



News Notes

#1106 A weekly bulletin for residents of Auroville 20 November 2025



And the best way to the true attitude is simply to say, "All those around me, all the circumstances of my life, all the people near me, are a mirror held up to me by the Divine Consciousness to show me the progress I must make. Everything that shocks me in others means a work I have to do in myself." And perhaps if one carried true perfection in oneself, one would discover it more often in others.

*The Mother,
On Thoughts and Aphorisms*

Pondering



Mind attains its self-fulfilment when it becomes a pure mirror of the Truth of Being which expresses itself in the symbols of the universe; Life, when it consciously lends its energies to the perfect self-figuration of the Divine in ever-new forms and activities of the universal existence. In the light of this conception we can perceive the possibility of a divine life for man in the world which will at once justify Science by disclosing a living sense and intelligible aim for the cosmic and the terrestrial evolution and realise by the transfiguration of the human soul into the divine the great ideal dream of all high religions.

Sri Aurobindo, The Life Divine I

Contents

PONDERING	1	Awards	15
HOUSE OF MOTHER'S AGENDA	4	Coffee Ideas awards	
TOWNHALL SPEAKS	5	@ Global Coffee Awards Origin 2025!	15
Regulation of traffic in the Town Hall campus and parking around Citadines/ Sunship and Town Hall complex	5	Festivals	15
Use of Auroville Financial Services Accounts	5	Invitation to the Auroville Festival 2026	15
ATDC: Application Announcement 20-11-2025	5	International	15
Peaceful re-possession of ACUR office space	5	Unity Pavilion presents	15
COMMUNITY NEWS	6	Unity Pavilion Regular Events	15
Matrimandir News & Schedules	6	Kids Art Class by artist Janakiraman	16
24 November: Siddhi Day or the Day of Victory	6	Tao of Tea—Sencha Style Tea Ceremony	16
Matrimandir Newsletter November 2025	6	The Flow: Chakra Meditation	16
Matrimandir Access Information	6	French Pavilion presents: Games	16
New Landline Numbers for Matrimandir	7	Tibetan Pavilion presents	16
Amphitheatre: Meditations at sunset with Savitri	7	Pavilion of Tibetan Culture: The Library	16
Acres for Auroville	7	Wednesday Lahkar lunch continues	16
The Acres for Auroville land campaign: 17 & 24 November 2025—Inspiration & Dedication	7	Theatre, Music & Arts	16
Lands for Auroville Unified (LFAU): 24 November 2025	8	Centre d'Art: Open Call for Exhibitions, Activities, Artist Residencies	16
Awakening Spirit	8	Bharat Nivas: Kongai Thee	16
Sri Aurobindo Room Darshan		Bharat Nivas presents: Kalaripayattu performance	17
24 November, Siddhi Day or the Day of Victory	8	Resilience by Marie-Claire Barsotti	17
Savitri Bhavan Schedule		Exhibition: The White Dragon	17
November—December 2025	8	Exhibition in Pitanga:	
Bharat Nivas programs	10	Hindu Gods—Forms of the Great Goddesses	18
Explore the Mahabharata within	11	Elemental Matters	18
Interfaith Compassion Pod	11	Andalusian Dreams—a presentation in Flamenco guitar by Martin Zlotnicki	18
Bhagavad Gita Chanting	11	Dance Activities	18
Learn the 1008 Namas (Sacred Names) of the "Divine Mother"	11	Dance Classes by Mani	18
Laboratory of Evolution Library	11	Bharatnatyam Dance Classes	18
Education	11	New Regular Sessions of Dance for Children	19
Tuition Classes Available	11	Auroville Tango	19
AV Library	11	Theatre, Music & Art Activities	19
Call for Proposals:		Auroville's first in-house longer-term training in speech, drama, voice and movement	19
Foundation for World Education 2026	12	CREEVA	19
<i>Samyag Vyāyāma</i> : The Right Effort by AIAT	12	Sports & Martial Arts	20
Lilaloka	12	Abhaya Martial Arts	20
Learning Space opens doors for kids of guests, volunteers and newcomers	13	Bharat Nivas presents Kalaripayattu Regular Class	20
Supportive Learning Satellite: SLS team	13	Regular Silambam Class	20
Satori: Educational services	13	Grappling and Rudiments of Martial Arts for kids	20
Notes from SAIIR: Towards a culture of unending education, constant progress	13	Kshetra Kalari @ Aspiration Sport Ground	20
Health Care	14	Moving meditation: Taichi & Qi-gong	20
Aurodent	14	Aikido Classes	21
Santé Services Schedule	14	The Art of Chi: Stevanovitch Method	21
Services provided	14	Swimming Class	21
Maatram	14	Morning swimming classes for children	21
Childbirth and Pregnancy education	14	Auroville futsal/ football club	21
Little Red Feet	15	Bioregion & Nature Activities	21
Aurokiya Integral Eye Centre	15	Inside India activities	21
		Activities at AuroOrchard	22
		Sadhana Forest: Plant based Saturday	22
		Solitude Farm Activities	22
		Enlight	23

Auroville Earth Institute	23
Egai Giving	23
From Garden Wisdom to Life Design, from Soil to Soul	23
Wellpaper Workshop	23
Activities by Rupavathi	24
Multiple Activities	24
It Matters Activities	24
Office Spaces	24
Office Space Available: Auromode	24
It Matters: Space Sharing for creative people	24
Kinisi Cowork	24
Aurelec Spaces Available	24
Help Needed	25
Let's Help Murugan	25
Honorary Voluntary	25
Gau Seva at Sadhana Forest!	25
Volunteering @ EcoService	25
Volunteers Needed @ Botanical Gardens	25
Aarambham Learning Space	
Looking for a long-term volunteer Facilitator	25
Work Opportunities	25
AVHS is Looking for an Aurovilian to join our team	25
Looking for an experienced Web Designer	25
Part-Time Video Editor for Aurora's Eye Films	25
New Era Senior Secondary School (CBSE): We are hiring: PGT-biology teacher	26
Voices & Notes	26
Minimalist Living After the Pioneers' Years: Early Vikas	26
Auroville Radio	26
Crystal Clear	27
Poetry	27
Fragrant Fingers	27
Foods, Goods & Services	27
Pour Tous Water Free Service	27
The Sprout Cafe & Restaurant	27
Naturellement Garden Cafe	28
Non Veg Monthly Meal Scheme @ Visitors Centre Cafeteria (Right Path Cafe)	28
From Marc's Cafe to ... Coffee Ideas	28
Sudha's Kitchen	28
Auroville Bakery Cafe in Town Hall	28
Goyo Korean Silent Restaurant	28
Right Path Cafe	28
Living Room Café, Auroville	28
Taste of Yoga: Vegan Café	29
Auromode Restaurant is open	29
Neem Tree Cafe offer	29
FoodLink Market is open every day	29
Siddhartha Farm: Basmati Rice & Ragi Malt now available	29
South Indian Breakfast	29
Download or Access Dropzy App	29
Integrated Transport Service	29
Sunrise Taxi Service	29
Qutee Electric Scooter Service	30
Kinisi e-Mobility	30

