



News Notes

#1103 A weekly bulletin for residents of Auroville 30 October 2025



Photo by Alexey

It is the Divine Presence that gives value to life. This presence is the source of all peace, all joy, all security. Find this Presence in yourself and all difficulties will disappear.

The Mother, Words of the Mother-II

Pondering



The Divine reveals himself in the world around us when we look upon that with a spiritual desire of delight that seeks him in all things. There is often a sudden opening by which the veil of forms is itself turned into a revelation. A universal spiritual Presence, a universal peace, a universal infinite Delight has manifested, immanent, embracing, all-penetrating. This Presence by our love of it, our delight in it, our constant thought of it returns and grows upon us; it becomes the thing that we see and all else is only its habitation, form and symbol. Even all that is most outward, the body, the form, the sound, whatever our senses seize, are seen as this Presence; they cease to be physical and are changed into a substance of spirit. This transformation means a transformation of our own inner consciousness; we are taken by the surrounding Presence into itself and we become part of it. Our own mind, life, body become to us only its habitation and temple, a form of its working and an instrument of its self-expression. All is only soul and body of this delight.

Sri Aurobindo, The Synthesis of Yoga

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House of Mother's Agenda



(continued from last week)

The fundamental idea is that mankind is the godhead to be worshipped and served by man and that the respect, the service, the progress of the human being and human life are the chief duty and the chief aim of the human spirit. No other idol, neither the nation, the State, the family nor anything else ought to take its place; they are only worthy of respect so far as they are images of the human spirit and enshrine its presence and aid its self-manifestation. But where the cult of these idols seeks to usurp the place of the spirit and makes demands inconsistent with its service, they should be put aside. No injunctions of old creeds, religious, political, social or cultural, are valid when they go against its claims. Science even, though it is one of the chief modern idols, must not be allowed to make claims contrary to its ethical temperament and aim, for science is only valuable in so far as it helps and serves by knowledge and progress the religion of humanity. War, capital punishment, the taking of human life, cruelty of all kinds whether committed by the individual, the State or society, not only physical cruelty, but moral cruelty, the degradation of any human being or any class of human beings under whatever specious plea or in whatever interest, the oppression and exploitation of man by man, of class by class, of nation by nation and all those habits of life and institutions of society of a similar kind which religion and ethics formerly tolerated or even favoured in practice, whatever they might do in their ideal rule or creed, are crimes against the religion of humanity, abominable to its ethical mind, forbidden by its primary tenets, to be fought against always, in no degree to be tolerated. Man must be sacred to man regardless of all distinctions of race, creed, colour, nationality, status, political or social advancement. The body of man is to be respected, made immune from violence and outrage, fortified by science against disease and preventable death. The life of man is to be held sacred, preserved, strengthened, ennobled, uplifted. The heart of man is to be held sacred also, given scope, protected from violation, from suppression, from mechanisation, freed from belittling influences. The mind of man is to be released from all bonds, allowed freedom and range and opportunity, given all its means of self-training and self-development and organised in the play of its powers for the service of humanity. And all this too is not to be held as an abstract or pious sentiment, but given full and practical recognition in the persons of men and nations and mankind. This, speaking largely, is the idea and spirit of the intellectual religion of humanity.

(to be continued next week)

Sri Aurobindo

The Human Cycle, The Religion of Humanity

<https://incarnateword.in/cwsa/25/the-religion-of-humanity>

Gangalakshmi HOMA

Townhall Speaks

CLARITY ON THE ADMISSIONS & TERMINATIONS

Regulations

and the legitimacy of the Working Committee

There's been some confusion being deliberately circulated in Auroville lately—claims that the *Auroville Foundation (Admissions & Terminations of Persons in the Register of Residents) Regulations, 2023* are “not valid” or “sub-judice” because a few people have filed cases in the Madras High Court. Let's be clear: **this is completely false.**

Terms like “sub-judice” have been deliberately thrown about to cause confusion as to the legal validity of certain institutional regulations/ orders/ guidelines. If a matter is “sub-judice” it simply means that it has been challenged and is “under judicial consideration”—but that does not mean it has any suspensive effect. So, once a writ or petition has been admitted and is being heard, the matter is technically sub-judice.

However—and this is the crucial part—being sub-judice does not make the law or regulation being challenged invalid, inoperative, or unenforceable.

Filing a case doesn't suspend a law

Anyone can file a writ petition—but that act alone doesn't make a law or regulation invalid. Unless the court specifically grants a stay or injunction, the regulation remains **fully in force.**

As of today, no stay or interim order has been granted by the Madras High Court against the *Admissions & Terminations Regulations, 2023*. They were properly framed under Section 32 of the Auroville Foundation Act, 1988, approved by the Governing Board and the Ministry of Education, and published in the Gazette of India—which means they carry full statutory authority.

So, no—the Regulations are not “on hold” or “under question.” They are active, valid, and enforceable.

The Working Committee matter has already been ruled on

The question of which Working Committee is legitimate was taken to the Madras High Court in a writ of *quo warranto*.

Justice Anitha Sumanth has already ruled on this: the **Working Committee constituted by the Residents' Assembly and recognized by the Governing Board is the legally valid body** under Section 20 of the Auroville Foundation Act.

A few residents have chosen to challenge that order, but again, **no stay or injunction** has been granted.

So, there's **no ambiguity whatsoever** about which Working Committee holds legal authority as of today.

Challenging something doesn't make it invalid

Let's use some basic logic here. Challenging a law, a rule, or a court order doesn't suddenly make it “cloudy” or “non-functional.”

If that were the case, anyone dissatisfied with a rule could paralyse administration merely by filing a petition.

A law remains a law unless and until a competent court or authority says otherwise.

Parallel “committees” and “entry boards” are illegal

Therefore, any group of people now claiming to be a “Working Committee” other than the one recognized by the Governing Board and upheld by the High Court are acting **illegally**. The same applies to the so-called “Entry Board” that continues to receive or process new applications in defiance of the 2023 Regulations.

Such acts not only have **no legal standing** but are serious violations of the institutional guidelines, open and unlawful defiance against prevailing law.

The bottom line

Let there be no ambiguity in the following:

- **The Admissions & Terminations Regulations, 2023** are valid, in force, and govern all matters related to the Register of Residents.
- The Working Committee upheld by the Hon'ble High Court and recognized by the Governing Board is the **only** legitimate one.
- No stay, no injunction, no confusion.
- Anyone pretending otherwise is simply spreading misinformation.

Let's stay clear, factual, and responsible. Auroville deserves lawful, transparent governance.

Sindhuja, Resident of Auroville serving as Legal Coordinator (Auroville Foundation)

AUROVILLE FOUNDATION PUBLIC NOTICE

This is to inform all residents, services, and units of Auroville that **Mr. Arun Ambathy** has been removed from the **Auroville Newcomers' List** and declared *persona non grata* by order of the **Auroville Foundation**, following due process under the applicable regulations and by order of the **Secretary**. This decision has been made in view of repeated conduct deemed inconsistent with the **ideals, values, and Residence Criteria of Auroville**.

Accordingly, **Mr. Arun Ambathy is not permitted to enter or reside within Auroville premises, and no resident, service, or unit shall engage, employ, or otherwise entertain him in any capacity henceforth.**

All **security personnel** are hereby instructed to ensure **strict compliance** with this directive.

*Anu Legrand, Arun Selvam,
Joseba Martinez, Selvaraj, Parthasarathy
Working Committee of the Residents' Assembly,
uroville Foundation*

RESIDENTS' MEETING

30 October, 4:30—6pm @ Bhumika Hall

Dear Residents, this is to inform you that a Residents' Meeting will be held on 30 October. All residents are requested to attend the meeting to receive important updates. The following groups will be giving presentations:

- Morning Star, Solar Kitchen, Green Belt Services

Two more presentations will be confirmed and announced soon.

The Working Committee, from Mass Bulletin

DISMISSED: WRIT APPEAL ON AUROVILLE LAND MATTER

Please [read on page 42 in The Last Moment section](#)

Community News

Obituary

PASSING OF ANNE

We would like to inform the community that Anne Goldsmith, previously of Surrender Community, passed away peacefully on Thursday evening, 23 October, shortly after her 87th birthday in Clitheroe, England.

She was an active member of the community for many years until her return to England in 2008 to care for her elderly parents.

Her daughter, Jackie, was with her at the end.

She will be sorely missed.

Jackie, Sam, Ben, Ayla and Elanor, from Mass Bulletin

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

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



SAVITRI BHAVAN SCHEDULE,



November 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

- **3 November. About Savitri—Book 1: The Book of Beginnings, Canto 1: The Symbol Dawn, Part 1—**read and commented by The Mother—From January 1968 to August 1970, The Mother read selected passages from Sri Aurobindo's *Savitri*, line after line, and gave explanations that Huta tape-recorded. In this compilation of videos by AuroMaa, The Mother's reading of *Savitri* and her commentaries are presented under the headings: *The Story of Creation, Earth is a Special Formation, The Birth of Aspiration, Awakening of Consciousness*. The texts of *Savitri* and of the commentaries will be on the screen.

The wish to explain *Savitri* was expressed earlier by The Mother. She said: "*Savitri* is occult knowledge and spiritual experience. Some part of it can be understood mentally—but much of it needs the same knowledge and experience for understanding it. Nobody here except myself can explain *Savitri*. One day I hope to explain it in its true sense."

After the series "Mediations of Savitri" was done, The Mother and Huta took up the series "About Savitri". Already the first line of *Savitri*—"It was the hour before the Gods awake."—called for a wide and deep understanding, and The Mother revealed her spiritual wisdom. She explained that some first four powerful emanations of the Supreme Mother cut the connection with their Origin, became independent, and entered into darkness: 'Consciousness or Consciousness in Light' became Unconsciousness, 'Bliss' turned into Suffering, 'Truth' into Falsehood, and 'Life' turned into Death.

Further she described that this happened after they came down into the vital level. And that it was decided that some second emanations would be made to repair the mistake of the first; and the second emanations were the Gods.

As the result of the separation between the first emanations and their Origin, the creation by these first emanations had become obscure, dark, and inconscient. In spite of everything, the Divine Origin was inside the obscurity, darkness, and unconsciousness and had an urge to bring up again a world of Consciousness. But the processes from the dark and obscure creation back towards consciousness and light are difficult, and many obstacles are to be met and overcome. We are also experiencing that in our daily life.

How the remembering of the Divine Origin from the creation's darkness and unconsciousness back towards Consciousness and Light and Immortality can happen is the theme of many processes described in *Savitri*. Duration: 35min.

