



News Notes

#1099 A weekly bulletin for residents of Auroville 2 October 2025



Svaram Sound Garden. Photo by Alexey

There are many ways to attain self-realisation,
and each one must choose the way that comes to him most naturally.
But each way has its demands in order to be truly effective.

Some Answers from the Mother. Letters to a Young Captain

Pondering



There are only three safeguards for the disciple. One is to call down first the eternal peace, calm and silence of the Divine into the mind and the vital and physical being. In that peace and silence there is a true possibility that the mental and vital formations will fall to rest and the supramental creation can have free space. The second safeguard is to remain entirely detached even from the most absorbing experiences and observe them without being carried away by their brilliance. The power of discernment and discrimination will slowly form from above and he will be able to distinguish between the higher truth and the lower truth as between truth and falsehood. The third safeguard is to follow implicitly the instructions of the spiritual guides who have already trod the path and to follow their guidance.

*Sri Aurobindo,
Autobiographical Notes and Other Writings of Historical Interest*

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House of Mother's Agenda



(continued from last week)

Pursuing her in her fall, implacably sweet,
 A face was over her which seemed a youth's,
 Symbol of all the beauty eyes see not,
 Crowned as with peacock plumes of gorgeous hue
 Framing a sapphire, whose heart-disturbing smile
 Insatiably attracted to delight,
 Voluptuous to the embraces of her soul.
 Changed in its shape, yet rapturously the same,
 It grew a woman's dark and beautiful
 Like a mooned night with drifting star-gemmed clouds,
 A shadowy glory and a stormy depth,
 Turbulent in will and terrible in love.
 Eyes in which Nature's blind ecstatic life
 Sprang from some spirit's passionate content,
 Missioned her to the whirling dance of earth.
 Amidst the headlong rapture of her fall
 Held like a bird in a child's satisfied hands,
 In an enamoured grasp her spirit strove
 Admitting no release till Time should end,
 And, as the fruit of the mysterious joy,
 She kept within her strong embosoming soul
 Like a flower hidden in the heart of spring
 The soul of Satyavan drawn down by her
 Inextricably in that mighty lapse.
 Invisible heavens in a thronging flight
 Soared past her as she fell. Then all the blind
 And near attraction of the earth compelled
 Fearful rapidities of downward bliss.
 Lost in the giddy proneness of that speed,
 Whirled, sinking, overcome she disappeared,
 Like a leaf spinning from the tree of heaven,
 In broad unconsciousness as in a pool;
 A hospitable softness drew her in
 Into a wonder of miraculous depths,
 Above her closed a darkness of great wings
 And she was buried in a mother's breast.
 Then from a timeless plane that watches Time,

A Spirit gazed out upon destiny,
 In its endless moment saw the ages pass.
 All still was in a silence of the gods.
 The prophet moment covered limitless Space
 And cast into the heart of hurrying Time
 A diamond light of the Eternal's peace,
 A crimson seed of God's felicity;
 A glance from the gaze fell of undying Love.
 A wonderful face looked out with deathless eyes;
 A hand was seen drawing the golden bars
 That guard the imperishable secrecies.
 A key turned in a mystic lock of Time.
 But where the silence of the gods had passed,
 A greater harmony from the stillness born
 Surprised with joy and sweetness yearning hearts,
 An ecstasy and a laughter and a cry.
 A power leaned down, a happiness found its home.
 Over wide earth brooded the infinite bliss.

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



Townhall Speaks

APPOINTMENT OF EXECUTIVES

Auroville Dog Shelter Office Order

With the approval of the Competent Authority, the following individuals are hereby appointed as Executives of **Auroville Dog Shelter** with immediate effect, until further orders:

1. Dr. Kumar **Marikounder** RS-03401
2. Chankarapani **Sakthivel** (Sugarr) RS-05682
3. Vijayan **Kuppan** RS-04544
4. V. Balasubramanian, SO, AVF—Resource Person

The appointees will now undertake the executive responsibilities of the Auroville Dog Shelter under the Auroville Foundation. This office order supercedes all earlier office orders and appointments to this Unit. The previous executives and management team of this Unit are requested to take note and extend all necessary cooperation for a smooth transition.



B. S. Sathyanarayan
Accounts Officer & Member of
Funds and Assets Management Committee

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 Amphitheater 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

SHARAD POORNIMA

Flute recital by Sameer Rao

Monday, 6 October, 8—9pm
@ Mini Amphitheatre, Matrimandir

Arpana and Matrimandir invite you all to a mystical evening of music on the brightest full moon night of the year—Sharad Poornima.

Come and experience the magic of a flute concert at the mini amphitheatre on Monday, 6 October, from 8—9pm.

- Please note: last entry 7:45pm.

The artist is the very talented young musician—Sameer Rao, a disciple of the legendary Pt. Hariprasad Chaurasia. He learnt with the maestro in the traditional Gurukul system and has been enthralling audiences with his virtuosity on the instrument.

An 'A' graded artist with All India Radio, Sameer has performed across India and internationally in countries such as China, Switzerland, Germany, France, Australia, Spain, South Korea, Norway, the UK and the USA. He is an empanelled artist with the Indian Council for Cultural Relations. His accolades include an 'Award of Excellence' by Guru Ganayogi Trust, Chennai, 'Yuva Pratibha' from the Directorate of Kannada and Culture, 'Nada Kishore' by Nada Bramha Sangeeth Sabha, Mysore, 'Surmani' from Sur Singar Sansad, Mumbai, 'Samskritika Saarathi' by Natya Taranga, Sagara and many more.

In addition to solo concerts and collaborations, Sameer also composes for Music albums, Theatre productions, Dance ballets and Documentary films. He has released multiple solo and world music albums available on major digital platforms.

He will be accompanied on the Tabla by the young and sought after percussionist Adarsh Shenoy.

Antoine



Awakening Spirit

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

- **6 October: Meditations on Savitri, Book 10—The Book of The Double Twilight, Cantos 1—4: The Dream Twilight of the Ideal, The Gospel of Death and Vanity of the Ideal, The Debate of Love and Death, and The Dream Twilight of the Earthly Real.**

A meditative film made 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 made under the guidance and inspiration of The Mother.

The film gives knowledge about the complexity of our world, its light and shadows, and its evolution of Nothingness towards the Eternal; it connects us to the Divine Presence within, filling us with the Divine Mother's love and light by hearing Her voice, and leads us towards spiritual truth and the New Consciousness. **Duration: 41 min.**

The three figures—Savitri, Death and Satyavan—slowly move through the realms of despairing darkness and deepening gloom. Eventually, light oozes through the dark dead mass and golden fire bursts in and burns the heart of the Night. Savitri finds herself in a happy, misty and illuminated world of *Dreaming Twilight Ideals* filled with exquisite and vague scenes, melodies and elusive forms where nothing remains fixed and where everything has unearthly appeal and sweetness. Satyavan moves before her, and it seems that he is the centre of all this magical charm. Savitri enjoys the happiness of all this but remains in possession of her soul.

Then the voice of Death thunders, shattering hope and making the ideal world no longer appear like a morning twilight full of aspiration and promise. He tries to convince Savitri that all ideals are nothing but wishful thinking and bright delusions of human hope. They can never be realised and love is but a yearning of the body and the burning of the nerves.

Savitri resists, proclaiming that she will not allow Death's falsehoods to slay her soul: *"Thy falsehoods mingled with sad strains of truth. / But I forbid thy voice to slay my soul. / My love is not a hunger of the heart, / My love is not a craving of the flesh; / It came to me from God, to God returns... / I cherish God the Fire, not God the Dream."* (p.612-614)

But Death replies that Savitri is a creature of earth and must obey the earthly law.

