



News Notes

#1104 A weekly bulletin for residents of Auroville 6 November 2025



Jatropa podagrica (Buddha Belly Plant flower), photo by Alexey

How nice it would be to imagine that the Supreme Consciousness, essentially free, presiding at the universal Manifestation, could be full of fantasy in its choice and make things follow one another not according to a logic accessible to human thought but in accordance with another kind of logic, that of the unforeseen!

The Mother, Questions and Answers, 1956

Pondering



The whole of humanity cannot be changed at once. What has to be done is to bring the Higher Consciousness down into the earth-consciousness and establish it there as a constant realised force, just as mind and life have been established and embodied in Matter, so to establish and embody the Supramental Force. It would not be possible to change all that [ordinary life on earth] in a moment—we have always said that the whole of humanity will not change the moment there is the Descent. But what can be done is to establish the higher principle in the earth consciousness in such a way that it will remain and go on strengthening and spreading itself in the earth-life. That is how a new principle in the evolution must necessarily work.

Sri Aurobindo, Letters on Yoga I

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House of Mother's Agenda



(continued from last week)

One has only to compare human life and thought and feeling a century or two ago with human life, thought and feeling in the pre-war period to see how great an influence this religion of humanity has exercised and how fruitful a work it has done. It accomplished rapidly many things which orthodox religion failed to do effectively, largely because it acted as a constant intellectual and critical solvent, an unsparing assailant of the thing that is and an unflinching champion of the thing to be, faithful always to the future, while orthodox religion allied itself with the powers of the present, even of the past, bound itself by its pact with them and could act only at best as a moderating but not as a reforming force. Moreover, this religion has faith in humanity and its earthly future and can therefore aid its earthly progress, while the orthodox religions looked with eyes of pious sorrow and gloom on the earthly life of man and were very ready to bid him bear peacefully and contentedly, even to welcome its crudities, cruelties, oppressions, tribulations as a means for learning to appreciate and for earning the better life which will be given us hereafter. Faith, even an intellectual faith, must always be a worker of miracles, and this religion of humanity, even without taking bodily shape or a compelling form or a visible means of self-effectuation, was yet able to effect comparatively much of what it set out to do. It to some degree humanised society, humanised law and punishment, humanised the outlook of man on man, abolished legalised torture and the cruder forms of slavery, raised those who were depressed and fallen, gave large hopes to humanity, stimulated philanthropy and charity and the service of mankind, encouraged everywhere the desire of freedom, put a curb on oppression and greatly minimised its more brutal expressions. It had almost succeeded in humanising war and would perhaps have succeeded entirely but for the contrary trend of modern Science. It made it possible for man to conceive of a world free from war as imaginable even without waiting for the Christian millennium. At any rate, this much change came about that, while peace was formerly a rare interlude of constant war, war became an interlude, if a much too frequent interlude of peace, though as yet only of an armed peace. That may not be a great step, but still it was a step forward. It gave new conceptions of the dignity of the human being and opened new ideas and new vistas of his education, self-development and potentiality. It spread enlightenment; it made man feel more his responsibility for the progress and happiness of the race; it raised the average self-respect and capacity of mankind; it gave hope to the serf, self-assertion to the down-trodden and made the labourer in his manhood the potential equal of the rich and powerful. True, if we compare what is with what should be, the actual achievement with the ideal, all this will seem only a scanty work of preparation. But it was a remarkable record for a century and a half or a little more and for an unembodied spirit which had to work through what instruments it could find and had as yet no form, habitation or visible engine of its own concentrated workings. But perhaps it was in this that lay its power and advantage, since that saved it from crystallising into a form and getting petrified or at least losing its more free and subtle action.

(to be continued next week)

Sri Aurobindo—*The Human Cycle,*
The Ideal of Human Unity II, "The Religion of Humanity"
<https://incarnateword.in/cwsa/25/the-religion-of-humanity>
 Gangalakshmi HOMA

Community News

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform
 - mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book 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

NEW LANDLINE NUMBERS for Matrimandir

Office	0413 3509202
Office gate	0413 3509214
Access group	0413 3509206, 0413 3509207
Offering desk	0413 3509203, 0413 3509204
Lake Office	0413 3509213
Finance office	0413 3509201
Security	0413 3509216
StockRoom/ Workshop	0413 3509215

*Antoine
for Matrimandir Executives*

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

THE MOTHER'S ROOM DARSHAN, 17 NOVEMBER and Siddhi Day or the Day of Victory, 24 November



The Mother's Mahasamadhi and Siddhi Day are approaching. The Sri Aurobindo Ashram has announced that tokens will not be required for Room Darshan on either of these days.

If you would like to visit the Mother's Room on Monday, 17 November or Sri Aurobindo's Room on Monday, 24 November please go directly to the Ashram on these days.

- Opening timings for both Darshans are from 5am to 12 noon.

Andrea

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

- **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.

The beginning of the earth's creation is characterized by the disconnection of the first powerful Emanations from their Origin and consequently falling into their opposites of darkness:

'Consciousness in Light' became Unconsciousness, 'Bliss' turned into Suffering, 'Truth' into Falsehood, and 'Life' turned into Death.

The processes back to consciousness and light by the Supreme Divine are hard, full of resistances on subtle and subliminal levels, and difficult to grasp for our human mind.

The Mother knew all that and had the wish to explain *Savitri*. 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."

The series "*About Savitri*" with her commentaries, The Mother and Huta took up in 1968.

In *Memory of Past Attempts*, we get to know that through the second Emanation from the Divine, the Gods, the story of creation was inscribed and kept forever and that the story of *Savitri* was decided. It seems that there was a wish to record and to be conscious of Earth's history.

Then, in the *Advent of the Divine Mother* is narrated the coming down of the Divine Mother and her immortal work. *Savitri*, the Divine Mother, came down to earth to kindle the fire of aspiration. Nature was conscious and joyful about her descent, but man was not aware of it.

Moreover, the Divine Ray of Knowledge, of Light, and of Truth was badly received on earth; it was unwanted and found no response. So, it faded and withdrew. This happened many times before it could come and stay. But then something began to change in the world and even the smallest thing became a living miracle.

The six small videos under different headings—compiled into one film—are with a picture of The Mother and Sri Aurobindo. Their picture is zooming in at every ending and allows us to open our psychic and receive their support and blessings. It also helps us to live from within and in contact with the inner Divinity.

- All videos of "*About Savitri—The Mother's Commentary*" are available at the AuroMaa website: <https://auromaa.org/about-savitri-the-mothers-commentary/>
- The website also provides the link to YouTube for every video. See: *About Savitri: The Mother's Commentary | B1C1-05 The Birth of Hope* [and the link.](#)
- **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.

