



News Notes

#1101 A weekly bulletin for residents of Auroville 16 October 2025



Photo by Alexey

The sense of separation is spread everywhere, but it is an illusion; it is one of those false moods of which we must be cured if we want to enter into the true consciousness.

The mind cuts the world into small bits: it says, here this stops, there that begins, and by this fragmentation it succeeds in distorting the universal movement.

There is one great flow of a single, all-embracing, all-containing consciousness which manifests in an ever unrolling universe.

The Mother, Questions and Answers, 1921—1931

Pondering



All being is one and to be fully is to be all that is. To be in the being of all and to include all in one's being, to be conscious of the consciousness of all, to be integrated in force with the universal force, to carry all action and experience in oneself and feel it as one's own action and experience, to feel all selves as one's own self, to feel all delight of being as one's own delight of being is a necessary condition of the integral divine living.

Sri Aurobindo, The Life Divine

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House of Mother's Agenda



(continued from last week)

Now is the time to be heroic.

Heroism is not what people say, it is to be completely united—and the divine help will always be with those who have, in all sincerity, resolved to be heroic. Voilà.

You are here now, I mean on earth, because you once chose to be—you don't remember it, but I know; that's why you are here. Well, you must stand up to the task. You must make an effort, you must conquer pettiness and limitations, and above all tell the ego: your time is over. We want a race without ego, with the divine consciousness in place of the ego. That's what we want: the divine consciousness, which will enable the race to develop and the superman¹ to be born.

If you think I am here because I am bound, you are wrong. I am not bound. I am here because my body has given itself for the first attempt at transformation. Sri Aurobindo told me so, he told me, "I know of no one who can do it, except you." I said, "All right, I will do it." It's not... I don't wish anyone to do it in my place, because... because it's not very pleasant, but I am doing it gladly, because everybody will benefit from the results. I ask only one thing: don't listen to the ego. That's all. The time of the ego is over. We want to go beyond humanity and its ego, to leave it behind, we want a race without ego, with a divine consciousness in place of the ego. There, that's all.

Anything to say?

(silence)

If there is a sincere "yes" in your hearts, you will have satisfied me fully. I don't need words: I need your hearts' sincere adherence. That's all.

(silence)

(To the architect:) Did you follow?

Yes, Mother.

Are you in agreement?

Fully in agreement.

(the other two are silent Mother turns to them and speaks in English)

(To N. and U.): You and you, you must agree. You are here for that. You have come to this place at this time for that. We must give to the world the example of what must be, not petty egoistic movements, but an aspiration towards the manifestation of Truth. Voilà.

(silence)

I can assure you that all sincere effort will be *pleinement*, fully helped by the Divine. Of that I am sure. And I can assure you of that.

(silence)

That is all I had to say.

¹ Mother later corrected "superman" to "supramental being."

The Mother's Agenda, April 2, 1972

<https://incarnateword.in/agenda/13/april-2-1972-1>

Gangalakshmi HOMA

Townhall Speaks

DIWALI BONUS

It has been brought to the notice of FAMC that many Units/ Activities/ Services/ Projects have been distributing Diwali bonus to Aurovilians engaged in their Units/ Activities/ Services/ Projects under maintenance.

The Bonus Act "[25 September, 1965]—[An Act to provide for the payment of bonus to persons employed in certain establishments and for matters connected therewith]". Therefore, Diwali & Pongal Bonus disbursement can only be given to the staff of the Units/ Activities/ Services/ Projects with salaries below of Rs. 21,000/- per month and not to Aurovilians.

Aurovilians are under the central maintenance policy and are not considered employees. This disbursement by some Units/ Activities/ Services/ Projects puts the Auroville Foundation Tax Exemption status in jeopardy.

If some of the Trustees, Executives & Managers of Auroville Units/ Activities/ Services/ Projects feel that certain Aurovilians merit an "incentive", this has to be brought for prior approval to the FAMC, who will qualify it based on the turnover, expenses and profit (losses) of the Units/ Activities/ Services/ Projects under their 67% of the surplus. Keep in mind that any incentive paid attracts a GST of 18%.

All income-generating units will only use the maintenance module feature of the financial services to provide monthly maintenance and special incentives to Aurovilians and will not disburse any kind of bonus to Aurovilians.

FAMC, from Mass Bulletin

STRENGTHENING COMMUNICATION

Between Residents and Working Groups

Dear residents, one of the essential values of Auroville is **collaboration**—a spirit of shared responsibility and transparent communication. In this light, the **Working Committee** is happy to introduce a new initiative aimed at improving the **dialogue between Auroville Residents and Working Groups**.

Monthly Residents' Meetings: From now on, we will host a Residents' Meeting once every month, open to all community members.

These meetings will offer a consistent space to:

- **Share updates** from Working Groups,
- **Discuss current challenges** or proposals,
- **Collect feedback** from residents,
- And most importantly, **listen to what matters to you**.

Flexible Format, Focused Topics: Each meeting will be adapted to current needs. Sometimes we may invite **two or three Working Groups** to provide brief updates. At other times, if there is a particularly pressing issue, we may dedicate the entire meeting to a **single topic**.

Your Voice Matters

We warmly invite **residents to take the initiative**. If there's a topic you feel needs attention, a question you'd like answered, or a group you'd like to hear from—**please write to the Working Committee**. Your input will help shape the agenda of upcoming meetings.

Our goal is to foster a culture of **inclusivity, openness, and responsiveness**, where every resident feels informed and engaged in Auroville's evolving process.

Let's meet, listen, share, and grow—together.

Arun for the Working Committee

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

September 2025

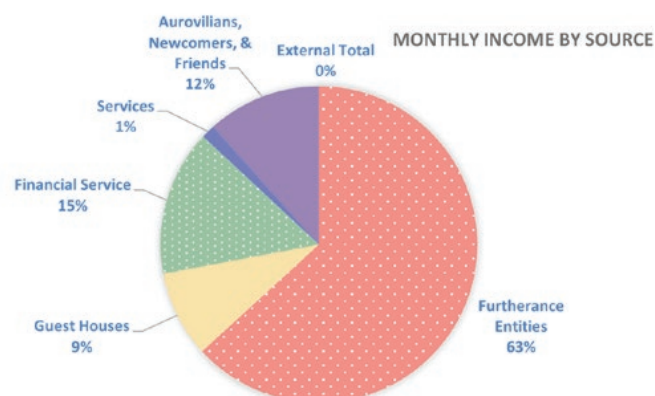
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	17,52,11,787	—	17,52,11,787
Monthly Contributions (Int. + Ext.)	1,99,86,452	5,99,160	2,05,85,612
Total Contributions (OB+Monthly Inc)	19,51,98,239	5,99,160	19,57,97,399
Total Payments	1,84,42,913	5,99,160	1,90,42,073
CS Ending Balance (Includes BOB)	17,67,55,327	—	17,67,55,326
Monthly loss/ gain			15,43,539

Internal Contributions

Source	Unspecified	Specified	Total
Furtherance Entities	1,25,55,632	4,54,420	1,30,10,052
Guest Houses	18,16,522	4,000	18,20,522
Financial Services	30,00,000	69,770	30,69,770
Services	2,88,800	—	2,88,800
Aurovilians, Newcomers, & Friends	23,25,498	70,970	23,96,468
Internal Total	1,99,86,452	5,99,160	2,05,85,612

External Contributions

Government of India for SAIER	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	—	—	—
External Total	—	—	—



- **E-Versions:**
Please [read full report here](#).
- **Paper Version:**
Red full report at the end of the issue.

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

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 by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and SAVI Volunteers

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 3 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.

Petals of the Matrimandir

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

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free pass 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.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to

- matrimandir@auroville.org.in.

Antoine
for Matrimandir Executives Team

AMPHITHEATRE

Meditations at sunset with Savitri 5:30—6pm, every Thursday weather permitting

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music is 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 by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Aurocards. **Last entry for guests at 5:30pm.** Access limited for guests to the Amphitheatre
- **Last exit for guests at 6:15pm.**

Velmurugan
for Access team



Awakening Spirit

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

- **20 October:** Savitri Bhavan will be closed on Diwali, Monday, 20 October. So, there will be no film at Savitri Bhavan. With best wishes for all and golden light and peace ... and in offering to The Mother and Sri Aurobindo.
- **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.

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, 17 October 4—5pm,**
@ Sangam Hall

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, video by 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.