Savitri again confronts Death, rejecting all his misleading and destructive half-truths in a longer **Debate of Love and Death**: “O Death, thou speakest truth but truth that slays, / I answer to thee with the Truth that saves...” / (p.621)

She claims that this world of Matter has been made by the One, starting from Nothingness and Night. Souls were born to house God’s joy and delight, and joy is there despite death and evil circumstances. The work of God on Earth is going on, and there is a sacred destiny for Satyavan and her:

“Our lives are God’s messengers beneath the stars... / Tempting God’s light to earth for the ignorant race, / His love to fill the hollow in men’s hearts, / His bliss to heal the unhappiness of the world. / For I, the woman, am the force of God, / He the Eternal’s delegate soul in man... / Our love is the heavenly seal of the Supreme.” (p.633)

Nevertheless, Death claims once more that Savitri is human and that she has to remain the animal that Nature made her. Defying Death’s command, Savitri says:

“Yes, my humanity is a mask of God: / He dwells in me, the mover of my acts, / Turning the great wheel of his cosmic work...” (p.634)

She insists that Death needs to return Satyavan because Earth cannot flower if she alone returns to Earth. Such was the dialogue of the great opponents: Love and Death. The three figures move on: Satyavan, Death, and Savitri.

The scene changes as they move into another symbolic world, into **The Dream Twilight of the Earthly Real**, which reflects the realities of life on earth. Death’s voice again pursues the ignorant march of suffering Time: “Hope not to call God down into his life. / How shalt thou bring the Everlasting here?” (p.644)

But Savitri clings to her truth: “If the chamber’s door is even a little ajar, / What then can hinder God from stealing in / Or who forbid his kiss on the sleeping soul? / Already God is near, the Truth is close... / I am a deputy of the aspiring world, / My spirit’s liberty I ask for all.” (p.649)

And further: “O Death, if thou couldst touch the Truth supreme / Thou wouldst grow suddenly wise and cease to be.” (p.663)

For the last time, Death answers to Savitri: “O human claimant to immortality, / Reveal thy power, lay bare thy spirit’s force, / Then will I give back to thee Satyavan. / Or if the Mighty Mother is with thee, / Show me her face that I may worship her...” (p.664)

Savitri does not reply. A mighty transformation comes over her. Eternity looks into the eyes of Death. Then the Voice of the Supreme, the Absolute Truth speaks: “I hail thee, almighty and victorious Death, / Thou grandiose Darkness of the Infinite... / Thou art my shadow and my instrument... / Release the soul of the world called Satyavan...” (p.666)

Unconvinced, Death continues to resist. Consequently, the Divine Mother’s indomitable Force weighs heavily on him: “Light like a burning tongue licked up his thoughts, / Light was a luminous torture in his heart... / His body was eaten by light, his spirit devoured.” (p.667)

Recognising that defeat is inevitable, Death flees from the Divine Mother’s dreaded touch of light. And with that the twilight realm vanishes: “As if deprived of its original cause, / The twilight realm passed fading from their souls, / And Satyavan and Savitri were alone... / All waited on the unknown inscrutable Will.” (p.668)

The film is available under the title *Meditations on Savitri—Book Ten* on the Savitri Bhavan website and YouTube Channel. At the time being, we are also studying *The Book of The Double Twilight* in the Savitri Study Circle on Sunday mornings.

Margrit for Savitri Bhavan

- **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, 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.

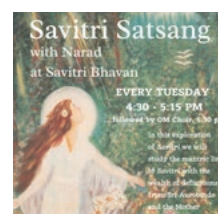
The Mother’s words on Savitri:

“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**

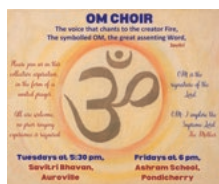
*The voice that chants to the creator Fire,
The symbolled OM,
the great assenting Word. Savitri*

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.

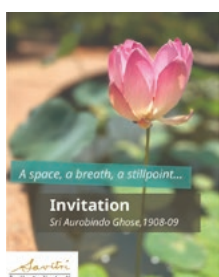
Poetry Stillpoint: An Invitation

- **Wednesday, 8 October, 4:20pm
@ Savitri Bhavan Garden**

Gather for a poetic expression in design—a living, visual embodiment of “Invitation”, a poem by Sri Aurobindo (1908-09). The event begins with a brief sharing of context, followed by quiet, experiential time with the poetic art.

Meet at the open amphitheater in the Savitri Bhavan gardens (Saraswati Park). Please come prepared for a comfortable walk in the park.

Chetana, chetana@auroville.org.in



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*



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

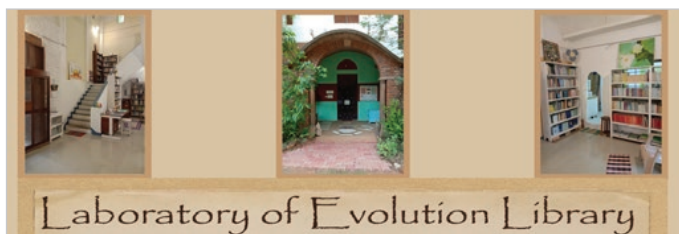
Thursdays, 6—6:30pm @ Buvana's house, Certitude
Dear Devotees of The Mother,

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.

- Please contact Buvana 9443703287

Submitted by Grace

LABORATORY OF EVOLUTION LIBRARY



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

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

Kalyani

Education

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

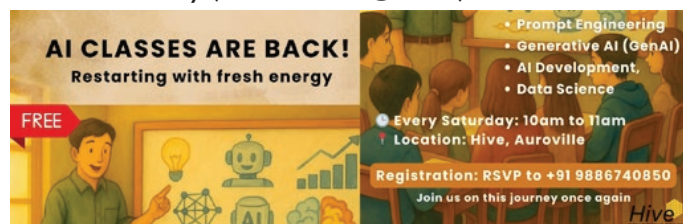
- **Tuition classes** available from 1st to 12th grade level in all subjects.
- **Crash course** available for 10th and 12th grade level.
- **For further information** contact ashree@auroville.org.in/ 8270512606 WA only.

Ashwini

FREE AI

Masterclass for all

Saturdays, 10—11am @ Hive, Auromode



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

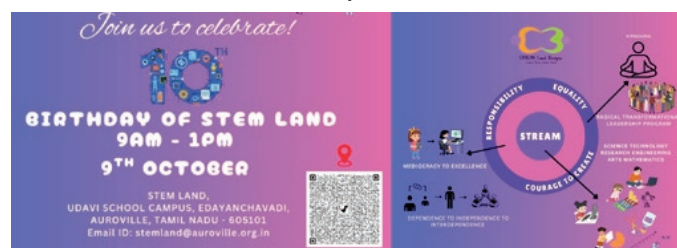
Name	Expertise	Availability
Anandou	Yoga & Wellness; Spoken English	Monday—Saturday Afternoons, 3:30—6pm
Drupad	Performing & Visual Arts Specialist	By appointment
Harshini	Women & Children Welfare Consultant	By appointment
Monika	Bharatanatyam Dance Instructor	Sundays, 3—4:30pm
Prabha	Tailoring & Textile 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

BIRTHDAY OF STEM LAND

9 October, 9am—1pm @ Udavi School



Poovizhi for STEM land

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

RESEARCH AS A COLLECTIVE ASPIRATION

Last week's Integral Education Practitioners' Gathering (IEPG) brought together around 120 people, for three days, to explore the theme of Research in Auroville. This IEPG marked the 6th such gathering in the last three years. The rhythm, this time, unfolded in three movements: the Quest, the Context, the Practice. At a time when much in Auroville feels divided, education has quietly become a space of convergence. This year, invitations were extended to all schools, as well as services, units, and working groups—for are not all spaces in Auroville, at their core, spaces of learning?

The first day, the Quest, began with the perennial human aspiration and each individual's journey in the world and works of Mother and Sri Aurobindo. The second day, the Context, deepened this inquiry, contrasting objective and subjective approaches and recognising Auroville as a field for accelerated evolution. In this incredible adventure, "... we are all in the same ship, the course is set, the two Captains stand tall. Are we ready to row?" The third day, the Practice, grounded the theme in lived exploration, with facilitators offering accessible approaches to translate our decades of experimentations into research proper.