All videos "ABOUT SAVITRI—The Mother's Commentary" are available at the AuroMaa website:

<https://auromaa.org/about-savitri-the-mothers-commentary/>

The website also supplies the link to YouTube for every video of the series, the first has the title **About Savitri: The Mother's Commentary | B1C1-01 The Story of Creation and the link.**

- **10 November: About Savitri—Book 1: The Book of Beginnings, Canto 1: The Symbol Dawn, Part 2—**The Mother reads lines of *Savitri* and gives her commentaries to these lines under the headings: *The Birth of Hope,*

The Beginning of Manifestation, The First Avatar, Memory of Past Attempts, Advent of the Divine Mother, The Response of Earth. Transcription of The Mother's voice will be on the screen, recordings by Huta and video production by AuroMaa. Duration: 43min.

- **17 November: The One Whom We Adore As The Mother—**An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **24 November: On Significance of the Siddhi Day—**Alok Pandey and Narad sharing insights on the significance of the Siddhi Day on 24 November 1926 when Sri Krishna descended into Sri Aurobindo's body and Sri Aurobindo withdrew. The talk was recorded on 24 November 2016 in Pondicherry. Duration: 46min.

Full Moon Gathering

- **Wednesday, 5 November, 7:15—8:15pm** in front of Sri Aurobindo's statue

Dream Divine Series

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

- **Friday, 31 October, 4—5pm: Finding the Divine through Karma Yoga.** A talk by Dr. Alok Pandey.
- **Friday, 7 November, 4—5pm: Aspiration in Integral Yoga.** A meditative video—presentation by Nethya @ Sangam Hall. Everyone is welcome.
- **14 November:** Auroville from Seed to Sapling—a film by Aurofilm.
- **21 November:** Descent of the Immortal—a recorded video talk by Arindam Basu.
- **28 November:** Inner work through Gardening—a talk by Sangeetha.



Savitri Satsang with Narad @ Savitri Bhavan

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

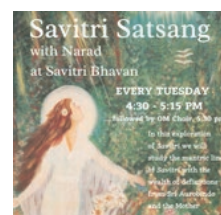
In this exploration of *Savitri* we will study the mantric lines of *Savitri* with the wealth of definitions from Sri Aurobindo and the Mother.

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.*"



OM Choir

- **Fridays, 6pm @ Ashram School, Pondicherry**
- **Tuesdays, 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:

- 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 Shradhdhan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch. 9 from The Synthesis of Yoga led by Dr. Jai Singh
- **Fridays 5—6pm:** Hymn to the Earth (*Bhūmi Sūkta*) from the Atharva Veda—Invitation to a collective sharing by Nishtha.
- **Saturdays 5—6:30pm:** Satsang led by Ashesh Joshi

New Activity from November 2025 onwards

- **Wednesdays 5—6pm & Saturdays 4—5pm:** Listening into Presence led by Misha (Mike)
- **Tuesdays 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **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 on The Synthesis of Yoga—Sri Aurobindo

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo



By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville



Scan for Location



Monisha

Education

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



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

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 SAIER. Our service began in 2015 under the umbrella of the Teachers' Center, SAIER.

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 f
or SLS Team

NOTES FROM SAIER #5:

On growth, renewal of teachers and rotation of executives

At IEPG 6, one of the most engaged discussions centred around two interconnected questions:

How do we grow together as teachers and as those holding responsibility in our schools and units?

And how can we bring clarity and continuity without losing the organic spirit of Auroville's collective work?

Two working documents framed the conversation—"Welcoming and Growing and Letting Go of Teachers in Auroville Schools" and "Review and Rotation of Executives in SAIER Units." Both explore the similar movement: the need for clarity with accountability, support and mentoring, disciplined reflection and progress, renewal and continuity.

This article focuses on Review and Rotation of Executives in SAIER Units:

"In this place, titles and positions would be replaced by opportunities to serve and organise; the bodily needs of each one would be equally provided for, and intellectual, moral and spiritual superiority would be expressed in the general organisation not by an increase in the pleasures and powers of life but by increased duties and responsibilities." The Mother, "A Dream"

We are facing a generational shift in Auroville at large where we want young people to step up and take the roles responsibly allowing for continuity, change and progress. Knowing this, do we recognise that one of the central responsibilities of an executive in any unit is to identify, mentor, and prepare others to take up responsibility and leadership of the unit and so that the work continues and grows?

If this is not taken up consciously, we find ourselves in difficulty. When an executive steps away or is no longer available, the work risks slowing or even stopping in some smaller units, the spirit changes in some way—perhaps a breath of fresh air, perhaps a complete degradation into mediocrity.

One of the things that this conversation has brought forward is a need for clarity on the role of an executive of a SAIER unit. That there may be a distinction between how this role is perceived from the point of view of members of a SAIER unit and SAIER itself. Of course, these need to be in line with financial compliance and accountability expected of an executive of any unit in Auroville. We are working on the synthesis of the role of an executive for SAIER units.

Simultaneously, the feedback we received from the document circulated and discussed at IEPG brought up the need for a term of an executive to be up to 10 yrs and for it to be staggered for the two executives of a unit. The proposition is to have up to three terms of three years each with a review and renewal. The goal of this is to have both short and long term approaches to the work we do.

When the role of the SAIER executive had a specified time period (with the possibility of renewal) I had a sense of urgency of what my contribution in that time would be and what I could do to support the continuity of what was accomplished.

Most of us are stretching in our roles as executives. There may be a concern that any form of assessment, feedback, and policy of rotation may not be in line with the spirit of Auroville. However, since our aspiration is continuous progress this is an opportunity we can look to embrace and find ways to set goals and meaningfully review our progress. We are working on a policy that meets this aspiration.

For SAIER, Sanjeev

AV LIBRARY NEWS UPDATE

- **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

For Your Information

REQUEST FROM NEERAJA (former Afsanah) Guest House

Dear friends, Requesting here to kindly hold off on any visits to Neeraja Guest House by Aurovilians including for use of swimming pool. For the time being, as we have a security issue which we are obliged to take seriously, only guests should enter the guest house. For now, only registered guests may use guest house facilities.

- If you had previous arrangements, please contact the new team at neeraja@auroville.org.in to discuss. With thanks for your collaboration!

Kaliananda & Malar
for Neeraja Guest House

INVITATION TO AUROVILIANS: Be part of Bonjour Auroville

Each day, dozens of visitors arrive at the Visitors Centre—curious, open, and searching for what Auroville truly is. We meet them where they are, through a simple daily session called Bonjour Auroville—a space to introduce the dream, the purpose, and the living experiment that we are all part of.

Bonjour Auroville—Daily Orientation for Visitors:

- Every day, 11:30am—12:15pm
- @ VC Video Room: Film, conversation, reflection

Organised by: Auroville Visitors Centre & Aware

Every visitor begins as a guest, but sometimes a word, a look, or a story can open something deeper—a call. We would like to invite Aurovilians to participate in these daily sessions.

You can join any day, share your lived experience, or simply be present in the space—as a quiet witness, a storyteller, or a bridge between the visitor's curiosity and Auroville's living reality.

- If you would like to take part or offer to facilitate a future session, please write to: bonjour@auroville.org.in.

This small act of sharing helps keep alive the welcoming spirit of Auroville—as a living invitation and aspiration.

The Auroville Visitors Centre Team
visitorscentre@auroville.org.in
From Mass Bulletin

AUROVILLE ALIGNMENT PROGRAMME community announcement

Dear Aurovilians, Newcomers, and Volunteers,

A new rhythm is taking root in Auroville—a rhythm of never-ending education, reflection, and aspiration.

The Auroville Alignment Programme (AAP) is a collective effort to help each one of us—whether arriving, aspiring, or already rooted—live the ideals and purpose of Auroville in a more conscious, practical way. Organised together with FAMC, HRS, ATR, and the Visitors Centre, and designed by AWARE, AAP offers a living continuum of engagement through interconnected pathways.

1. Discovery for Volunteers: Opens the path from doing to understanding—from service to conscious participation. A gentle doorway for volunteers to understand Auroville's deeper purpose.

- Introduction to Auroville's vision and ideals
- Practical guidance on service and community life
- Reflections and stories from long-term Aurovilians

Organised by: Human Resource Service

Every 4th Saturday, 9am—12pm @ Unity Pavilion

Format: Presentation, Q&A, Sharing Circle

2. Orientation for Newcomers

Orientation bridges aspiration and action—helping newcomers live the dream they seek to join. A year-long journey of learning, dialogue, and integration.

- 1st Saturday: Purpose of Auroville—Introductory Session
- 2nd Saturday: Processes of Auroville—Exposure Visits
- 3rd Saturday: Practicalities of Auroville—Integration Session
- 4th Saturday: Participation in Auroville—Community Showcase

Organised by: Admissions & Terminations Registry (ATR)

Every Saturday, 3—5pm @ Unity Pavilion

Format: Introduction, speaker sessions/ exposure visits, and interactive exchanges.

Attendance is mandatory for newcomers, as part of the Admission process under the Auroville Foundation Order, 2025.

3. Consecration for Aurovilians: It is not an event, but a living renewal—a return to the flame that called us here. A full-day collective renewal for those already on the path.

- Morning Concentration
- Plenary and keynote sessions
- Thematic breakout discussions (education, ecology, economy, governance, peace)
- Collective lunch and reading from Sri Aurobindo & The Mother

Organised by: Human Resource Service

Quarterly (2nd Sunday of January, April, July, October)
9am—5pm @ Bharat Nivas

Format: Similar to IEPG sessions run by SAIIR

Bonjour Auroville: Daily orientation for visitors

Every visitor begins as a curious guest; every visit can become a call. A daily interactive session introducing Auroville's dream and purpose through film, conversation, and resources.

Organised by: Auroville Visitors Centre

Every day, 11:30—12:15pm @ VC Video Room

Together, they form the Auroville Alignment Programme (AAP)—a shared field where our understanding deepens, and the understanding becomes a living practice of the Dream.

For queries or participation:

hrrs@auroville.org.in, bonjour@auroville.org.in

Let us learn together, align together, and live our collective purpose—so that Auroville may truly become the City the Earth needs.

Sai Suresh

GAIA FIELD IS A COMMON SPORTS FIELD open for all to use

We would like to remind and request the community to also take care of the space and neighbors.

- Please use the field only for sports/physical activities, not driving practice or celebrations.
- Please use only during the daytime (6am—7pm).
- Please use designated parking outside the field.
- Please clean up after yourselves (plastics, papers, snacks, Diwali fire crackers!).
- Please be aware of loud sound and disturbance for the neighbors.