UTS Transport Service	30
Annapurna Farm Baskets	30
Free Store working hours	30
Inside India	30
Rapid Care Services	30
Prakrit	31
Hemplanet	31
Surabhi Supplies	31
Sarvam Computers offers reliable service	31
Classes, Workshops & Healing Arts	31
One-Day <i>Anāpāna</i> Meditation Course for Children (Ages 13 – 18)	31
Body in Light: Energy Healing Workshop	31
Authentic Relating	32
Speaking from the heart	32
Mantras & Stotras Traditional Chanting Class	32
Mindfulness	32
Auromode Spa Offers Cosmetology Services	32
Bharat Nivas	33
Regular Yoga Classes	33
Activities by Lakshmi	33
Sitara Munay-Ki Yoga	33
Quiet Healing Center	34
Leela Therapy	34
Pitanga Cultural Centre November	34
Yoga and Classes	34
Classes by Prior Registration	34
Youth Activities	35
Healing Space	35
New Activities	35
Workshop: Awareness Through the Body	35
Integral Unfoldment	35
Vipassana group sit	35
Vérité Program November	36
Classes	36
Therapies	36
Workshops	36
Arka Wellness Center Program November	37
Treatments	37
Classes	37
Services	37
Activities by Grace Gitadelila	37
Co-Creating the Dream	38
Somatic Movement 4 Week Course	38
Body Awareness & Relaxation with Hans	38
Languages	38
News from Auroville Language Lab	38
Cinema	40
Eco Film Club: Every Friday @ Sadhana Forest	40
Appeal to Support MMC-CP	40
New Moon Movie @ Centre d'Art, Citadines	40
Cinema Paradiso & Goethe-Institut present First ever German Film Week	41
About N&N	42
Emergency Services	42
Accessible Auroville Public Bus	42

*Note: Please read the next issue (1107/8) on 4 December,
no N&N on 27 November.*

Light and Peace, Katiya and Alexey

House of Mother's Agenda



(continued from last week)

But this is the question whether a purely intellectual and sentimental religion of humanity will be sufficient to bring about so great a change in our psychology. The weakness of the intellectual idea, even when it supports itself by an appeal to the sentiments and emotions, is that it does not get at the centre of man's being. The intellect and the feelings are only instruments of the being and they may be the instruments of either its lower and external form or of the inner and higher man, servants of the ego or channels of the soul. The aim of the religion of humanity was formulated in the eighteenth century by a sort of primal intuition; that aim was and it is still to re-create human society in the image of three kindred ideas, liberty, equality and fraternity. None of these has really been won in spite of all the progress that has been achieved. The liberty that has been so loudly proclaimed as an essential of modern progress is an outward, mechanical and unreal liberty. The equality that has been so much sought after and battled for is equally an outward and mechanical and will turn out to be an unreal equality. Fraternity is not even claimed to be a practicable principle of the ordering of life and what is put forward as its substitute is the outward and mechanical principle of equal association or at the best a comradeship of labour. This is because the idea of humanity has been obliged in an intellectual age to mask its true character of a religion and a thing of the soul and the spirit and to appeal to the vital and physical mind of man rather than his inner being. It has limited his effort to the attempt to revolutionise political and social institutions and to bring about such a modification of the ideas and sentiments of the common mind of mankind as would make these institutions practicable; it has worked at the machinery of human life and on the outer mind much more than upon the soul of the race. It has laboured to establish a political, social and legal liberty, equality and mutual help in an equal association.

(to be continued next week)

Sri Aurobindo

The Human Cycle, The Ideal of Human Unity II, The Religion of Humanity

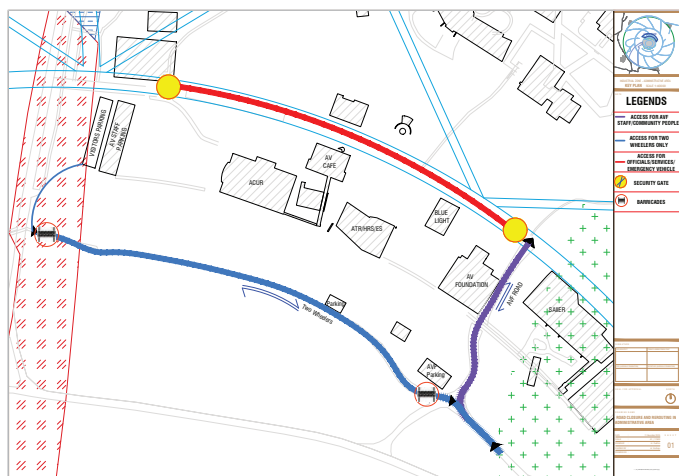
<https://incarnateword.in/cwsa/25/the-religion-of-humanity>

Gangalakshmi HOMA



REGULATION OF TRAFFIC

in the Town Hall campus and parking around Citadines/ Sunship and Town Hall complex



USE OF AUROVILLE FINANCIAL SERVICES

Accounts

Auroville
Town
Development
Council

Two non-residents, whose identity could not be verified, were also found in and around the area. From their own

statements, it appeared that at least one of them had spent the night inside the office. His laptop, books and personal belongings were found in the room, and he was allowed to collect all his belongings peacefully before leaving.

Both doors of the office have now been locked and secured, with Security posted at the entrance. The locks will be changed, and the items left in the room will be inventoried and sorted. The space will be formally re-allocated for use to support ongoing city planning and development work.

It is reiterated that all assets and buildings of Auroville are held in trust for the collective purpose of manifesting the Auroville Charter and the approved Master Plan, and that no individual or unrecognised group may claim permanent or exclusive control over such spaces contrary to the directions of statutory working groups, and the spirit of Auroville.

The Working Committee
Anu Legrand, Arun Selvam,
Joseba, Partha, Selvaraj

Community News

Matrimandir News & Schedules

24 NOVEMBER

Siddhi Day or the Day of Victory

6:30—7am:

Meditation under the Banyan Tree
@ Matrimandir.

"He breathes in the Waters like a seated swan.

*Awake in the dawn he has power by the will of his works
to give knowledge to the peoples. He is like the god of the
nectar-wine and born of Truth and a creator.*

He is like the Cow with her child.

He is all-pervading and his light is seen from a far distance."