The gathering's strength lay in the collective processes: the possibility of coming together, around our collective aspiration, having tough (and inspiring) conversations on our diverse approaches as we stumble—sometimes clumsily—towards the aim set for us.

This year, on the last afternoon, four challenges and opportunities SAILER is facing at the moment, were brought forward—an invitation to plug-in, brainstorm together, with the larger picture in mind, and imagine the possibility of taking collective responsibility, projecting ourselves out of our siloed units and schools, into the large space of Auroville, India and the world, and into the next few decades of continued research.

What stood out most, perhaps, was the attitude of many, a simple joy and keenness to explore. At a moment of difficulty, people in the schools both in and around Auroville, have found themselves closer than we imagined. What for long, in the history of Auroville was untenable—sitting together in inquiry about the education we are working out—is beginning to take root.

Aurevan for SAILER

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



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.

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

For registration & details

- +91 94880 05685, +91 8012305151, +91 9704258709, aurokiya@gmail.com



Aurosugan

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

AURODENT DENTAL CLINIC

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

LITTLE RED FEET

Tuesday and Thursday, 2:30—4pm



@ Humanscapes Hall

Little Red Feet is a parent-baby play and support group for babies aged 0—2 years. We meet every Tuesday and Thursday from 2:30—4pm

Each session has a gentle theme, with a joyful space for babies to explore and parents to connect. We also have baby-friendly snacks and tea/ coffee for parents.

Join us for a nurturing way to celebrate early childhood together.

Savithri for Morning Star
+91 9130084284

VISIT OF THE TIBETAN DOCTOR in October 2025

This is to your information, that the Tibetan Doctor and the team are visiting us on

- Thursday, 16 October, 2—5:30pm
- Friday, 17 October, 8:30am—1pm & 2—5:30pm
- Saturday, 18 October, 8:30am—1pm.



The consultation is held at Pavilion of Tibetan Culture, International Zone. Auroville.

We kindly request to get your appointment to get the consultation with the doctor.

- Contact 8489067332 WA to get your appointment.

Submitted by Kalsang for
pavilion of Tibetan Culture,
International Zone.

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



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, Aurville-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*

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.



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 Board-games. 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.



Sunday Pétanque

- **Every Sunday, 4—5:30pm**

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!



Discussions



Submitted by Vivekan

TIBETAN PAVILION PRESENTS

Pavilion of Tibetan Culture: The Library

After a trail of opening of the Library in Pavilion of Tibetan Culture to the public we are now open on

- **Monday and Tuesday, 9:30am—12:30pm**

We look forward of seeing you in the LIBRARY.



Wednesday Lahkar lunch continues

Requested to book in advance.

Last request taken on Tuesday at 5pm.

- To reserve: 8489067332 WA.

Kalsang for Tibetan Pavilion

Youth Initiative

NVC ROLE-PLAY LAB

Every Thursday, 16 October—27 November, 4:30—6:45pm

Explore real-life conversations, practice empathy, and transform interactions over 7 weeks. Facilitated by Vega.

What we are going to do:

- Practice expressing yourself clearly
- Listen with empathy and understanding
- Experiment with real-life dialogues in a safe, supportive space
- Transform your conversations into connections!



[Registration form.](#)

Jisung for Youthlink

MONEY & ME WORKSHOP

Saturday, 11 October, 9:30am—4pm

@ Tibetan Pavilion

Want 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/JC-TVrz8HAAJ8s3c8A>

- For more information, write to annaus@youthlink.org.in



Jisung for Youthlink

Books

FULLY BOOKED

4 October, Saturday, 10—11am @ Auroville Library



Dear bookworms—children, parents, educators, artists of life and lifelong learners, you are warmly invited to a very special session—choose and take home your favorite (one, two, or at most three) bookmarks from 40+ cute, zen, and playful ones, and possibly make your own on handmade paper. Be charmed, be inspired and inspire.

Free entry. Voluntary contribution.

Anandi

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.

Nina, FS Account # 251937



DIGITAL PERSONA: BOOK LAUNCH

Thursday, 2 October, 3—4pm
@ Verité Hall



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

Submitted by Anandhi

Theatre, Music & Arts

CRIPA

Refuge in Auroville

• **Saturday, 11 October, 7:30pm @ CRIPA**

Pianist-composer Aman Mahajan presents *Refuge in Auroville*—a program of mostly existing *Refuge* compositions, along with a few new works, performed in formats ranging from solo piano to larger ensemble. The highlight of this performance is the featuring of guest artists from in and around the Auroville region.

For Aman, Auroville has long been a place of nourishment, support, and artistic community. CRIPA/ Kalabhumi itself has been one creative home, offering a welcoming space for recordings, workshops, rehearsals and performances over the years. This concert is both a continuation of the *Refuge* journey and a way of giving back to the community that has shaped it.

Rooted in thematic improvisation and drawing from jazz and diverse global traditions, *Refuge* is a collaborative project that has run over the past 12 years, reflecting on belonging, interconnection, and the ever-evolving idea of home. In Auroville, that search resonates deeply—not just in the music, but in the spirit of community it celebrates.

Dhani Muniz—fretless bass, electric guitar

Kirtana Krishna—voice

Raul Mattia—drumset

Arjun Chandran—resonator guitar

Sankarshan Kini—viola

Tommaso D'Avanzo—percussion

Aman Mahajan—piano

As always, this is a free event, contributions are welcome to support the artists and the venue.

Betina and Shalini present Agüita

• **Sunday, 12 October, 7:30pm @ CRIPA**

Agüita tells stories of women's lives through live music, clowning, and physical theatre. Moving from the everyday to the raw and profound, it invites you into a shared space of laughter, tears, and reflection.

As always, this is a free event, contributions are welcome to support the artists and the venue.

Laura for CRIPA



THANK YOU FOR SHARING DARSHAN WITH US

Our hearts are still glowing with gratitude after the three evenings of *Darshan* at CRIPA.

We had the joy of creating and sharing this performance with the Auroville community, and we are deeply touched by the warm welcome and the attentive presence of each of you who came. Your openness and your silence, your emotion and your feedback have nourished us and reminded us why we create.

Darshan was conceived as more than a performance—a meeting, a mirror, a space where something invisible can pass. Many of you told us that you felt moved, transformed. This is the most precious gift we could receive.

We would like to thank CRIPA for their collaboration and Melody for the lighting design.

A very special thanks goes to Saman, whose visual creations shaped the soul of the piece—and who, in a true rite of passage, stepped on stage for the first time as perform-



er. This debut felt like a birth—brave, vulnerable, and luminous—infusing the work with an authenticity that touched many hearts.

And finally, our gratitude to everyone who, in ways big and small, helped make this performance possible.

• For those who could not be with us, we [invite you to take a look at the show here](#).

"It was a memorable experience. The work of theatre of Philippe & Thierry is always breaking the conventional boundaries and takes us to a new world with the full meaning and expression with freedom". Dr Rajaravivarma, Pondicherry university—Performing art dept.

"What a joy to see the kaleidoscopic, effervescent, vibrant and alive experience of this existence. Thank you for your joy, Ananda, bliss, boundlessness and love. Thank you for bringing Darshan to Auroville & the world. From the bottom of my heart". Louise Rose

The journey of *Darshan* continues, and we would love to bring this work to other spaces.

If you wish to stay connected, share your feedback, or support our future creations, you can write to us at

• suryaperformancelab@auroville.org.in

• or visit our website: www.surya-performance-lab.com

As Sri Aurobindo reminds us: "Even in the abyss of night, he saw the flame."

Thank you for helping us keep this flame alive.

Philippe Pelen & Thierry Moucazambo,
for Surya Performance Lab

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



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.