And last but not least, we'd like to invite anyone interested to come use the space (*you can contact us for timings*).

Or come and join Ultimate Frisbee!

Thank you for participating in taking care of the space.

Contact details:

- avultimate.womens@gmail.com
- avultimate@auroville.org.in

Aravind, Bhavya, Harsh and Smiti for AV Ultimate for the Frisbee Team for Gaia field

HRS ANNOUNCEMENT:

First orientation program

1 November, the first Saturday of November, 3—5pm
@ Unity Pavilion.

Human Resources Service (HRS)

Books

BOOK LAUNCH AND EXHIBITION:



- Book launch: Saturday, 1 November, 3—5pm
- Exhibition: 1—15 November
- @ Pitanga Cultural Centre: Monday to Saturday, 8:30am—12pm and 2:30—5:30pm.

Marie

Health Care

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



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— <i>inquiry email: adminsante@auroville.org.in</i>	

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

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

AURODENT

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

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 @ 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, Red Light Therapy for Eyes, Dry Eye Therapy

Timings: 9am—5:30pm, **Contact:** 9488005685

Auro Perfect Vision: Eye Yoga & Wellness Retreat FocUs XI

- 12—16 November, 3—4pm
@ Harmony Hall, Bharat Nivas

Give your eyes the care they deserve. It's time to **Focus**.

Experience a 5-day journey of natural eye care and wellness. Through guided eye exercises and relaxation techniques, this retreat is designed to refresh your eyes, reduce strain, and support your overall visual well-being.

- Open to all. Limited seats. Register early.
- For registration and details, scan the QR code or [click on link](#).

Aurosugan & Priyanka for Aurokiya

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

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

Youth Initiative

YOUTHLINK SHIFTING office space

We at YouthLink would like to share that we are shifting our office space from Virundhu Canteen (Town Hall) to the Kailash building, that will be hosting us and our new activities.

This move comes as part of our ongoing efforts to strengthen youth engagement and collaboration in Auroville. We understand that this change has affected many people who cared deeply for the earlier initiative, and it's important for us to honor the space by contributing to the community in service of the youth.



Through our work in this new space, we hope to make a living youth space; a place for learning, community building, and vocational exploration. We are currently in conversation with the Housing Service to take on the role of coordinating body for youth residency, Yuva Sangha, envisioning a youth collective to emerge and grow together.

Some of our plans for the space include:

- Vocational Training & Skill Building: expanding our VTC initiative to include both hard and soft skills.
- Youth Residency Program: providing transitional housing and mentorship for young Aurovilians, Volunteers & Newcomers.
- Community Activities: hosting workshops, cultural evenings, and collaborative projects.
- Integration & Support: offering guidance for youth navigating their role in Auroville and beyond.

We see this as a continuation of a collective dream, where we will nurture a vibrant, responsible, and creative youth collective.

Gautam for the YouthLink Team

HALLOWEEN CELEBRATION

Saturday, 1 November, 3—7pm
@ Yuva Sangha (Kailash, near SK)

Youthlink invites you and your kids to Halloween Celebration! Join us for an afternoon filled with fun activities including a haunted house, ghost bowling, art and craft, board games, quidditch, spooky snacks, a costume fashion show, and more.

This is a small local gathering for Aurovilians, Newcomers, and Volunteers only, for parents, kids, and friends to enjoy together.

Please note that the event is not open to guests this time, as we have limited space. We look forward to welcoming everyone once our new venue is ready.

- If you would like to volunteer for decorations, food, or games, or if your child would like to set up a small stall, please message Ivy, 9176122030 WA.

Gautam
for The YouthLink Team



Games

BLOOMO!

a soulful flower card game

31 October, Friday, 5—6:15pm
@ The Mother's Flower Garden
near Solar Kitchen



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

The Mother

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

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

- Participation: Free of cost
- Age Group: 6 to 70+
- Hosted by Chetana,
mothersflowergarden@auroville.org.in
- Web page link: flowersong.in/mother-flower-garden

Rabi for the MFG team

International

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

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

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

FRENCH PAVILION 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!



Board games

- Wednesdays, 4—5:30pm

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



Submitted by Vivekan

TIBETAN PAVILION PRESENTS

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

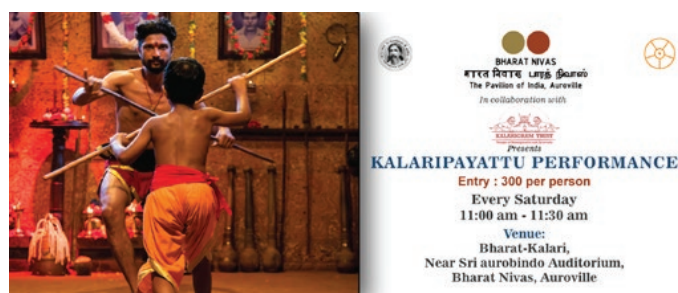
To reserve your seat: 8489067332.

Last request receive at 5pm on Tuesday evening.

Kalsang for Tibetan Pavilion



Theatre, Music & Arts



Monisha

WATERCOLOUR PAINTINGS: EFFORTS NEVER FAIL



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

Aurelec, Auroville Rd, Near SBI Bank Kulapalayam

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

By Franz Fassbender

EVENTS IN CRIPA

Presenting Gory: Gypsy rock experience

- Saturday, 8 November
7:30pm @ CRIPA

Gory believes each song writes itself born from experience, stitched together by memory and melody. Her music is for those who know love, who honor the art of listening, who are hungry for words that mean something that change something.

Join her as stories unfold in sound with Aditya on drums and Sam on bass straight from the 60s. Raw, real, and unguarded.



Entry free, contributions welcome

Andalusian Dreams—a presentation in Flamenco guitar by Martin Zlotnicki

- Saturday, 22 November, 7.30pm @ CRIPA

Martin Zlotnicki brings to life the soul of flamenco through his dynamic and heartfelt guitar performance. Drawing from the deep traditions of Andalusian music, his playing weaves together rhythmic intensity, melodic grace, and the emotional rawness that lies at the heart of Flamenco.

With a background that bridges classical technique and contemporary expression, Martin explores the guitar as both a percussive and lyrical instrument—his interpretations move seamlessly from intricate falsetas to moments of quiet reflection. His repertoire ranges from traditional palos to original compositions that reflect his own journey through the art form.

This performance invites listeners into the intimate dialogue between rhythm and emotion—a meeting point of passion, discipline, and improvisation that defines Flamenco at its core.

Entry free, contributions welcome

TRAK: Music Without Context

- Saturday, 15 November, 7:30pm, CRIPA

Dhani Muniz's new group is a field for artistic horseplay with some of India's most exciting musicians, as the leader's brash, feral guitar playing and skeletal compositions (taken from his 2024 debut album Chimu Fiesta) fuel keyboardist Aman Mahajan's endlessly imaginative, often disembodied reveries and the percussive octopus that is the dual-drummer team of Raul Mattia and Navneeth Krishnan.

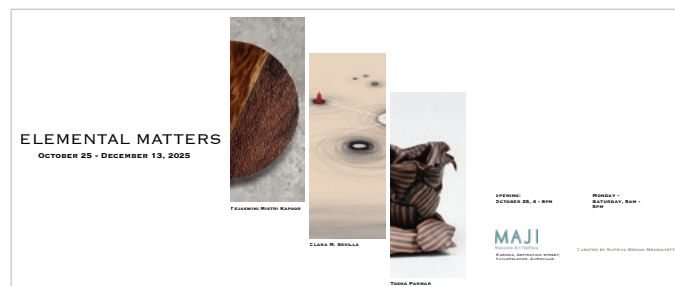
Playing wildly intense, often humorous sets that tease a merry-go-round of musical genres and worlds, TRAK takes the concepts behind improvisational music return to their original purposes—creating for the individual listener a feeling of weightlessness, a sense of being removed from time altogether, and the urge to listen not only with the ear, but with the entire body.

Laura for Cripa



ELEMENTAL MATTERS

4—6pm @ MAJI, Maroma



Maroma Art Gallery, MAJI, welcomes you to the opening of our new show, 'Elemental Matters'

'Elemental Matters'
is on show till 13 December

Viewing hours:
Monday—Saturday, 9am—5pm

Elemental Matters

Elemental Matters brings together three distinct artistic practices—two architects and a graphic artist—each working with a different material: wood, ceramics, and digital media. Presented at MAJI, this exhibition explores the fundamental forces of nature as expressed through form, process, and material. I am excited to present this harmony of diversity—three unique voices engaging in a shared conversation through their chosen mediums.

Tejaswini Mistri Kapoor

Tejaswini Mistri Kapoor's practice emerges from an architectural foundation, where space, scale, and material are ever-present concerns. Her work explores the idea that objects can carry a presence—playful, mnemonic, imaginative. Her sculptural forms resist fixity; they move freely, alive in their own right. They invite a conversation between material and imagination, sparking thought, delight, and a sense of wonder.

Clara M. Sevilla

Clara M. Sevilla's practice is rooted in a cross-cultural dialogue between Western art and Indian aesthetic philosophy. Her doctoral thesis, *Form and Consciousness: Foundations for a Yantric Theory of Drawing*, developed in India, informs her approach. Trained in the Kangra style of Indian miniature painting, she merges this tradition with digital drawing and painting techniques. Her work explores an expanded sense of art, delving into the interplay of interior and exterior, self and collective. Working between studios in India and Spain—both by the sea—Clara's practice evokes the cosmic, the sacred, and the ritualistic.

Tosha Parmar

Tosha Parmar, an architect-turned-potter, reimagines architectural thinking through clay. She works with Nerikomi, an ancient Japanese technique of layering colored clays, allowing movement to emerge from within the material itself. Her pieces blend different clay bodies, embracing the challenges of contrast and unpredictability. Fired using soda and wood methods—where soda is introduced into the kiln during firing—her ceramics achieve a distinctive, crystalline surface. These tactile forms draw the viewer into their swirling lines and shifting hues, inviting close attention.

Together, these artists remind us that matter is never inert—it moves, remembers, transforms. Elemental Matters is a meditation on the alchemy between form and feeling, tradition and experimentation, self and element.

Supriya Menon Meneghetti
Curator, MAJI

DOUBLE EXHIBITION @ CENTRE D'ART

31 October to 15 November

Opening on 31 October, 4:30pm

- Tuesday to Friday, 2—5:30pm
- Saturday, 10am—12:30pm, 2—5:30pm

Decollages by Foulax

Graduation day in Transition School is the last day for the 8th grade students before they move on to high school. It is always an emotional moment for Foulax as he greets his students goodbye after teaching them for two years. It's a similar feeling than when your own child leaves home.