The Secret of The Veda, p. 577

- Entrance from the Office Gate, open from 6am.
- Guests are requested to carry their Aurocard.
- Last entry for Aurocard holders at 6:40am.

*Antoine,
for Matrimandir Executives*

MATRIMANDIR NEWSLETTER November 2025



[Please read Matrimandir Newsletter here](#)

Submitted by John

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

Acres for Auroville

THE ACRES FOR AUROVILLE

Land campaign

17 & 24 November 2025—Inspiration & Dedication

We are the Keepers of the Flame



Photo Tine, Aurovilian

November holds the days of Sri Aurobindo's landmark spiritual realisation and The Mother's departure from earthly life—both bestowing on us a heritage, and for those who choose, a responsibility as keepers of the Flame. And what is this Flame? It is the Flame of Consecration for building a New World—envisioned by Sri Aurobindo and initiated into action by The Mother in what she named The City of Dawn, Auroville. And the tools for realizing the promise of this Flame, she said, are to be found in "The Twelve Powers".

On 20 March 1934, Sri Aurobindo explained: "... the twelve powers of The Mother (are) manifested for Her work ... The first eight concern the attitude towards the Divine: Sincerity, Humility, Gratitude, Perseverance, Aspiration, Receptivity, Progress, Courage ... and the last four, towards humanity: Goodness, Generosity, Equality, Peace." These twelve powers are integrated materially into Auroville—in the body of the Matrimandir, its twelve meditation chambers, and twelve gardens. Each Chamber is consecrated to a Power, and as in The Mother's symbol, each has an associated color with a specific force.

Together, they represent all the colors of the rainbow—a fitting image for the work to be done, for humanity is a rainbow. Each person is made different yet made to be complementary to the others. It is this rainbow of aspiring differences that can build the unity that Auroville is meant to incarnate. Auroville was created as a first experiment and physical base for the spiritual evolution that Sri Aurobindo said must come. Our role—with aspiration, sincerity and perseverance, with generosity and goodness—is to keep alive this Flame and grow the City of Dawn. The need is to do all this integrally, unified, and together ... not in spite of our differences, but with them and through them. This is our profound—inescapable—and privileged challenge!

In keeping with this goal, Acres for Auroville works to consolidate and protect the land designated for the incarnation of the City of Dawn—for its step-by step, outer and inner, individual and collective realization.

A4A is now in its 12th year of solidarity fundraising to consolidate and protect Auroville's City & Greenbelt land—and the area around the Matrimandir. Join us for ensuring a secure future for Auroville's physical body & base!

- For donating & tax deductibility (Indian & Foreign): <https://land.auroville.org/new-banking-information/>
- News, videos, & information: www.land.auroville.org
- Contact: lfau@auroville.org.in

Aryadeep, Mandakini

LANDS FOR AUROVILLE UNIFIED (LFAU)

Auroville Centre for Urban Research,
Administrative Area, Auroville—605101,
Tamil Nadu, India

24 November 2025



Today, 99 years ago, Sri Aurobindo reached a milestone, a new stage and foundation in his quest for a new principle of evolution which he termed supramental.

Explaining this, he wrote:

"The 24 November, 1926, was the descent of Krishna into the physical. Krishna is not the supramental Light. The descent of Krishna would mean the descent of the Overmind Godhead preparing, though not itself actually, the descent of Supermind and Ananda. Krishna is the Anandamaya; he supports the evolution through the overmind leading it towards his Ananda."

Then, nearly 30 years later, on 29 February 1956, The Mother had that decisive experience of the "descent of Supermind" in the earth atmosphere. One characteristic of Supermind is instantaneousness. Today, communication technology around the world has become instantaneous. In fact, if there is any sector of humanity which is witnessing the phenomena of "unending education, constant progress"—two of the ideals of Auroville put forth in the Auroville Charter—it is the technological sector. AI, at the leading edge, has now been regarded as more than a technology. Those in the know of things, those who are in the forefront of technological advances, are themselves awestruck at the speed with which resulting new discoveries, new innovations and new technologies are developing. In the light of Sri Aurobindo & The Mother, all these discoveries and developments to transcend human limits are signs of the urges of Nature—the evolving spirit of which humanity is a part. From another perspective, these may also be considered as "making matter ready for the manifestation of the spirit". An increasing number of futurists now put forth the view that what is going to be most important in the times to come is meaning of life, purpose of life, goal of life.

Here, we believe, Auroville assumes a greater meaning, a greater relevance because she offers a view of life and of the world which are satisfying to human reason—and at the same time give an experience-based light to walk on the path that leads to a new, better and higher equilibrium of existence.

Cherishing this perspective, we at A4A carry on with the work to make Auroville's material foundation whole, unified, and integral. This year, approximately 53 acres of land have been gifted to the Auroville Foundation by Aurovilians to add to the consolidation and protection of Auroville's designated land. We remain grateful for this—and all collaboration—that adds to its physical base for manifesting the future that Sri Aurobindo & The Mother envisioned and worked to prepare.

*With trust in Auroville's bright future,
Aryadeep, Mandakini*

Please specify donations for "Acres for Auroville" via check, bank transfer or online

- Donating & Tax Deductibility information:
<https://land.auroville.org/new-banking-information/>
- News, videos, and land information:
www.land.auroville.org
- Contact: lfau@auroville.org.in

Mandakini

Awakening Spirit

SRI AUROBINDO ROOM DARSHAN 24 November, Siddhi Day or the Day of Victory



The Siddhi Day is 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 Sri Aurobindo's Room on Monday, 24 November. Please go directly to the Ashram on these days.

- Opening timings for Darshan is 5am—12noon.

Andrea

SAVITRI BHAVAN SCHEDULE



November—December 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

- **24 November: On the Significance of the Siddhi Day—2nd Conversation of Alok Pandey and Narad about 24 November 1926—24 November 1926** was an important day of transition in the yoga of Sri Aurobindo. On that day, he concentrated to work on the descent of higher and higher levels of consciousness that had ever been realised in the history of terrestrial yoga. In this talk from 24 November 2016, Alok Pandey points out three great phases of transition in Sri Aurobindo's yoga.

The first transition came soon after 1908, when Sri Aurobindo experienced the Supramental Oneness everywhere and in everyone in the Alipore jail. Then an Adesh guided him to Pondicherry, and he went into seclusion. About this time, Sri Aurobindo wrote to his brother Barin, "The Guru of the world who is within us then gave me the complete directions of my path—its complete theory, the ten limbs of the body of this Yoga. These ten years [1910-1920] He has been making me develop it in experience, and it is not yet finished."