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, 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

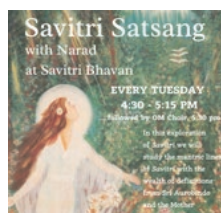
In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

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."



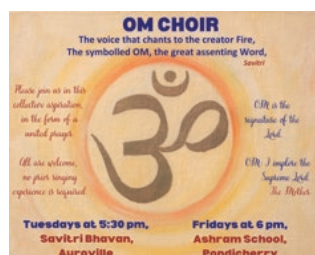
OM Choir

- 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.

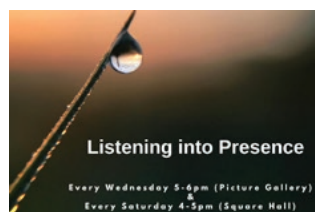
Listening into Presence

- 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

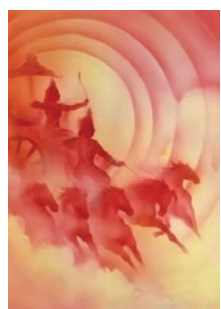
You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

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



The Mother's Geometry in Flesh and Form

- 21, 22 and 23 November, 8:30am—6pm

A 3-day Retreat of Embodied Aspiration & Inner Receiving

In this sacred gathering, we gently turn inward to explore the subtle body—the quiet, creative zone where spirit meets substance. With the innocence of a child nestled at the heart of the Divine Mother, we open ourselves to Her Symbol, both in its wholeness and in its intricate details.

Special Feature of the Retreat:

A set of cards charged with the Mantric words of The Mother and Sri Aurobindo, spiritually significant flower & images to help us to do the Sadhana with this dynamic symbol more tangibly and concretely. It's a Graced tool to make this a daily way of our life to be a receptacle for the manifestation of the Divine Mother's force and Her Qualities.

- To Register: 9226635804
- Facilitators: Shweta Rajurkar & Arul Dev



Regular Activities

- Sundays 10:30—12noon: Savitri Study Circle led by Larry Seidlitz
- Mondays 3—4pm: Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- Tuesdays 3—4pm: Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- Tuesdays 4:30—5:15pm: Savitri Satsang led by Narad
- Tuesdays 5:30—6:15pm: OM Choir led by Narad
- Mondays to Saturdays 3—5pm: L'Agenda de Mère: listening to recordings with Gangalakshmi
- Thursdays 4—5pm: Videos of The English of Savitri led by Shraddhavan
- Fridays 3—4pm: Reflections on 'Release of Ego' part 2 of Ch. 9 from The Synthesis of Yoga led by Dr. Jai Singh
- 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

BHARAT NIVAS PRESENTS

A weekly study circle

A weekly study circle on

The Synthesis of Yoga

- Sri Aurobindo

By Deepti Tewari

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville





Scan for Location



Monisha

BHAGAVAD GITA CHANTING

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

All are welcome to join the Bhagavad Gita Chanting sessions

For queries: vidyamandir@auroville.org.in

Deven for Vidyamandir Auroville Team



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



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

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

Education

AV LIBRARY

- **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

CALL FOR PROPOSALS

Foundation for World Education 2026

A two-part application form is available from abundance.pcg@auroville.org.in on request to apply for funding from the Foundation for World Education in the first quarter of 2026.

The Foundation for World Education welcomes applications for impactful, future oriented initiatives.

Please refer to:

<https://www.foundationforworldeducation.org/guidelines/>

Please note that except in very rare circumstances, the FWE does not give grants for the maintenance of individual Aurovilians.

All documents related to this purpose are to be submitted in the prescribed format as email attachments to a covering letter and sent to abundance.pcg@auroville.org.in latest by **Monday, 30 November**.

Please submit earlier if possible. You are invited to send in a draft version of your proposal prior to the due date. (If you plan to submit a proposal, please carefully read this full announcement to the end!)

A grant application form and budget request form are available from abundance.pcg@auroville.org.in on request.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or students of any individual classes, your project is to be reviewed by all concerned School Boards prior to sending to Abundance PCG. (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it.

NB If you have already received funding for a project from FWE or SDZ please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all funds have been utilized) before applying again.

For more information or assistance you are welcome to contact abundance.pcg@auroville.org.in via email.

- The **last date** for submitting proposals for this call is **Monday, 30 November**.

*Devi, Pala, Sauro,
Tineke, Vani*

SAMYAG VYĀYĀMA:

The Right Effort by AIAT

AIAT is happy to announce the launch of an initiative *Samyag Vyāyāma* (सम्यग्‌व्यायामः)—The Right Effort—an initiative where faculty and students engage in community projects in Auroville through their respective fields of knowledge and expertise.



This program enables faculty to continue being practitioners while mentoring students in real-life, hands-on projects that go beyond the classroom. It also provides meaningful opportunities for youth to develop practical skills in their areas of study, while receiving support that helps ease their college-related expenses.

The initiative is supported by a dedicated donation from a well-wisher who believes in learning through service and collaboration.

We are currently open to taking up IT-related projects, including web and mobile application development, for Auroville units and services.

- For enquiries, please write to samvya@aiat.edu.in.

Together, let's make the right effort—for learning, for community, and for Auroville.

Amarnath

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



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
for SLS Team

SATORI: EDUCATIONAL SERVICES

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

Sergei, 9442934078,
satori.auroville@gmail.com

NOTES FROM SAIER

Physical Education—Common Minimum Programme

"Of all the domains of human consciousness, the physical is the one most completely governed by method, order, discipline, process. The lack of plasticity and receptivity in matter has to be replaced by a detailed organisation that is both precise and comprehensive. [...] That is why all education of the body, if it is to be effective, must be rigorous and detailed, far-sighted and methodical."

The Mother, 1951

On Education, CWM, Vol. 12

In the context of Integral Education, physical education holds great importance. This is something we seem to have accepted in the collective. Yet the quality of the physical education offered, the scientific understanding of the functioning of the body, as well as the rigorous discipline, and sense of far-sightedness has been a challenge.

In 2024, the Auroville Physical Education Body (AVPEB) was formed, reorganised much of the team at Dehashakti and ran a one year long Integral Approach to Physical Education (IAPE) course. This course continues to be proposed this year, as well as the setting up of a Common Minimum Programme (CMP), and taking cues from the sports vision of the Sri Aurobindo International Centre of Education (SAICE).

The programme follows a spiral progression from early years to adolescence, with running, relays, games, yoga, gymnastics, movement awareness, and quieting practices. Each week builds a rhythm of effort, concentration, and joy. Reflection is woven into the process, inviting students and coaches to observe inner development along with outer skill.

