage while traveling abroad.

Key Features of Bajaj's Travel Insurance:

Global 24/7 assistance, Covers medical emergencies, trip delays/cancellations, lost belongings, and even home burglary while you're away. Quick and hassle-free claims with fast settlement.

Inside India Timings and more

- Inside India is open for your next journey **Monday to Friday, 10am—5pm**
- We are **open this Saturday, 23 August**.
- For **urgent matters or emergencies**, you may contact our ticketing agent **Ganesh: +91 9894598686**.

Itineraries & Ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across India and Sri Lanka.

- **Write to us at** tours@insideindiaauroville.com to start planning.

We are open Monday to Friday, 10am to 5pm, at our Office in Kalpana Community (Opp. Auroville Library).

Shaheen for Inside India Team

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 set-up, 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

FREE STORE WORKING HOURS

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

You're welcome to bring clean items to the Freestore.

We kindly ask that you come during open hours when someone is around, and avoid leaving things outside the door.

Kamala for the Free Store team

Voices & Notes

DARE TO KNOW

An Aurovilian started a collective thread titled 'Dare to Know' with the theme 'Having the Courage to use your own Intelligence'. An invite for each unique to add one's chip.



Ok then, here I go.
Dare to know.
A push to let go
Of limiting appearances.
A prompt to be courageous
To discover the unknown
Beyond the limitations of reason
Beyond even the rays of intuition
Towards the vast infinite ocean
Of limitless possibilities.
One modality of existence
Is the Supramental being
A new condition becoming
Kickstarted by the Dual Avatar
Sri Aurobindo and the Mother
That will take many more generations
Of hero warrior sun-eyed children.
Thus a playing field of concentration
Was created, this City of Dawn
To hasten the terrestrial evolution
Towards the Life Divine.
Inevitable.
Unstoppable.
Although the transitional stages

Will push you to the sharp edges
Of your now fragile comfort zones
To take a leap of faith with the Unknown
For this New World already born
To fully blossom to the Age Golden,
The promised Satya Yuga
Heralded by the Kalki of Vishnu
Where here in Auroville we see You
When here in Auroville we manifest You.
In the meantime, amidst the intense grind
In the pulsing womb of the Guru of Nations
We work consciously to continue
To hasten the advent of the Divine You.

2025.09.22

Addendum:

Here are follow-up readings as affirmations of Auroville's Vision-Goal: <https://incarnateword.in/cwsa/13/aphorisms>

Note: For readers of the printed version, to access the links please scan the QR Code or go to this blogsite and open the post with the same title: <https://zechjoya.blogspot.com/>



Zech

Classes, Workshops & Healing Arts

ACTIVITIES BY DR ADITYA VARMA

@ Pitanga Cultural Centre

Nejang Tibetan Yoga

- Saturday, 11 October, 9:30am—12:30pm, 2—5pm

Internal Cleansing, Subtle Balance, Gentle Healing

Nejang (Tibetan: གསལ་རྩལ་ལྷན་སྦྲུལ་) is a therapeutic form of Tibetan Yoga rooted in the medical science of Sowa Rigpa and the Kalachakra tradition.

Unlike performance-based yoga styles, Nejang is a medicinal yoga—a self-care practice traditionally prescribed by Tibetan physicians to harmonize body, breath, and mind.

Why Practice Nejang?

- Nejang is not about performance, posture perfection, or fitness goals.
- It is a healing discipline—a way to nurture health, regulate energy, and cultivate inner clarity.

A practice of stillness in movement, Nejang reconnects you with the subtle rhythms of life.

- Prior Registration required (please contact Pitanga)

Somatic Self-Regulation Workshop

- Tuesday, 7 October 9:30am - 12:30pm, 2 - 5pm

Reconnect Within – Mind, Body & Spirit. Restore Your Flow.

The body keeps the score, but it also holds the wisdom to heal.

Benefits

- Reduce stress and anxiety
- Reconnect with your body's innate wisdom
- Build emotional resilience
- Enhance focus, energy, and presence
- Shift from chaos, regulation, flow

Prior Registration required (please contact Pitanga)

2622403 / WA 9443902403, info@pitanga.in

Anandamayi

SUNDAY VIPASSANA WEEKLY PRACTICE

Sunday, 8:30—10:45am
@ Vibrance, Vikas Radial

Dear Meditators, you are all very welcome to the group sit for "old students" only (those who have completed at least one 10-day course as taught by SN Goenka).

- Contact Vallari, 97403 22447
- [Location on Maps](#)

Please park on Vikas Radial road, next to the Vibrance garage. Vibrance garage is opposite the Realization gate. Park on the new road under construction. The apartment is directly behind the garage on the ground floor. *Laure*

MINDFULNESS WITH HELEN: UPCOMING OFFERINGS

Mindfulness Kindfulness—half day retreat

- Saturday, 27 September, 9:15am—12:30pm
@ Creativity Hall of Light

If your heart is calling for quiet time to unplug & recharge then join this nurturing space of gentle care & inner stillness.