On 24 and 26 November 1926, the next great transition started when Sri Krishna, the Overmind Godhead, de-

scended into the physical body of Sri Aurobindo, and two days later, the Overmind plane gave consent. Considering that the Supreme had descended into him, Sri Aurobindo started giving darshan. 24 November 1926 became the first darshan day, and also the day of the official founding of the Ashram. Prior to that, there was no Ashram, only a group of seekers.

The Mother came to the fore and took full charge of the Ashram and the disciples, and Sri Aurobindo provided his support. Her work was to prepare the earth and humanity for the descent of the Supramental and to remove all obstacles to that great realisation. Past avatars supporting the evolution and coming from the same source, the Supreme Oneness, also came to support The Mother's work, among them Christ, the Buddha, and Krishna. Each Avatar from the Supreme brings a certain aspect, or certain qualities, into play or comes to manifest certain things.

Sri Krishna, the Anandamaya Avatar, had already knocked at the gate of the Supermind, but earth and man were not ready at that time. Now Sri Krishna handed over his achievements to Sri Aurobindo for further development. Sri Aurobindo's yoga began to move into uncharted realms: it was a new yoga in the spiritual history of the earth. He withdrew into his room and everyone who had access to the room for their work was advised not to look at him because, like Shiva, he had swallowed all the poison of the earth.

The third great transition came in 1950, when Sri Aurobindo withdrew even more, leaving his body to hasten the collective realisation on earth. He then started working from above together with The Mother for the Supramental descent, which happened on 29 February 1956.

All his challenges, achievements, spiritual experiences, and insights he shared in the mantric lines of his epic poem *Savitri: A Legend and a Symbol* and in his *Record of Yoga*. Alok Pandey reads some verses from the poem. Duration: 46min.

The film is also available on the AuroMaa website under the title: On Significance of the Siddhi Day (TE 128).

• <https://auromaa.org/siddhi-day-part-2-te-128/>

and on YouTube:

• [The Siddhi Day \(TE 128\) with Narad.](#)

Margrit for Savitri Bhavan

- **1 December: About Savitri—Book 1: The Book of Beginnings, Canto 1—The Symbol Dawn, Part 3—read and commented by The Mother—**From January 1968 to August 1970, The Mother took up the project About Savitri together with Huta. The Mother read lines from Savitri and gave commentaries on these lines under the headings: *A Sacred Yearning, The World Is Not Yet Ready, The Nature of Savitri, The Resistance of Earth, and Action of the Grace. The transcription of The Mother's voice will be on the screen. Video productions by AuroMaa. Duration: 38min.*
- **8 December: About Savitri—Book 1: The Book of Beginnings, Canto 1—The Symbol Dawn, Part 4—read and commented by The Mother—**The Mother reads lines from Savitri and gives commentaries on these lines under the headings: *Foreknowledge, The Greatness of the Great & The True Spiritual Consciousness and the Ordinary Life, The Slow Gradual Working, Transition from the Sleep to Waking, The Shadow over Earth, The Question of Human Life.* The transcription of The Mother's voice will be on the screen. Duration: 40min.
- **15 December: Pictures of Sri Aurobindo's Poems—Part One—**A meditative film by Manohar illustrated with paintings by Huta. The poems are read by Huta and accompanied by Sunil's music. Duration: 36min.
- **22 December: Pictures of Sri Aurobindo's Poems—Part Two—**This is another beautiful meditative film by Manohar, illustrated with paintings by Huta. The poems are read by Huta and accompanied with music by Sunil. Duration: 35min.

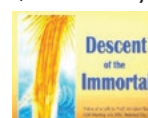
- **29 December: HOME—the Earth:** our home is a miracle and a beauty—The film wakes us up to become more conscious and careful with our beautiful blue home. Duration: 94min.

Dream Divine Series

- **4—5pm @ Sangam Hall of Savitri Bhavan**

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.

- **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

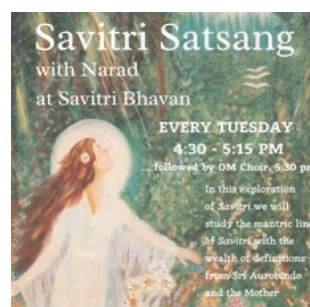
- **Every Tuesday, 4:30—5:15pm**
followed by OM Choir, 5:30pm

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:

- 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

Bhagavad Gita Jayanthi

- Monday, 1 December, 6:30—10am @ Savitri Bhavan

We warmly welcome you for chanting all 700 verses on Bhagavad Gita Day.

Whether you'd like to join fully or for a few moments, to chant or simply to listen and soak in the vibrations, you are most welcome.

"The word has power, even the ordinary written word has a power. If it is an inspired word it has still more power... If it is the Word itself, as in certain utterances of the great Scriptures, Vedas, Upanishads, Gita, it may well have a power to awaken a spiritual and uplifting impulse, even certain kinds of realization." Sri Aurobindo.

Remembering The Mother and Sri Aurobindo

All can be done if the god-touch is there. Savitri (Book 1, Canto 1)

- 22 November, 10am—12pm
@ Sangam Hall, Savitri Bhavan

Arulvazhi, an outreach education centre in Morattandi cordially invites you to a special program for the Remembering of The Mother and Sri Aurobindo.

The event will feature talks by Dhanalakshmi, along with Varadharajan and Syamala, who will share the Significance and reflections on The Mother's Mahasamadhi and Sri Aurobindo's Siddhi Day message.

All are welcome to join us in this occasion of remembrance and inspiration. arulvazhi@auroville.org.in. Velmurugan



Exploring the Frontiers of Consciousness: Savitri as a Resource for Scientific and Metaphysical Research

Savitri Bhavan, Auroville, invites scientists, philosophers, and researchers worldwide to an online contemplative study of Sri Aurobindo's *Savitri*. This epic poem offers deep insights into consciousness, evolution, space, and time, calling for exploration not only in literature but in science and metaphysics.

The program began on 15 August 2025, focusing on selected cantos from Part One of *Savitri*. Bi-weekly sessions will combine guided reflections (via Shradhdhavan's recorded talks) with interactive discussions. Participants can choose to contribute actively or simply listen.

Fields invited include Space Science, Evolutionary Research, Quantum Physics, Mathematics, Metaphysics, Neuroscience, and Philosophy.