The CMP is currently being worked out, tried out and introduced across Auroville schools both in the city centre and outskirts of Auroville. This programme seeks to offer all students, (and later adults too) a shared base from which to grow—strong, joyful, disciplined, and inwardly awake.

One of the key challenges will be to see how our collective responds to a push towards a more structured course of physical education. For, while freedom to explore and progress in one's own way is a key condition to the experiment of Auroville, yet each part of the being has its own rules and laws. The last several decades of education in Auroville have seen an increase in structure academically, —though the mind needs wide fields of constant expansion— but we have struggled to establish for ourselves as a collective a solid and comprehensive physical education programme. We see this as an important investment in the children's future.

As Auroville grows and diversifies, the CMP proposes to offer a common pulse, to set up a rhythm of physical culture that may clarify the process and helps anchor every individual in some physical discipline. It aims to bridge schools, backgrounds, and pedagogies while in time, allowing space for each to find their path across the varied offerings according to their capacities and expressions.

"The basic programme, will be to build a body, beautiful in form, harmonious in posture, supple and agile in its movements, powerful in its activities and resistant in its health and organic function." —The Mother

Lijun for SAIER

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

For Your Information

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 SAIER

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:

hres@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

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

Health Care



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday / Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday—Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminsante@auroville.org.in	

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Santé Services

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

Dr Aravind Anto: Oral and Maxillofacial Surgeon

We are pleased to inform you that Dr Aravind Anto will now be available at Aurodent Clinic. He will be providing specialised treatments, including:

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



Appointments can be booked: directly at Aurodent Clinic.

November Offer

November Offer

REDISCOVER YOUR SMILE

Teeth Cleaning 10%OFF

Teeth Whitening & Composite Restoration 20% OFF

Our professional cleaning includes:

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

For Appointment:

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

Working Hours:

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

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:



- **Hearfelt 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

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

LITTLE RED FEET

Tuesday and Thursday, 2:30—4pm
@ Humanscapes Hall

FOR DETAILS CONTACT +91 9130084284
PLAY AND SUPPORT GROUP
Ages: 0-2 yrs (with parent/s)

Little Red Feet

SPONSORED BY MORNINGSTAR
Tue & Thu | 2:30-4:00 pm

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

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*

Youth Initiative

THANK YOU SO MUCH for joining our Halloween gathering



Thank you so much for joining our Halloween gathering. We had over 100 kids, along with their parents and friends, and the energy was incredible. We didn't expect this, so many people showed up, had fun, and we're really happy it turned out even better than what we planned for.

A special thank you to
**Auro Orchard, Marc's Café, Bharat Nivas,
and the Realisation community**
for supporting the event.

We also want to appreciate all the kids who came, from Auroville and the outreach schools, you made it unforgettable. Until next year!

*Gautam Prashast
for YouthLink Team*



YUVANEXT

We're excited to announce that yuvaNext is now live!

Created to empower young adults in the Auroville Bioregion and beyond, yuvaNext is more than just an internship platform, it's a space for learning, collaboration, and purposeful growth.

Here, young people can explore skill-based internship programs, connect with mentors, and gain hands-on experience that helps them take confident steps toward meaningful careers and community impact.

- Powered by Yuvabe
- Supported by Next Steps and Youth Link

We invite you to explore yuvaNext and share it with young people eager to learn, grow, and shape their future with purpose.

- Visit: www.yuvanext.com

Abilash

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



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—25 November (extended!) @ Tibetan Pavilion
- 9am—12:30pm & 2—5pm except Sunday & Holidays
- **Special invitation to schools:** You can contact us via email tibetanpavilion97@auroville.org.in. We are happy to share you the videos of the frost flower process and other information.

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

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

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 Chimú 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.

Andalusian Dreams—a presentation in Flamenco guitar by Martin Zlotnicki

• Saturday, 22 November, 7.30pm @ CRIPA

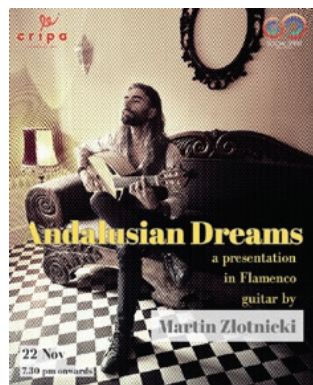
Martin Zlotnicki brings to life the soul of flamenco through his dynamic and heartfelt guitar performance. Drawing from the deep traditions of Andalusian music, his playing weaves together rhythmic intensity, melodic grace, and the emotional rawness that lies at the heart of Flamenco.

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.

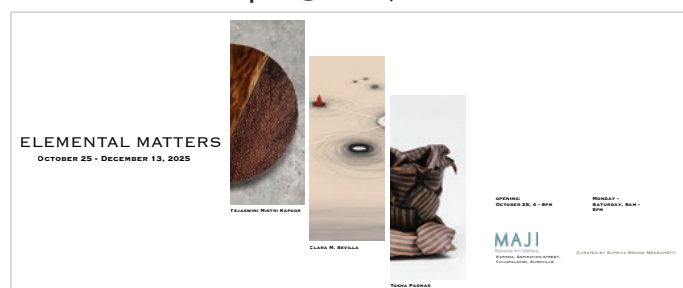
Entry free, contributions welcome

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.

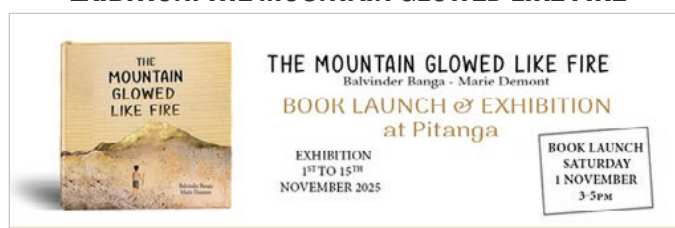
Toshia Parmar

Toshia 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

EXIBITION: THE MOUNTAIN GLOWED LIKE FIRE



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

Marie

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



EXIBITION: THE WHITE DRAGON

November 2025 onwards @ Aurelec

The white-fire dragon bird of endless bliss

Readers may recall that in the Sri Aurobindo Ashram in Pondicherry on the Siddhi Day, 24 November 1926, a black silk curtain with three dragons in gold was hung on the wall of the verandah for the evening meditation. The tail of one dragon reached up to the mouth of the other and the three of them covered the curtain from end to end.

B. Purani records in *The Life of Sri Aurobindo* that they came to know later about a Chinese prophecy that says the Truth will manifest itself on earth when the three dragons (representing the worlds of earth, mind, and sky) meet.