This mini retreat weaves together mindfulness & kindness practices, creating a tender pathway to self-compassion & opening our hearts to others. It offers an ease of being, an inner softening, & invites a deeper, more present way of living.

Everyone is warmly welcomed—whether you're beginning your meditation journey or have been practicing for years. During the retreat you can choose whatever position your body is asking for—on a chair, cushion, or mat.

Participants will hold silence during the session, providing a chance to go deep within.

- **Booking is required.** To register contact Helen on
• 7094753054 WA or visit innersightav.org

Mindfulness Based Stress Reduction

- Mondays, starting 6 October, 5—7pm weekly
@ Radiance, Aurodam, 8 week course

Mindfulness Based Stress Reduction (MBSR) is a secular, evidence based course which draws from practices of vipassana and zen. It synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, psychology and Mind-Body Medicine, and provides practical tools to look within.

Participants learn to observe internal experiences with gentle curiosity. This awareness helps us recognise our reactive patterns to everyday stresses, how these reactions manifest in our bodies and mind, and the impacts they have on our life. The course teaches practical tools and techniques that can help soften our inner knots, see with more clarity and offer the possibility of making healthier choices.

The course has been found to help with anxiety, stress, depression, chronic pain, diabetes, immune function and menopausal symptoms. It can improve emotional regulation, increase focus and attention, and provide deep insight to our minds and all parts of our being.

All are welcome—whether you're new to meditation, wanting to learn new tools, deepen your practice, integrate mindfulness into your work, or just curious. The course is guided by Helen, a qualified MBSR teacher certified in Trauma Sensitive Mindfulness.

- **Booking is required.** To book or for more details
• contact Helen on 7094753054 WA or
• see innersightav.org/8weekmbsr

Helen



LEELA THERAPY

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



- Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.
- Leela therapy is offered by Kardash in person or on-line.
- For more details see www.innersightav.org or WA Kardash on +91 9940934875

Please note updated timings

- Mornings: Monday & Wednesday,
- Evenings Afternoons: Tuesday & Thursday
- Full day: Alternate Friday or Saturday

Kardash

SITARA MUNAY-KI YOGA

From October onwards



With Sitara

Meditation · Yin Yoga · Sound Journey

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

In this class, accessible to all levels, Sitara 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.

With Munay

Surya Kriya · Yoga · Tibetans Rites

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

This is a combination of ancient Yogic practices, including a full Shamanic journey during shavasana, to energize and rejuvenate body and mind, and connect with higher consciousness

Locations

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

Other details

- Drop-in class
- Guests Rs600, Aurovilians Rs200
- Check our website for more info and updates:
sitaramunay-kiyoga.org

Giovanni

WORKSHOPS WITH NIRUPAM GYAN

Gurdjieff Sacred Movements

• 27—29 October @ CRIPA

An active meditation workshop to develop self awareness and presence through precise exercises developed by Georg Gurdjieff.

• Information and registration:
<https://tinyurl.com/42s3jn37>

• Residents and long term volunteers, please contact:
auroville.workshops@gmail.com

Hosted by AGP Workshops and CRIPA



Sufi—The Path of Love

• 31 October—2 November @ CRIPA

A soul-nourishing journey into the heart of Sufi mysticism through the sacred practices of zikr (remembrance) and whirling meditation dance.

• Information and registration:
<https://tinyurl.com/42s3jn37>

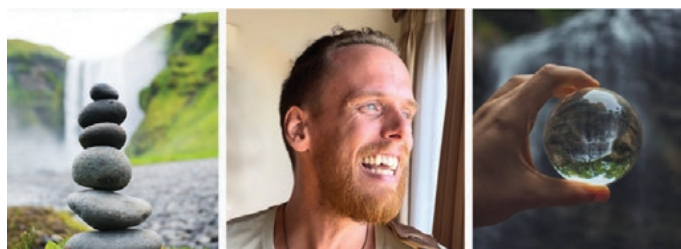
• Residents and long term volunteers, please contact:
auroville.workshops@gmail.com

Hosted by AGP Workshops and CRIPA



Raghu

INTEGRAL UNFOLDMENT Transformational Coaching



Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

Whether you're navigating life changes, seeking purpose, or feeling called to reconnect deeply with yourself, I offer 1:1 sessions grounded in presence, parts work, and embodied wisdom.

Curious to explore what's unfolding in you? Let's have a conversation...

By Dave (JOI Anitya), +44 7564119728 WA

MANTRAS & STOTRAS Traditional Chanting Class

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

☑ Friday - 5 pm (regular class)

☑ Drop-in classes available

for individuals or groups - book your session

Info: serendipityauroville@gmail.com | +91 8940288090

Friday, 5pm (regular class) @ Serendipity Community
+91 8940288090,
serendipityauroville@gmail.com.
Sonia



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

+91 9488084966, Mobile & WA

Watsu® Yoga Round with Tamara

• Monday, 29 September 3:00—6:30pm

• **Prerequisites:** no previous experience required, also no need to know how to swim!

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.

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!