To register or learn more:

- savitribhavan@auroville.org.in, www.savitribhavan.org

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 Shradhdhavan
- **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, Velmurugan & Dhanalakshmi for Savitri Bhavan

BHARAT NIVAS PROGRAMS

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









BHARAT NIVAS
 भारत निवास *Lalitha Bhawan*
 The Pavilion of India, Auroville
Presents
 AN EVENING WITH BALA
FREEDOM THROUGH BODY, MIND AND SOUL
 Interactive Discourse
 by *Balaganesh Siva*
 Venue: 06:30 pm - 07:30 pm
 SAWCHU, Wednesday
 Bharat Nivas, Auroville 26th November 2025







BHARAT NIVAS
 भारत निवास *Lalitha Bhawan*
 The Pavilion of India, Auroville
Presents
 AN EVENING OF
TAMIL BHAKTI TRADITION
Devaram
 by *R. Shakthi Velu*
 Venue: 06:30 pm - 07:30 pm
 SAWCHU, Thursday
 Bharat Nivas, Auroville 20th November 2025

Monisha

EXPLORE THE MAHABHARATA WITHIN



Since the beginning of 2023, a small group of Auroville residents have been working with Raghu Ananthanarayanan on the "Heartweaving" process and to deepen our work we are exploring a 6-day, residential program called the Mahabharata Immersion in January 2026.

We'd like to know if there are more Auroville residents who'd like to join this program and the Heartweaving process.

- If it interests you, kindly fill this form:
<https://tinyurl.com/avmahabharata>

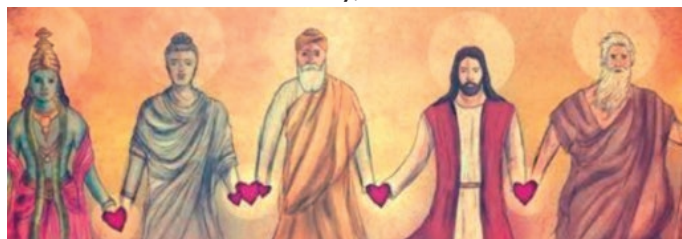
Feel free to share your questions and suggestions on:

- deven@auroville.org.in or
- heartweaving.auroville@gmail.com

Deven

INTERFAITH COMPASSION POD

Starts on Sunday, 30 November



Welcome to Join the 'Interfaith Compassion Pod'! In a time when our world feels increasingly fragmented by polarization, digital echo chambers and accelerating change, we invite you to join us in exploring different ways to bring the timeless virtue of compassion into our lives and to weave together a tapestry of collective wisdom with kindred spirits from around the world. It's an online program and Auroville participants can also meet in-person for a deeper connection.

- For online Pod details + sign-up visit:
<https://pod.servicespace.org/apply/interfaith>
- For Auroville meetup, write to: deven@auroville.org.in

Deven

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

LABORATORY OF EVOLUTION



Library

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

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

Education

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*

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* (सम्यग् व्यायाम)—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



LILALOKA

"A place where play transforms, where joy opens the path."—Sri Aurobindo

Lilaloka is a recreational and resource center for children, dedicated to personal development through play and creativity. It offers both individual and group experiences in a non-competitive, non-judgmental atmosphere, fostering connection between schools, families, and children for their overall well-being.

"Each individual is a special manifestation in the universe; therefore, his true path has to be absolutely unique."

Lilaloka welcomes all children—Aurovilians, guests, home-schoolers, and those with behavioural, relational, or learning challenges. Activities include cooperative games, arts and crafts, nature exploration, storytelling, drama, and more.



Activities 2025–2026

Lilaloka offers both **individual** and **group** sessions, guided by a team of facilitators specialized in various fields of child development.

Nesters:

- **Once a week, age: 0—12 months, parents and babies together.**

A nurturing space supporting early bonding and holistic growth—focusing on trust, emotional well-being, and sensory connection between parent and child.

- **Two times per week (or as per group needs), age: 1—2 years old, with parents**

Sessions that support healthy attachment and conscious parenting, helping parents respond with empathy, presence, and understanding.

Infants' Community

- **Daily mornings, age: 1½–3 years**

A warm, thoughtfully prepared environment inspired by Integral Education, Waldorf, and Montessori principles—encouraging independence, curiosity, and self-discovery through play, movement, and nature.

Free-Flow Mornings

- **Three times per week, open mornings to all children aged 5+**

Child-led learning through art, nature play, storytelling, science, and hands-on projects—encouraging curiosity, creativity, and a love for discovery beyond structured schooling.

Afternoon Activities

- **Twice per week, age: 3–6 years**

A holistic space fostering intellectual, emotional, physical, and spiritual growth through play and creative exploration.

- **Once per week, children 6–11 Years**

Focused on developing fine motor skills, creativity, and concentration through arts and crafts.

Occupational Therapy and Individual sessions

- **By appointment**

For both schooled and non-schooled children, in collaboration with parents and educators.

Research and Training

Lilaloka shares its experience through workshops and training programs for students, educators, and researchers—both from Auroville and around the world—with a special invitation to Indian education researchers.

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

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:

Towards a culture of unending education, constant progress

For many the attitude to work in Auroville is one of offering, it is our consecration, and one of the keys offered to us in this yoga of transformation. The question of the pursuit of knowledge, however, remains somewhat vague. Mother has offered us the following as guidance in regards to a true mental education:

1. *Development of the power of concentration, the capacity of attention.*
2. *Development of the capacities of expansion, widening, complexity and richness.*
3. *Organisation of one's ideas around a central idea, a higher ideal or a supremely luminous idea that will serve as a guide in life.*
4. *Thought-control, rejection of undesirable thoughts, to become able to think only what one wants and when one wants.*
5. *Development of mental silence, perfect calm and a more and more total receptivity to inspirations coming from the higher regions of the being.*

For those who know our history, we remember that early on we rejected the mind, left it to its own devices and at grips with explosive forces of the unrefined vital. Then, as a response, we organised ourselves, collected our children and focused on creating safe and formative spaces for them, this turned into schooling. With, over time, perhaps semi-consciously an increasing emphasis on sending our youth out of Auroville to discover their 'potential' in the 'real world'—an odd phrasing perhaps in our context, when the great adventure lies within.

Auroville is a living laboratory. Many of us continue to learn throughout our lives, about ourselves, our chosen disciplines, about what we are here for. Young people from across India come as interns in various disciplines to study and experience through internships, what we have learnt. We have done well in many fields. Yet our collective attitudes seem to demonstrate that we have not done a very good job at training our minds in the exercises Mother proposes as a first step in the Science of Living, that Sri Aurobindo reveals across his works: to consider everything from as many points of view as possible, and as an exercise for the suppleness and elevation of thought, to set before the mind a clearly formulated statement and its very opposite, to find the truth behind the appearance of each one and then, attempt to bring these truths together to form a third, higher, larger, more comprehensive idea, **a synthesis**.

So how, in the context of an Integral Education and society of constant progress, are we developing our minds? Mother offered to Auroville four names—**Last School, After School 1 2 3, Super School, No School**—which seem to describe stages of inner development, and psychological progressions as an individual and perhaps a society transitions from one to another. So then, what is a *higher, wider, truer education* we can envisage in Auroville as a youth transitions into an adulthood of self-finding and constant progress?