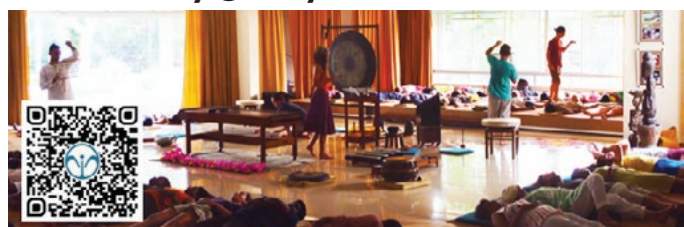
Sound Healing Session



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/>

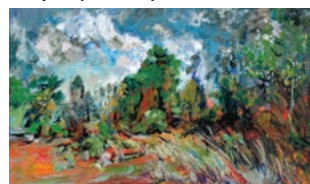
Aurelio for the SVARAM Team

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

Sports & Martial Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

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



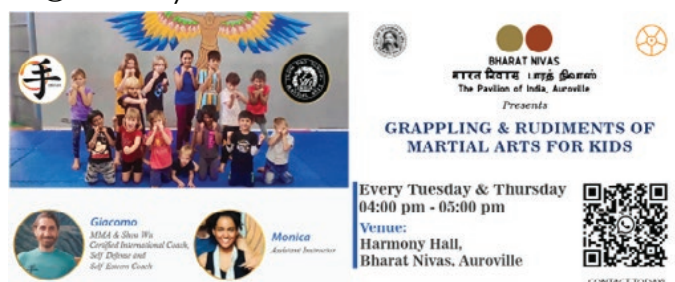
Regular Silambam Class

- Wednesday & Saturday, 5—6pm
- @ SAWCHU



Grappling and Rudiments of Martial Arts for Kids

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



Monisha
for BN Team

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:

5. T-Shirt, Medals & Certificates provided to all participants.
 6. **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.
 7. 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

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



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

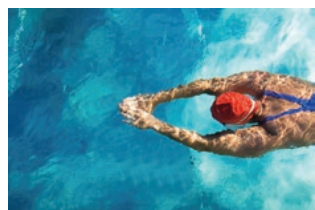
Limited spots available!

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

FROM GARDEN WISDOM TO LIFE DESIGN,
from Soil to Soul

PERMACULTURE & HUMAN PERMACULTURE

From Soil to Soul: Intro workshop

Explore how nature's principles can inspire harmony and abundance in your garden, your community, and your life

By JOI Anitya

Saturday October 11
Saturday November 8
Saturday December 6

Morning THEORY
from 9 AM to 12:00
Afternoon HANDS-ON
from 4 PM to 5:30

An Introduction to Permaculture & Human Permaculture Workshop.

Nature has spent 3.8 billion years perfecting the art of collaboration, resilience, and abundance. Now it's time to learn her secrets and apply them to your own life!

If you would like to discover how observing nature can guide us in creating thriving ecosystems and human organizations, join us in JOI—Anitya!

What to expect?

Morning Theory: From Garden to Life Design, 9am—12pm

- Decode the 3 Ethics that govern all thriving systems (Earth Care, People Care, Fair Share)
- Discover how observing Nature can guide us in creating fair, resilient and balanced human organizations
- Learn how to apply some principles that turn problems into solutions
- **Extra:** Bernard Alonso's revolutionary "Human Permaculture"—discover your natural niche and how to design your life using nature's patterns

Afternoon Hands-On: Garden Practice, 4—5:30pm

- Get your hands dirty! Apply permaculture principles in reality
- Learn practical techniques
- See theory come alive through direct action in nature

Choose Your Date

- Saturday, 11 October
- Saturday, 8 November
- Saturday, 6 December

Choose Your Schedule (join for one or both) :

- Morning Theory: 9am—12pm
- Afternoon Practice: 4—5:30pm

Practicalities

- No experience needed
- Free for AV, NV & volunteers/ 250 INR contribution for guests
- Location: Anitya Community, Center Field (Follow the Anitya signs) in Maloka Hall

Ready to Transform?

Contact Camille: +33 677793514 WA

Mathilde

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





Arun, Anand and Balaji for Enlight Team

UPCOMING TRAINING PROGRAM ON FERROCEMENT @ Auroville Earth Institute



We are pleased to announce our upcoming training program on Ferrocement at the Auroville Earth Institute. This course will cover the various applications of ferrocement through lectures, presentations, and, most importantly, hands-on demonstrations.

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

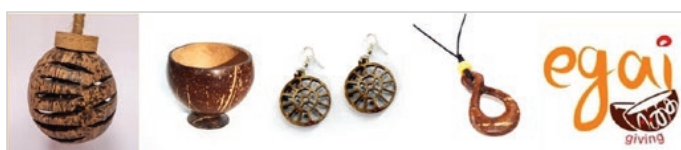
EGAI GIVING

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

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 handmade 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.

Upcoming Program

Bamboo furniture workshop, 18 & 19 October.

Discover the timeless charm of bamboo by crafting a hand—build furniture using traditional joinery techniques. This work shop focuses on balance, weight distribution and structural strength while celebrating the nostalgic joy of



movement. Ideal for teams, families, or creators interested in sustainable furniture and playful outdoor design.

Bamboo Special Lunch

Come and enjoy the special bamboo lunch every Saturday only at Auroville Bamboo Centre. Pre-book in advance.

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

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.

Vegan Potluck: 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

Multiple Activities

IT MATTERS ACTIVITIES

A/C room

@ It Matters, Auroville Main Road

More info on instagram:

- [@auroville.curated](https://www.instagram.com/auroville.curated)
- Workshop pre-registration required:
- itmatters@auroville.org.in or
- +91 9344087925 WA



Date	Workshops in October
04, Saturday, 10am—12pm	Creative Exercises for Expressive Exploration (Introduction to Art Therapy) with Sandra, Contribution Based
04, Saturday, 2—3pm	Technosophy: The Nature of Technique—Ellul's "The Technological System" with Daniel Raju, 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

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

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

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

Looking for a two-wheeler for monthly rental

Can be an electric or petrol scooter. Or a motorcycle with gears. Premium options like Honda CB350, Royal Enfield 350 or Honda XPulse are also welcome.

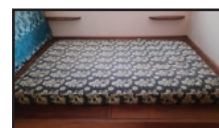
If you have something on offer, please send brand + model, price and pictures to me on +31657770922 WA

Marnix

Available

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,

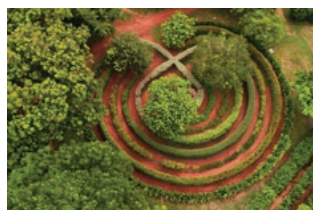
8525038274 WA or call
8122274924

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

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

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 Aurovillians 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

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 Aurovillian 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



Pour Tous மூர் தூஸ் 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

RIGHT PATH CAFE



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



VEGAN CAFE

TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat
08:30 - 16:30



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
for 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



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.aurovillesunrisetaxi.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



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

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.



RAPID CARE SERVICES
One call to solve all your problem

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

HEMPLANET:

Explore the Benefits of Hemp!

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



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

Davide

INSIDE INDIA



inside india
DREAMS & MEMORIES

Vanakam, Bonjour and Hello from Inside India

Launching Our Kolam Workshop every Friday

- **Saturday, 4 October, 2—4pm**

Inside India is excited to announce our Kolam Workshop this Saturday, 4 October, from 2 to 4pm. 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.

Special Flights and Offers

- **Etihad Airways**—From Chennai to Paris, Frankfurt, London, Brussels, Amsterdam, Munich, Rome, Milan, Madrid, Dublin, Barcelona, Athens.
- **Air India**—From Chennai to Paris, Frankfurt, Amsterdam, Zurich, Milan.
- **Emirates**—From Chennai to Amsterdam, Lyon, Madrid, Rome, Milan, Dublin.
- **British Airways**—Chennai to Amsterdam, Berlin, Lyon, Barcelona.
- **Gulf Airways**—Chennai to Paris, Athens.