*Almost they saw who lived within her light
Her playmate in the sempiternal spheres
Descended from its unattainable realms
In her attracting advent's luminous wake,
The white-fire dragon bird of endless bliss
Drifting with burning wings above her days:
Heaven's tranquil shield guarded the missioned child.*

Sri Aurobindo, *Savitri*, p. 16

The White Dragon: Artwork by Carla Lee Morrow

Dragons are beautiful, wise, open-hearted etheric beings of the angelic realms who are sent here by Source to assist us. They are elementals, so they do not have all the elements in their make-up. They can be composed of earth, air, fire or water, or a combination of any three of them.

They operate on a different vibrational frequency from us, which is why most of us can't see them, but they are very willing to connect with us if we are ready to tune in to their wavelength. Dragons really love this planet and everyone on it, and are pouring onto Earth now to help us with the transition to the new Golden Age.



For aeons psychic artists have drawn or painted dragons with remarkable consistency. What we see in dragon pictures is exactly what they look like!

Because they are of the angelic kingdom, with open, generous hearts, they have wings, for etheric wings are extensions of the heart centre.

Dragons can protect and care for us, be our friends and companions and help in a myriad of other ways.

They can physically clear lower energies round us and travel with us at night if we go through the astral realms. This means they can burn up frightening emotional memories so that we don't have to experience them again. By day, they can move in front of us, clearing and lighting up our path. They can help us to flow round challenging situations and people or they can transmute lower energies before we reach them. They can inspire us and ground our visions.

Franz, Aurelec, Prisma



Monisha

Dance Activities

DANCES OF UNIVERSAL PEACE



Sunday, 9 November, 4:30pm
@ Pavilion of Tibetan Culture

The Pavilion of Tibetan Culture invites you to Dances of Universal Peace this Sunday, 9 November, 4:30pm. These circle dances combine singing sacred songs from around the world with simple steps, creating an uplifting, joyful and peaceful experience. All are welcome, no prior experience needed. A voluntary contribution is welcome to help meet building maintenance needs and support future events.

Kaia

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)**

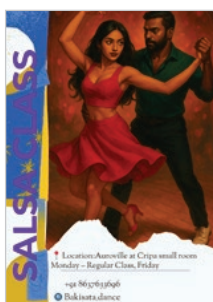
Join us for fun, energetic salsa sessions—dance, move, and enjoy the rhythm together!

- 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

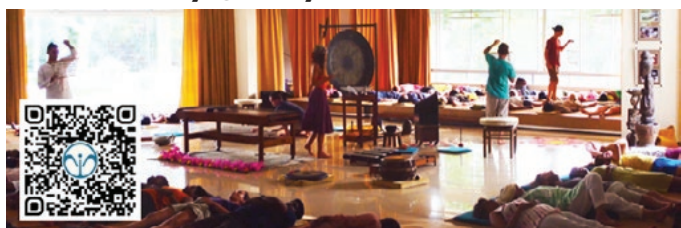
Sound Healing Session



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

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



Jisung for Youthlink



Abhaya Martial Arts is proud to have trained over 700 students of all genders, ages, and experience levels. We've hosted expert coaches and black belts of many martial art styles, and introduced our students to a vast 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.



Regular Adult Classes, 5:30pm:

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Striking/Self Defence with 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, message us:

- +91 94873 40778

<https://abhayaauville.wordpress.com/>
<https://www.instagram.com/abhayaauville/>
 Giacomo for Abhaya

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.

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

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

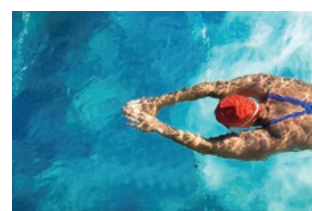


MORNING SWIMMING CLASSES FOR CHILDREN

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

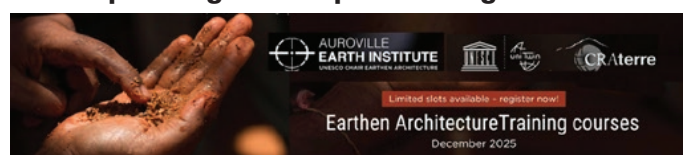


+91 76398 10621/82700 71581/0413-2963034
enlight@auroville.org.in / www.enlight.org.in

Arun, Anand and Balaji
for Enlight Team

AUROVILLE EARTH INSTITUTE

upcoming on-campus training courses



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

Months	Dates	Category	Details
December	1—6	CSEB	Design
	8—13	CSEB	Intensive
	15—20	AVD	Intensive

For more information and to register, please visit:

- www.earth-auroville.com
- Contact:
 - training@earth-auroville.com

Ayyappan

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



Pottery Making



Kolam Mandala Painting



Candle Making



Incense Making



Soap Making

- 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.

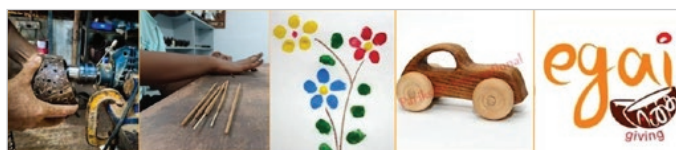
For more information, contact us:

- 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

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

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

Workshop pre-registration required:

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



Date	Workshops in October
5 November, Wednesday, 4—5pm	Sound Healing Nada Yoga (a recurring activity on Wednesdays) with Satyayuga. Fixed price 400 Rs and 50% discount for AV/ Newcomer/ SAVI.
7 November, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satyayuga. Fixed price 500 Rs and 50% discount for AV/ Newcomer/ SAVI.
8 November, Saturday, 10am—12pm	Beyond Binaries Power, Meaning and The Post-Structural Turn with Vaneeza. Contribution based.

Date	Performance this week
8 November, Saturday, 5—5:30pm	30min Live Calligraphy Performance by Krishna Sheth, an Artist in residence at It Matters. Krishna is a visual artist, poet and calligrapher from Ahmedabad whose practice weaves language, ecology and presence. In this calligraphy performance, she explores writing as a meditative act, where each stroke becomes a rhythm of breath. movement and meaning. Free entrance.

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

Sandra & Bhakti
for 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

It Matters: Space Sharing for creative people

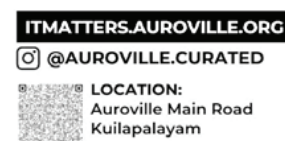
Whether it's computer work or artistic practices, we'd like to invite 5 to 10 people max that are committed to using the space for at least 1 month and up to 6 months and more.