Foulax decided to prepare photos and collage for each of them. Originally, it was just a little gift, some funny pictures taken with his first digital camera and some computer effects. But after some years, it slowly became more refined, more detailed.

These collages were always trying to be a bit wild and out of mind to take a break from the more serious field of mathematics. That is why the title is about flying collages, "Décollage" in French means taking off.



The Other Side by Rishi

Rishi's paintings seek to break through the veil of perception, exploring the hidden layers of psychology and spirituality. He creates a made-up language of symbols and abstraction, driven by a longing to unveil what lies beyond illusion. Each brushstroke is a step toward the unknown, inviting viewers to confront their inner landscapes and question what's behind the curtain of reality.

His brushstrokes are instinctive and fluid, shaping movement and depth in a way that feels more channeled than planned. He welcomes unpredictability, often scraping, erasing, and reworking the surface to uncover hidden forms and emotions. This meditative process allows him to access a deeper state of consciousness, where painting becomes a bridge between the tangible and the unknown.



Marco

Dance Activities

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



DANCE CLASSES BY MANI

Tango Dance Evenings @ CRIPA

- Tuesdays & Thursdays 7pm @ CRIPA (Small Room)

Discover the beauty of Tango—a dance of connection, rhythm, and emotion. Move with grace, balance, and awareness in a joyful and welcoming space.

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Free/ Donation-based
- Guests & Others: Contribution welcome

Let's share the magic of Tango, connect through music, and grow together in movement and harmony.



Salsa Dance Classes @ CRIPA

- Monday & Friday—7pm @ CRIPA (Small Room)

Join us for fun, energetic salsa sessions—dance, move, and enjoy the rhythm together!

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Donation-based
- Guests & Others: Contribution welcome

Let's share the joy of dance, connect with positive energy, and keep improving.

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

Theatre, Music & Art Activities

PHOTO CIRCLE MEETS AGAIN

Friday, 7 November, 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

LONG-TERM TRAINING

in Speech, Drama, Voice and Movement

CRIPA is happy to share that we are exploring the launch of Auroville's first in-house longer-term training in Speech, Drama, Voice and Movement. Before beginning, we are conducting a survey to understand the level of interest, and will move forward with the programme only if there is sufficient participation.



Our initial proposal for the first program is as follows:

- Intention is that of creating an equivalent to the training provided in drama schools that is also backed with the core principles of Integral Education. The participants will develop a practical understanding of their different bodies: Physical, Mind, Subtle, Vital.
- The approach of the training will be psychological and subjective in nature inviting the participants to discover their core values and aspiration, their unique expression and personhood.
- The direction of the training will take shape in accordance with the participants progress, the individuals creative process will be the guiding principle.
- The spirit of the training will invite a spirit of discovery, an openness to fail, a curiosity for the unexpected.
- Collaboration where we will explore working together as an ensemble, refining not only our own nature but discovering the truth and harmony in a collective collaboration.

Qualities participants will be developing throughout the training: inner silence and stillness, capacity for self-inquiry and introspection, deeper listening skills. Additionally, from this training the participants can expect to improve their confidence, a more dynamic and versatile expression, performance skills, a more flexible physical, psychological and emotional constitution.

There will be the optional possibility of working towards a performance towards the end.

This is the beginning of our initiative towards offering programmes which will include an **array of training modules on:**

- Mother and Sri Aurobindo's teachings relevance to expression and self-discovery.
- Public speaking & Expression.
- Improvisation & Spontaneity.
- Body & movement.
- An exploration of the Subtle body and Energy dynamics.
- Recitation & delivery of Shakespeare material.
- Voice & signing.
- Acting skill.
- Deepening listening, deepening the ability to listen to oneself, others, the room, space & beyond.
- Essence of Clown.
- Physical theatre.
- Devising own material.
- Performance technique and stage presence.

To launch this initiative we are opening with a 3 month in-house training of 2 or 3 classes (2.5 hrs duration each) a week (after which a further continuation of 3 months will be discussed).

- The intake is for starting this coming December 2025.
- We will be taking a batch of a maximum of 16 participants.
- The fees will be kept to a minimum to cover the costs.

• If this interests you please [fill in this short form](#) or scan code.



Laura

SVARAM ACTIVITIES

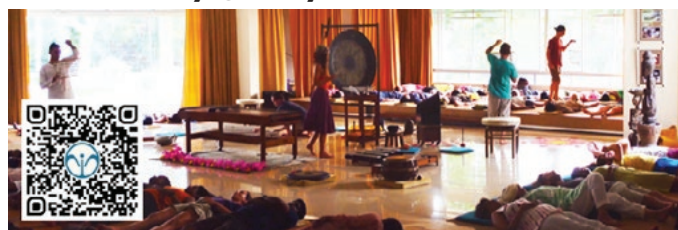
Sound Healing Session



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

PAPER PULP DOLL PAINTING WORKSHOP

Sunday, 2 November, 9—10:30am @ CREEVA:
Center for Research Education and Experience
in Visual Art

Rediscover the joy of creativity and childhood play!

Create your own eco friendly paper pulp dolls a sustainable alternative to plastic.

By Artist: Giribala Tripathy

From Odisha, based in Pondicherry, Sri Aurobindo Ashram artist with over two decades of creative and sustainable art practice.

Venue: CREEVA Art Studio @ Creativity Community, near Solar Kitchen, Auroville.

- Needed art materials will be provided.
- For more details contact Artist: +91 7598277864



Sathya

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

6, 7, 8 November
@ Centre d'Art Gallery, Citadines, Auroville



Program & Timings

- **Thursday, 6 November, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 7 November, 9am—2pm:** Film photo shoot (in your own time), 2—5pm: Develop your roll of film.
- **Saturday, 8 November, 9am—12:30pm & 2—5pm:** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact:

- centredart@auroville.org.in

The workshop fee for Guests:

- Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

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

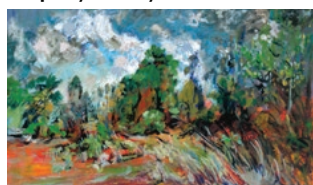
Sergey, Centre d'Art

CREEVA

Center for Research Education Experience in Visual Art

Weekly Art Workshops & Sessions

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



For info contact Sathya:

- +91 9486145072
- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

Sports & Martial Arts

BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

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



Regular Silambam Class

- Wednesday & Saturday, 5—6pm
@ SAWCHU



Grappling and Rudiments of Martial Arts for kids

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



Monisha for BN Team

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

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



Jiseung 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

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.

THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

Tai Chi Quan & Chi

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

Body awareness & Relaxation

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

For more info: 8110848123 WA.

Submitted by Hans



SWIMMING CLASS

Learn to swim or improve your skills with personalised training in a calm and supportive environment. Classes are open to both adults and children (from 6 years old).

What We Offer:

- Individual lessons—one-on-one personalised attention
- Small group sessions—only 2 to 3 people per class

All levels welcome, from complete beginners to advanced swimmers. Special focus on comfort, confidence, and technique. Limited spaces available to ensure quality and care for every participant.

- Location: Auroville
- Flexible timings available

Dive in and discover the joy of swimming—safely, confidently, and at your own pace.

8637633696, Mani



MORNING SWIMMING CLASSES FOR CHILDREN

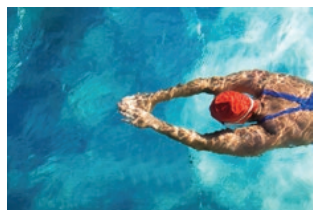
Limited spots available!

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

Bioregion & Nature Activities

SADHANA FOREST

Plant based Saturday: Every Saturday

Join us 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

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

It 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 lifestyle 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.

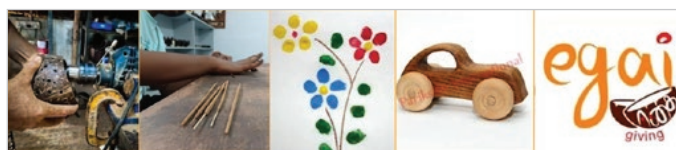
For more information, contact us:

- 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

FROM GARDEN WISDOM TO LIFE DESIGN, from Soil to Soul



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



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 2:30—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 2:30—5pm
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.



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

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

Balu for Bamboo Centre Team

Multiple Activities

IT MATTERS ACTIVITIES

A/C room

@ It Matters, Auroville Main Road

More info on instagram:

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



Date	Workshops in October
31 October, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satya Yuga, fixed price 500 Rs. and 50% discount for AV /Newcomer/ SAVI.
1 November, Saturday, 10am—12pm	Creative Exercises for Expressive Exploration (Introduction to Art Therapy) with Sandra, Contribution based.

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

Sandra & Bhakti or It Matters

Looking For

Looking for conscious families to have playdates!

Hello, lovely families of Auroville! I am Marnix, the papa of our sweet five-year-old daughter Jasmine.

We arrived to Auroville 1.5 month ago and have been blessed to already have met a few other beautiful families with young children with whom our daughter regularly plays.

We'd love to expand our network with more wonderful families so we can have wonderful play sessions, talks about life and consciousness, joyful lunches and whatever other adventures come up.

- If you are the papa or mama of a beautiful child between 3—8 years old, feel free to send me a message on +31657770922 WA.

We would be delighted to meet you and connect with you!

Marnix, Elena & Jasmine



Office Spaces

Office Space Available: Auromode

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

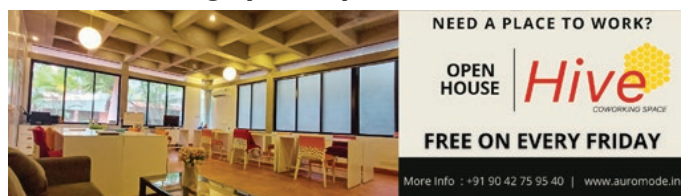
Contact Mr. Pandian

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



Pandian

Hive Coworking Space Open House



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

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

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

For inquiries: auromodehive@auroville.org.in

- +91 9042759540 WA, +91 7092197375 WA

- or drop by.

Dhesh for Hive Team

It Matters: Space Sharing for creative people

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

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

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

We'd love to meet you :)

Bhakti & Sandra



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

- **Opening hours:** 7am—11pm
- **Flexible Passes & Validity:**
 - 1 Day Pass
 - 5 Days Pass (Valid 14 Days)
 - 25 Days Pass (Valid 60 Days)
 - 60 Days Pass (Valid 120 Days)
- **Conference Room:** As Booked (4 hrs)
- **Amenities:** Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).
- **Community & Connection:** Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.