To address this current gap, a first proposition is emerging at SAIER, for interns, volunteers, and apprentices, shaped around five elements:

- **Study through inquiry**, in any field under the guidance of a professional in that field.
- **Explorations** of Sri Aurobindo, the Mother, and the *raison d'être* of Auroville.
- **Physical education** as a discipline of growth.
- **Observation and self-reflection** through proposed tools and regular follow-up.
- **A research or creative output** that consolidates the learning into a manifestation.

SAIER is looking to serve as a link between units, possible mentors, and learners: those who are ready to offer and those who are seeking to discover. This has taken its first steps, and we may be reaching out to some of you soon to explore possibilities.

Aurevan for SAIER

Health Care

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



For Appointment:

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

Working Hours:

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



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

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.

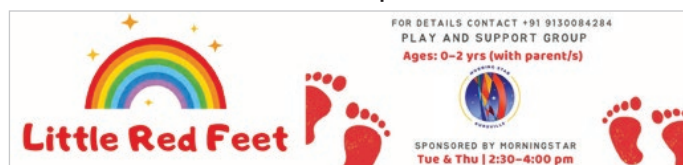
We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us.

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



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

Aurosugan & Priyanka
for Aurokiya



Awards

COFFEE IDEAS AWARDS

@ Global Coffee Awards Origin 2025!

We're happy to share with the community that Coffee Ideas has picked up multiple awards at the Global Coffee Awards Origin 2025!

The Global Coffee Awards (GCA) celebrates roasters and producers from around the world.

Everything is blind-judged by an international panel of coffee experts, and the categories cover the most important and emerging areas in specialty coffee. These wins mean a lot to us.

They reflect the hard work of our roasting team, the passion of our producer partners, and the incredible journey of Indian coffee on the global stage. And here's something we're especially proud of: this is the first time an Indian roastery with Indian coffees has received these awards. A huge milestone for the Indian coffee community and the country as a whole!

Our "Balmaadi Wild" coffee from the Nilgiris in Tamil Nadu won a gold medal for the "Best Dairy Flat White", followed by other blends that won silver, bronze and honorable mentions.

Most importantly, we want to say a big, heartfelt thank you to our community.

Your support over the years—tasting, encouraging, believing—means the world to us and has brought us to where we are today.

Matilde
for Coffee Ideas team



Festivals

INVITATION TO THE AUROVILLE FESTIVAL 2026

We are pleased to extend a warm invitation to the **Auroville Festival 2026**, taking place from **21 to 28 February** at various venues within Bharat Nivas.

It will be a week filled with moments of meditation, workshops, engaging discussions on diverse topics, and daily performances.

We kindly invite Aurovilians, Newcomers, and Volunteers to contribute some of their time and energy towards the organization of this event, assisting with its various facets.

Please email us with your availability:

- bharatnivas@auroville.org.in

Let us come together to joyfully prepare for this event, which will be part of our celebrations for the most precious week of the year: Mother's Birthday and Auroville Inauguration Day.

Janmejaya and Kamala for
Bharat Nivas Trustees

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, 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
Monday 3pm	Hall of Peace	Peace Tea Ceremony by Jaya and Isha
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.
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.

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 **Preeti**

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



- until **25 November** @ 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

The Library in Pavilion of Tibetan Culture is open to the public:

- Monday and Tuesday, 9:30am—12:30pm

We look forward to 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

OPEN CALL

for Exhibitions, Activities, Artist Residencies



Every year Centre d'Art organizes art exhibitions, workshops, collective projects, lectures, activities, and invites an artist for a two-month residency.

- Application deadline is 31 January 2026

Here you can find the info:

- for Exhibitions and Artist Residency: <https://centredart.in/artist-residency-auroville/>
- for Activities: <https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- centredart@auroville.org.in

Marco for Centre d'Art team





Monisha

RESILIENCE

by Marie-Claire Barsotti

28 November—17 December 2025

@ Centre d'Art Auroville

Opening on Friday, 28 November, 4:30pm



- Tuesday—Friday, 2—5:30pm
- Saturday, 10am—12:30pm, 2—5:30pm
- Morning by appointment

One fine day, upon returning from a trip, French artist Marie-Claire Barsotti found her thirteen volumes of Mother's Agenda devoured by termites and now unreadable in her library. Once she got over the initial shock, she wondered how to deal with the disaster.

She first thought of burning them or throwing them away, but couldn't bring herself to do it. The red-covered volumes, read and reread, annotated in her own hand, had accompanied her throughout her life and had brought her here, to Auroville.

Could there be a message hidden in the extraordinary convolution created by the termites? Had these books been too sacred to her, was this an invitation to merge them into herself, no longer considering them as external entities?

For Marie-Claire, the artistic act is a living alchemical process, through which a transformation takes place in the creator and its creation simultaneously.

The time had undoubtedly come to let go of the certainties of the past and venture down unknown paths. To show resilience, to surrender. She used the destruction wrought by the insects to rebuild.

For nearly two years, she created, with Mother's words and her intuition, her own colours and shapes, poetic and shimmering collages like butterflies emerging from their chrysalis.

In a second stage, the Matrices were born, representing a synthesis of the path travelled, an integration of the infinite realities of the world.

The Matrices are layered grids of interpretation, each corresponding to a different frequency, from the most troubled to the purest. At the very bottom, we can glimpse the golden vibration of divine consciousness, gradually covered by layers symbolising different planes of existence that are more or less unconscious and negative, up to the threatening grids on the surface that seem to block access.

Marie-Claire Barsotti's lyrical abstraction has a contagious power. Behind an apparent difficulty, the alchemist artist opens the way for us to the splendid depths where divisions are abolished and invites us to experience within ourselves this unity that transcends all oppositions.

Dominique Jacques 2025

Submitted by 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.



A.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 ethereal 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



EXHIBITION IN PITANGA

Hindu Gods—Forms of the Great Goddesses

by Beatrix Rother-Schwerdtfeger

28 November—20 December @ Pitanga

Monday to Saturday,

8:30am—12pm & 2:30pm—5:30pm

"This series explores the multifaceted expressions of the Divine Feminine in Hindu spirituality, focusing on iconic representations such as Kali, Durga, Lakshmi, Saraswati and mainly Radha, the Hladini Shakti, as mentioned by Sri Aurobindo in *The Mother with Letters on the Mother*.