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

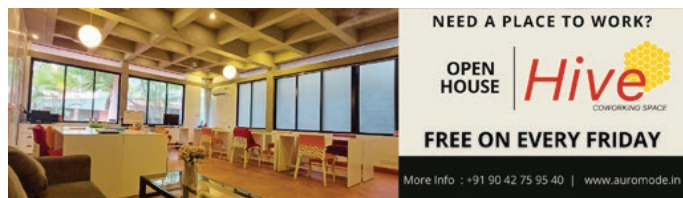
- Send us your info, creative practice and motivation at: itmatters@auroville.org.in

We'd love to meet you :)

Bhakti & Sandra



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

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

Help Needed

LET'S HELP MURUGAN

Our dear Aikido teacher Murugan, who has guided us at Auroville Budokan for over 10 years, needs our support.

He's in need of a hernia surgery, and there's still Rs1 lakh left to cover the medical costs.

Let's come together as a community, every little bit helps.

If you want to Help Murugan, please contact Michaël on +91 8220610138 WA

Thank you for your kindness and support.

Michaël for Budokan Auroville Family

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.



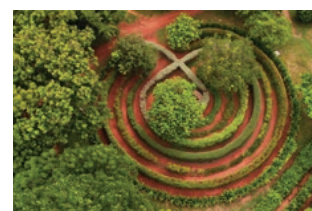
**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

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 earthyoga@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

AVHS IS LOOKING FOR AN AUROVILIAN to Join Our Team

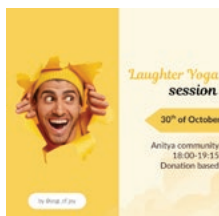
AVHS for seniors is looking for an Aurovilian to join our team. The essential requirement is willingness to help with patient care. A full maintenance is available. If interested please write to avhs@auroville.org.in

Mechtild for AVHS

LOOKING FOR AN EXPERIENCED WEB DESIGNER

Looking for an experienced web designer to help me design a website for my services as a laughter yoga teacher. Anybody with experiences designing websites, preferably for wellness practitioners, can send their info, portfolio and rates to me via:

• +31657770922 WA.



Marnix

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

Poetry

THE SPARK

The spark in your eyes,
In your countless eyes,
That drew me here, drew me near,
That hooks me here.
The spark that shines brighter with a laugh,
Then wanes, and loses its track.
I see all this—
Sometimes with a smile,
Sometimes with a sigh.
Sometimes I turn to the mirror,
Just to see
If the spark is there
In my eyes.
I hold it dear—dearer than all the treasures in life—
That there is still this spark in your eyes,
In your countless eyes,
And in my eyes,
Even when we play mischief,
Even when we do not see
Eye to eye.

Anandi Z.

Voices & Notes

AUROVILLE IS A MATTER OF LOVE

Love knows no calculation, no bargain. No money, no property. True unconditional love, where nothing exists but the beloved, is an exalted state that makes one feels walking on water, flying by the wind, dissolved into the other who is but oneself.

Love for the guru, or the ideal, are same. So overwhelming that there is nothing to renounce or sacrifice, love only exists. When this is a settled collective experience, as it was for the Auroville's pioneers, it is multiplied by each and all those who share in the marvelous adventure. Sustaining each other in wealthy times as in meagre times, come what may.

To love that way, unconditionally, needs psychologically healthy, fulfilled people, braving all hardships by faith, self-offering and one-pointed concentration. Nor can one do sadhana while pushing all that's foreboding and threatening down into the unconscious; starting from one's suppressed primal pain (intrauterine period, childbirth, early years of life characterized by the absence of true love by one or both parents etc.), forcefully resurfacing at any successive mishap. Old and new traumas are welded together into a massive, monolithic block of pain, fashioned after the primal trauma that determines the course of all successive traumas, cutting off the essence of life.

One's primal pain (because of the original trauma, anesthetized and removed) cuts off from true love: we cannot give what we did not receive. **"There are no bad children. There are only suffering children"** wrote the psychiatrist Arthur Janov. The same is true about adults.

It is not that people don't understand Mother's guidelines (once they are informed!), which are crystal clear. It is that



something within is broken, wings cannot grow.

In Auroville, minimal material conditions & moneyless living were still common in the early nineties—and not because there was no alternative: no one was forced to join, living that way. What made the difference is that people had a *joie de vivre*, or faith in the ideal, or both that made anything else redundant. Effortless, boundless enthusiasm were the pioneers' reaches.

Conversely, a deep primal trauma keeps adding defences: life is killed. And love. No power, rule, amount of money or comfort can patch up one's poverty within.

"Whole, integral, total": this is the way to recover the Path, as individuals and as a group-soul. What once we have been, and should again be.

Mother's Guidelines, her City, are a work of love. Spontaneous, effortless, irresistible.

Psychic love, divine love.

Paulette

AUROVILLE AS KURUKSHETRA 10.0



The City of Dawn:

The Crowning Battlefield for the Direct Supramental Action of the Dual Avatar Sri Aurobindo and the Mother, the Last Avataric Incarnations of the Supreme Divine Ishwara-MahaShakti in Human Bodies.

Progress Report Circa 30 October 2025:

Firstly, Unity is already.

There is Only One.

The Eternal Truth of Oneness in Diversity.

On this Earth evolutionary.

This the Divine's Play of the many as One

Hiding Itself in the utmost obscurity

Starting from zero equals undivine,

Cattle-prodded by typal forces anti-divine

In a trajectory back to total identification.

A massively multiplayer role-playing game

With personas wallowing in the illusion

Of a false-separative ego-mind,

A divisive consciousness-force

Projecting a world of differences,

A battlefield of allies and adversaries,

Which is only evolutionarily necessary

As part and parcel of individualisation.

Otherwise it would be utterly boring

If each archetype were exactly the same.

Undivinely illogical for a Divine Game.

So now before you start the crying blame

Understand that you are All That,

Tat Tvam Asi, the Unity Yourself:

The Game-maker,

The typal and evolutionary players

The Field of Play

And the updateable Rules of the Play.

Of course you don't expect your Divine Self

To create a too easy no-challenge Game.

Only an unawakened blaming fool

Would still use that self-torturing tool.

Fortunately of your co-selves called "others"

A few are the barrier-breaking Avatars.

They come once in an opportune while

To infuse a new hack in the usual.

The most recent being the Dual Avatar

Sri Aurobindo and the Mother,

Bringing down into the pitiful Earth Play,

Wallowing in the abyss of Kali Yuga,

The Supramental Light and Substance,

Elements of a Truth-Unity Consciousness-Force

To definitively change evolution's course

Towards the preprogrammed Divine Event:

The blossoming of the Golden Age,

The Satya Yuga, the Life Divine.

They even created a concentrated arena

To bring in the necessary mix of personas

To battle it out intensely and hasten

The Divine Supramental rEvolution:

Welcome to Auroville the City of Dawn.