OBA 2—Aquatic Body with Fred & Dariya

• 30 September—5 October, 8:45am—6:30pm, 50 hours

• **Prerequisites:** OBA 1.

Building on the experience of OBA 1, this course allows you to deepen your practice while using neck and knee cushions and exchanging various new underwater techniques that are deeply relaxing and energizing.

We will discuss the body's water balance in relation to warm water and delve into the benefits and contraindications of the OBA 2 techniques.

Integration of the water experience and background knowledge are taught through both theory and practice.



Yoga® (Yoga in Water) Class with Tamara

• Monday, 6 October, 4:30—6pm

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

Yoga in water 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 equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C).

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.



Watsu® 2 with Dariya

• 7—12 October, 8:45am—6pm 50 hours

• **Prerequisites:** Watsu 1

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position and how to incorporate them in your practice sessions.

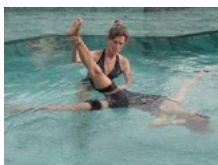
You will also study the meridians and acupressure points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move. Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to play with energy and further explore this amazing water therapy.



OBA 3—Oceanic Body with Dariya & Fred

- 14—19 October, 8:45am—6pm, 50 hours
- Prerequisites: OBA 2

The training in Oceanic Bodywork Aqua 3 includes advanced techniques for both surface and underwater work. The focus on slowness, silence, love, and compassion, as well as the expression of emotions, allows for a deeper and more authentic connection between the giver and receiver, helping them explore their oceanic body and consciousness.

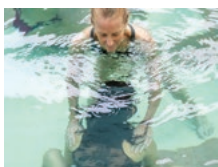


OBA 2 techniques will be reviewed and refined under supervision, while new OBA 3 techniques, both above and below water, will be introduced to create a seamless flow of movement. The deep and intimate nature of this bodywork can evoke emotions, necessitating a safe space both in water and on land for sharing and acknowledging these feelings. The training will include both theoretical and practical instruction on managing emotions. The course will also address how to offer a series of sessions to a client and what this entails.

Loving Water with Roberto

- 20—22 October 8:45am—6:30pm 24 hours
- Prerequisites: no previous experience required.

This course offers a guided journey to overcome fear and discomfort in water by exploring movement, breathing, and floating through targeted exercises.



Objectives:

- Develop confidence in both shallow and deep water
- Learn to move intentionally and freely in water
- Manage anxiety and emotional blocks related to water
- Understand how the body behaves in water to prepare for swimming lessons
- Promote relaxation, body awareness, and emotional resilience

Benefits reported by participants include reduced muscle tension, improved concentration and mental clarity, increased lung capacity and physical endurance, enhanced body awareness and self-confidence.

Watsu® & OBA Basic with Dariya

- 23—28 October, 1—6pm 31 hours
- Prerequisites: No previous experience required.

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

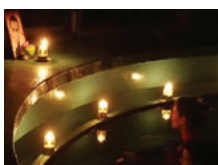


In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for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

Watsu® & Meditation with Dariya

- 30—31 October, 8:45am—6pm 15 hours
- Prerequisites: Watsu Basic

Meditation is an important tool for listening, accepting and knowing ourselves, as well as becoming more intuitive towards others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, enabling us to connect with our unique



essence and the world around us.

It also encourages development of our intuition and perception through the heart, complementing the rational mind. This can help us making choices from a deeper place.

Essentially, meditation helps in our personal growth and enhances our ability to deeply listen to and be fully present with the person we float during a Watsu session.

Guido

WORLD GAME FOR ADULTS AND CHILDREN

"Where contemplation meets playfulness and transformation."



What about going on a playful or concentrated quest?

This creative activity, known also as 'Sandplay' opens up your imagination and intuition, to reveal your own unique living soul. This is a gentle journey into storytelling, where words may follow—or not."

The World Game can be a complete one time experience, or a journey with multiple sessions.

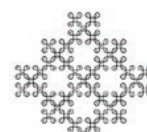
Join the World Game in a space opening onto a peaceful garden. Sessions are by appointment, and can be for one or for two people at a time. Including intergenerational pairs. The duration is generally around 1,5 hours.

- Click to know more: [Adults](#) or [Children](#)
 - <https://spiritandnature.org.in>
- Contact Aikya: +919488084952 WA
 - spiritandnature@auroville.org.in

Submitted by Aikya

ACTIVITIES BY GRACE GITADELILA

KolamYoga offers one off Introduction sessions and/or Initiation sessions into the Integral 12 sessions foundation course. Develop power, beauty and knowledge in gestures guided through ancient symbolic scripts made contemporary. Return to deep relationship with yourself and Nature. Learn how to place yourself in its protection.