Ready to join? Learn more and book your spot:

- +91 9429690049, hello@cowork.kinisi.in
- CSR Campus, Auroshilpam, Auroville—605101
- cowork.kinisi.in

Laure

Aurelec Spaces Available

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities. Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



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

Siva for ADPS Trust

Honorary Voluntary

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

sadhanaforest@auroville.org.in,

8525038274 WA or call
8122274924

Aviram for Sadhana Forest team

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.



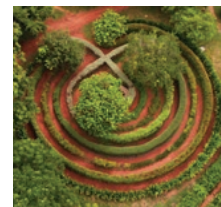
**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

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

Noel Parent

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations: Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy. We can provide lunch and some additional bonuses to come as you will stay with the team longer.



For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages

Alexey

Work Opportunities

PART-TIME VIDEO EDITOR FOR AURORA'S EYE FILMS

Aurora's Eye Films is looking for a creative and skilled video editor to join our team on a part-time basis in Auroville. We create documentaries, web series, and short films that explore human stories, spirituality, and transformative experiences.



What you'll do:

Edit interviews, web series, short films, and documentary footage; Collaborate closely with the director to shape compelling visual narratives; Add graphics, subtitles, and basic motion design as needed; Ensure videos are optimized for multiple platforms (YouTube, Instagram, Facebook); Manage project files and deliver timely edits.

Who we're looking for:

Proficient in Adobe Premiere Pro, Final Cut Pro, or similar editing software; Strong sense of storytelling, pacing, and emotion; Attention to detail and high-quality visual aesthetics; Ability to work independently and meet deadlines; Previous experience with short documentaries, interviews, or web series; Based in or able to work from Auroville.

Why join us:

- Work on meaningful, inspiring projects
- Flexible part-time schedule; Be part of a creative and collaborative team in the heart of Auroville
- Opportunity to grow your skills and gain exposure to international audiences

How to Apply:

- Send your CV, showreel, or sample edits with the subject line *Part-Time Video Editor Application*; serena_aurora@auroville.org.in

Serena for Aurora's Eye Films

Voices & Notes

AUROVILLE RADIO TV

Your favourite radio is always working for you. Stay Tuned!

Last published Podcasts:

- [Marlenka's weekly Offering—Ep.155](#)
- [Savitri—Ep.25: Introductory Comments in Tamil by Dhanalakshmi](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 9: "The Pure Existent"](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.512](#)
- [Marlenka's weekly Offering—Ep.154](#)
- [Savitri—Ep.24: Introductory Comments in Tamil by Dhanalakshmi](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 8: "The Methods of Vedantic Knowledge"](#)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.511](#)



Latest Youtube Video

- [Days of Beauty—Ola Gjeilo | Cover performed by The Auroville Choir](#)

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

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

Sai Priya
for AurovilleRadioTV

DIVINE LOVE and Human Love

Just to make sure that Divine Love and human love are properly understood:

- <https://incarnateword.in/cwm/14/divine-love-and-human-love>
- <https://incarnateword.in/cwm/14/love-and-sexual-desire>
- <https://incarnateword.in/cwm/14/love-for-the-divine>

And here it is more specific, more appropriate for aspiring True Aurovilians (all the invited rest and unwitting engagers beware):

- <https://incarnateword.in/cwsa/29/divine-love-psychic-love-and-human-love>

"The human form is naturally unable to bear the Divine Love or contain it, because it is itself a creation of the ignorance, weak and impure. It must be transformed in order to be capable of that; it must become strong and pure. First of all, it must have the strength to love the Divine alone and turn away from all other ties.

But besides that a new consciousness must be created in it—first a consciousness of pure and purifying Divine Peace from above which must take hold of all down to the most physical—then in that peace an increasing inner strength pure and unegoistic—then the Divine Light and Knowledge transforming all the consciousness and movements. When this has been done, then the human form can contain the Divine Love and Ananda.

Till then the touches of the Divine Love and Ananda are usually momentary or brief, they cannot remain. In an impure consciousness the Divine Love if it came in would create a perturbation and possibly be attacked by a mixture which would make it impossible for it to stay. It is therefore that touches only can come."

Zech

Foods, Goods & Services

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

NATURELLEMENT GARDEN CAFE DISCOUNT

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

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. **Qualities:** Hibiscus flowers and leaves have great properties to support the blood, the reproductive system and the nervous system.



Pierre

NON VEG MONTHLY MEAL SCHEME

@ Visitors Centre Cafeteria (Right Path Cafe)

From 1 November, the Cafeteria at Visitors Centre will offer a South Indian Non Veg Lunch Scheme.

Composed of: Organic White Rice/ Brown Rice/ Millet; Organic Chapati; Seasonal Auroville Vegetable; Sambar; 3x a week with Veg Kurma & Rasam; 3x a week with Organic Chicken Curry, or Fish Kuzhambu, or Auroville Egg Kuzhambu; Home made Pickles

- Rs 3700/- per month. Open to Aurovilians, Newcomers, Volunteers with Aurocard and registered Interns.

Reminder! Other monthly lunch schemes:

- Organic Vegetarian South Indian Mini Meal Rs 2,500/-
 - Healthy Plate based on AV and organic products Rs 3,700/-
- a half month scheme is also available.

For enquiries and registration:

- cafeteriavc@auroville.org.in
- 9043004919 WA

Kyoung Hyoun Lee for The Right Path Cafe

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 Aurovillian Volunteers & Guests

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

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

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

PTPS CANTEEN

Pour Tous ஐர் துஸ் 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

THE SPROUT CAFE & RESTAURANT



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

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

Monica for The Sprout team,
www.thesprout.in

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



GOYO Korean Silent Restaurant @ Luminosity Auroville



Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo

RIGHT PATH CAFE



Kyonghyon Lee for Right Path Cafe

NEEM TREE CAFE OFFER

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

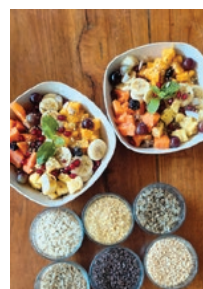
- We are open every day **Monday to Saturday**
@ Mahalaxmi park (Near Solar Kitchen).
Sunday is holiday.

- Our prices are 20 to 200 only inclusive all taxes

Come and enjoy!

Parthasarathy Krishnan

TASTE OF YOGA: VEGAN CAFÉ



VEGAN CAFE

TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat

08:30 - 16:30



Kathir for Vérité programming

AUROMODE RESTAURANT IS OPEN

Monday to Saturday

12—3:30pm & 6—9pm

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

We look forward to seeing you all.

Pavithra
for Auromode Restaurant



LIVING ROOM CAFÉ, AUROVILLE



+91 9566142115, Satyakam

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

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

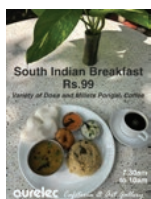
- **For more info:**
call/ WA +91 83002 68804 or pass by. *Isabella*

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99



Submitted by Shiva

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



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



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



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



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

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

HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

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



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



Inside India 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.

Shaheen for Inside India Team

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

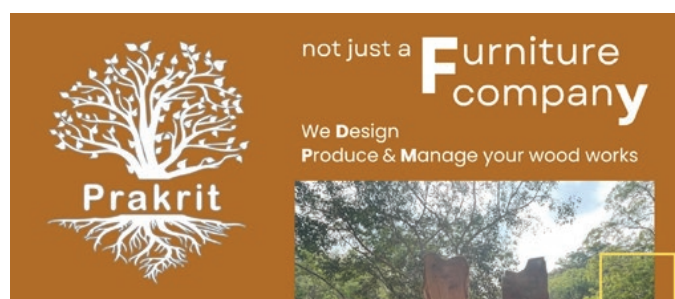
Services offered

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 for Rapid Care

PRAKRIT



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

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

Mehul for Prakrit, +91 9634424066

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money.



- Contact us for all your procurement needs:

surabhisupplies@auroville.org.in

+91 9843846458 WA, Phone, Iyyappan

SARVAM COMPUTERS offers reliable service

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



Contact Sarvam Computers

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

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

Bala

Classes, Workshops & Healing Arts

MINDFULNESS BASED STRESS REDUCTION

1 week course, Monday, 17—Saturday, 22 November

7:15—9:15 Monday to Friday &

9am—3:30pm Saturday @ Radiance, Aurodam

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



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

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

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

Booking is required.

To book or for more details WA Helen on 7094753054 or see <https://www.innersightav.org/1weekmbmr>

Helen

BHARAT NIVAS

Expressive Arts Therapy Workshop

- @ Progress Hall
- Saturday, 1 November—Sunday, 2 November



10:30am—3:30pm.

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



VoiceScape

- 15 and 16 November
- @ Bhumika hall, Bharat Nivas

VoiceScape is a two-day immersive workshop designed to help you understand, restore, and enhance your voice. Set in the serene surroundings of Bhumika, Bharat Nivas, Auroville, on 15 and 16 November, this experience brings together the science of vocal health and the art of self-expression.

Led by Abinav Sridharan, ethnomusicologist, singer, and founder of Opera India, the sessions blend insights from Indian and Western vocal traditions. Participants will explore how the voice functions, learn to prevent vocal strain, and discover practical ways to build stamina and resonance. Through guided exercises, sound visualizations, and collaborative improvisations, you will experience your voice in a completely new way.

Whether you are a singer, teacher, performer, or someone who simply uses your voice actively every day, VoiceScape offers powerful tools to help you use it with freedom and confidence. The workshop concludes with a collaborative performance that allows participants to apply everything they've learned in an inspiring shared space.

Join us for a weekend of discovery and transformation. Experience your own sound as you have never heard it before.

- Limited seats available. Register now to confirm your spot.
- Contact: operaindia.academy@gmail.com +91 9840077744, +91 9791074999



Regular Yoga Classes



Vinyasa Flow Yoga with Bala

Time - 5:30 pm to 7 pm;
Oct & Thursday, Friday, Saturday, Sunday & Monday
November 2025
 Pre registration through email or WA (No calls)
Bharat Nivas / Progress Hall
 Email - balaganeshsiva@gmail.com / WA +91 98926 99804

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

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

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

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

• @ Progress Hall

• 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

THE AUROVILLE LAUGHTER YOGA CLUB IS BACK!



Laughter Yoga session

Anitya community
 18:00-19:15
 Donation based

30th of October by @yogi_of_joy

Come and enjoy the nurturing and connecting energy of laughing unconditionally in community.

The next session will be

30 October, 6—7pm @ [Anitya community](#)

Donation based.

For those new to the practice: Laughter yoga is a tried and tested method to allow anybody to experience the positive benefits for body, mind, heart and soul of sustained & unconditional laughter. No asanas are involved, but specifically designed exercises help participants to bring up natural and contagious laughter.