Now you as still the impure version of You

Has the inherent free will choice

What to do with this form Homo sapiens

As your transitional vessel of experience

And reprogrammable tool for transcendence

Towards the obvious next new apex species.

All the accumulated knowledge inner and outer

On this Earth is now easily made available,

Accessible with the tip of your pointing finger.

So no egocentric crying excuses please

For the continued self-destructive ignorance.

Anyway that's also one of infinite choices,

Hitched with it the appropriate consequences.

No pain, no gain.

And so We All as One Unfolding

Self-correcting Dynamic Movement

Of Uniques continue dancing on,

Beckoned within by the Divine Flutemaster.

In close support is the Supreme Divine Mother,

Her symbolic seat the Matrimandir,

The Supreme Creatrix the MahaShakti Herself

Awaiting relatively patiently Her prodigal kids

With the Graceful Smile of Divine Love.

But now Her Decreed inevitable Prime Directive

In the Quickening has become imperative

For the invitees here in Her City of Dawn:

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent." Welcome to the Game, the Dharmakshetra Field, and the Evolution!

For readers of the printed version, if you are reading a truncated version, please scan the QR Code or go to this blogsite and open the post with the same title:

- <https://zechjoya.blogspot.com/>



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 Aurovillians, 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

SUDHA'S KITCHEN!

What's new on the Menu?

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



Healthy Plate monthly scheme for Aurovilian Volunteers & Guests

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

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

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

PTPS CANTEN

Pour Tous பூர் தூஸ் For All

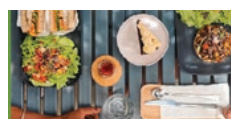
- Canteen is now offering an In-Kind Lunch Scheme (Tiffin Service)

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

- PT Purchasing Service closing time: 5:30pm

From Mass Bulletin

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



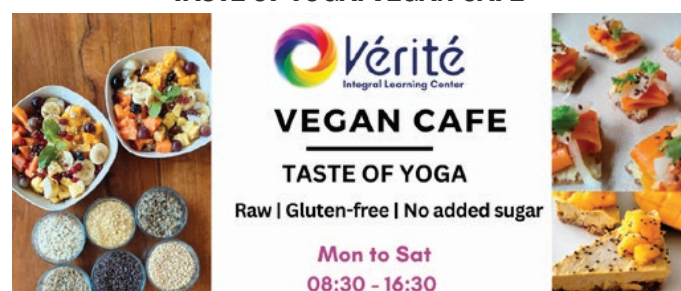
Kyonghyon Lee for Right Path Cafe

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



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





SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish for Sunrise Taxi

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certificate 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



25%

LOOKING FOR A NEW WAY TO GET AROUND?

Rent an e-cycle or e-scooter from Kinisi

discount at Kinisi Cowork for the same duration

Offer valid till 30th November

CSR Campus, Auroshilpam

hello@cowork.kinisi.in

+91-9429 690 049



SCAN ME

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



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
DREAMS & MEMORIES

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.



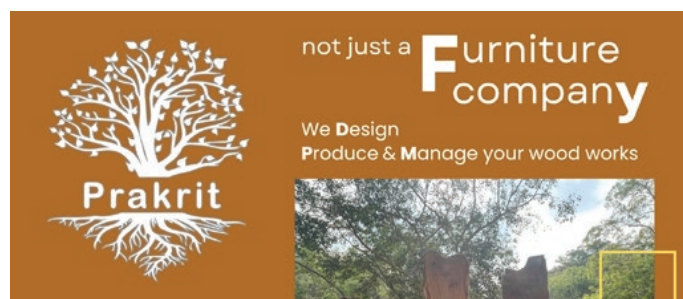
Services offered

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, lyyappan

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

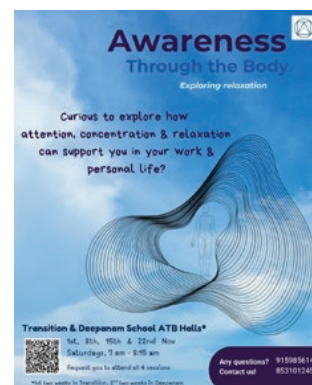
EXPLORING RELAXATION

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

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

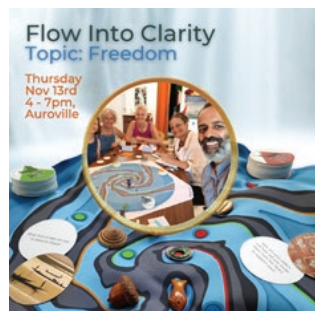
+91 8940288090,
serendipityauroville@gmail.com, Sonia

WORKSHOPS BY SANDYRA

Flow Into Clarity

- Thursday, 13 November, 4—7pm, in Auroville

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.



The Flow Game is played around a special board inspired by the 7 directions found across multiple cultures. The players are invited to connect to infinite wisdom of the Universe. The game enables you to go deep into your own inquiry, while getting new insights through collective wisdom.

In-Person in Auroville: Theme is FREEDOM, Host: Sandyra, Venue will be revealed after registration, limited spots!

Body in Light: Energy Healing Workshop

- 21—23 November, Friday—Sunday, 9am—5pm
- @ Pavilion of Tibetan Culture

Do you want to step into the harmonious frequency of the universe? 3 Days of radical Self-empowerment:

- Discover your Divinity
- Awaken the Goddess within
- We explore with joy the 3 paths to ascension: Heal old pains, patterns and programming
- Align to your Divine Essence
- Tune into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing, and learn Fundamentals, Principles and Universal Laws of energy healing.



More information: <https://bit.ly/bodyinlight-workshop>

Register:

contact@auroville-jiva.com, or +91 9443619403 WA.

Sandyra

PUBLIC SPEAKING COURSE

12, 19, 26 November & 3 December, 2:30—4:30pm
@ CRIPA Big Hall

Attendance to all 4 classes is compulsory

A course for those who would like to improve their public speaking confidence and skills.

Whether you have a fear of public speaking or you'd like to brush up your existing skills—all are welcome!

We will cover 8 key elements of speaking such as breathing, voice, body language, intention etc...

Structure will follow warm up's, improvisation based exercises, technique training and lots of practice.

- Maximum 16 people.
- To book your space please email: michaelsokolin@gmail.com



Mike

CO-CREATING THE DREAM

Saturday, 8 November @ Vérité

A few Aurovilians have taken online ProSocial courses based on Nobel Laureate Elinor Ostrom's research, in which she identified eight core principles based on communities around the world that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution. The ProSocial training also included listening, communication and other internal skills. Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for enhancing interpersonal relationships, working in units, and collective life.