Important GST Update

Nil GST for retail travel insurance policies and riders. As per recent regulatory circular, GST will be nil on all retail travel insurance policies and riders effective from 22 September 2025.

Travel advisory for Visiting Indonesia:

Mandatory arrival card submission for travellers to Indonesia. Effective 1 September, 2025, all international guests entering Indonesia are required to complete the Electronic Arrival Card prior to entry.

Travel Advisory for Indians Visiting Malaysia

Indian nationals traveling to Malaysia are therefore strongly advised to adhere strictly to the immigration regulations of the Government of Malaysia under the 30-day visa-free entry scheme. Travelers must carry proof of sufficient funds for their stay, verifiable accommodation details, and a valid return air ticket.

Argentina—Fresh Exemption Announced for Indian Nationals Holding a Valid U.S. Tourist Visa

Indian citizens who hold a valid and current B2 U.S. visa may enter Argentina for tourism purposes without a consular visa or an electronic travel authorization (AVE/ETA), with a maximum stay of 90 days. Indian citizens who don't hold a valid and current U.S. tourist visa still need to apply for a consular visa to enter the country as tourists.

Air Arabia Offers

Air Arabia, the leading low-cost carrier in the Middle East and North Africa, unveiled an extraordinary early bird promotion called 'super seat sale' with discounted offers on 1 million seats across the company's entire network. The promotion includes non-stop flights from India to three airports across the United Arab Emirates (Sharjah, Abu Dhabi, and Ras Al Khaimah) and beyond to other onward destinations like Munich, Prague, Milan, Vienna, Warsaw, Athens, Moscow, Baku, Tbilisi, Nairobi, Cairo and many more with fares starting from INR 6,038 one way.

This early bird offer is available for booking from 29th September to 12 October 2025, with travel dates spanning from 17 February to 24 October 2026.

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 the second and fourth Saturdays of every month
- Inside India is closed on 1 and 2 October on account of Ayudha Pooja and Gandhi Jayanti
- **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

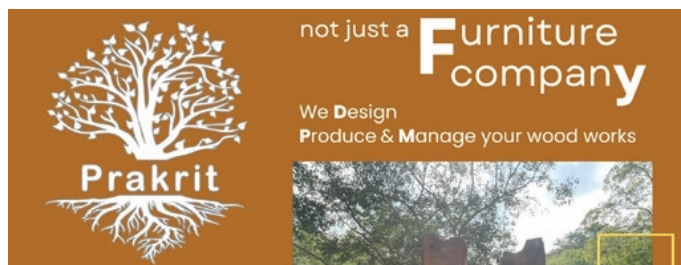
SURABHI SUPPLIES

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:**
surabisupplies@auroville.org.in

+91 9843846458 WA, Phone, Iyyappan



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

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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

Contact Sarvam Computers

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

- 0413 2622050,
- 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in



Bala

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

Poetry

THE BLINK OF LIFE

One atom of pain rooted in the heart,
one atom of hurt rooted in foggy memory,
one atom of life, a tear in unblinking eyes,
they accompany me,
a whirlpool in waters of our endless journey.

Sometimes I mistake them as blinks
in the fragrance of life,

sometimes as my shape in statue of stone,
sometimes as a feeling being,

each time a blink, an atom of my humanity
in the vortex of hurt and revenge
in my chiselled form of pain.

Each day I dive into my ocean of soul to read,
then unread myself,

as I blink on each fragrance of life or react
to those shapes of myself.

Each day I witness the whirls of those "me-s",
waiting since eternity to live this blink of life
to be human to be myself, to be us.

'Vivek' Needam,
Certitude

Voices & Notes

CHOSEN BY THE INFINITE

On the "popularisation of the esoteric", how to stop it, now that we are in the chrysalis of the Spiritual-Supramental Age? The seemingly chaotic and dynamic mix of dark and light, falsehood and truth, or part-truths, are the Sanatana Dharma of Progressive Perfection Itself of the Eternal and Infinite. But as Sri Aurobindo and the Mother have stressed, the blossoming of the Supramental rEvolution will just depend on the chosen few, "a selected few in humanity, a small number of beings"* amidst the infinite assortment of players being sorted out.

"He who chooses the Infinite has been chosen by the Infinite."

<https://incarnateword.in/agenda/04/august-24-1963>

This quote from the Mother is quite telling and indicative of the latest narratives and goings on:

"People sleep, they forget, they take life easy—they forget, forget all the time.... But if we could remember... that we are at an exceptional hour, a unique time, that we have this immense good fortune, this invaluable privilege of being present at the birth of a new world, we could easily get rid of everything that impedes and hinders our progress."

And the Dual Avatar didn't mince Their words here either:

<https://incarnateword.in/cwm/09/27-march-1957> *

<https://incarnateword.in/agenda/04/august-24-1963>

We continue on...

Om Namō Bhagavate

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

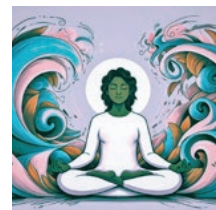
Classes, Workshops & Healing Arts

MINDFULNESS WITH HELEN: UPCOMING OFFERINGS

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

Miksang—Mindful Photography workshop

- Sunday, 12 October, 9:30am—12:30pm
@ Radiance, Aurodam

Miksang is a contemplative photography practice. Meaning 'Good Eye' in Tibetan it is a practice to synchronise the heart, mind & inner being.

Miksang invites us to see the world with fresh eyes, to let go of our conditioning, our stories, our techniques. Through practice we open our hearts and minds to the magic of the world.

The session includes an introduction to Miksang, mindfulness practices to attune, and then time for practice. In this session we will be focusing on the elements of patterns and texture.

It is suitable for all—participants just need to bring themselves & something to take photos with (a phone is fine). Booking is required.

- To book contact Helen on 7094753054 WA or visit innersightav.org
- You can also book individual or group mindfulness sessions with Helen—see innersightav.org

Helen



VIPASSANA MEDITATION

5 October, Sunday, 8:30am—3pm

Dear Meditators, you are all very welcome to the monthly 1 day Vipassana meditation course for **old students only** (those who have completed at-least one 10-day course as taught by SN Goenka).

- Lunch will be served.
- Part-time meditators welcome at 8:30am only.

Venue: 1 Vibrance, Vikas Radial rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage. [Location](#).

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.

Please DM vallari@gmail.com / 9740322447 WA by 9pm Friday, as we have limited space and we can get a head-count for lunch.

Laure



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



BHARAT NIVAS

Regular Yoga Classes @ Progress Hall



Vinyasa Flow Yoga with Bala

Oct & November 2025

Time - 5:30 pm to 7 pm;
Thursday, Friday, Saturday, Sunday & Monday
Price - Rs 500 per person per session

Pre registration through email or WA (No calls)
Bharat Nivas / Progress Hall
Email - balaganesh.siva@gmail.com / WA + 91 98926 99804

On the auspicious day of Vijayadasami—Vidya Aarambam, I'm delighted to begin regular Yoga Classes at Progress Hall, Bharat Nivas, Auroville.

Vinyasa Flow yoga emphasizes the coordination of breath and movement, creating a dynamic and fluid practice.

Whether you're a beginner or an experienced yogi, Vinyasa Flow classes adapt to your level, offering the perfect balance of intensity and mind fullness.

With 10 years of yoga experience Bala is passionate about sharing the transformative power of yoga. His classes are designed to create harmony between breath, body, and mind while helping you achieve your wellness goals.

- **Starting date: 2 October**
- **Thursday, Friday, Saturday, Sunday & Monday**
5 days a week
- **5:30—7pm @ Progress Hall, Bharat Nivas**

Style: Vinyasa Flow (Beginner to Intermediate friendly)

Contribution, October:

Drop-in only:

- Rs 500 per class for guests and non-Aurovilians
- Aurovillians, New comers and Volunteers—Rs 200 per class

From November onwards regular students may shift to a monthly fee structure.