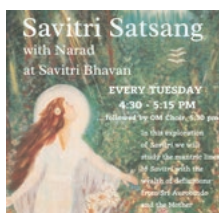
The Mother's words on Savitri:

"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.



Listening into Presence

- **Every Wednesday, 5—6pm @ Picture Gallery**
- **Every Saturday, 4—5pm @ Square Hall**
- Guided by Misha (Mike).

Through stillness and silence, we will tune into the Presence, noticing its activity in our physical and subtle bodies.

Letting go of our mind and ego automatism we will open up into the deeper automatism that is beyond our doing and thinking.

We will seek to enter into a state of receptivity by not doing, getting ourselves out of the way to allow the Consciousness to bring about the right organization and balance of particles and energies.



Talks of Dr. Alok Pandey on Sri Aurobindo's "Essays on The Gita"

Wednesdays, 4—5pm:

- **8 and 22 October**
- **12 November**
- **3 and 17 December**

@ Sangam Hall of Savitri Bhavan

Guided Yoga Nidra session

- **Every Tuesday 11am—12noon**
@ Sangam Hall of Savitri Bhavan

You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

This is a sacred space for deep inner rest, alignment and receptivity. As part of the practice, we invite you to prepare a Sankalpa—a short, positive sentence that serves as a crystallization of your spiritual aspiration.

Please arrive a few minutes early. This allows us to honour the stillness and depth of the practice together.

Things to bring:

- A yoga mat if can or cushions are available to lie down.

Conducted by Sunny and Team



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*

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

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

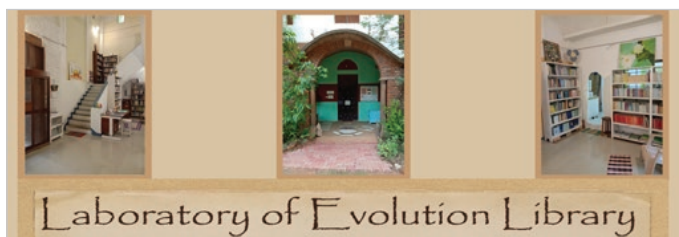
Dear Devotees of The Mother,

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

BHARAT NIVAS PRESENTS

A weekly study circle

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo

By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location

Monisha

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



Education

AV LIBRARY NEWS UPDATE

- **AV Library will be closed** on Monday, 20 October for Diwali.



May this celebration of Light bring joy and warmth to our family! Love from the AV Library team.

- **The AV Library invites you** to come check out our latest arrivals.

In addition to books in English, French, Italian and German, we are happy to introduce new works from fellow Aurovilians, Mother, Sri Aurobindo and disciples.

- **And we didn't forget the children!**

There are plenty of fresh reads in the kids' room as well. The Library also offers an assortment of jigsaw puzzles for borrowing. It's a wonderful way to while away wet, windy weekends.



Come visit us! Ayesha

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

AI CLASSES ARE BACK!

Restarting with fresh energy

FREE

- Prompt Engineering
- Generative AI (GenAI)
- AI Development
- Data Science

• Every Saturday: 10am to 11am

• Location: Hive, Auroville

Registration: RSVP to +91 9886740850

Join us on this journey once again

Hive

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

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)

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*

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 SAIER, 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

NOTES FROM SAIER:

An Emerging Platform

The closing session of IEPG 5 & 6 focused on **SAIER's Challenges and Opportunities**, opening a collective space for reflection and reimagining Auroville education. What began as an impromptu circle to brainstorm during an earlier IEPG has evolved into an active platform where every teacher and facilitator can connect their individual experiences to larger policy-level discussions and contribute to shaping the evolving landscape.

The creation of the Research Desk at SAIER stands as a direct example of what emerged from such a reflective exercise at IEPG 3&4.

The SAIER team identified four areas that required deeper clarity, fresh perspectives, and renewed ways of working—these were explored as SAIER's challenges and opportunities.

The four areas of focus this year were:

- Towards Flexible Learning Spaces—Dehashakti, Prana-shakti, Jnanashakti
- Equivalence Criteria—The Triple Challenge Framework
- Assessment of Teachers and Rotation of Executives
- Physical Education—Common Minimum Program

As an effort to push open the doors a little wider, over the next four weeks we will share a compilation of key discussions from this year's gathering on the four topics above.

The idea is to imagine and step by step create a platform which encourages us to reflect on the possible need for systemic changes as Auroville grows. To invite a wider range of individuals to plug-in and help find new approaches to our organisations and our attitudes in collectivities—our gaze clearly set on the *raison d'être* of Auroville—and find ways to focus on the increasing need to develop both the will for and capacity of synthesis of complex and seemingly opposing truths.

"Systematise we must, but even in making and holding the system, we should always keep firm hold on this truth that all systems are in their nature is transitory and incomplete."

*Sri Aurobindo—Thoughts and Aphorism 75,
CWSA Vol.12*

Aurevan

SUPPORTIVE LEARNING SATELLITE: SLS TEAM

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

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

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

Specifically, we support:

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

The support provided may focus on: Academic or behavioral aspects. Referrals for children requiring further medical support or assessment. Advise and help to implement family support. Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity

- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura
for SLS Team

Health Care



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: TOS	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

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

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

AURODENT

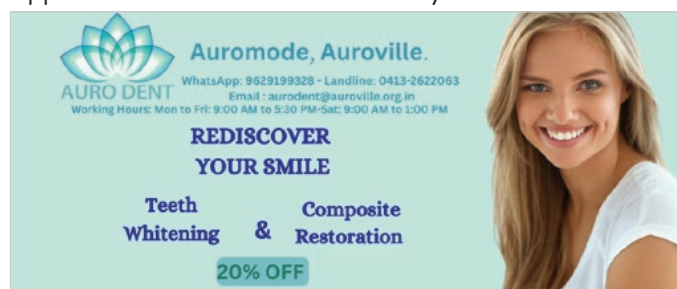
Dr Aravind Anto (Oral and Maxillofacial Surgeon)

We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic.

He will be providing specialised treatments, including:

- Dental implant placement
- Wisdom tooth extractions
- Other complex extractions

Appointments can be booked directly at Aurodent Clinic.



October Combo Offer

- Free Dental Check-up
- 10% off Teeth Cleaning removes plaque and tartar

Our professional cleaning includes

- Ultra Sonic Scaler—removes plaque and tartar
- Air Flow Polisher—for deep cleaning and stain removal
- Paste & Brush—to polish teeth
- Calcium Paste Application—for stronger enamel

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
for Aurodent

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



SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovilian 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

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

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

VISIT OF THE TIBETAN DOCTOR in October

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.

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

- Contact 8489067332 WA
to get your appointment.

*Kalsang for Pavilion
of Tibetan Culture*

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 +918940571774 WA or email us at morningstar@auroville.org.in

*Paula
for Morning Star Team*

MONSOON WITH AYURVEDA AND LOCAL PLANTS



During monsoon, the climate is cold and humid, rains and little sunlight increase drastically the moisture in the air and on the ground leading to a more acidic environment, sour taste prevails. The body struggles to keep warm and dry, the digestive power can also be less.

Vata gets cold and gives joint pain, **Pitta** keeps fermenting, **Kapha** bloats and retains water.

An extra focus will be given to Vata imbalances, as it is the right season to reduce or expel Vata toxins (in body: stiffness, bloating, coldness, pain and inflammation in the joints; in the mind: anxiety, anguish, fear, dismay, confusion, doubts).

This is a period to slow down and care for Agni—digestive fire.