By laughing for a sustained period of time, emotions are released, the nervous system is reset and ego-less connection is facilitated between participants. The mind is sidelined and you'll find yourself joyfully pulled into the present moment, all while your suppressed inner child can have the chance to come out and play.

Previous participants have used different terms to describe their state after enjoying a laughter workshop. A short selection: blissful, light, energised, radiant, joyful, happy, connected, peaceful, calm, nourished, joyful.

Marnix

BREATH OF BECOMING

a holotropic breathing journey

Sunday, 2 November, 9:30am—5:30pm @ CRIPA



Ready to meet your breath as a teacher?

NEXT IMMERSION - SUNDAY NOV 2
 9:30AM - 5:30PM • CRIPA, Auroville
 Pre-registration closes Nov 1

Facilitated by Nikethana, Mar and Vinay
 ☎ +91 96001 97603

For those drawn to deep self work and inner responsibility. No external fixes.

BREATH OF BECOMING
 A Holotropic Breathing Journey

A monthly sanctuary for deep healing and inner transformation through breath, music, and the field within. Supported with presence, non-interference, and protection of your breath-led journey.

Held by practitioners trained in the Holotropic tradition of Dr. Stanislav Grof and committed to their own inner work.

If you're looking to let go,

to feel fully,

to meet your inner healer,

this might be it.

The revolution starts within.

Come willing to breathe, move, and be moved. You are welcome.

- An offering by Nikethana, Mar and Vinay.
- Reach out to begin: +91 96001 97603
- Pre-registration closes on 1 November. 10 Seats only.

Nikethana

EXPLORING RELAXATION

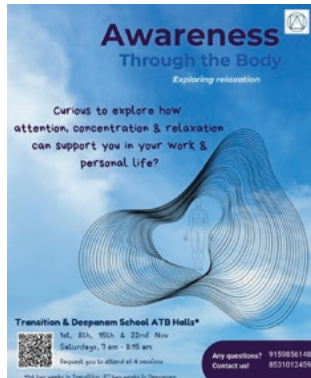
Saturdays, 1, 8, 15 & 22 November,
 7—8:15am

In this cycle of 4 Saturday morning sessions you will experience a variety of activities to engage the body as a gateway for deeper relaxation.

With facilitators: Honor, Tamar and Vega, we will explore the art of 'letting go' in a diversity of contexts: in movement & in stillness, introspective & as a group... taking every moment and every experience as an opportunity to observe oneself.... and let go.

For more information and registration, please scan the QR code or at the [following link](#).

Vega



Awareness Through the Body
 Exploring relaxation

Curious to explore how attention, concentration & relaxation can support you in your work & personal life?

Transition & Deepen School ATB Halls*

1st, 8th, 15th & 22nd Nov
 Saturdays, 7 am - 8:15 am
 *Required you to attend all 4 sessions

Any questions? 919856148
 Contact us! 931012409

MANTRAS & STOTRAS

Traditional Chanting Class



Mantras & Stotras
 Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

☑ Friday - 5 pm (regular class)
 ☑ Drop-in classes available for individuals or groups - book your session

Info: serendipityauroville@gmail.com | +91 8940288090

Friday, 5pm (regular class)

@ Serendipity Community

+91 8940288090,

serendipityauroville@gmail.com, Sonia

ACTIVITIES BY LAKSHMI

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, 5—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

ASTRONOMY THROUGH THE INDIAN ASTROLABE

A Heritage Learning Module

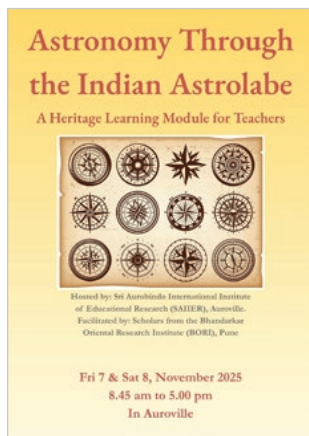
- Friday, 7 and Saturday, 8 November, 8:45am—5pm

SAIER has organised a two-day workshop on "Astronomy Through the Indian Astrolabe—A Heritage Learning Module."

Experts from the Bhandarkar Oriental Research Institute (BORI), Pune, a premier institution in the field of Indological and scientific heritage studies are coming to Auroville to facilitate this workshop.

Especially Beneficial for:

- Science and Maths High School Teachers. However anyone interested in this topic can attend.



Workshop Highlights:

- Historical and practical exploration of the Hindu Astrolabe
- Paper model-making and celestial observation sessions
- Integration of heritage science with modern pedagogy

For details:

- Download the brochure at: <https://tinyurl.com/SAIER>

Contribution:

- For Aurovillians and Newcomers: This is an offering from SAIER. However we have limited seats and preference will be given to educators in the community.
- For SAVI Volunteers: Rs 2000/+GST
- For Guests: Rs. 3280/+GST

To register:

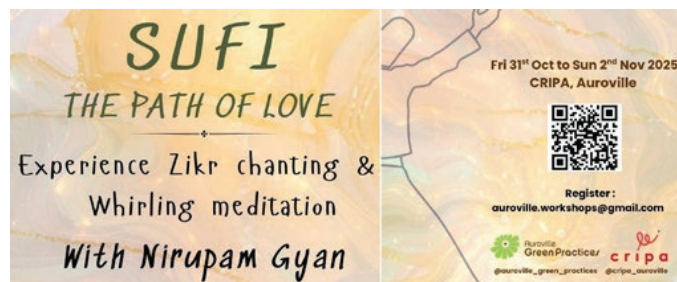
Write to us at saiier@auroville.org.in stating your interest in attending the workshop along with a brief about your field of work.

Nilima

WORKSHOPS WITH NIRUPAM GYAN

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.

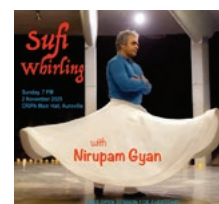
- [Information and registration.](#)
- Residents and long term volunteers, please contact: auroville.workshops@gmail.com

Sufi whirling with Nirupam Gyan

- 2 November, Sunday, 7pm @ CRIPA Main Hall

Free open session for everyone.

Raghu for CRIPA



SITARA MUNAY-KI YOGA



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, Aurovillians 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

Woga® (Yoga in Water) Classes with Ellie & Sheida

- **Saturday, 1, 15 & 29 November, 4:30—6pm**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C).



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

Woga® (Yoga in Water) Classes with Friederike & Tamara

- **Saturday, 8 & 22 November, 4:30—6pm**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

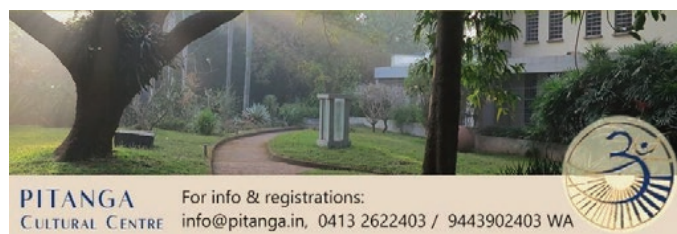
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Guido

PITANGA CULTURAL CENTRE



PITANGA For info & registrations:
CULTURAL CENTRE info@pitanga.in, 0413 2622403 / 9443902403 WA

November

Monsoon note: In case of heavy rain ½ an hour before the start of a class, please consider the class as cancelled.

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Asanas mixed level	7:30—9am	Rachel
	Sivananda Hatha Yoga, starts on 10:11	7:30—9am	Nikki
	Yoga Therapy	8—9:30am	Gala
	Doing No-Thing Consciously	4—5pm	Mike
	Iyengar Yoga	5—6:30pm	Olesya
Tuesday	Yoga: Restore & Relax	4—5:30pm	Florina
	Kundalini Yoga for Digestion, Elimination & Metabolism	5:30—7pm	Bel
Wednesday	Asanas mixed level	7:30—9am	Rachel
	Sivananda Hatha Yoga, starts on 05:11	7:30—9am	Nikki
	Yoga Therapy	8—9:30am	Gala
Thursday	Vinyasa Flow Yoga	5:30—7pm	Florina
	Iyengar Yoga	6:45—8am	Olesya
	Prana Kriya	7:30—9am	Florina
	Aviva Exercise—for women only	4:30—5:30pm	Suriyagandhi
	Iyengar Yoga	5—6:30pm	Olesya
Friday	Yoga: Restore & Relax	5:30—7pm	Florina
	Asanas mixed level	7:30—9am	Rachel
	Yoga Therapy	8:15—9:45am	Gala
	Somatic Resourcing Movement Ritual, not on 14 & 21/11	3—4:45pm	Nikethana
	Readings of The Life Divine	4:30—5:30pm	Balvinder
	Feldenkrais	5:15—6:15pm	Shari
Saturday	Vinyasa Flow Yoga	5:30—7pm	Florina
	Iyengar Yoga	6:45—8am	Olesya
	Breathing & Mudras	8—9:30am	Gala
	Truth Based Relationships, practical sessions	2:30—4:30pm	Juan Andres
	Iyengar Yoga	5—6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3—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	4—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 9487230399

New Activities

Sivananda Hatha Yoga with Nikki: Mondays & Wednesday 7:30—9am

Hatha yoga in the Sivananda tradition builds strength, flexibility and vitality in the body while calming the mind. The class will include Pranayama (Breathing), Surya Namaskar (Warm up), Asanas (Steady Postures) and Savasana (Corpse Posture). Open to all levels.

Nikki is an artist, vocalist and Yoga Shiromani in the Sivananda lineage. She is a certified Sivananda Yoga teacher, a teacher of Pre and Post Natal Yoga Teaching and has also completed the Sivananda Sadhana Intensive.

Kundalini Yoga for Digestion, Elimination & Metabolism with Bel: Tuesdays, 5:30—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.

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.

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 November

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



Therapies

Pre-registration required

Therapist	Therapies (by appointment only)
Ashok	Cupping Therapy Deep Tissue Massage Therapy Acupressure Therapy
Auromira	Shamanic Naturopathic Healing
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy Thai Yoga Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs Head Massage & Hair Care
Radha	Ayurvedic Massage Swedish Massage
Raja	Integrated Ayurvedic, Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki Holistic Foot Reflexology Holistic Rebalancing Massage

Acupressure Therapy with Ashok

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

Cupping Therapy with Ashok

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

Deep Tissue Massage with Ashok

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

Shamanic Naturopathic Healing with Auomira

Shamanic energy work is an ancient practice for overall well-being that helps to find the root cause of illness or imbalance. Shamanic energy work is supported by naturopathic modalities such as nutritional suggestions, herbal remedies and homeopathy.