Additional Notes:

- Please bring your own yoga mat. A few mats are available to borrow if needed.
- Arrive 15 minutes before class to find your spot and relax into the serene atmosphere of Bharat Nivas.

Let us begin this journey of learning, energy, and balance together on this sacred day.

Expressive Arts Therapy Workshop @ Progress Hall

expressive arts therapy workshop

Bharat Nivas, Auroville
Contact 9980992923 for queries

Scan me:



A free 2-day workshop of exploring yourself through the arts. Sign up for the 2 days you can do by scanning the QR code below.

10:30am—3:30pm. Choose from the following dates:

- Friday, 10 October—Saturday, 11 October
- Saturday, 25 October—Sunday, 26 October
- Saturday, 1 November—Sunday, 2 November

9980992923 for queries, Monisha, BN Team

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



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.

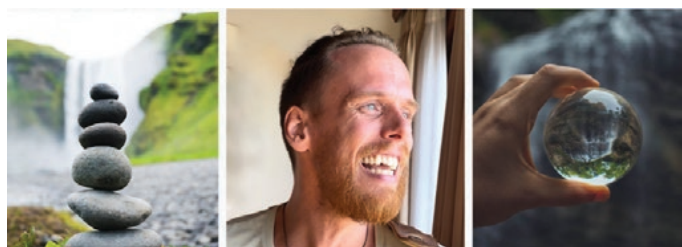
Other details

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

Giovanni

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

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

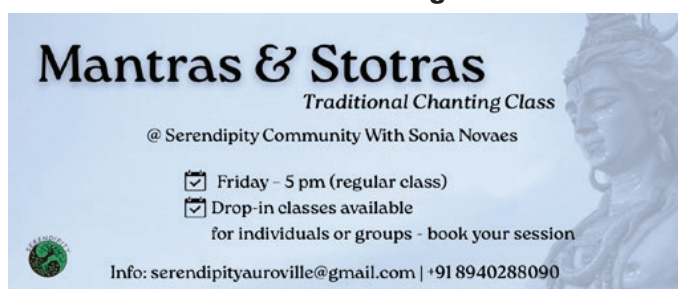
Hosted by AGP Workshops and CRIPA

Raghu



MANTRAS & STOTRAS

Traditional Chanting Class



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

BODY AWARENESS

& Relaxation with Hans

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

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





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

+91 9488084966, Mobile & WA

Woga® (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).

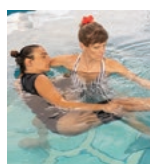


The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

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.

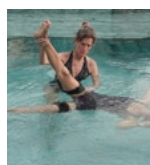


You will also study the meridians and acupuncture points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move. Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop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

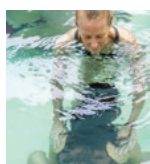


OBA 2 techniques will be reviewed and refined under supervision, while new OBA 3 techniques, both above and below water, will be introduced to create a seamless flow of movement. The deep and intimate nature of this bodywork can evoke emotions, necessitating a safe space both in water and on land for 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.

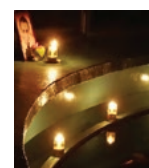


In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for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

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 Aurovillians 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.

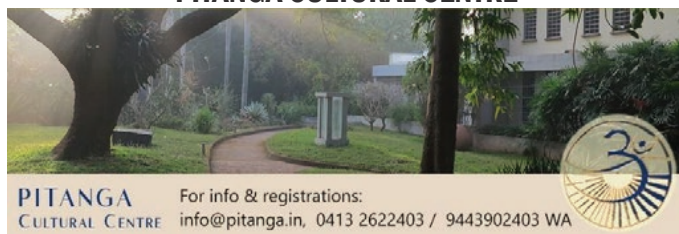


Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for all areas of life.

- The series begins on 3 October in Vérité with the first workshop, "The Art of Deep Listening."
- Please bring a notebook/ journal and pen.

Kaia, Munay and Radhika

PITANGA CULTURAL CENTRE



October

Holiday closure:
1 October & 2 October

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Asanas mixed level	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	7:30am–8:45am	Rachel
	Yoga: Restore & Relax	4pm–5:30pm	Florina
	Kundalini Yoga for beginners Digestion, Elimination & Metabolism	5:30pm–7pm	Bel
Wednesday	Asanas mixed level	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	Suriyagandhi
	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	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
	Vinyasa Flow Yoga	5:30pm–7pm	Florina
Saturday	Iyengar Yoga	6:45am–8am	Olesya
	Breathing & Mudras	8am–9:30am	Gala
	Asanas intermediate level	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	Presenters
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
Francesca	Antigymnastique®
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

Kundalini Yoga for Digestion, Elimination & Metabolism with Bel

• Tuesdays, 5:30pm–7pm

Aging doesn't start with years alone—it begins with nutritional deficiencies, stress, intestinal imbalance, and a rigid spine that blocks the natural flow of energy.

When digestion is slow or imbalanced, the body is more vulnerable to common ailments—from fatigue to colds. A healthy digestive system, however, nourishes the body and supports mental clarity and emotional balance.

Join us this October to strengthen digestion, improve elimination, and experience the rejuvenating power of Kundalini Yoga.

Each week, we explore a different Kriya, while the month's focus stays on digestion, elimination, and metabolism. Gentle yet powerful, these sessions work deeply on the nervous and glandular systems and open space for self-awareness.

Every class is a full experience—from dynamic exercises to deep relaxation and meditation—helping you connect body, mind, and spirit.

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/adhesions, 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.

Activities by Dr Aditya Varma

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)

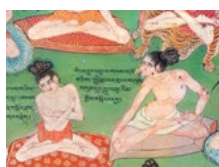
Nejang Tibetan Yoga

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

Internal Cleansing, Subtle Balance, Gentle Healing

Nejang (Tibetan: གསལ་ཐབས་ལྷ་པོ་ལྷ་པོ་) 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)

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

VÉRITÉ PROGRAM

www.verite.in

Regular Events October

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



Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yogasana, Pranayama & Relaxation, no class on 20 October	9:15am—10:15am	Mani
	Shamanic Breathwork & Free Movement: Clarity & Peace	5—6pm	Lakshmi
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Yoga to Improve Flexibility, no class on 21 October	9:15am—10:15am	Kalidas
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yogasana, Pranayama & Relaxation	9:15am—10:15am	Mani
	Hatha Vinyasa Yoga, no class on 1 October	5—6pm	Andres
	Taralaya Flow Dance	5—6:30pm	Vera
Thursdays	Prana Vidhya	9:15am—10:15am	Kalidas
	Open Heart Space Meditation	03:30—4:30pm	Samrat
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga for Energy Activation	7:30am—8:30am	Mani
	Free Flow Dance & Movement, no class on 3 October	5—6:30pm	Vega
	Hatha Vinyasa Yoga, no class on 3 October	5—6pm	Andres
Saturdays	Balancing Asanas, no class on 18 October	7:30am—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Yogasana, Pranayama & Relaxation	5—6pm	Mani

Classes

Yogasana, Pranayama & Relaxation with Mani

- Mondays, Wednesdays 9:15—10:15am & Saturdays at 5—6pm, no class on 20 October

A complete yoga session including asana, kriya, pranayama, chanting & relaxation to activate energy & begin the day in peace & harmony. Suitable for all, including beginners.

Shamanic Breathwork & Free Movement: Clarity & Peace with Lakshmi

- Mondays, 5—6pm

Shamanic breathwork is a powerful ancient practice that aims to free the mind, release energy blockages, and revitalize the entire being. Rhythmic breathing and drumming help us to become grounded, present and connected to our authentic selves. In this altered state of consciousness, we may access insights that can be transformative. The journey concludes with free body movement to release pressure and constriction.