- <https://youtu.be/IErbDiGJVTa?si=z5yoS-chugMMnM6a>
- www.kolamyoga.com
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Kotree Yoga

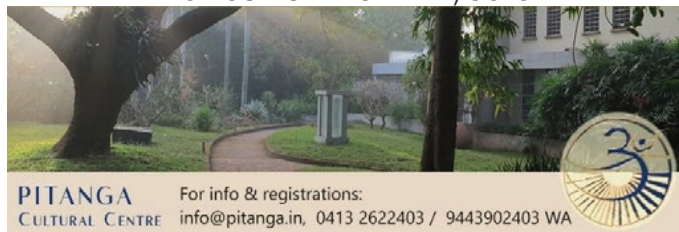
Private one on one sessions with Grace Gitadelila. Who has four decades of experience working with the body as a vehicle of expression, a carriage, a house, a temple in infinite manifestations of creations aspiration.

Gentle, strong movements, in chain sequence, held poses, alternated with rest and active guided recovery pauses, are fueled by conscious breathing. Each session inviting more and more a conscious integration of a whole beingness into the present moment. Activating wellbeing in a flowing liquid body.

- <https://youtu.be/DvxK5KR6u3M?si=cOdDK2YbtPs-ErYG>
- Book appointment with Grace Gitadelila, +91 8072449091 WA

Grace

PITANGA CULTURAL CENTRE, OCTOBER



Holiday closure: 1 October & 2 October

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Asanas mixed level, starts on 29/9	7:30am–9am	Rachel
	Yoga Therapy	8am–9:30am	Gala
	Listening Within	4pm–5pm	Mike
	Iyengar Yoga	5pm–6:30pm	Olesya
Tuesdays	Asanas, Self-Practice, starts on 30/9	7:30am–8:45am	Rachel
	Yoga: Restore & Relax	4pm–5:30pm	Florina
	Kundalini Yoga for beginners	5:30pm–7pm	Bel
Wednesday	Asanas mixed level, starts on 8/10	7:30am–9am	Rachel
	Yoga Therapy	8am–9:30am	Gala
	Vinyasa Flow Yoga	5:30pm–7pm	Florina
Thursday	Iyengar Yoga	6:45am–8am	Olesya
	Prana Kriya	7:30am–9am	Florina
	Aviva Exercise for women only	4:30pm–5:30pm	Suriya-gandhi
	Iyengar Yoga	5pm–6:30pm	Olesya
	Yoga: Restore & Relax	5:30pm–7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	6:45am–8am	François & Namrita
	Yoga Therapy	8am–9:30am	Gala
	Asanas mixed level, starts on 3/10	7:30am–9am	Rachel
	Somatic Resourcing Movement Ritual	3pm–4:45pm	Nikethana
	Readings of The Life Divine	4:30pm–5:30pm	Balvinder
	Feldenkrais	5:15pm–6:15pm	Shari
Saturday	Vinyasa Flow Yoga	5:30pm–7pm	Florina
	Iyengar Yoga	6:45am–8am	Olesya
	Breathing & Mudras	8am–9:30am	Gala
	Asanas intermediate level, starts on 4/10	9am–10:30am	Rachel
	Truth Based Relationships, practical sessions	2:30pm–4:30pm	Juan Andres
	Iyengar Yoga	5pm–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Pre-senters
Thursday	Neurographica®—Art Therapy for adults	3pm–5pm	Gala
Friday	Neurographica®—Art Therapy for families	3pm–5pm	Gala

Youth Activities

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4pm–5:15pm	Lisbeth, Florina

These classes are for the teenagers from AV schools. Parents are invited to register their children with Lisbeth at the start of the school season. Florina takes the classes in Lisbeth’s absence

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine)
	Chiropractic
Auromira	Shamanic Healing
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Jivatma	Sarga Bodywork®
Juan	Thai Yoga Massage
Nikethana	Sha-Lu-Ha-Ka Bodywork
Olesya	Visceral Massage
	Neurology Massage
	Psychosomatic of diseases
	Women’s Health Therapy
Patricia G	Shiatsu (for Auroville residents only). Contact directly via WA message to schedule an appointment: +91 948 7230 399

New Activities

Somatic Resourcing Movement Ritual with Nikethana

- Fridays 3pm–4:45pm

This experiential session will explore a 14-step body-based resource practice to help you self-regulate, co-regulate, and reclaim your body’s power to release stress, anxiety, and emotional overwhelm.

Sha-Lu-Ha-Ka Bodywork with Nikethana

This unique bodywork technique blends gentle massage, energy healing, and intuitive touch to activate the tree of life within the body. Sha-Lu-Ha-Ka Bodywork is a deeply restorative ritual-based experience that invites your body to heal from within.

Visceral Massage with Olesya

Classical Visceral therapy is an ancient technique of working with the abdomen: palpation and manual pressure on internal abdominal organs for their stabilisation, improving bile, blood and lymph flow, removing spasms/adhe-

sions, improving metabolism, immunity, general health. Naturally abdominal area should be soft and absolutely painless, but over time the abdomen becomes tense which is reflected on the duration and quality of your life.

Just imagine how grateful your body will be to you, if the liver, intestines, kidneys and other organs of your abdomen begin to work at 100 percent of the power given them by nature.