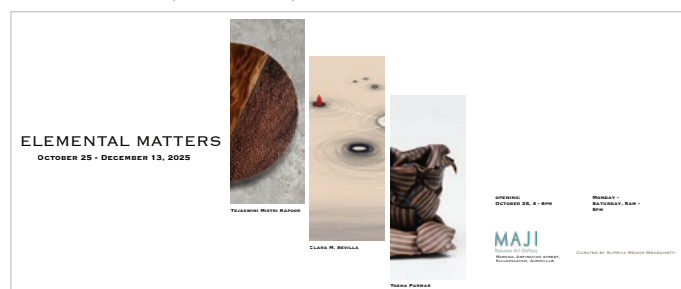


Through vibrant colors, symbolic forms, and meditative artistry, I aim to evoke the powerful, nurturing, and transformative essence of the Great Goddess. My work draws inspiration from my practice of Integral Yoga in Sri Dilip Kumar Roy's ashram in Pune and years of immersion in Indian spiritual traditions, offering a bridge between the sacred and the contemporary."

Anandamayi for Pitanga Cultural Centre

ELEMENTAL MATTERS

@ MAJI, Maroma, on show till 13 December



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

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.

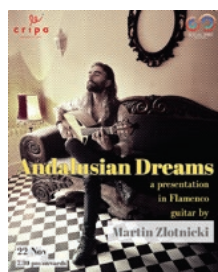
Supriya Menon Meneghetti, curator, MAJI

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

Dance Activities

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



BHARATNATYAM DANCE CLASSES

Saturday, 10am—12pm, Sunday, 3—5pm

@ SAWCHU

My name is Caveri Suresh, I'm a Bharatnatyam Dance teacher for 27 years. I would like to share and teach my art form with you all. Dancing was always my great passion. Through the years, I became a skilled professional Bharatnatyam dancer. This form of traditional South-Indian dance art I would like to share with our community from all over the world.



Education: Here are my following education to teach this dance form:

- BPA (Bachelors in Performing Arts)
- MFA (Masters in Fine Arts)
- Tanjore Tamil University TDT (Teacher's Training in Dance).

I would like to offer this class to **Beginners, Intermediate and Advanced students**.

I am already conducting my dance class in Bharat Nivas. This class is an offering for the community; if you feel to make a contribution it is most welcomed. I have taken my students on trips where they experience performing in different venues and famous temples around Tamil Nadu and I intend to continue this. The first class starts this Saturday.

Caveri Suresh,
Diya Dance Studio

NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

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

Contact Fleur for enquiries:

- +91 9600225764

Fleur

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

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



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

Aurevan

Theatre, Music & Art Activities

AUROVILLE'S FIRST IN-HOUSE LONGER-TERM TRAINING in speech, drama, voice and movement

In collaboration with CRIPA we are launching Auroville's first in-house longer-term training in Speech, Drama, Voice and Movement.

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 exploring how to devise and co-create as a collective.

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 expression, performance skills, more flexibility emotionally and psychologically. There will be the optional possibility of working towards a performance towards the end of the 3 months.

Modules

- Fundamentals of public speaking: voice, body language, breath.
- Authenticity and natural expression in voice and movement.
- Monologue recitals—(material to be discussed).
- Refining listening skills (to self, others, space) & body-felt intuition.
- Art of improvisation (spontaneity, creativity, and collaboration).
- Devising improvised scenes (who, what, where) & (context, conflict/situation, escalation, resolution).
- Acting skills.
- Essence of Play & the fool.

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

- The intake is for starting 8 December 2025.
- We will be taking a batch of a maximum of 16 participants.

Starting date 8 December. Finishing date 25 February.

Contribution

- Contribution to be paid each month:
- 1000 rupees for guests.
- 750 rupees for registered volunteers, NC, Aurovilians.

If this interests you please email misha_nc@auroville.org.in or [fill in this short form](#).

Mikhail

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

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



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



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

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



Maneesh

MOVING MEDITATION:

Taichi & Qi-gong

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

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

Facilitated by Jiseong Park.

Contact: +91 7094339490 WA



Jiseung for Youthlink

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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



Changes regarding Aikido activity

Monday to Friday:

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

Saturday:

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

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

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

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

THE ART OF CHI:

Stevanovitch Method

Classes with Hans

Tai Chi Quan & Chi

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

Body awareness & Relaxation

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

For more info: 8110848123 WA.



Submitted by Hans

SWIMMING CLASS

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

What We Offer:

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

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

- Location: Auroville
- Flexible timings available

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

8637633696, Mani



MORNING SWIMMING CLASSES FOR CHILDREN

Limited spots available!

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

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

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



Sonia and Ana

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

Bio-region & Nature Activities

INSIDE INDIA ACTIVITIES

Launching Our Kolam Workshop

- **Every Friday 10am—12pm**

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



Auroville Bio-Region Tours by Inside India

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

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

Cycle Tours through Auroville

Ride into the green lungs of Auroville on our newest bicycles partnered with KINISI. Muddy red earth under your wheels, rain-washed trees above you, sound of birds, forest winds and chance detours, explore this slow travel at its finest. Timings are 10 am to 3pm. Please book 36 hours in advance.

Off-Road Cycling & Half-Day Rides

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

Shaheen

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

AuroOrchard is Auroville's oldest farm, founded in 1968-69 under the guidance of the Mother with the vision of "growing food for Auroville." Spread over 25 acres of red earth on the eastern coast of Tamil Nadu, AuroOrchard has been a cornerstone of Auroville's food system for more than five decades.

Today, we produce over 50% of the fruits and vegetables and 90% of the eggs from Auroville farms.

We grow a diversity of crops—mangoes, papayas, bananas, guavas, citrus, roots and tubers, leafy greens, vegetables, and herbs—alongside a small poultry that provides eggs. Each year, these fields and orchards yield several tonnes of fresh food, much of it flowing directly to Auroville's kitchens and residents. These numbers are never the measure of the work, but rather quiet signs of the farm's steady rhythm of care and abundance.

Join us for a stroll through these orchards and vegetable gardens and learn about the agroecological techniques that we practice at the farm.

- Every Wednesday, 10am—12pm.
- Registration required, [sign up here](#).



CSA baskets

Auro Orchard's Basket System is a community-supported program that allows customers to select fresh, seasonal produce such as fruits, vegetables, greens, herbs, eggs, nuts, and Abundance; farm-processed products like pesto, syrups, and nut spreads from a weekly updated harvest list. Members place their orders based on seasonal availability and collect their chosen items directly from the farm or from the pick up points inside Auroville.

- Please [sign up for the baskets here](#) to get added to the list.



Volunteering

Spread over 25 acres, AuroOrchard is Auroville's oldest farm producing a diversity of fruits and vegetables and eggs that are supplied directly to Auroville's kitchens and residents.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people.

We offer a welcoming environment for learners, researchers, and seekers who wish to help us and learn more about the land, food, culture, and themselves.

- Monday to Saturday, 7—9am and/ or 9:30am—12pm.
- We offer breakfast made with farm produce!