Face & Neck Massage with Mamta

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

Yoga Chikitsa: Personalized Yoga Therapy with Mani

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

Thai Yoga Massage with Mani

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

Biodynamic Craniosacral Therapy with Mila

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Hair Care with Parvathi

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

Ayurvedic Massage: Detoxifying & Energy Balancing with Radha

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

Swedish Massage with Radha

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

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

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

Healing Sound Bath with Tuning Forks with Satyayuga

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

Heart-Centered Resilience with Susan

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

Energy Healing Reiki with Vyshnavi

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

Holistic Foot Reflexology with Vyshnavi

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

Holistic Rebalancing Massage with Vyshnavi

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

Workshops

Pre-registration required

Restorative Yoga with Kalidas

- Saturday, 1 November, 9:15am—11:15am

Helps the body to elicit the relaxation response. Gentle and breath coordinated movements helps restores the body to its parasympathetic nervous system function.

Introduction to Ayurveda and Its Lifestyle with Dr. Geeta

- Saturday, 1 November, 2—4pm

Ayurveda, the ancient Indian medical system, includes Panchakarma, which is a set of five cleansing procedures. Learn the appropriate use of and principles behind these practices, which aim to detoxify, rejuvenate, and restore balance to body, mind and spirit.

Practices for Inner Exploration with Mila

- Friday, 7 November, 9:15am—12:15am

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 practice 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.

From Thorns to Roses: Increasing Collaboration by Transmuting Defensiveness with Kaia, Munay & Radhika

- **Saturday, 8 November, 9:15am—12:15am**

Join us for a transformative workshop that deepens awareness of defensiveness and its roots. Instead of suppressing defensive behaviours, we'll explore them as valuable signals of unresolved experiences and learn gentle ways to release past hurts, making it easier to stay open, connect authentically, and collaborate with greater ease in the community.

Restorative Yoga with Kalidas

- **Saturday, 8 November, 2—4pm**

Helps the body to elicit the relaxation response. Gentle and breath coordinated movements helps restores the body to its parasympathetic nervous system function.

Day & Date	Workshops, pre-registration required	Timings	Presen- ters
Saturday, 1 November	Restorative Yoga	9:15—11:15am	Kalidas
Saturday, 1 November	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Friday, 7 November	Practices for Inner Exploration	9:15am—12:15pm	Mila
Saturday, 8 November	From Thorns to Roses- Increasing Collaboration by Transmuting Defensiveness	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 8 November	Restorative Yoga	2—4pm	Kalidas
Saturday, 15 November	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 15 November	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
Saturday, 22 November	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Saturday, 22 November	The Ideal Organisation	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 22 November	Face & Eye Yoga	2—4:30pm	Mamta
Saturday, 29 November	Yoga Nidra: Deep Relaxation	9:15—11:15am	Kalidas
Saturday, 29 November	Face & Eye Yoga	2—4:30pm	Mamta

Classes

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- **Mondays, Thursdays & Saturdays, 5—6pm**

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

Yoga Asana: Deep Stretch & Relaxation with Radha

- **Mondays, Wednesdays, 7:30—8:30am**

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

ing both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

Yogasana, Pranayama & Relaxation with Mani

- **Mondays & Wednesdays, 9:15—10:15am**

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

Sivananda Hatha Yoga with Nikki

- **Tuesdays & Thursdays, 7:30—8:30am**

Hatha yoga in the Sivananda tradition builds strength, flexibility and vitality in the body while calming the mind. The class will include Pranayama (Breathing), Surya Namaskar (Warm up), Asanas (Steady Postures) and Savasana (Corpse Posture)

Restorative Yoga with Mani

- **Tuesdays, 3:30—4:30pm**

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

Peace with Pranayama—Mind Body Breath Alignment with Mamta

- **No Class on 4 November, Tuesdays, 5—6pm**

Learn Pranayama, which uses breathing exercises to nourish Prana, the vital force which keeps both body and mind functioning at their healthiest. The sessions begin using the mind & body as a tool to work on the breath. Then we use this harmonized breath to work on the mind & body. Through these practices, we hope to explore the union (Yoga) of the physical & mental bodies. The session concludes with a brief guided relaxation in Savasana. Suitable for beginners as well as regular practitioners. It is recommended to have a relatively empty stomach.

Dance of the Chakras: Movement for Health & Clarity with Lakshmi, Tuesdays, 5—6:30pm

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

Hatha Yoga with Ivana

- **Wednesdays & Fridays, 5—6:30pm**

Traditional yoga postures, from Balasana to Savasana, with a focus on breathing, strength, flexibility, and relaxation. We practice at a gentle, mindful, and slow pace, suitable for all levels. Beginners are welcome, and even advanced yoga practitioners can benefit from this foundational session.

Free Flow Wave: Move in Freedom with Vera

- **Wednesdays, 5—6:30pm**

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

Prana Vidhya: Energy to Insight with Kalidas

- **Thursdays, 9:15—10:15am**

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

Yoga to Improve Flexibility: Stretch and Strengthen with Kalidas. Tuesdays, 9:15—10:15am

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

Pranayama and Vocal Toning with Nikki

- Tuesdays, 3:30—4:30pm

Pranayama (yogic breathing) techniques with vocal toning exercises to promote physical and mental well-being. Pranayama develops our focus and awareness of breath and prepares the body and breath for vocal toning. Vocal toning uses the vibration of the voice as a healing tool through humming and the vocalization of vowel sounds. All welcome; no previous experience with pranayama or vocalization is required.

Shamanic Breathwork & Free Movement: Clarity & Peace with Lakshmi

- Mondays, 5—6:30pm

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

Yoga for Energy Activation with Mani

- Fridays, 7:30—8:30am

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

Somatic Yin Yoga: Softening Into Self with Radhika

- Fridays, 9:15—10:15am

Conscious restorative movements through relaxing yoga asanas that help re-educate neuro-muscular coordination, guiding us in using our bodies intelligently and with minimal effort.

Pranayama and Meditation with Radhika

- Fridays, 10:45—11:45am

Guided meditation & breathwork techniques, including Suka, Nadi Shodana, and Kapala Bhati, that help develop an inward focus, enhance breath awareness and meditation, and support grounding and rebalancing the nervous system.

Ancestral Dancing with Drums with Vera

- Fridays, 5—6:30pm

Let's join in rhythm and movement as we dance to the heartbeat of the drums and ancestral music. This session celebrates community and shared energy as well as your own. Connect to the ancient memories stored in the body—moving beyond thought into pure instinct and spirit. Through guided and free movements, we awaken our roots, lift our spirits, and work through ancestral and family patterns. Honoring our life and the wisdom of those who came before us.

Balancing asanas: Focus and Flow with Kalidas

- Saturdays, 7:30—8:30am

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

Cosmic Dance Wave: A Healing Journey through Movement with Sandhya

- Fridays, 5—6:30pm

The Cosmic Dance Wave is a bodily experienced healing journey designed to elevate your frequency through joy and ease. Together, we dance into inner alignment, freeing ourselves from unhealthy patterns and embracing our Cosmic Soul.

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yoga to Improve Flexibility	9:15—10:15am	Kalidas
	Restorative Yoga	3:30—4:30pm	Mani
	Peace with Pranayama (No class on 4th Novemberember)	5—6pm	Mamta
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Hatha Yoga	5—6pm	Ivana
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Prana Vidhya	9:15—10:15am	Kalidas
	Pranayama and Vocal Toning	03:30—4:30pm	Nikki
	Shamanic Breathwork & Free Movement: Clarity & Peace	5—6:30pm	Lakshmi
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yoga for Energy Activation	7:30—8:30am	Mani
	Somatic Yin Yoga	9:15—10:15am	Radhika
	Pranayama & Meditation	10:45—11:45am	Radhika
	Ancestral Dancing with Drums	5—6:30pm	Vera
	Hatha Yoga	5—6pm	Ivana
Saturdays	Balancing Asanas	7:30—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandhya

Anandhi & Hon

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





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

1 DAY VIPASSANA MEDITATION

Sunday, 2 November, 8:30am—3pm
@ [1 Vibrance, Vikas Radial rd](#)

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

- Sunday, 2 November, 8:30am—3pm. Lunch will be served.
- Part-time meditators welcome at 8:30am only.
- Please park on Vikas Radial road, next to the Vibrance garage

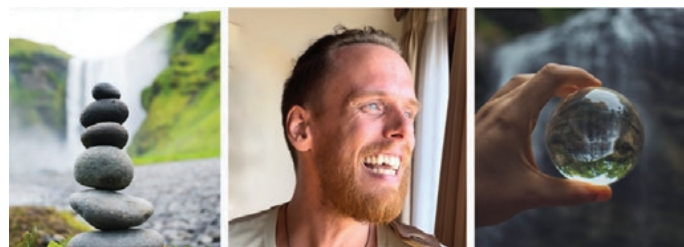
Location: Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.

Registration: Please register by contacting Vallari by 9pm Friday, as we have limited space.

- vallari@gmail.com/ 9740322447 WA

Laure, 88074 34864

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

November

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 Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, 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	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Saturday, 7—8am By appointment only +91 8012305151/ 9704258709

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

BODY AWARENESS

& Relaxation with Hans

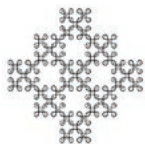
Wednesdays, 5—6:15pm @ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

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 30 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

Courses: Current Schedule of Classes

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

Annual Report 2024—25 and Ongoing Work

Even though we circulated our Annual Report 24-25 very widely on the WhatsApp groups in Auroville and the bioregion sometime back, it has come to our attention that there are many who missed it. For this report, we took a different approach by documenting our many activities through annotated photos, so that it became a visual diary of one year in the life of the Lab. Many people seem to think there is only language learning going on here, and some have only vaguely heard about "Tomatis," but there is a lot happening here at the Auroville Language Laboratory, and we invite you to have a look:

- [ALL Annual Report 24—25](#)
- [And an 8-minute AI video summary](#)
- [Our unique building](#) and [documentary on it](#).

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

Due to popular demand, we're hosting another presentation on the benefits of correct salt intake! If you missed the first session, here's your chance to join us and discover how mindful salt choices can make a big difference to your health.

- Saturday, 1 November, 3—5:30pm, open to all

Registration suggested, spaces limited to 25 people

<https://www.aurovillelanguagelab.org/workshop-registration/>

Poetry Workshop with Vismai: Naomi Shihab Nye

- Sunday and Monday, 9—10 November, 4—5:30pm

In this two-session (3 hour) workshop, we will dive into the life and work of poet Naomi Shihab Nye. The workshop is for beginner-level poetry enthusiasts eager to deepen their engagement with this rich art form.