Each workshop is a stand-alone experience.

- The series continues on Saturday, 8 November in Vérité with our third workshop: "From Thorns to Roses—Increasing Collaboration by Transmuting Defensiveness"

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.



- [Register at Vérité.](#)

Kaia, Munay and Radhika

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/1weekmbsr>

Helen

BHARAT NIVAS

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



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, Newcomers 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

ACTIVITIES BY LAKSHMI

Shamanic Breathwork

- Every Monday, 5pm @ Vêrité

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 @ Vêrité

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

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

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:

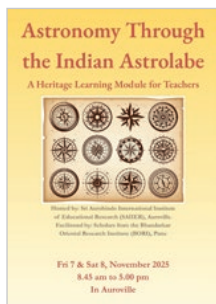
- Download the brochure at: <https://tinyurl.com/SAIER>

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



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

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!).



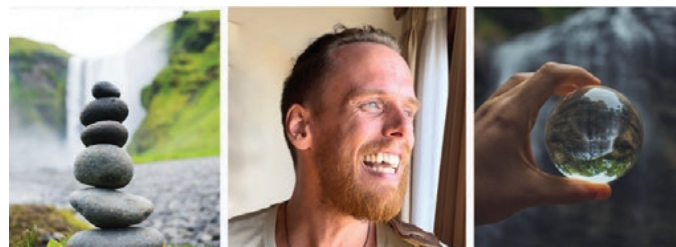
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The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

Guido

INTEGRAL UNFOLDMENT

Transformational Coaching



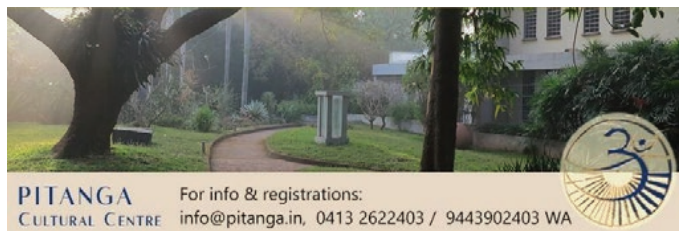
Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

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

PITANGA CULTURAL CENTRE



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
Tuesdays	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	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Vinyasa Flow Yoga	5:30–7pm	Florina
Thursday	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
	Vinyasa Flow Yoga	5:30–7pm	Florina
Saturday	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, Auro-card 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



Classes

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	Sandyra

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

Workshops:

Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
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

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 restore the body to its parasympathetic nervous system function.

Pawanamuktasana Series: Energize the Joints with Mani

- Saturday, 15 November, 9:15am—12pm

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

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

- Saturday, 15 November, 2—4pm

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

Anandhi & Hon

WORLD GAME FOR ADULTS AND CHILDREN



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

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
aditiiva@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

SOMATIC MOVEMENT 4 WEEK COURSE

4 consecutive Fridays, 4—5:15pm,



21, 28 November, 5, 12 December
@ Garden Room Savitri Bhavan

"Reawakening the Mind's Control of Movement, Flexibility, and Health" a stretching sequence taught by Thomas Hanna. We will practice moving and sensing from within to strengthen our Mind-Body connection.

Somatics helps the nervous system to restore itself by releasing deeper inner layers of holdings in the fascia, called a "nervous system reset". We will end by listening deeply into our bodies to allow our system to truly rest, recalibrate, recharge and harmonise itself.

By the end of the course you will have a daily 10—15 minute stretching sequence consisting of 11 somatic movements.

Prior booking required due to limited spaces:

- Please email: misha_nc@auroville.org.in

Mikhail

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



BODY AWARENESS

& Relaxation with Hans

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

For more info: 8110848123 WA

Hans

1 DAY VIPASSANA MEDITATION

Sunday, 9 November, 9am—12pm

@ [Udavi school](#) (near tank, Edayanchavadi)

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

Laure, 8807434864



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 6 November



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/>

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

New! Mandarin Chinese course

- 18 November 2025—10 February 2026
- Tuesdays & Thursdays, 10—11:30am, total 36 hours

Exploring Chinese Classics through Visible Thinking — Beginner Level. This 3-month course blends foundational language learning with cultural insights and creative visual thinking. **Instructor:** Shiju Hsieh (Ph.D. Candidate, National Taiwan Normal University)

Textbook:

The Foreign Disciples Learn the Analects (洋弟子學論語). Through calligraphy, reading practice, and visible thinking routines such as See—Think—Wonder and Step Inside, learners will build essential vocabulary and pronunciation; understand characters through cultural symbols and radicals; connect Confucian values with daily life; share personal ideas and feelings in Mandarin.

Tamil

Tamil (Beginner) with Ashok

- Starts 20 October, 24-hours course over 3 months
- Monday & Wednesday, 9:30—10:30am
- Registrations now closed

Essentially same course as Saravanan's below, perfect for those starting from scratch — focusing on spoken Tamil and building everyday communication skills through practical activities and simple dialogues.

Tamil (Beginner) with Saravanan

- Started 24 October, 24-hours course over 3 months
- Tuesday & Friday, 9:30—10:30am
- Registrations now closed

Interested in learning Tamil in a warm, supportive group? We're launching a Beginner Tamil Course for those new to the language — focusing on spoken Tamil and everyday communication through practical activities and simple conversations.

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.

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

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

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

Current Schedule of Classes, 6 November

	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
Mandarin Chinese	Beginner with Shiu Hsieh	36 hours (3 months) 18 November	Tuesday & Thursday 10–11:30am
Tamil	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	9:30–10:30am 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 13 August Still open to registrations	11am–12pm, Wednesday

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

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.

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.

Beyond Language: Breath

- Started 28 October, Tuesdays & Thursdays, 4:45–5:45pm
- 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.
- Duration is 3 weeks (6 classes). Please register a minimum of 2 hours prior. By freewill contribution.

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.

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

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance—everything else, from fuel to essential upgrades, we manage together. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

We need at least 5 more Auroville units to join the two already contributing ₹3,000/month each, seven contributors total. **Individuals and film lovers are welcome to support too.**

Indian nationals and unit holders can easily donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to Cinema Paradiso (MMC-CP FS Account #105106). Direct payments to our FS Account are not considered donations and will incur an 18% GST—but if that works better for you, please go ahead.

Every contribution counts. It helps keep screenings alive and strengthens community spirit. Be part of the story!

Thanking you
MMC-CP Team

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

Submitted by Nina



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
10—16 November 2025

Cinema Paradiso—Multimedia Center is open to the community. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time. Kindly refrain from running in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.