Neurology Massage with Olesya

This massage is focused on relieving tension from the head and neck where soft manual techniques are used for working out muscles, fascia, vessels, nerves; gua sha for lymph outflow and oedema removal; vacuum cups for reflex stimulation, blood circulation; buccal techniques.

Psychosomatic of Diseases with Olesya

It answers the question "why are we sick?", including work with the stress which gives disturbance to the body, and lets us find the solution of the psychosomatic conflict based on biological law to speed up recovery.

Women's Health Therapy with Olesya

The physiotherapy of the pelvic floor to recover: lowering of the pelvic organs, urinary incontinence, cystitis, vaginal dryness, scars, diastasis, muscle weakness, constipation, haemorrhoids, pain in the pelvis and lower back, skew of the pelvic bones, correction of the coccyx.

- Breast Health and hip joint recovery also included.

Sound Healing Therapy with Singing Bowls with Gaspard

This holistic approach is inspired by ancient traditions and modern science recognizing human beings as deeply connected to the rhythms of the cosmos. The Tibetan singing bowls used in this practice are tuned to planetary frequencies, allowing deep physical and mental relaxation.

Each session aims to harmonize the subtle bodies and chakras, while relieving emotional tension.

This gentle yet powerful method can complement any medical or therapeutic treatment. It is especially beneficial during times of crisis, stress, or transition, helping restore inner peace, clarity, and balance.

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know!

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

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

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!
- Donation Based

Submitted by Isha

VÉRITÉ PROGRAM

www.verite.in

Regular Events September

- 0413 2622045, 2622606, 9363624083
or programming@verite.in, www.verite.in



Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Creative Voice Sound Healing	5—6pm	Lola
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Yoga to Improve Flexibility, no class on 30 September	9:15—10:15am	Kalidas
	Yoga Nidra, no class on 30 September	5—6pm	Radha
	Dance of the Chakras, no class on 2 September	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yin Yoga: Deep Stretch & Relaxation	9:15—10:15am	Jivitesh
	Hatha Vinyasa Yoga, no class on 24 September	5—6pm	Andres
	Taralaya Flow Dance	5—6:30pm	Vera
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Prana Vidhya	9:15—10:15am	Kalidas
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Peace with Pranayama	5—6pm	Mamta
Fridays	Deep Sound Bath	5—6pm	Satyayuga
	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Free Flow Dance & Movement	5—6:30pm	Vega
	Hatha Vinyasa Yoga, no class on 26 September	5—6pm	Andres
Saturdays	Balancing Asanas, no class on 27 September	7:30—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Therapies

Pre-registration required

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Ashok	Cupping Therapy
	Deep Tissue Massage Therapy
	Acupressure Therapy
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
	Thai Yoga Massage
Mila	Biodynamic Craniosacral Therapy

Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
	Head Massage & Hair Care
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Workshops

Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, 26 September	Union in Motion: Yoga for Two	9:15—11:15am	Swetha
Saturday, 27 September	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta

Union in Motion: Yoga for Two—with Swetha

• Friday, 26 September, 9:15—11:15am

Join with a partner, friend, or loved one to explore supportive postures, breathwork, & mindful movements that foster balance & harmony, & celebrate connection, trust, & playfulness.

Workshop Cancelled: Cultivating Cohesion & Clarity: Energy Practices for Challenging Times

• Saturday, 27 September, 9:15am—12:15pm

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 27 September, 2—4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.

Book Launch Invitation with Ashish Chawla

• Thursday, 2 October, 3—4pm
Digital Persona: An Affordable Luxury

Be part of an event of conversations, reflections, and stories as we unveil this journey of shaping authentic digital presence through the Wide, Warm, Deep & Context-First frameworks. As a token of gratitude, Attendees will receive author-signed copies of the book. Come celebrate this milestone with us and take-home ideas and a book that will inspire your own digital story.

Verité warmly invites you to the launch of the book.



Breathe to Restore: Exploring Pranayama for Holistic Well-Being with Dharani

• Friday, 3 October, 9:15am—12pm

Explore pranayama (yogic breath) through traditional wisdom, modern scientific research, & guided practice. Experience how balancing, energizing, & calming breaths affect the brain, heart, & nervous system. Learn accessible tools to integrate into your daily life. Open to all—no prior experience needed.

The Art of Deep Listening with Radhika, Gaia & Giovani

• Friday, 3 October, 9:15am—12pm

This workshop explores deepening our capacity to listen well to information, emotions, context, and the unspoken. It builds capacity to listen to communication we might disagree with while remaining curious, peaceful and centred.

Introduction to Ayurveda and its Lifestyle with Dr. Geeta

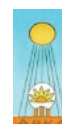
• Saturday, 4 October, 2—4pm

Ayurveda, the ancient Indian medical system, offers simple lifestyle practices for self-care and healing. Learn the principles and practices of diet, exercise, sleep and relaxation which help to detoxify, rejuvenate, and restore balance to body, mind and spirit, according to your own nature.