In the Food:

- All meals are warm, cooked in a sauce-pan, easy to digest, light, spicy
- **Proteins:** Mungdal, beans, chickpeas, lentils (all of these cooked with aseptida to prevent bloating), white meat, egg, peanut
- **Vegetables:** amaranth, green leaves, carrot, beetroot, cauliflower, bitter-snake-bottlegourd, moringa (drumstick), chow-chow, radish, pumpkin—all should be well washed to avoid contamination
- Sweet taste with old grains—barley, rice, millet, oat, wheat
- **Fruits:** apple, pomegranate, banana, papaya, grape, guava, pear
- **Spices:** ginger, pepper, long pepper (pippali), turmeric, cumin, clove, asafoetida, mustard seeds, ajwain, cinnamon, fennel seeds, fenugreek seeds, onion, garlic
- Ghee or sesame/olive/sunflower oil (cold pressed)
- **Drinks:** herbal teas, warm or boiled water, with honey or jaggery
- Ayurvedic formulas to take after meals: Panchakola, Trikatu, Hingwashtak churna... with honey

Avoid:

- All food with yeast/baking powder, cheese, yogurt, curd, lassi, beer
- Drinking too much liquid during or straight after meals
- Uncooked vegetables and salads
- Heavy and difficult to digest (fried food, pizza at dinner, etc)
- Milk coffee, ice cream
- Carbonated soft drinks

In Activities:

- Be regular in the daily routine, especially in taking meals and going to bed
- Time to keep Vata balanced with Abhyanga (oil massage + steam bath), Shirodhara (warm oil on forehead), Basti (warm oil enema)
- Foot bath with warm salty water
- Wash with warm water (shower or bath)
- Keep body warm: neck and feet especially
- Soft physical exercise: 30 minutes a day
- Yoga, Pranayama, Meditation-concentration, Qi-Gong...
- Fumigation with eucalyptus, neem, sage
- Nasya (oil drops in the nose) with Anu Tailam at bedtime or in the morning to clear the sinuses

Avoid:

- Siestas and day naps
- Intense physical sport or work
- Moist and cold air, wind, fan
- Staying humid after being in the rain
- Long hours in front of the computer
- Skipping meals or fasting
- Staying awake late at night
- Too many travels
- Most of the above aggravate Vata.

Herbs and Medicinal Plants for the Rainy Season:

- **Moringa**—*Moringa Oleifera*: to balance Vata and Kapha by increasing the digestive power
- **Bhunimba** (Nilavembu)—*Andrographis paniculate*: in feverish condition
- **Guduchi** (Giloy)—*Tinospora cordifolia*: natural immunoregulator
- **Haritaki**—*Terminalia chebula* with a little of rock salt: to balance Vata and ease bowel movement
- **Dashamoolarishtam**—for joint pain and inflammation, to balance Vata

Enjoy the rain and stay warm and cosy

Be @ Sante Clinic

Animal Care

UPDATE ON THE AUROVILLE DOG SHELTER with the new management

The new Management team took responsibility in the first week of September and is still waiting to receive some more details from the previous management team.

There are some rumours going around in the community and outside that the Dog shelter under the new management and executives is literally going to the dogs...

We are glad to report that the dogs are doing very well; they are living in clean cages and shared free spaces, and are getting well fed: 50kg of rice, 50kg of chicken meat and 30 eggs daily, 7 days a week (for 183 adult dogs and 20 puppies who get milk and Cerelac).

Medical care is provided by two veterinarians who are present every day to give vaccinations, treatments and perform sterilisations. Last month there were four rescues; unfortunately one rabid dog and one puppy at Progress Landscape in Aspiration had to be put to sleep.

From this past week's log:

- 10 very small puppies were dropped in.
- 10 stray dogs of Kottakupam arrived to get sterilised and taken care of till they can go home. (Animal Welfare Center).
- Vaccination of stray dogs that were close to the rabid dog in New Creation.
- Attending dogs with their owners for veterinary care.

So, overall all is well, and hopefully we can carry on the good work and find some caring friends to give homes to our dog friends: Some loveable young dogs are ready for adoption, sterilised and vaccinated.

Among them, a beautiful young Rottweiler and a super sweet white dog with blue eyes. And many adorable puppies...

We are in touch with the Animal Welfare Board and are doing all necessary procedures in order to comply with the regulations and be eligible for the same grants that were given to the old team. Still documents from that team are needed from June onwards.

- **The Dog shelter welcomes you to visit between 11am—4pm.**

You are very welcome to come and volunteer and help out with various tasks, to walk some of the dogs, or in case you can drive, help with pick up rescue cases sometimes, when possible or cuddle the puppies...

Please reach us:

Dr Kumar 9443203092 WA or Sonja 9626886029 WA.

Looking ahead: Very soon it will be raining and that is always a hard time.

How you can help:

- **Donate old clothes** and fabrics, blankets, old cushions, carpets, cardboard.
- The shelter is also looking for a used but **working washing machine** so we can clean and use fabrics.
- **Donate financially.** FS account 251391.

Thank you for caring! We look forward to reporting to the community regularly, in shared dedication.

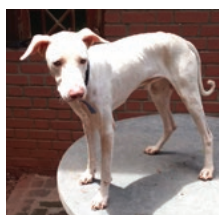
Sonja for the Dog Shelter Team

ADOPTION

Dollar is 4 years old male dog, sterilized and vaccinated.

Friendly with pets is looking for a warm home to be loved.

- Please contact 9585483384 if interested



Agnes

The gentleman dog from La Terrasse is still waiting for adoption. Meanwhile he is injured.

He is such a nice dog and he needs urgently a home

He is an abandoned dog. Angelika and Rita are taking care, he got medicine food and love. But this is not enough and we both cannot take him.

For contact: Rita, 6384693167



International

KOREAN PAVILION PRESENTS

Bojagi Art Workshop & Exhibition @ Centre d'Art:

Korean Pavilion is delighted to present a unique workshop and exhibition on Bojagi, the traditional Korean art of wrapping, which embodies both beauty and practicality. Characterized by vibrant colours, and magnanimity of spirit, Bojagi is deeply rooted in Korean culture and has been passed down through generations as a symbol of blessing, care, and creativity.



Bojagi Knotting Workshops:

Learn the art of tying and wrapping Bojagi in hands-on sessions!

3 slots available:

- 16 October, 3:30—5pm
- 17 October, 3:30—5pm
- 22 October, 3:30—5pm

Register:

- +91 9489904112 WA. Limited seats available

Bojagi Art Exhibition:

- Opening on 21 October, 4:30pm

The opening will feature a special Bojagi light installation, accompanied by traditional Korean tea and snacks. **Marco**

UNITY PAVILION PRESENTS

Unity Pavilion Regular Events

Day Time	Venue	Event Details
Wednesday, 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.
Thursday, 3pm	Oneness 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.
Thursday, 5pm	Hall Of Peace	Silent Meditation by Pierre: Tune into your psychic self and experience deep inner peace and calm for awakening within.
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.
Saturday, 10am	Garden	Kids Art Class by artist Janakiraman: A playful exploration of watercolor techniques for children.

By Appointment:

Day Time	Venue	Event Details
Tuesday, 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.
Monday	Hall of Peace	Peace Tea Ceremony by Jaya and Isha
Saturday	Hall of Peace	Cyanotype exploring unity prints on paper and fabric

The Flow: Chakra Meditation

Connect with the Source and enter the Flow.

- Friday, 6—7pm @ Unity Pavilion



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

Kids Art Class by artist Janakiraman



Tao of Tea—Sencha Style Tea Ceremony



Art for Land: Inner Awakening and Outer Expression

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



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

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

We warmly invite you to visit the exhibition!

Priya for Unity Pavilion

FRENCH PAVILLON PRESENTS

@ Pavillon de France, opposite the Visitor Center

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!

Submitted by Vivekan



Gaëlle Bélem

- Le mercredi, 22 octobre, de 10h à 12h
Au Pavillon de France

Le Pavillon de France en partenariat avec l’Alliance Française. Sont heureux de vous inviter.

A un atelier d’écriture animé par Gaëlle Bélem, romancière réunionnaise traduite en plusieurs langues.

Tous ses romans racontent La Réunion dans ses difficultés sociales et économiques, ses croyances et superstitions, à travers des personnages souvent issus de milieux populaires et dont les ancêtres viennent d’Inde, d’Afrique ou d’Europe.

Gaëlle fera une lecture d’extraits de deux de ses livres : *Sud Sauvage* et *Un monstre est là derrière la porte*.

Elle montrera des techniques d’écriture.

A partir d’un thème issu des deux livres abordés, elle animera un temps d’écriture et de partage collectif.

- L’atelier est gratuit et en français.

Cécile



Discussions

- Rendez-vous ce vendredi
17 octobre 2025
à 17h au Pavillon de France



Le Pavillon de France vous invite à participer aux Discussions. Un rendez-vous en français, ouvert à tous, pour réfléchir ensemble à des questions de société, d’identité ou de sens.

Chacun est invité à partager son point de vue,

Ecouter celui des autres

Et nourrir une discussion profonde,

Dans un cadre bienveillant.

Un espace de parole libre, dans l’esprit d’Auroville : ouverture, respect et quête de sens.