Indian—Monday 10 November, 8pm
Songs of Paradise

USA-India, 2025, Writer-Dir. Danish Renzu w/ Saba Azad, Soni Razdan, Zain Khan Durrani, and others, Drama-Musical, 106mins, Hindi w/ English subtitles, Rated: U (G)

In 1950s Kashmir, Noor Begum dreams of becoming a singer in a world where women's voices are silenced. Inspired by the life of legendary artist Raj Begum, her journey unfolds through music, defiance, and grace. As Noor rises against tradition, she reclaims melody as a form of freedom and identity. *In the hush of tradition, she found her song.*

Potpourri—Tuesday 11 November, 8pm
La Grande Vadrouille

(Don't Look Now... We're Being Shot At!)

France-UK, 1966, Writer-Dir. Gérard Oury w/ Bourvil, Louis de Funès, Claudio Brook, and others, Slapstick-War, 123mins, French-English-German w/ English subtitles, Rated: G

This film is being brought to you in collaboration with Alliance-Française. Awarded and celebrated for its comedic brilliance, this wartime farce follows British pilot Sir Reginald, shot down over Nazi-occupied France, as he's rescued by Stanislas, a grumpy orchestra conductor, and Augustin, a quirky house painter. Their chaotic journey to smuggle him to safety is packed with disguises, blunders, and laugh-out-loud moments. War has never been this funny.

Selection—Wednesday 12 November, 8pm
Mulholland Drive

France-USA, 2001, Writer-Dir. David Lynch w/ Naomi Watts, Jeanne Bates, Dan Birnbaum, and others, Mystery-Thriller, 147mins, English-Spanish-French w/ English subtitles, Rated: R

When aspiring actress Betty arrives in Los Angeles, she meets Rita, an amnesiac woman hiding from a violent past. As they search for clues to Rita's identity, their journey spirals into a haunting maze of obsession, illusion, and fractured identities — in this much acclaimed mystery where nothing is as it seems. *A love story in the city of dreams... or nightmares.*

Interesting—Thursday 13 November, 8pm
The Human Trial

USA, 2022, Dir. Lisa Harper & Guy Mossman w/ Maren Badger, Eugene Brandon, Kevin D'Amour, and others, Documentary, 91mins, English w/ English subtitles, Rated: NR

Diabetes is one of the world's most silent and deadly epidemics — and India bears one of the highest burdens globally. With 14 November observed as World Diabetes Day, this film is our offering on the issue. In this film, Lisa, Maren, and Brandon risk everything in a groundbreaking clinical trial that could redefine the future of Type 1 diabetes and offer hope to millions worldwide.

International—Saturday, 15 November, 8pm
Mary and Max

Australia, 2009, Writer-Dir. Adam Elliot w/ Christopher Massey, Oliver Marks, Daisy Kocher, and others, Adult-Animation, 92mins, English-Yiddish w/ English subtitles, Rated: NR (R)

In 1976, lonely 8yrs old Mary from Melbourne writes to Max, a 44-year-old New Yorker with Asperger's syndrome. Their decades-long pen-pal bond unfolds through letters filled with humor, heartbreak, and raw honesty — revealing how two strangers can become each other's lifeline in a world that often misunderstands them. An award-winning film that highlights sometimes the greatest friendships are the most unexpected.

Children's Matinee—Sunday, 16 November, 4 pm:
The Bad Guys

USA, 2022, Dir. Pierre Perifel w/ Sam Rockwell, Marc Maron, Awkwafina, and others, Animation-Adventure, 100mins, English-Spanish w/ English subtitles, Rated: PG

Mr. Wolf leads a crew of notorious animal criminals — Mr. Snake, Mr. Shark, Mr. Piranha, and Ms. Tarantula — who pretend to reform to avoid prison. But when Mr. Wolf starts enjoying doing good, the gang faces a hilarious identity crisis. Can bad guys truly change, or is the con just too good?

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday 16 November, 8pm
Kafka

USA-France, 1991, Dir. Steven Soderbergh, w/ Jeromy Irons, Teresa Russell and Others, Drama-Sci-Fi, 98mins, English w/ English subtitles, Rated: PG

Kafka, an insurance worker gets embroiled in an underground group after a co-worker is murdered. The underground group is responsible for bombings all over town, attempting to thwart a secret organization that controls the major events in society. He eventually penetrates the secret organization and must confront them.

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 Auditorium, kindly email us: mmcauditorium@auroville.org.in.

Support MMC-CP: Every Contribution Counts: Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106, or contribute directly at the venue.

If you have an **innovative fundraising idea** and are willing to take it forward, we'd love to hear from you. Write to share your proposal and let us know how you'd like to be involved at mmcauditorium@auroville.org.in.

Thanking You,

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

Submitted by Nina

SN104 - 6 November 2025

EVERY CONTRIBUTION COUNTS

CELEBRATE WORLD KINDNESS DAY

with a film of kindness and hope

'The Boy, the Mole, the Fox, and the Horse.'

2:30pm on Thursday, 13 November

• @ Bhumika Hall, Bhart Nivas

To celebrate World Kindness Day, we warmly invite you to a special screening of the Oscar-winning animated short.

Based on the beloved children's book, this is a heartwarming, hand-drawn film—perfect for all ages—that beautifully tells a story of kindness, friendship, courage, and hope.

The film runs about 35 minutes, leaving us with time for shared reflection and connection. We'll also be sharing a brief update on our research project, 'The Potential of Kindness', which we're preparing to present to the community in December.

This is a free event, and all are welcome so feel free to bring your friends and family to enjoy the movie.

We start at 2.30pm and will be finished by 4pm latest.

• If you have any questions WA Helen on 7094753054.

Helen & Nikethana



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, 7 November

South Georgia—Penguin Paradise of the South Atlantic

2021, 40 minutes, Roland Gockel and Rosie Koch

The film explores the challenges faced by a film crew led by Roland Gockel and Rosie Koch in documenting the life of King Penguins on South Georgia Island, located in the Antarctic Ocean. Over a span of five years, the film crew's patience and sensitivity yielded previously unknown and poignant insights into the daily lives of King Penguins.

Aviram



About N&N

NEWS AND NOTES

Hard deadline for submissions

TUESDAY 3pm

Katiya & Alexey,

newsandnotes@auroville.org.in

Multimedia Center, Town Hall

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

• PIMS—0413 2656271

Security (24/7):

• Auroville Security & Emergency Services (ASES)—9443090107

• Auroville Police Station—0413 2677318

• Kottakuppam Police Station—0413 2236148

• Vanur Fire Station—0413 2677368

Health:

• Health Center—0413 3509942 & 3509943

• Santé—0413 2622803

• Farewell—8903836246

Mental health 24/ 7 support:

• Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108