The poetry of Mary Oliver, with Vismai

- 15—17 November.

This 2-day workshop will dive into the life & work of poet Mary Oliver. Each session will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by Mary O's work. The workshop is for beginner-level poetry enthusiasts eager to deepen their engagement with this rich art form.

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://aurovillelanguagelab.org/registration/>

French classes

Dive into French Intensive 2-Week Course with Isabelle

Join our special two-week intensive French course at the Auroville Language Lab with native teacher Isabelle. Designed to boost your spoken French quickly through daily practice, the program combines one hour of lively conversation with Isabelle and one hour of interactive Mediatheque work each day.

- Classes run from 17—28 November
- Monday to Friday, 11am—1pm, 20 hours total.
- Only five participants—register early to secure your spot! <https://aurovillelanguagelab.org/registration/>

Beginner French with Jean-François: This 16-hour, 2-month course, is ideal for those who want to discover the French language. 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.

- 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.

Tamil

Tamil (Beginner) with Ashok, still a few spots available!

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.

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

Tamil (Beginner) with Saravanan Coming Soon!

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

- Starts 24 October, 24-hours course over 3 months
- Tuesday & Friday, 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://aurovillelanguagelab.org/registration/>

Spanish Course with Mila

- Starting January 2026 (with at least 7 students).
- Classes on Mondays & Wednesdays, 2:30—4pm or 4:30—6pm, timing to be decided based on group preference.

This special three-block, 9-month (36-hour) program will guide learners toward conversational fluency. Register soon at <https://aurovillelanguagelab.org/registration/>

English Classes

New! Intermediate English with Alex

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

Course designed especially for lower-intermediate (B1) learners who want to boost their confidence and communication skills. Tuesdays focus on grammar and vocabulary, Thursdays feature open group conversations, and Fridays are learner-led discussions on topics of your choice.

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.
- **Vismai:** Offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language.

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.

- Wednesday and Thursday, 4:30—5:30pm, 24 hours over 3 months
- We only need two more registrations to reach our minimum so that so that the course can run.

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

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

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.

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
- Tuesdays: Tamil conversation with Abirami 5—6pm
- Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- Thursdays: English conversation with Alex 5:30—6:30pm
- Wednesdays: Wednesdays, 5—6pm
Starting 12 November, open to all

The Mother's Entretiens: A series of Reading and Discussion Sessions. Practice French and Explore the Mother's Vision. Facilitated by Jean-François, French teacher at the Auroville Language Lab.

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.

Current Schedule of Classes, 30 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 Postponed	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
	Intensive with Isabelle	20-hours (2 weeks) 17 November	11am–1pm Monday to Friday
Tamil	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	10:30–11:30am Monday & Wednesday
	Spoken Beginner with Saravanan	24-Hour, 3 months, Starting 24-October	9:30–10:30am Tuesdays & Fridays
Spanish	Beginner with Mila	36-Hour, 3 months, 3 blocks each, January 2026	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 13August Still open to registrations	11am–12pm, Wednesday

Private one-on-one classes possible for all languages; please inquire.

Call for Arabic Language Teacher

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

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

Beyond Language: Breath

Attune to one of the world's oldest instrument, the Didgeridoo, with classes guided by Sunny!

Discover the Art of circular breathing and enhance this ancient practice. Instruments will be available.

- Starting 28 October, Tuesdays & Thursdays, 4:45–5:45pm
- Registrations max 2 hours prior, by contribution

Communication with the Lab:

Service through our BSNL phone numbers:

- 2623661 (Lab) and 2622467 (Tomatis).
- For language-related matters: +91 9843030355WA.
- For Tomatis: please use 0413 3509932.

Mita, Mano, Louis & Enzo

Cinema



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

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, 31 October.

More like Paul

2025, 24 min, Damian Sciberras

This inspiring film follows the extraordinary journey of Paul Youd, an 87-year-old vegan ultra-marathon runner on a mission to complete 100 ultramarathons before his 100th birthday! "More Like Paul" is a celebration of compassion, perseverance, and the limitless potential of plant-based living. It reminds us that age and limits exist mostly in our minds.

Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
3—9 November 2025

Cinema Paradiso—Multimedia Center is operating at full seating capacity. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time. Kindly refrain from using mobile phones during the screening and note that food and beverages are not permitted inside the hall.

Indian—Monday, 3 November, 8pm
Komal Gandhar

India, 1961, Writer-Dir. Ritwik Ghatak w/ Supriya Choudhury, Abanish Banerjee, Anil Chatterjee, and others, Drama, 134mins, Bengali w/ English subtitles, Rated: U (G)

Anusuya, torn between personal longing and collective purpose, navigates strained ties within a theatre group led by Bhriku. Their emotional and creative tensions echo a nation grappling with identity and hope. Set in post-Partition Bengal, this poignant tale of art, love, and idealism is now hailed as a masterpiece of Indian cinema. Named after the Hindustani note E-flat, it evokes a soft, melancholic tone amid sharp realities. This second screening in the Partition Trilogy marks the 100th birth anniversary of a visionary filmmaker—often seen as the dark horse of his era—whose raw, musical, and deeply personal storytelling stood apart from contemporaries like Satyajit Ray and Mrinal Sen.

Potpourri—Tuesday, 4 November, 8pm
All the President's Men

USA, 1976, Dir. Alan J. Pakula w/ Dustin Hoffman, Robert Redford, Jack Warden, and others, History-Thriller, 138mins, English-Spanish w/ English subtitles, Rated: PG

When a break-in at the Watergate complex sparks suspicion, Washington Post reporters Bob Woodward and Carl Bernstein follow a trail of secrets and lies that lead to the highest office. Their relentless investigation uncovers a scandal that shook the White House. A much-awarded, critically acclaimed political thriller.

Selection—Wednesday, 5 November, 8pm
Lamb

Ethiopia-France-Germany-Norway-Qatar-Côte d'Ivoire, 2015, Writer-Dir. Yared Zeleke w/ Rediat Amare, Kidist Siyum, and others, Drama, 94mins, Amharic w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. After his mother's death, young Ephraim is sent from drought-stricken northern Ethiopia to live with distant relatives. Clinging to his beloved lamb, Chuni, he struggles to adapt—until a hidden talent for cooking offers a path to belonging. Acclaimed for its lyrical storytelling, this award-winning debut reveals a child's quiet resilience amid loss, identity, and tradition.

Interesting—Thursday, 6 November, 8pm
The Sami's Song of Survival: Indigenous Activism on the Northern Frontier

USA, 2025, Lara Lee w/ Diom Petkov, Tor L. Tuorda, Marcus Burnett, and others, Documentary, 50mins, Sámi-English w/ English subtitles, Rated: NR (PG)

Amid post-Soviet shifts, the indigenous Sami of Russia's Arctic fight to preserve their culture and language. Through powerful interviews with elders, artists, and young activists, this evocative short film reveals how one of Russia's smallest ethnic groups is reclaiming identity and forging new paths of survival and self-expression. This film is brought to us via a generous sharing by the director and Culture of Resistance films!

International—Saturday, 8 November, 8pm
The Six Triple Eight

UK-USA 2024, Writer-Dir. Tyler Perry w/ Kerry Washington, Ebony Obsidian, Milauna Jackson, and others, History-Drama, 127mins, English w/ English subtitles, Rated: PG-13

In the thick of World War II, Major Charity Adams leads the 6888th Central Postal Directory Battalion—the only all-Black, all-women unit deployed overseas. Tasked with delivering millions of backlogged letters to soldiers across Europe, they battle racism, sexism, and wartime pressure to restore morale and claim their place in history. Unheard. History forgot them. This story honors.

Children's Matinee—Sunday, 9 November, 4pm
The Unbreakable Boy

USA, 2025, Writer-Dir. Jon Gunn w/ Zachary Levi, Meghann Fahy, Jacob Laval, and others, Drama, 109mins, English w/ English subtitles, Rated: PG



Austin, a boy with brittle bone disease and autism, radiates joy and resilience that uplift everyone around him. As his father Scott faces life's challenges, their bond becomes a testament to unconditional love, faith, and the power of a brighter perspective.

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday, 9 November, 8pm
Paris, Texas

Germany-France, 1984, Dir. Wim Wenders w/ Nastassja Kinski, Harry Dean Stanton and Others, Drama, 145 mins, English-Spanish w/ English subtitles, Rated: R

Lost in the barren desert of southern Texas, a weathered and disoriented Travis reunites with his brother after four years of self-imposed exile. Struggling with amnesia and buried regret, he sets out to reconnect with his estranged wife and son, who need him now more than ever.

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 "Filmmaker-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,
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About N&N

NEWS AND NOTES GUIDELINES

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.



Disclaimer:

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Katiya & Alexey,

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Multimedia Center, Town Hall

The Last Moment

DISMISSED: WRIT APPEAL

on Auroville Land Matter

The Writ Appeal filed by Ms. Krishna Devanand—challenging the earlier Madras High Court judgment that upheld the **legality of Auroville Foundation's land exchange transactions**—was dismissed yesterday (28 October 2025) by the Hon'ble Chief Justice Bench of the Madras High Court. Auroville was represented by the ASG Shri A.R.L. Sundaresan, and supported by the appointed Legal Counsel and their team.

The appeal has been dismissed **both** on maintainability and on merit, reaffirming the correctness of the earlier decision delivered on **4 March 2025** by the Hon'ble Single Judge Bench. While the written order of the present dismissal is awaited, the outcome clearly reinforces the legitimacy and due process followed by the Foundation in its land exchanges.

As a reminder, the earlier judgment (4 March 2025) had upheld the Foundation's actions on several key grounds:

- That **land exchanges are distinct from outright sales** and therefore do not require prior government sanction under the Auroville Foundation Act.
- That the Foundation had **followed proper consultation** with its statutory bodies—the Working Committee and the Funds & Assets Management Committee (FAMC)—before proceeding with the exchanges.
- That the transactions were **fully aligned with the Auroville Master Plan**, serving the broader purpose of city development, consolidation of lands, and projects such as the Crown Road.
- That the exchanges resulted in a **significant net gain**—both in land area and financial value—for the Auroville Foundation.
- And that the presence of **Central Government representatives on the Governing Board** ensured transparency, due diligence, and compliance.

With this appeal now dismissed by the Chief Justice Bench, the matter stands conclusively settled in favour of the Auroville Foundation. May we now proceed together in the true spirit of the Mother's vision for the planned development of Auroville.

Sindhuja, AVF Legal Coordinator



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