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Mondays, Thursdays & Saturdays, 5—6pm

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

Yoga to Improve Flexibility: Stretch and Strengthen with Kalidas

- Tuesdays, 9:15—10:15am, no class on 21 October

An asana sequence designed to improve the range of motion of the joints & mobility of the muscles.

Dance of the Chakras: Movement for Health & Clarity with Lakshmi

- Tuesdays, 5—6:30pm

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

Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres

- Wednesdays & Fridays, 5—6pm, no class on 1 & 3 October

Participants are guided towards a tension-free state of well-being, through postures (*asanas*), breathing techniques (*pranayama*), activation of the energetic centers (*chakras*), and relaxation techniques (*yoga nidra*, *savasana*). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (*santosa*), equanimity (*śamatha*), health, connection and well-being are established in daily life!

Taralaya Flow Dance: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

Taralaya (a hybrid of two Sanskrit words, Taranga and Laya) means “flowing rhythm”. Taralaya Flow Dance offers a space for free movement exploration, with gentle guidance at the beginning and the end of the session.

Prana Vidhya: Energy to Insight with Kalidas

- Thursdays, 9:15—10:15am

A yogic practice to liberate energy & use it for healing. Prana is not only about physical vitality; it is the force that gives rise to flashes of wisdom & life-transforming insights.

Open Heart Space Meditation with Samrat

- Thursdays, 3:30—4:30pm

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

Yoga for Energy Activation with Mani

- Mondays, Wednesdays, 9:15—10:15am & Saturdays, at 5—6pm

A complete yoga session including asana, kriya, pranayama, chanting & relaxation to activate energy & begin the day in peace & harmony. Suitable for all, including beginners.

Free Flow Dance & Movement: Expressing Freedom with Vega

- Fridays, 5—6:30pm, no class on 3 October

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

Balancing asanas: Focus and Flow with Kalidas

- Saturdays, 7:30—8:30am, no Class on 18 October

Challenge your stability, focus, & concentration, improve coordination, strengthen muscles, & enhance overall body awareness.

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
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Thai Yoga Massage Bodywork with Andres

Combining acupressure to balance meridians and boost circulation, stretching to enhance flexibility and reduce tension, pulling techniques to decompress muscles and joints, and rocking movements to promote relaxation and overall circulation. Together, these methods provide a holistic approach to enhancing physical well-being and energy flow.

Acupressure Therapy—with Ashok

This traditional therapy involves applying firm finger pressure or using acupressure tools on specific acupoints along the body's energy pathways (meridians) to stimulate the flow of Qi (life energy).

Cupping Therapy with Ashok

Cupping therapy is an ancient healing technique that some people use to ease pain. A provider places cups on your back, stomach, arms, legs or other parts of your body. A vacuum or suction force inside the cup pulls your skin upward.

Deep Tissue Massage with Ashok

A deep tissue massage is a therapeutic technique using slow, deep strokes and firm pressure to release chronic muscle tension and "adhesions" painful tissue that restrict movement and blood flow.

Biodynamic Craniosacral Therapy with Mila

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

Face & Neck Massage with Mamta

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

Yoga Chikitsa: Personalized Yoga Therapy with Mani

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

Thai Yoga Massage with Mani

The therapist will guide and support the client in various yoga-like poses and stretches and apply gentle but firm pressure along the main energy channels of the body to help release energy blockages and allow vital energy to flow. Wear comfortable clothing suitable for movement.

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Hair Care with Parvathi

A relaxing massage to the head and scalp using hair tonic oil. Stimulates blood circulation, helps to condition the hair, strengthen the roots, & relieve stress.

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

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

Healing Sound Bath with Tuning Forks with Satyayuga

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

Energy Healing Reiki with Vyshnavi

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

Holistic Foot Reflexology with Vyshnavi

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

Holistic Rebalancing Massage with Vyshnavi

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

Workshops

Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
Saturday, 4 October	The Art of Deep Listening	9:15am—12:15pm	Radhika, Gaia & Giovanni
	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Saturday, 11 October	Restorative Yoga	9:15—11:15am	Kalidas
	Face & Eye Yoga	2—4:30pm	Mamta
Saturday, 18 October	Practices for Inner Exploration	9:15am—12:15pm	Mila
	Authentic and Effective Conversations	9:15am—12:15pm	Radhika, Gaia & Giovanni
	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
Saturday, 25 October	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
	Yoga Nidra: Deep Relaxation	2—4pm	Kalidas

The Art of Deep Listening with Radhika, Gaia & Giovanni

• Saturday, 4 October, 9:15am—12:15pm

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 centered. This workshop series is based on prosocial awareness and other tools to enhance individual and community life.

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.

Restorative Yoga with Kalidas

- Saturday, 11 October, 9:15—11:15am

Help the body to elicit the relaxation response. Gentle and breath coordinated movements help restore the body to its parasympathetic nervous system function.

Face & Eye Yoga with Mamta

- Saturday, 11 October, 2—4:30pm

Learn simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve the efficiency of our sense organs, and tips on preventing eye damage caused by screen time.

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 well-ness 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, aurokya@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
aditiiva@auroville.org.in

Health & Healing Trust: Administration office

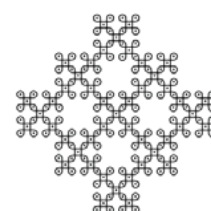
- healthhealingtrust@auroville.org.in

Ramana, Arka

ACTIVITIES BY GRACE GITADELILA

KolamYoga

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

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

Languages

LEARN ENGLISH AND HINDI

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

Ashwini, Aspiration

OPEN HOUSE

October 4th
10 am - 12 noon

AUROVILLE LANGUAGE LABORATORY

International Zone, Auroville | 0413-2623661 | +91 9843030355

NEWS FROM Auroville Language Lab 2 October



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.

New! Presentation "SALT and the Benefits of Correct Intake"

- Friday, 10 October, 5—6:30pm
@ Auroville Language Lab

We often think of salt as a simple seasoning—but did you know that the correct intake of salt can play a vital role in your body's electrical balance and overall well-being?

Our body, which is 60% liquid, does not contain a single drop of pure water. It is water with electrolytes that allow for conductivity and life to happen. The modern habit of drinking 1.5—2 litres of liquid with low salt intake unbalances the body's chemistry, affecting functions of several systems in the body. It has also been shown to be the cause of some new maladies.

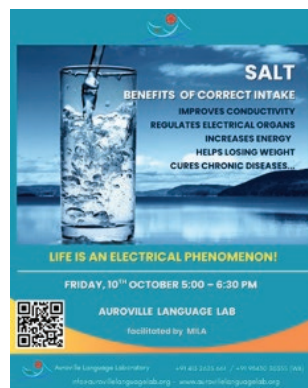
Come learn the importance of correct salt intake and how to safely do it!!

Join us for a fascinating presentation at Auroville Language Lab where facilitator Mila will explore the many benefits of salt for human health. Learn how proper salt intake:

- Improves conductivity in the body
- Regulates the electrical functions of organs
- Boosts energy levels
- Supports healthy weight management
- Contributes to overcoming chronic conditions

With the theme "Life is an Electrical Phenomenon," this engaging session will highlight how such a basic element can have profound effects on vitality and balance.

Don't miss this opportunity to deepen your understanding of the body's natural electrical systems and the essential role salt plays in keeping them in harmony.



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.aurovillelanguage.org>

- To enquire or register: tomatis@aurovillelanguage.org
◦ or call 0413 2622467 or 3509932

Courses:

Current Schedule of Classes

- <https://aurovillelanguage.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

New! Intermediate English with Alex

- Starting 4 November, 16 hours
- Tuesdays, Thursdays & Fridays, 5:30—6:30pm

Looking to improve your English in a supportive and enjoyable environment? Join our eight-week English Language Course designed especially for lower-intermediate (B1) learners who want to boost their confidence and communication skills.