Anandhi

ARKA WELLNESS CENTER PROGRAM

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
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 TOS	- Cranio-sacral - Lomi Lomi - Kahuna massage - Barefoot body massage Monday to Saturday, by appointment only +91 9047654157
Antarjyoti English & French	Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I ching oracle - Inner/subpersonalities forces awareness Monday to Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Saturday, by appointment only +91 7041391995, narayani-nc@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

Teachers	Classes	When
Damien TOS	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

Basic Hatha Yoga

- Monday, 4:30—5:30pm @ Arka

Join teacher Ivana Frousova for a calming Basic Hatha Yoga class. This session offers traditional postures with attention to breathing, strength, flexibility, and relaxation. Practiced at a gentle, mindful pace, it is designed for all adults. Perfect for beginners, yet equally valuable for experienced students seeking to deepen their foundation. Come as you are, leave feeling centered and refreshed. All levels are warmly welcome.

0413 2623799, Ramana

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@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. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Ramana, Arka

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm @ Budokan Dojo, Dehashakti
For more info: 8110848123 WA

Hans

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



CO-CREATING THE DREAM:

The Art of Deep Listening

Friday, 3 October, 9:15am—12pm @ Vérité
with Kaia, Munay and Radhika

Recently, along with other Aurovilians we joined online ProSocial courses where we learned about Nobel Laureate Elinor Ostrom, who studied communities around the world and identified 8 core principles that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution.



Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for all areas of life.

The series begins on 3 October in Vérité with the first workshop, "The Art of Deep Listening."

Kaia, Munay and Radhika

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 25 September



Open House:



We invite you to a morning of sharing and togetherness! Come discover what we do, explore our space, and experience the unique blend of language, learning, and innovation that defines our work.

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.aurovillelanguage.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@aurovillelanguage.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:

Current Schedule of Classes

- <https://aurovillelanguagelab.org/current-schedule/>

Poetry Workshop with Vismai: Mary Oliver

This two-session (3 hour) workshop will dive into the life and work of poet Mary Oliver. Each session will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by Mary O's work. The workshop is for beginner-level poetry enthusiasts eager to deepen their engagement with this rich art form.

- Saturday and Monday. 4–5:30pm, start date TBA—max 4 people will be admitted.
- Register soon: <https://aurovillelanguagelab.org/registration/>

Mandarin Chinese Course: A long-term volunteer from Taiwan, Shi-Ju, will be arriving in October and will be available to teach Chinese at all levels. There will be a beginner's class, and an intermediate class. Many of you had studied Chinese with Amanda many years ago when we were in our old building at Shakti. Later, some of you continued with Li Fang. You are all most welcome to come back to the Lab in our building in the International Zone, to further your Chinese studies. Send us an email with "Chinese" in the header.

Japanese Online Course: We will be getting back to all registered students shortly. At this point, we are aiming to start in October.

Pali Course: We lately have received a few requests for Pali classes. If there at least 2-4 others interested in studying Pali, we can arrange an online class with an old friend and historian. Please write to us with "Pali" in the header of the email.

Spanish Course with Mila

Beginner classes: New proposed start of early October provided a minimum number of seven (7) registered students.

- Mondays and Wednesdays, 2:30—4pm or 4:30—6pm, depending on the consensus of student preferences

This will be a special program which will span three blocks of 3 months each (36 hours) and ultimately take the students up to conversational fluency.

Please register soon by contacting the Language Lab

- info@aurovillelanguage.org or
- online: <https://aurovillelanguagelab.org/registration/>

German—online private classes:

Our German class teacher Verena is back offering online private classes. Please contact the lab to register.

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

Beginner and Advanced Korean classes

On Saturday at 3pm we have started beginner Korean language classes led by Mihong. Registration is still open with seats left to fill up!

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

Also, Mint has started **advanced Korean classes** on Wednesday, 13 August, 11am—12noon for those who already have a basic level.

Italian classes with Karuna

We're happy that Karuna has returned to re-start her excellent classes in Italian for all levels. Please register as soon as you can; the sooner we have a sufficient number of students, the sooner we can start!

- When starting, classes will be held from 4—5pm, Tuesdays and Fridays. <https://aurovillelanguagelab.org/registration/>

French Classes

Bonjour! Dive into French—Intensive 2-Week Course

We are excited to announce a special two-week intensive French course at the Auroville Language Lab with our native French teacher, Isabelle. This program is designed for those who wish to rapidly improve their spoken French through daily practice and guidance.

The course combines one hour of lively conversation sessions with Isabelle with one hour of interactive practice in our Mediatheque. With this balanced approach, you'll gain confidence, fluency, and a deeper understanding of the French language.

- Classes begin in October 2025 and run Monday to Friday, from 11am—1pm, for a total of 20 hours (10 hours with the teacher and 10 hours of Mediatheque practice).
- Spots are very limited—only five (5) participants will be admitted—so early registration is highly recommended.

Beginner French with Jean-François: This 16-hour, 2-month course, is ideal for those who want to discover the French language. The classes are highly interactive, covering vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, in a simple way.

- Course started on 11 August.
- Classes on Mondays and Wednesdays, 2:30—3:30pm.