Après les discussions sur la religion et la propriété, cette fois questionnons: “L’argent”

Cécile

pour le Pavillon de France

Board games

- Wednesdays, 4—5:30pm

French Pavilion welcomes you every Wednesday, 4 to 5:30pm for Boardgames. Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



Submitted by Vivekan

TIBETAN PAVILION PRESENTS

Beyuls, Talk by Claude Arpi

- 17 October, 5:30pm
@ Tibetan Pavilion

Hidden realms of Guru Padmasambhava "Hidden Lands" or "Beyuls" are secret valleys where Padmasambhava concealed religious texts. These "hidden lands" or realms are also places of refuge and preservation of the Dharma in times of crisis.



Sacred Frost Flowers Descend... Exhibition

- 11 October—10 November @ Tibetan Pavilion
- 9am—12:30pm & 2—5pm except Sunday & Holidays



Pavilion of Tibetan Culture: The Library

- Monday and Tuesday, 9:30am—12:30pm

Library in Pavilion of Tibetan Culture is open to the public: We look forward of seeing you in the LIBRARY.

Wednesday Lahkar lunch continues

A weekly Lahkar Lunch is happening on:

- Wednesday, 12:30—1:30pm

To reserve your seat: 8489067332.

Last request receive at 5pm on Tuesday evening.



Kalsang for Tibetan Pavilion

Gatherings

UPASANA DIWALI 2025:

A Pause in the Light

For twenty-five years, Upasana's Diwali has been a sacred celebration—a coming together of light, beauty, and community. This year, Upasana turns inward—into a quiet reflection, sensing the need to listen rather than celebrate.

There will be no Diwali event this year.

This is not a withdrawal, but a pause—a moment of inner offering. Upasana chooses to live Diwali in stillness, holding space for the light to rise from within.

*With love and quiet gratitude,
Uma & the Upasana Family*

Theatre, Music & Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Performance



Monisha

VIKRAM & BETAAL 2.0

Sunday, 26 October, 7pm
@ CRIPA, Auroville

This play is inspired by the classic tale 'Vikram aur Betaal'. However, this time around, Vikram is not a mighty king, but a 10-year-old boy, and the challenges he face are new and different. He ventures into the forest in search of Betaal, but is unaware of the difficulties that lie ahead and with each story, Vikram and Betaal go deep into the quest of finding themselves.

- Cast: Shafali, Shivesh, Praveen, Zalina, Akshay
- Lights: Zalina, Poems: Srijita, Masks: Yukta, Music: Praveen
- Devised and Directed by Shafali & Shivesh
- Entry free: Contributions welcome.

Laura for CRIPA



UPCOMING SHOW AT MAJI: PAUSE

PAUSE
Gayatri Gamuz · Supriya Menon Meneghetti



8 September to 18 October '25

Opening: 6 September, 4 - 5:30 pm
Timings: Mon - Sat, 9 am - 5 pm

MAJI

Maroma, Aspirant street, Kullapalayam, Auroville.

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,
maji@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 Kullapalayam

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

By Franz Fassbender

Dance Activities

DANCE CLASSES BY MANI

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

Salsa Dance

@ New Creation dance studio

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

@Bakisata_dance



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

PHOTO CIRCLE MEETS AGAIN

Friday, 17 October, 5pm

@ Centre d'Art multimedia room,
Citadines

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anybody can bring and screen a small selection of images.

Everybody's welcome

Marco



SVARAM ACTIVITIES

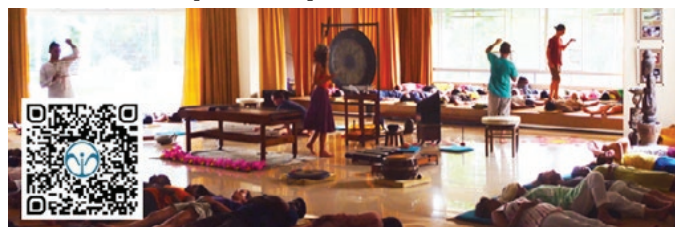
Sound Healing Session



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/>

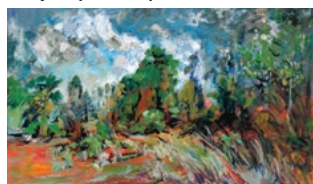
Aurelio
for the SVARAM Team

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

From 20 August 2025

05:00 pm - 06:00 pm
 Every Wednesday & Saturday
Venue:
 SAWCHU,
 Bharat Nivas, Auroville

To join, Contact: Hari Haran at +91 63743 71865
 Parking available outside at the Main Gate

Regular Silambam Class
 with
Hari Haran

Scan for Location

Grappling and Rudiments of Martial Arts for kids

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

From 20 August 2025

04:00 pm - 05:00 pm
 Every Tuesday & Thursday
Venue:
 Harmony Hall,
 Bharat Nivas, Auroville

CONTACT TODAY

**GRAPPLING & RUDIMENTS OF
 MARTIAL ARTS FOR KIDS**

CONTACT TODAY

Monisha for BN Team

KSHETRA KALARI @ ASPIRATION SPORT GROUND

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



Maneesh

THE ART OF CHI: STEVANOVIICH 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

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!



Changes regarding Aikido activity

Monday to Friday:

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

Saturday:

- **Advanced: 6—8am**
- **Weapon: 8—9am**

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

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

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

MOVING MEDITATION: TAICHI & QI-GONG

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

- **Every Monday & Tuesday 5:15—6:15pm**
 @ Budokan, Dehashakti
- Facilitated by Jiseong Park.

Contact:

+91 7094339490 WA



Jisung for Youthlink

ABHAYA MARTIAL ARTS



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



Our regular classes for adults @ 5:30pm

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

Please note:

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

For updates and participation: +91 9487340778 WA msg.

Brazilian Jiu-Jitsu classes for kids!

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

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

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

Giacomo for Abhaya

AUROVILLE FUTSAL FOOTBALL CLUB

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

We play futsal in Dehashakti,

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



Girls all age/ level are playing

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

Boys 16yo+ are playing

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



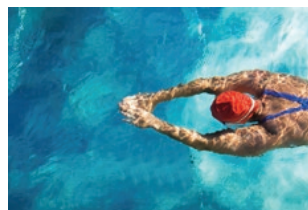
Submitted by Beber

MORNING SWIMMING CLASSES FOR CHILDREN

Limited spots available!

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

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



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

Sonia and Ana

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy, open water
- Oceanic Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book now: +91 8637633696

Package swimming class



Mani

Bioregion & Nature Activities

SADHANA FOREST

Plant based Saturday: Every Saturday

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

Schedule:

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

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

Aviram

ENLIGHT



Bioregion Tour



Canyon Tour



Forest Walk



Cooking Class



Fireside Drumming



Pottery Workshop



E-Auto Tours



Visit Units



Cycle Tour

ENLIGHT

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

*Arun, Anand and Balaji
for Enlight Team*

INSIDE INDIA ACTIVITIES

Educational Make and Take Workshop in Collaboration with Shradhanjali

- 18 October, 10am—12:30pm



A hands-on experience where nature, creativity, and awareness come together. Learn how Auroville's artisans transform flowers and leaves into beautiful, handmade pieces and create your own to take home.

Since 1980, Shradhanjali, one of Auroville's oldest handicraft units, has been celebrating the natural world through sustainable craftsmanship offering meaningful work to local artisans and channeling all profits back into Auroville's growth. Come create, connect, and discover the story behind every petal.

Launching our Kolam Workshop

- Every Friday, 10am—12pm

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

Auroville Bio-Region Tours by Inside India

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

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

Cycle Tours through Auroville

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

- Timings are 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.

Shaheen,

tours@insideindiauroville.com

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



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.