What to Expect

- **Tuesdays:** Structured lessons on grammar, vocabulary, and practical skills.
- **Thursdays:** Relaxed group conversations—open to all, so bring friends along!
- **Fridays:** Learner-driven sessions on topics chosen by the group.

About the Instructor: Alex, a native English speaker from the U.S., brings experience in research, community organizing, and intercultural exchange. His teaching style combines structure with engaging conversation, helping learners feel at ease while making steady progress.

This compact course blends clear instruction with real-life speaking practice. Through pair work and group activities, you'll gain fluency, confidence, and ease in everyday English communication.

- Spaces are limited—register soon to secure your place!

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://aurovillelanguage.org/registration/>

Tamil

New! Tamil (Beginner) coming soon!

Would you like to start learning Tamil in a friendly and supportive group setting? We are preparing to launch a Beginner Tamil Course, designed for those with little to no prior knowledge of the language.

This course will focus on spoken Tamil, helping you build a foundation for everyday communication through practical exercises and simple conversations.

- Start Date to be announced (mid-October)
- Weekday(s) and timing will be confirmed shortly
- Instructor to be announced

Whether you live here or are just beginning your journey with Tamil, this course will give you the confidence to start speaking and understanding the language in daily life.

- Stay tuned for final details and registration information!

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

NEW! Call for Native German Speaker—A1 Course

The Auroville Language Lab is seeking the help of a **native-speaking German** to teach **beginner-level (A1) German**. This in-person course would be offered anytime between now and the end of the year.

If you are a native German speaker who enjoys sharing your language and culture, we warmly invite you to join us in supporting learners at the very first step of their German journey.

- Auroville Language Lab
- Now—End of 2025

For more information or to express your interest, please contact the Auroville Language Lab.

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 weekday 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, 2 October

	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
	Beginner with Ashwini	8-Hour Monthly, Start date: TBC	5:30–6:30pm, 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 Beginner with new teacher TBC	24-Hour (3 months) Start date: TBC	Times and weekdays TBC
	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 & Enzo

EN 1099 - 2 October 2025



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
6—12 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, 6 October, 8pm

Sitaare Zameen Par (Stars on Earth)

India, 2025, Dir. R. S. Prasanna w/ Aamir Khan, Genevieve Deshmukh, Aroush Datta, and others, Sports-Drama, 155mins, Hindi w/ English subtitles, Rated: UA (PG-13)

After a DUI conviction, hot-headed basketball coach Gulshan Arora is forced to train a team of neurodivergent players. What begins as punishment turns into transformation, as Gulshan learns empathy through Guddu's quiet courage and Golu Khan's infectious spirit. Together, they chase a tournament dream and redefine what winning truly means. *Some victories are felt, not counted.*

Potpourri—Tuesday, 7 October, 8pm

Vanishing Point

USA, 1971, Dir. Richard C. Sarafian w/ Barry Newman, Cleavon Little, Charlotte Rampling, and others, RoadTrip-Action, 99mins, English w/ English subtitles, Rated: R

In this cult classic of 1970s counterculture cinema, Kowalski, a war veteran and ex-cop turned delivery driver, races across the American Southwest in a white Dodge Challenger, defying police, time, and his own haunted past. As radio DJ Super Soul turns him into a cult hero, Kowalski's high-speed odyssey becomes a gripping meditation on freedom, rebellion, and fate. *Not a fugitive but chasing something the law can't see.*

Selection—Wednesday, 8 October, 8pm

Oliver Twist

Czech Republic-UK-France-USA, 2005, Dir. Roman Polanski w/ Barney Clark, Ben Kingsley, Jeremy Swift, and others. Crime-Drama, 130mins, English w/ English subtitles, Rated: PG-13

In this richly reimagined adaptation of Charles Dickens' classic novella, young Oliver, orphaned and alone, escapes a grim workhouse and falls into the hands of Fagin, a cunning street gang leader. As he navigates London's underworld with the Artful Dodger and brutal Bill Sikes, Oliver's search for kindness and identity becomes a gripping tale of survival, justice, and hope. *In a world of thieves and shadows, one boy dares to seek light.*

Interesting—Thursday, 9 October, 8pm

Ernest Cole: Lost and Found

France-USA, 2024, Writer-Dir. Raoul Peck w/ LaKeith Stanfield, Ernest Cole, Leslie Matlaine, and others, Documentary-Biography, 105mins, English w/ English subtitles, Rated: NR (PG-13)

This much acclaimed film is being brought to you in collaboration with Alliance-Française. Ernest Cole, South Africa's first Black freelance photographer, risked everything to expose apartheid's brutal realities. From covert snapshots to exile, his journey unfolds through rediscovered archives and haunting images. As his lost negatives resurface decades later, Cole's legacy reignites—a story of courage, displacement, and truth's enduring power.

International—Saturday, 11 October, 8pm

Sorry, Baby

USA-Spain-France, 2025, Writer-Dir. Eva Victor w/ Eva Victor, Naomi Ackie, Louis Cancelmi, and others, Comedy-Drama, 103 mins, English w/ English subtitles, Rated: R

In this critically acclaimed film, Agnes, a literature professor in rural New England, reunites with her old friend Lydie just as buried trauma resurfaces. Through fragmented memories, failed systems, and fierce friendships, Agnes confronts the aftermath of sexual assault by her mentor, Preston Decker. Her journey is raw, darkly funny, and deeply human—a portrait of survival told on her own terms. *Some wounds don't vanish. But they don't define you either.*

Children's Matinee—Sunday, 12 October, 4pm

My Tyrano: Together, Forever

Japan-SKorea-China, 2019, Dir. Kôbun Shizuno w/ Kaori Ishihara, Dai Satô, Kimiko Ueno, and others, Adventure-Animation, Japanese-Mandarin w/ English subtitles, Rated: NR (PG)

Tyrano, a gentle dinosaur who refuses to hunt, and Punon, a young pterodactyl afraid to fly, form an unlikely bond. Together, they journey across a perilous prehistoric world in search of Paradise—a place where they can belong. Their friendship is tested by danger, doubt, and a haunting past, but hope keeps them moving forward. Even the fiercest hearts long for peace.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 12 October, 8pm

Thérèse

France, 1986, Dir. Alain Cavalier, w/ Catherine Mouchet, Hélène Alexandridis, and Others, Drama, 90 mins, French w/ English subtitles, Rated: R

Like two of her older sisters before her, Thérèse Martin is determined to become a Carmelite nun, even though she is officially too young to enter the order. Thérèse's stubborn piety wins through, and her love with Jesus transfigures her short life. Alain Cavalier's account of Thérèse's joy in her vocation is based on her spiritual autobiography.

EVERY CONTRIBUTION COUNTS

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

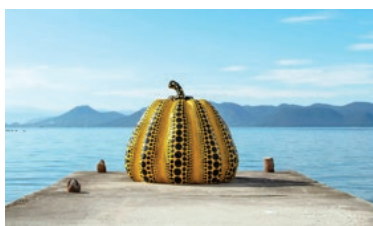
Cinema

NAOSHIMA, AN ISLAND ALIVE WITH ART

Friday, 10 October, 5pm

A talk by Maud and documentary screening

Naoshima is an island of the Seto inland sea in Japan that has become a global center of contemporary art in the last few decades.



Maud will share her experience of this unique place she visited. The talk will be followed by a screening of "In the hollows of the inland sea" a documentary by Jean-Michel Vennemani: 53min in French with English subtitles, 2015.

Marco

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, 3 October

Planet Earth: Mountains

2017/ 49 minutes/ Alastair Fothergill & Mark Linfield

Mountains are the most prominent products of the immense forces which shape the living planet: tectonic drift, volcanic activity and erosion by wind, water, frost and precipitation. We see how wildlife adapts to the harsh, often extreme conditions in various types of mountain ranges.

Submitted by Aviram



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.

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