French Conversation (Pre-Intermediate level) with Jean-François: This 16-hour, 2-month course, is ideal for those who possess a little knowledge of French but are not yet comfortable conversing. The course will focus on day-to-day topics and will be a good mix of grammar, 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.

- Course started on 12 August.
- Classes on Tuesdays and Thursdays, 2:30—3:30pm

For more information or to register, please contact the Language Lab at info@aurovillelanguage.org

English Classes

Next-Gen English: AI, Projects & You with Rupam

Ready to take your English to the next level? Join us for a fun and flexible language course where learning is anything but boring! Get customized English classes designed around your communication goals. Contact the lab to learn more.

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.

Intermediate English w. Ashwini

- Wednesday and Thursday, 4:30—5:30pm

Head on over to the Lab's online form and complete your registration:

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

Tamil (Intermediate) w. Saravanan

Saravanan is ready to start an intermediate level group mid-October, based on speaking. It is meant for those who already attended the Spoken Beginner Tamil or already possess a basic knowledge of the language.

- Tuesdays & Fridays: 9:30—10:30am

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time:

- Mondays 5—6pm:
 - French with Isabelle, 1st, 3rd and 5th week of the month
 - French w. Coco and Gaspard, 2nd and 4th week of the month
- New! Tuesdays: Tamil conversation with Abirami 5—6pm
- Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- New! Thursdays: English conversation with Alex 5:30—6:30pm

We are still looking for native speakers to facilitate German, Italian and English conversation. Actually, any week-day from 5—6pm is open for people to offer their language.

Call for Arabic Language Teacher

We are seeking a dedicated Arabic teacher with a native-level command of the language for one-on-one lessons. If you are enthusiastic about sharing your expertise, we would love to hear from you! Please send a brief cover email outlining your experience to info@aurovillelanguage.org.

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.

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.

Current Schedule of Classes, 25 September

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Rupam	8-Hour Monthly, Always ongoing	10:30—11:30am, Tuesday & Thursday
	Creative Writing with Rupam	8-Hour Monthly, Start date: TBC	9:30—10:30am, Monday & Wednesday
	Intermediate with Ashwini	8-Hour Monthly, Start date: TBC	4:30—5:30pm, Wednesday & Thursday
	For Kids with Ashwini	8-Hour Monthly, Start date: TBC	5:30—6:30pm, Wednesday & Thursday
French	Beginner with AuroAsha	12-Hour Monthly, Starting October	3—4:30pm, Wednesday & Friday
	Beginner with Jean-François	16-Hour (2 months), Start date: 11/8/25	2:30—3:30pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour (2 months), Start date: 12/8/25	2:30—3:30pm, Tuesday & Thursday

Tamil	Spoken Intermediate with Saravanan	24-Hour (3 months) Starting Mid-October	9:30—10:30am Tuesdays & Fridays
Spanish	Beginner with Mila	36-Hour (3 months—3 blocks each), Start date: 10/25	2:30—4pm, Monday & Wednesday
	Intermediate with Mila	TBC	TBC
Italian	Beginner with Karuna	8-Hour Monthly, Start date: 2/9/25	4—5pm, Tuesday & Friday
Korean	Beginner with Mihong	4-Hour Monthly, Start date: Pause. Open to registrations	3—4pm, Saturday
	Advanced with Mint	4-Hour Monthly, Start date: 13/8. Open to registrations	11am—12pm, Wednesday

Private one-on-one classes possible for all languages; please inquire.
Mita, Mano, Louis & Vismai

Cinema

ECO FILM CLUB:

Every Friday @ 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, 26 September:

Planet Earth: Deserts

2017/ 49 minutes/ Alastair Fothergill

In this film, narrated by David Attenborough, we take a look at deserts, which cover a third of the Earth's land surface. From space they appear lifeless but a closer look reveals a different picture. Deserts, in fact, are surprisingly teeming with life!

Submitted by Aviram





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
29 September—5 October 2025

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

Indian—Monday, 29 September, 8pm
Mastaney (Zealous ones)

India, 2023, Writer-Dir. Sharan Art w/ Tarsem Jassar, Simi Chahal, Gurpreet Ghuggi, and others, Action-History, 150mins, Punjabi w/ English subtitles, Rated: U/A (PG-13)
 Five imposters. One truth. A rebellion that changed them forever. This acclaimed film is set in 1739, as Nader Shah's army invades Delhi. Five ordinary men, Zohoor, Qalandar, Basheer, Zulfi, and Feena, are hired to impersonate Sikh rebels. What begins as a performance turns into a profound transformation as they confront courage, and the spirit of resistance. Their journey redefines what it means to stand for something greater than oneself.