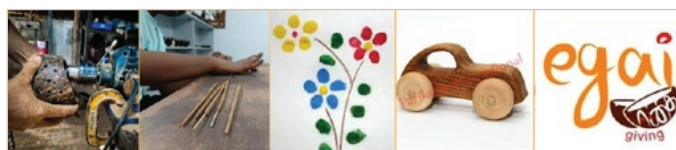
For more information, contact us:

- mohanamprogram@auroville.org.in,
- +91 8300949079

Balu
for Mohanam Program

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

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

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, 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

Multiple Activities

IT MATTERS ACTIVITIES

A/C room

@ It Matters, Auroville Main Road

More info on instagram:

- [@auroville.curated](#)

Workshop pre-registration required:

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

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED



LOCATION:
Auroville Main Road
Kuilapalayam

Date	Workshops in October
17, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satyayuga, fixed price 500 Rs. and 50% for AV/ Newcomer/ SAVI
18, Saturday, 10am—12pm	The Evolution of Collecting Organizing—A group Inquiry Into The Future of Self—Governance & Integral Organisation with Henrik, contribution Based
18, Saturday, 2—3pm	Technosophy: The Nature of Technique—Ellul's "The Technological System" with Daniel Raju, contribution Based

Date	Events in October
18, Saturday, 4—6pm	Exhibition opening: 3 artists Agnus Gastmans, Jyoti Naoki Eri, Shanta

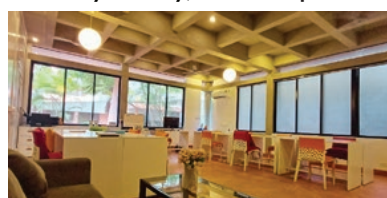
* Pre-registration for Workshops required (if participants do not actually come after registration, the session might be cancelled)

Sandra & Bhakti for It Matters

Office Spaces

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.

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED



LOCATION:
Auroville Main Road
Kuilapalayam

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



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

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

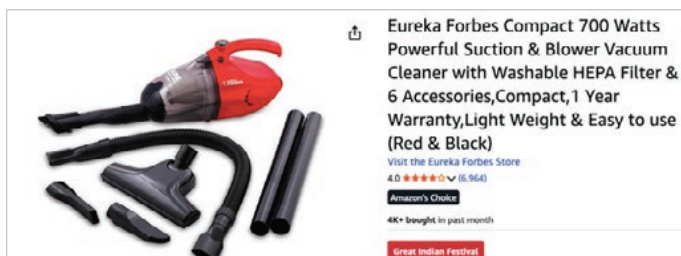
Looking for a second hand lady's cycle

I am looking for a second hand lady's cycle in working condition. It is for a lady from village working in Auroville. If any of you are willing to give it to her or sell it, please msg me.

9620812752, Megha

Available

New, Hardly Used Eureka Vacuum Cleaner



As new, hardly used Eureka vacuum cleaner, red color, washable filter, and blower attachment with valid warranty. Available against a contribution.

isha@auroville.org.in, Isha



Honorary Voluntary

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

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 earthyoga@hotmail.com or stop by in the morning sometime to explore the possibilities.

Noel Parent

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

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

Poetry

HUMANITY AT THE CROSSROAD:

Force in Action—Auroville Tomorrow

Direction of Action

Arrow directed towards me,
Long arrow right direction,
Coming towards me,
No stoppage, no change of direction—
Just towards me, just after hoisting the Flag.
I thanked God for everything right.
The Decisive Action says,
“This is for you”—Auroville Tomorrow.

Cells in Action

I was dazed with ecstasy,
I know it is just right, and the time is right.
A deep hug and a kiss, cheek to cheek,
Cell to cell and atom to atom.
Hug was so tight, was so intense,
Vibration spreads, cellular vibration is contagious.
We live constantly with the sense of separation,
But here, cells matched well with each other,
Entire substance was one, everything was one.

Unison in Action

Vibrating with same intensity and same passion,
Ohh! Cells got entangled with each other.
When drew back, they got interchanged and forgot
their way home,
They were one and did not make a difference Who or
Where!
Back home, only a longing for each other began,
Waiting for another event, another flag day,
Is that so simple?
Passion meets passion, dream meets dream,
Vibrating on same level, for dreams come true.

Love Story in Action

Yes, this is a Love Story of Humanity,
As a cell, all cells, web of cells belong to each other.
Once before we were one, and we will be one again.
Vibration is very contagious, belonging to each other
And becoming one again unfolds every moment.
The Longing has achieved greater heights in the past,
Will achieve Greatest height tomorrow.
That is why Auroville is here now.

Auroville Tomorrow in Action

When longing is so high, passion so intense,
What is ‘death’
for a Cell?
or for a Man?
or for any Matter?
Our Love story begins with Man,
Ends when Man achieves His Immortality.
Then Auroville fulfils one of its Dreams.
Celestine, Sri Aurobindo Mystery School,
Research centre for Manifesting the Superman,
Prarthna, Auroville, 29.09.25

Voices & Notes

YOUR FAVOURITE RADIO:

AurovilleRadioTV

is always working for you. Stay tuned!

Last published podcasts:

- [Marlenka’s weekly Offering—Ep.153](#) (Literature)
- [Savitri—Ep.23: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo’s “The Life Divine” read by Deepti Tewari-B 1, C 7: “The Ego and the Dualities”](#) (Sri Aurobindo)
- [Marlenka’s weekly Offering—Ep.152](#) (Literature)
- [Savitri—Ep.22: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo’s “The Life Divine” read by Deepti Tewari-B 1, C 6: “Man in the Universe”](#) (Sri Aurobindo)
- [Menstrual Well-Being-Ep.5—“Know Your Flow: Tracking & Signs” with Kalvikarasi](#) (Health & Wellness)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.510](#) (Integral Yoga)

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

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

Sai Priya
for AurovilleRadioTV



THE MEETING GROUND FOR HARMONY

“Beyond all preferences and limitations, there is a ground of mutual understanding where all can meet and find their harmony: it is the aspiration for a Divine Consciousness.”

<https://incarnatword.in/cwm/15/darshan-messages>

“But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.”

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

The questions that followed:

- What is this Divine Consciousness according to Sri Aurobindo and the Mother?
- What is the most direct and effective way to embody this Divine Consciousness?

I posited these questions to one of our InfoComm Assistants Gemini, which I set to Clarity Mode.

[Check out the answers here.](#)

Commentary:

It is crystal clear that we were and are invited to participate in this paradigm-shifting endeavour that is Auroville, which since 1988 has been under the legislated governance and administration of the Auroville Foundation legally supported and protected by the Government of Mother India. With [Auroville’s Integrated Three Core Ideal Vision-Goals](#) and the Rule of Law of this Sovereign Nation as constant reminders, it is only obvious that anyone who willingly or in ignorance rejects the shared specific path of the Integral Supramental Yoga, as laid out by our Avatar founders Sri Aurobindo and the Mother, has no reason to complain of any legal governance and administrative action taken to either correct it or to be totally rejected from further participation to prevent dissonance, disharmony and chaos in **this community aspiring for the Divine Consciousness.**

We consciously continue on in all planes of existence—physical-spiritual-supramental—with the grounded and pragmatic directives to progressively prepare the City of Dawn for the many more generations needed prior to the Divine Manifestation, the Life Divine on Earth...

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

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

The Mother

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/> (please also check out the comment, with "the secret" as shared by another aspiring True Aurovilian)



Zech

Foods, Goods & Services

CLOSED FOR DIWALI

Bella Vita, Naturellement and Garden Cafe:
Closed on Monday and Tuesday

We wish you a beautiful Diwali
filled with light and love!

Martina for the Teams

La Terrace: Remains closed on Monday, 20 October for Diwali celebration.

We wish all a happy Diwali

Angelika for La Terrace

Nowana: Will be closed on Monday, 20 October, to celebrate Diwali.

We will re-open the very next day, as per our regular timings. We look forward to welcoming back our regulars and meeting some new faces too. Happy Diwali!

Emanuele for Nowana

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 Naturellement

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.

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 Idly
- Chapati every evening
- Dosa & Idli available for breakfast too!



Healthy Plate monthly scheme
for Aurovilian Volunteers & Guests

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

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

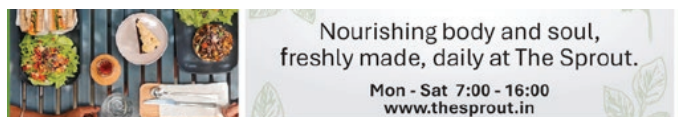
Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team, www.thesprout.in

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

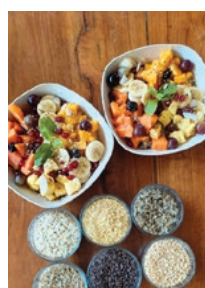
NEEM TREE CAFE OFFER

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



UPDATE FROM THE LIVING ROOM CAFÉ, AUROVILLE

For the month of October only

The Living Room Café will remain

- closed every Wednesday.**

Additionally, our new operational hours are now:

- 11am—9pm all other days**

We welcome you for warm meals, fresh smoothies, and slow, comforting evenings at our space.

Thank you for your continued love and support.



+91 9566142115, Satyakam

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, Auroid and UPI.

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

SIDDHARTHA FARM

Basmati Rice & Ragi Malt now available

Rice and Ragi, naturally grown on Siddhartha Farm, are now available for bulk purchase at discounted rates.

Products & Bulk Order Details:

- Whole Grain Basmati Rice**
(raw, unpolished or semi-polished)
Minimum order: 25kg, 20% discount
- Broken Grain Basmati Rice**
Minimum order: 15kg, 20% discount
- Ragi Malt**
Minimum order: 5kg, 15% discount



All products are available for immediate supply.

For pricing details and orders, please contact:

siddhartha.farm@auroville.org.in

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

KINISI
LOOKING FOR A NEW WAY TO GET AROUND?
Rent an e-cycle or e-scooter from Kinisi
25% discount at Kinisi Cowork for the same duration
Offer valid till 30th November
CSR Campus, Auroshilpam
hello@cowork.kinisi.in
+91-9429 690 049
SCAN ME

Contact us: +91 9429690049, hello@cowork.kinisi.in

Laure

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 (Humvee) 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

ANNAPURNA FARM BASKETS

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



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

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



Madhuri for Annapurna Farm

HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

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



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

Davide

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

INSIDE INDIA



inside india
DREAMS & MEMORIES

Vanakam, Bonjour and Hello from Inside India

Special Flights and Offers

- **Etihad Airways:** From Chennai to Paris, Frankfurt, London, Dublin, Brussels, Amsterdam, Zurich, Munich, Milan, Madrid, Barcelona.
- **Air India:** From Chennai to Paris, London, Amsterdam, Zurich.
- **Emirates:** From Chennai to London, Amsterdam, Madrid.
- **British airways:** Chennai to Paris, Dublin, Duesseldorf, Amsterdam, Brussels, Berlin, Zurich, Barcelona.

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.

New Lufthansa News: Exciting news! From 12 January to 18 February 2026, Lufthansa will operate daily non-stop flights between Frankfurt and Chennai.

European Union will begin introducing a new Entry/Exit System (EES) from 12 October 2025

From 12 October 2025, the European Union will begin introducing a new Entry/Exit System (EES) at Schengen borders. This system replaces the manual passport stamping process with a digital record of your entry and exit, including basic details and biometric data (such as fingerprints and a facial image).

If you are a non EU/Schengen national travelling to or from the Schengen Area for a short stay (up to 90 days in any 180 day period), the EES applies to you. When you first arrive border officers will collect your biometric data (fingerprints and facial scan) along with your passport details. This will be stored securely in the EES database.

On subsequent visits, you will not need to repeat the full process—your data will already be in the system. Your entry/exit will simply be recorded digitally. EU citizens, Schengen residents, and those holding long stay visas or residence permits are not affected. Please allow extra time for border checks, especially on your first trip after the system goes live.

Carriage of power banks on board: Emirates

From 1 October, using or charging a power bank on board Emirates flights will no longer be permitted. Customers can still carry one power bank on board and it must be in cabin baggage. Power banks are not permitted in checked in baggage. The power bank can have a maximum capacity of 100 watt hour (Wh) and the capacity rating must be clearly visible on the power bank.

On the aircraft, power banks cannot be stowed in the overhead lockers. Your power bank must be placed in a bag under the seat in front of you or in the seat pocket in front of you. Power banks cannot be used to charge any personal devices on board and charging the power bank is also not permitted.

New e-Arrival Card for non-Indian nationals flying to India Update

From 1 October, all non Indian nationals travelling to India must complete a new e Arrival Card before the flight. You can submit the immigration form on the India Bureau of Immigration website from 72 hours and no later than 24 hours before the flight. There is no registration fee for the e Arrival Card online.

If you do not complete the form before you travel, it will result in a longer immigration process at the airport.

Inside India Travel Agency

is now your complete international courier & cargo collection center

We are thrilled to announce the expansion of our services to include comprehensive international courier and cargo solutions, bringing the world closer to your doorstep. Our services include:

Europe & UK Deliveries:

- DPD Partnership—Duty & VAT Free shipping
- UK delivery in 6-7 days
- Europe delivery in 12-15 days
- Complete European Union coverage including Austria, Belgium, France, Germany, Italy, Spain, Netherlands, and 25+ more countries

Australia & New Zealand:

- Specialized homemade food items shipping
- Third-party services available
- Competitive pricing with ZIP code rate checking
- Masala & spices delivery to both destinations

Southeast Asia:

- Direct Malaysia & Singapore connections
- Fast 1-week delivery from Chennai
- No duty, no tax on selected items
- Reliable third-party partnerships

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
- **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:**

surabhisupplies@auroville.org.in

+91 9843846458 WA, Phone, Iyyappan

SARVAM COMPUTERS offers reliable service

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



Contact Sarvam Computers

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

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

Bala

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.

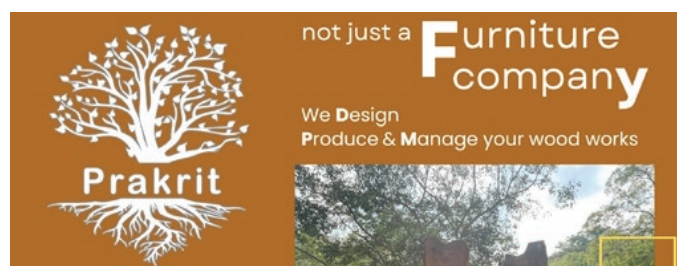


RAPID CARE SERVICES
One call to solve all your problem

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**



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

Classes, Workshops & Healing Arts

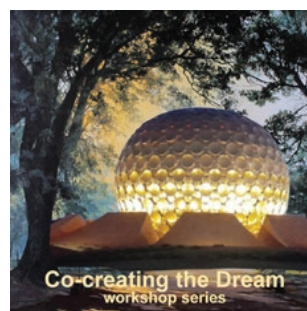
CO-CREATING THE DREAM:

Authentic and Effective Conversations

The series continues on Saturday, 18 October @ Verite with our second workshop.

Each workshop is a stand-alone experience.

A few Aurovilians have taken on-line ProSocial courses based on Nobel Laureate Elinor Ostrom's research, in which she identified eight core principles based on communities around the world that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution. The ProSocial training also included listening, communication and other internal skills. 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 enhancing interpersonal relationships, working in units, and collective life.



Authentic and Effective Conversations

This workshop explores how to bring more clarity, balance and care into our conversations—especially the difficult ones. Together we will practice three core skills: speaking authentically, listening deeply and creating safe structures for dialogue. These practices support us in living unity in diversity, and nurturing harmony in Auroville.



- Register at Verite: 0413 2622045, 2622606, 9363624083 or programming@verite.in

Kaia, Munay and Radhika

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

MINDFULNESS KINDFULNESS:

half day retreat with Helen

Saturday, 25 October, 9:15am—12:30pm
@ Creativity Hall of Light

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

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

Everyone is warmly welcomed—whether you're beginning your meditation journey or have been practicing for years. During the retreat you can choose whatever your body needs—a chair, cushion, or mat. Participants hold silence during the retreat, providing a chance to go deep within. The session will be guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness.

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

Helen



CONSCIOUS TOUCH & TAPPING

Fridays, 17 October till 19 December, 5—6:30pm
@ Hall of Light, Creativity

With Qi movements & Taoist practices. Individual, couples, family sessions by appointment. Contribution required.



- Contact Anandi Z.: +91 9385623511

Anandi Z. is a poetic and playful being with a child's heart—a writer, healer, and space holder. Through Conscious Touch & Tapping, she invites listening ears, hearts, and hands to discover and co-create musical rhythms within oneself and with each other. The effect is both deeply vibrating and softly sustaining, carrying beyond techniques and the physical body. Participants often experience emotional release, mental calm and clarity, and a renewed sense of connection.

With joyful Gratitude, Anandi

WEEKLY HALF-DAY VIPASSANA MEDITATION COURSE

Sunday, 19 October, 9am—1pm

@ Udavi school (near tank), Edayanchavadi

You are all very welcome to the weekly half-day Vipassana meditation course for "old students" only (meaning for those who have completed at least one 10-day course as taught by SN Goenka).



- First building to the left near the parking: [Location](#).
- No registration is required.
- You can come for the whole course or just drop in for some time whenever you want.