Potpourri—Tuesday, 30 September, 8pm
The General

USA, 1926, Writer-Dir. Clyde Bruckman & Buster Keaton w/ Buster Keaton, Marion Mack, Glen Cavender, and others, Slapstick-War, B&W, 78mins, Silent w/ English captions, Rated: G

When Union spies steal his beloved locomotive, Johnnie Gray—a devoted Southern train engineer—embarks on a daring solo mission to reclaim it. Racing across enemy lines, he faces sabotage, mistaken identity, and relentless pursuit, all while trying to rescue his love, Annabelle Lee. A thrilling blend of action, romance, and deadpan heroism unfolds on the rails. This film is celebrated for its groundbreaking stunts, meticulous historical detail, and innovative use of physical comedy. Its train chase sequences remain iconic.

Selection—Wednesday, 1 October, 8pm
Little Red Wagon

USA, 2012, Dir. David Anspaugh w/ Chandler Canterbury, Anna Gunn, Frances O'Connor, and others, Drama, 104mins, English w/ English subtitles, Rated: PG

After witnessing the devastation of Hurricane Charley, young Zach Bonner sets out with his red wagon to help homeless children—one bottle of water at a time. As his mission grows, so does the challenge of balancing compassion, family, and the weight of responsibility. A heartfelt journey of purpose, resilience, and the power of one.

Interesting—Thursday, 2 October, 8pm
Left Behind

USA, 2025, Dir. Anna Wild Toomey w/ Karen Sim and others, Documentary, 74mins, English w/ English subtitles, Rated: NR (PG)

Determined to change the system, five mothers—Tiffany, Maria, Lakshmi, Beth, and Carla—fight to open New York City's first public school for children with dyslexia. Their journey is one of grit, heartbreak, and hope as they challenge bureaucracy and stigma to secure the education their children deserve. This film has been generously shared by ROCO Films for special screenings worldwide in October, recognized as Dyslexia Awareness Month. We are celebrating it on Mahatma Gandhi's birth anniversary, a day that meaningfully aligns with inclusion and awareness.

International—Saturday, 4 October 8pm
The Thursday Murder Club

USA, 2025, Dir. Chris Columbus w/ Helen Mirren, Pierce Brosnan, Ben Kingsley, and others, Mystery-Comedy, 118mins, English-Polish w/ English subtitles, Rated: PG-13
 At Coopers Chase retirement village, Elizabeth, Ron, Ibrahim, and Joyce meet weekly to solve cold cases—until a real murder lands on their doorstep. With sharp wit and unlikely charm, they team up with rookie officer Donna to unravel secrets, dodge danger, and outsmart a killer. Retirement has never been this thrilling.

Children's Matinee—Sunday, 5 October, 4pm
The Secret of Kells

Ireland-Belgium-Franc-Luxembourg, 2009, Dir. Tomm Moore & Nora Twomey w/ Evan McGuire, Brendan Gleeson, Mick Lally, and others, Hand-Drawn Animation-Adventure, Irish Gaelic-Norwegian-Latin-English w/ English subtitles, Rated: PG

In a medieval abbey, young Brendan defies his uncle Cellach to help Brother Aidan finish a mystical book. Guided by forest spirit Aisling, he ventures beyond the walls into enchanted woods, confronting danger and wonder. A story of courage, creativity, and illumination unfolds in a world shadowed by darkness. *Unlock the light within—where magic, myth, and ink collide.*

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday, 5 October, 8pm
Birdman of Alcatraz

USA, 1962, Dir. John Frankenheimer w/ Burt Lancaster, Thelma Ritter, Karl Malden, Biography-Crime, 147 mins, English w/ English subtitles, Rated: NR

Robert Stroud is sentenced to life in solitary confinement. One day, after curing a sickly sparrow that lands in his cell, Stroud finds new purpose in his lonely life. He begins studying and eventually becomes an expert on birds. Through the strength of his will and the power of his intellect, Stroud is able to create a new life, and a fascinating world, in his tiny prison cell.

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. We kindly request you to set up a recurring contribution for "MMC-CP" or "Film-maker-guest Expense" via Unity Fund or make a one-time donation there. Your support is crucial in sustaining this effort, thank you for being part of it!

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

APPEAL TO SUPPORT MMC-CP



Appeal to Support MMC-CP

Multimedia Center Auditorium - Cinema Paradiso

MMC-CP is one of Auroville's most active venues, hosting booked events and free community screenings. We're thankful that rental and personnel maintenance are covered, but our modest monthly budget—for generator, aging equipment, and networking, etc stopped since Oct 2024. Booked programs that once created a surplus have reduced, as several activities scaled down or closed. New costs like accounting, audits, and generator fuel (~₹15K-/month for free screenings) add pressure.

Can You Help?

Auroville units can contribute via the Unity Fund to MMC-CP FS A/C 105106. Just ₹3,000/month from 10 contributors sustains us —two have stepped up, eight more needed. Individual donors, especially Indian nationals, can also contribute any amount via the Unity Fund. One-time payments to our account, though subject to GST, are still helpful and appreciated. Every contribution counts.

Thanking you in advance,
MMC-CP Team

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

About N&N

NEWS AND NOTES

Guidelines

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

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

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

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

Katiya & Alexey,

NewsAndNotes@auroville.org.in

Multimedia Center,
Town Hall



Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108