Please keep your cell phones off or in airplane mode for the duration of the course.

Laure, 88074 34864

ACTIVITIES BY LAKSHMI

Sacred Connection

• Saturday, 18 October, 10am—4:30pm
@ Creativity, Hall of Light

- Theme: Exploring Love, Relationship & Intimacy with awareness.

What are your fears about Love, Relationships, and Intimacy? So many of us long for deep connection to be seen, to be met, to be held in truth.

Yet, beneath that longing, there can be fear...

- Fear of losing ourselves.
- Fear of being hurt again.
- Fear of opening too much, or not enough.
- Fear of truly being seen in our tenderness, our desires, our truth.

These fears are not wrong... they are invitations, gates, we can walk through with awareness, compassion, and courage. I invite you to a space where we can explore this together: A journey of Sacred Connection through movement, breath, touch, presence, and heart-opening practices.

Come as you are with your fears, your curiosity, your longing. Together, we soften, we remember, we connect.

Reserve your spot:

- Lakshmi +918489764602
- Lakshmiprem369@gmail.com



Shamanic Breathwork

• Every Monday, 5pm @Verite

Today we gather once again to breathe, release, and remember who we truly are. Through the sacred rhythm of the breath we journey beyond the mind into the spaces of healing, clarity, and deep connection.

If you feel the call to let go, to open your heart, to come home to your essence—join us! Bring your breath, your presence, and your courage to dive deep. Let's breathe together, transform together, and rise together! See you in the circle.



Dance of the Chakras

• Every Tuesday, 5pm—6:30pm @ Verite

Through movement we awaken, through rhythm we release, through dance we realign.

The Dance of the Chakras is an invitation to connect with your body, your energy, and your inner freedom. Each movement opens the flow of life force, dissolving blockages and awakening joy.

Come as you are—no steps to learn, just the dance of your soul. Let your body be the temple, your breath the guide, and your heart the drum.

Are you ready to dance yourself back into balance?

Lakshmi

Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

☑ Friday - 5 pm (regular class)

☑ Drop-in classes available

for individuals or groups - book your session



Info: serendipityauroville@gmail.com | +91 8940288090

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

BHARAT NIVAS

Expressive Arts Therapy Workshop @ Progress Hall

- Saturday, 25 October—Sunday, 26 October
 - Saturday, 1 November—Sunday, 2 November
- 10:30am—3:30pm. Choose from the dates above.



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.

Voice Consciousness workshop

- 13 to 16 November, 4—6pm @ Progress Hall



Regular Yoga Classes @ Progress Hall



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.

- Thursday, Friday, Saturday, Sunday & Monday
- 5 days a week, 5:30—7pm @ Progress Hall, BN

Style: Vinyasa Flow (Beginner to Intermediate friendly)

Contribution, October. Drop-in only:

- Rs 500 per class for guests and non-Aurovilians
- Aurovilians, 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.

9980992923 for queries, Monisha, BN Team

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

LEELA THERAPY

This therapy is for those ready to receive loving and skilful support in addressing personal challenges and discover their own resources of confidence, creativity, power, intelligence and self-love.



Offered by Kardash, a certified psychotherapist, whose training has been based on the wisdom and techniques of:

- Ericksonian Clinical hypnotherapy
- Neurolinguistic programming (NLP)
- The Enneagram of Character Fixation
- Nondual insights for ego transcendence

Leela therapy is a unique combination of true support for waking up from ego, and trauma informed private therapy.

Meetings can be in-person in Auroville or online.

For more details

- see www.innersightav.org or
- contact Kardash +91 9940934875 WA

Kardash

QUIET HEALING CENTER



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

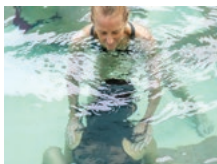
+91 9488084966, Mobile & WA

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.



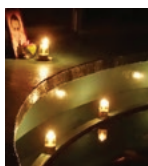
In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for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

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

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

Aikya

BODY AWARENESS

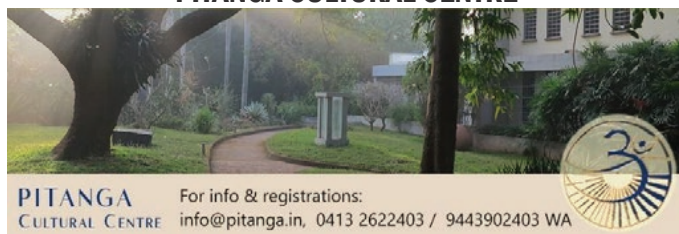
& Relaxation with Hans

Wednesdays, 5—6:15pm @ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

PITANGA CULTURAL CENTRE



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	Suriya-gandhi
	Iyengar Yoga	5pm–6:30pm	Olesya
	Yoga: Restore & Relax	5:30pm–7pm	Florina
Friday	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.

Workshops

Awareness Through the Body-with Isora and Rosario, facilitator in training,

- Saturday, 18 October, 9am—12pm
- Prior registration required. Please contact Pitanga.

It is a practice developed in Auroville, India, that aims to expand consciousness and offer the opportunity for both children and adults to become aware of their own perceptions and abilities, so that they can become independent and self-aware individuals. The activities are creative and often fun, develop gradually, and encourage attention, concentration, and relaxation, providing feelings of well-being and a deep connection with the Being.



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



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

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

Workshops

Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
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

Practices for Inner Exploration with Mila

• Saturday, 18 October, 9:15am—12:15pm

The workshop will review basics of yogic anatomy and present several methods for becoming aware of deep internal tensions on the different bodies. The practitioner will learn by practicing simple tools to master his/her inner space and to progress in the practice of awareness and meditation. This workshop may continue with periodic classes.

Authentic and Effective Conversations with Kaia, Munay & Radhika

• Saturday, 18 October, 9:15am—12:15pm

This workshop explores how to bring more clarity, care, and balance into our conversations—especially the difficult ones. Together we will practice three core skills: speaking authentically, listening deeply, and creating safe structures for dialogue. These practices support us in living unity in diversity and nurturing harmony in Auroville.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 18 October, 2—4pm

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

Pawanamuktasana Series: Energize the Joints with Mani

• Saturday, 25 October, 9:15am—12pm

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

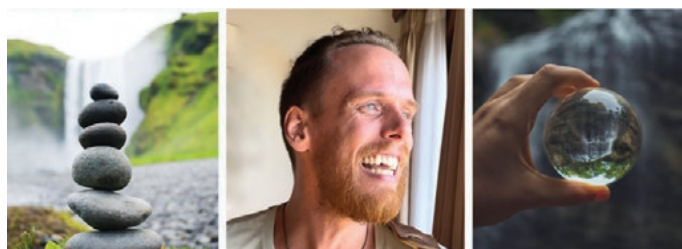
Yoga with Kalidas

• Saturday, 25 October, 2—4pm

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

Hon

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

ARKA WELLNESS CENTER PROGRAM

October

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	- 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
Ivana	Hatha yoga	Monday: 4:30—5:30pm

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

- For Aurovilians only, Max. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

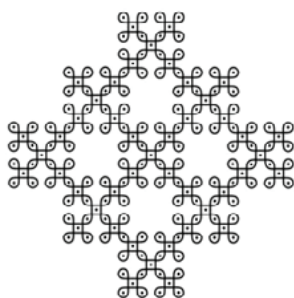
For any details and queries, you can contact us at
arka@auroville.org.in
0413 2623799

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

Languages

LEARN

English and Hindi

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

NEWS FROM Auroville Language Lab 16 October



Tomatis:

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguagelab.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguagelab.org. Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

- Resonance, the book!**

Check it out at <https://books.aurovillelanguagelab.org>

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

Presentation SALT and the Benefits of Correct Intake

We thank participants and we invite them to get in touch with the lab to share their email address and phone so that we can share more information as follow up of the workshop.

Courses:

Current Schedule of Classes

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

Poetry Workshop with Vismai: Naomi Shihab Nye

In this two-session (3 hour) workshop, we will dive into the life and work of poet Naomi Shihab Nye. Each session will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by the poet'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, Dates TBA

Pronunciation + Tomatis: A workshop in English Phonemes with Vismai

Designed for non-native speakers, this two-hour workshop offers an immersive exploration of the root sounds of the English language (pre-intermediate level). Through articulation drills, sound awareness techniques, and listening + active exercises based on the Alfred Tomatis Method, participants will learn to tune their ears to the nuances of English phonemes and develop greater clarity and ease in speech.

- Saturday, 25 November, 10am—12noon. Space is limited to 4 participants.
- Register soon: <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

Karuna has re-started her excellent classes in Italian for all levels. Please register as soon as you can.

- Classes are held from 4—5pm, Tuesdays and Fridays.
<https://aurovillelanguage.org/registration/>

French Classes

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 will resume 10 November.
- 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 will resume 11 November.
- Classes on Tuesdays and Thursdays, 2:30—3:30pm

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

Mandarin Chinese Course

A long-term volunteer from Taiwan, Shi-Ju, just arrived and will be available to teach Mandarin-Chinese at all levels in the next few weeks. 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

The Japanese course with a professional teacher from Japan has been confirmed and will begin in late November or early December 2025. We are pleased to inform you that one spot has become available for a committed student.

Tamil

New! Tamil (Beginner) with Ashok 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.

- Starts 20 October, 24-hours course over 3 months
- Monday & Wednesday, 10:30—11:30am

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.

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

German—online private classes:

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

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

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://aurovillelanguage.org/registration/>

English Classes

New! Intermediate English with Alex

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

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.

- **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.

Beginner English w. Ashwini

The course places special emphasis on tenses and prepositions, as these are essential building blocks for creating correct and meaningful sentences.

It's designed to meet the needs of all learners, regardless of their starting level. The structure of the course ensures that every participant progresses with confidence.

By the end of the course, students will be able to speak and construct sentences in basic English with clarity and confidence.

- Wednesday and Thursday, 4:30—5:30pm, 24 hours over 3 months
- Started 15 October

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

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

NEW! Call for Native German Speaker Teacher—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.

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.

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 and Italian conversation. Any weekday from 5—6pm is open for people to offer their language.

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, 16 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	24-Hour, 3 Months Started 15 October	5:30—6:30p, Wednesday & Thursday
	Intermediate with Alex	16-Hour, 2 months Starts 4 November	5:30—6:30pm, Tuesday & Friday
French	Beginner with Jean-François	16-Hour, 2 months, 10 November	2:30—3:30pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 11 November	2:30—3:30pm, Tuesday & Thursday
Tamil	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	10:30—11:30am Monday & Wednesday
	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, Starts 25 October	2:30—4pm, Monday & Wednesday
Italian	Beginner with Karuna	8-Hour Monthly, Started 2 September	4—5pm, Tuesday & Friday
	Intermediate with Karuna	8-Hour Monthly, Starts 4 November	3—4pm Tuesday & Friday
Korean	Advanced with Mint	4-Hour Monthly, Started 13 August Still open to registrations	11am—12pm, Wednesday

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

Cinema

NEW MOON MOVIE

Wednesday, 22 October, 5pm @ Multimedia room.

Every New Moon day, Art movie screening @ Centre d'Art, Citadines.

Pina by Wim Wenders, 2011.

104 min, original version with English subtitles.

Wim Wenders pays tribute to legendary choreographer Pina Bausch, who died in 2009, and her groundbreaking, inventive work with the Tanztheater Wuppertal Ensemble. Longtime troupe members recreate classic pieces for the big screen, pouring out of the theater and into the city of Wuppertal. Everybody is welcome.

Marco





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
20—26 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 Subcontinent—Monday, 20 October, 8pm
The Glassworker

USA-Pakistan, 2024, Writer-Dir. Usman Riaz w/ Art Malik, Sacha Dhawan, Anjali Mohindra, and others, Animation-Drama, 98mins, English-Urdu w/ English subtitles, Rated: NR

When war fractures a fragile homeland, young glassblower Vincent learns the delicate craft from his father Tomas as his bond with Alliz, a military officer's daughter, deepens into love. This acclaimed hand-drawn animation balances artistry and empathy, letting love, loyalty, and choice speak louder than conflict—a tender, timeless coming-of-age set against turbulence.

Potpourri—Tuesday, 21 October, 8pm
Butch Cassidy and the Sundance Kid

USA, 1969, Dir. George Roy Hill w/ Paul Newman, Robert Redford, Kathrine Ross, and others, Epic-Docudrama, 110mins, English w/ English subtitles, Rated: PG

Outlaws Butch Cassidy and the Sundance Kid—real figures of the Wild West—charm and outwit their way through legendary train robberies. When a relentless posse closes in, they escape with Etta Place to Bolivia, where their legend meets its fate. A true story brought to life, now a timeless classic. *Our tribute to Robert Redford, an outstanding actor and a major influencer in the world of cinema.*

Selection—Wednesday, 22 October, 8pm
Something's Gotta Give

USA, 2003, Writer-Dir. Nancy Meyers w/ Jack Nicholson, Diane Keaton, Keanu Reeves, and others, Romantic-Comedy, 128mins, English-French w/ English subtitles, Rated: PG-13

Harry Sanborn, a wealthy bachelor known for dating younger women, suffers a heart scare while vacationing with Marin, his latest girlfriend. In the care of Marin's mother, Erica Barry, a sharp playwright, he's unexpectedly drawn to her. Their clashes turn to affection, confronting love, aging, and vulnerability. *When love arrives late, it still takes your breath away. Our tribute to Diane Keaton, Golden Globe winner for this role, a graceful and gifted actor we bid farewell to.*

Interesting—Thursday, 23 October, 8pm
Some Roots Grow Upwards—the Theatre of Ratan Thiyam

India, 2003, Writer-Dir. Kavita Joshi & Malati Rao w/ Ratan Thiyam and others, Documentary, 56mins, Manipuri-English w/ English subtitles, Rated: NR (G)

Step into the world of visionary Manipuri theatre artist Ratan Thiyam, whose "Theatre of Roots" redefined Indian performance. Drawing on Manipur's traditions while confronting modern crises, his productions fuse ritual, politics, and poetry. This documentary traces his creative journey and the power of theatre to mirror society's struggles and hopes—art that rises upward from deep roots. *With this PSBT—Doordarshan production, we honor his enduring legacy following his recent passing.*

International—Saturday, 25 October, 8pm
Le Quatrième Mur (The Fourth Wall)

France-Luxembourg-Belgium, 2024, writer-Dir. David Oelhoffen w/ Laurent Lafitte, Simon Abkarian, Manal Issa, and others, Drama-History, 116mins, French-Arabic w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. Georges, a disillusioned stage director, is persuaded by his terminally ill friend Samuel to attempt the impossible: staging Antigone in war-torn Beirut. With Marwan, Imane, and a fragile troupe drawn from opposing factions, they risk everything to carve out two hours of peace amid chaos. Art becomes both defiance and fragile hope in the shadow of conflict. *In the ruins of conflict, a stage becomes a battlefield of hope.*

Children's Matinee—Sunday, 26 October, 4pm
Over the Hedge

USA, 2006, Dir. Tim Johnson & Karey Krikpatrick w/ Bruce Willis, Garry Shandling, Steve Carell, and others, Animation-Adventure, 83mins, English w/ English subtitles, Rated: PG

Scheming raccoon RJ tricks cautious turtle Verne and his band of woodland friends—including hyperactive squirrel Hammy and skunk Stella—into raiding suburban homes for food. What begins as a risky heist to repay a menacing bear becomes a hilarious adventure about trust, family, and finding where you belong.

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday 26 October, 8pm
Jamaica Inn

UK, 1939, Dir. Alfred Hitchcock w/ Maureen O'Hara, Robert Newton, and others, Crime-Drama, 98 mins, English w/ English subtitles, Rated: NR

In early 19th-century Cornwall, young orphan Mary is sent to live with Aunt Patience and Uncle Joss, landlords of the Jamaica Inn. She soon discovers the inn is a base for ship-wreckers who lure vessels to their doom on the rocky coast—and begins to fear for her life.

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

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, 17 October

Last Chance to See—Aye-Aye

2009, 59 minutes, Tim Green

This documentary showcases the efforts taken to conserve the elusive and fascinating aye-aye. Conservationists are struggling to preserve the remaining fragmented islands of forest by planting green corridors and engaging local communities.

Submitted by Aviram



Appeal to Support MMC-CP Multimedia Center Auditorium - Cinema Paradiso

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

Can You Help?

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

Thanking you in advance,
MMC-CP Team

Nina for MMC/ CP



About N&N

NEWS AND NOTES

Hard deadline for submissions TUESDAY 3pm

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

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