Link to [sign up for volunteering](#) here.

Anshul



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

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.

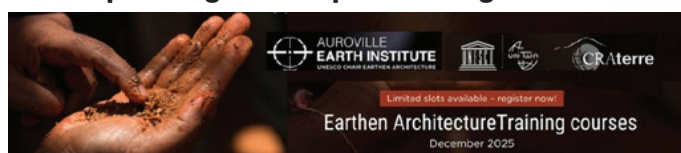
- **Booking:** solitudepermaculture@gmail.com

Krishna
for the Solitude farm & café



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

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

**PERMACULTURE
& HUMAN PERMACULTURE**

From Soil to Soul: Intro workshop

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

By JOI Anitya

Saturday October 11
Saturday November 8
Saturday December 6

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

An Introduction to Permaculture & Human Permaculture Workshop.

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

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

What to expect?

Morning Theory:

From Garden to Life Design, 9am—12pm

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

Afternoon Hands-On:

Garden Practice, 4—5:30pm

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

Your Date

- **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



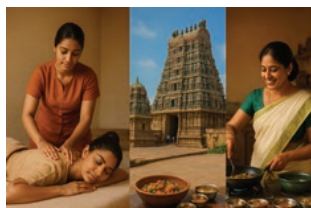
Viji

ACTIVITIES BY RUPAVATHI

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.

- Starting point from Solar Kitchen.
- Can be scheduled anytime throughout the week. Please contact in advance for more information and booking.



South-Indian Cuisine—Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage

- We give everyday morning 9:30—11:30, 11:30—1:30, 5:30—7:30pm. This is for both the classes.

For any of the above services contact information below:

- Phone/ WA: 8098845200
- Email: rupavathijoy@gmail.com

Rupavathi

Multiple Activities

IT MATTERS ACTIVITIES

A/C room @ It Matters, Auroville Main Road

More info on instagram:

- [@auroville.curated](https://www.instagram.com/auroville.curated)

Workshop pre-registration required:

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



Date	Workshops this week
19 November, Wednesday, 4—5pm	Sound Healing Nada Yoga (a recurring activity on Wednesdays) with Satyayuga, fixed price 400Rs. and 50% discount for AV/ Newcomer/ SAVI
21 November, Friday, 5—6:30pm	Sound Bath with Singing Bowl Massage (a recurring activity on Fridays) with Satyayuga, fixed price 500Rs. and 50% discount for AV/ Newcomer/ SAVI
22 November, Saturday, 8am—9:30am	Yogic Science of Breath: Pranayama & Mudras with Mamta, contribution based
22 November, Saturday, 10am—12pm	Unravelling existence: The Philosophies of Jean-Paul Sartre & Simone de Beauvoir with Vaneeza, contribution based
22 November, Saturday, 2—3pm	Hidden Meanings: How Umberto Eco taught us to read the world with Daniel Raju, contribution based

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

Sandra & Bhakti
for It Matters

Office Spaces

Office Space Available: Auromode

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

Contact Mr. Pandian

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

Pandian



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.

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED

LOCATION:
Auroville Main Road
Kulilapalayam

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

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

We'd love to meet you :)

Bhakti & Sandra

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

- Opening hours: 7am—11pm

- Flexible Passes & Validity:

1 Day Pass; 5 Days Pass (Valid 14 Days)

25 Days Pass (Valid 60 Days)

60 Days Pass (Valid 120 Days)

- Conference Room: As Booked (4 hrs)

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

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

Ready to join? Learn more and book your spot:

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

Laure

Aurelec Spaces Available

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



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

- Interested people may contact Mr. Siva at Aurelec:

- in person, or by phone to 2622293/ 2622294
- or e-mail adps@auroville.org.in

Siva for ADPS Trust

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

Noel Parent

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

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

For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages

Alexey



Work Opportunities

AVHS IS LOOKING FOR AN AUROVILIAN to Join Our Team

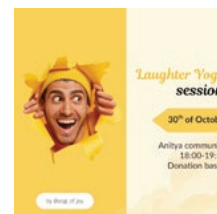
AVHS for seniors is looking for an Aurovilian to join our team. The essential requirement is willingness to help with patient care. A full maintenance is available. If interested please write to avhs@auroville.org.in

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

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulapalayam, Auroville

We are hiring: PGT-biology teacher

- **Qualification:** M. Sc. Biology B.Ed.
- **Experience:** 1—2 years
- **Description:** Seeking a qualified and enthusiastic PGT biology teacher to handle class 9—11. Strong communication skills and ability to motivate students.

Send your resume to our email address:

- ness@auroville.org.in, 8072627852



K. Venkatesh

Voices & Notes

MINIMALIST LIVING AFTER THE PIONEERS' YEARS:

Early Vikas



After fourteen years in the greenbelt (the first nine my toilet was a hole covered by a cement slab, along the canyon), in 1999 I moved to Vikas' third block. With Sailam, the first community in the residential zone, right at the centre. Not much changed, though: for years here too we had only solar panels and fans, no electricity. I toured Pondy for hours, till I discovered a noisy mini-fan consuming only 40 watts.

As in the green belt, in Vikas too water came from the windmill, the tallest of Auroville. No turning due to no wind? Instead of Grace sending a bullock cart with a barrel, it was now the Water Service that succoured us with enormous containers and we carried buckets up to three floors. After six days in a row of this exercise, in one hour I gave away my twenty-seven pots of roses.

All we had was a collective phone in the common kitchen; those who used it paid a monthly supplement. We shared, so time was limited; sometimes an oversensitive neighbour abruptly interrupted the conversation. To call Canada, I went to Arka; the alternative was the phone cabin next to Tanto—or Pondy.

Exceptionally, in view of my publication work, I was granted the use of a rudimentary 14" computer, the only one in Vikas; a few hours a day, in the daytime—and only if the collective solar panels could charge the batteries. The screen was black and white: all that solar permitted. Having no internet, needless to say, I went to the internet café on top of the Solar Kitchen: screens unreadable, disastrously slow, copy and paste was the trick. Arka was slightly better, but with longer waiting lines. Sometimes I cycled to Annamaria in Certitude, but often the connection there did not work. The best option was the internet café in Nehru Street, Pondy; reduced tariff for one hour, no interruptions because of Aurovilians queuing. At times I took the trip just for this. The SAIER bus, free, twice a week, was often full; but to meet

with friends, seldom seen on the city-centre plateau due to the absence of public transport, was a feisty occasion.

This is how we lived in Vikas, up to the first years of the new millennium. Centuries seem having passed by, sometimes I wonder: was it real? Were we better off, despite the material constraints we daily faced? Happier? Undoubtedly yes. The first collective building had a Spartan touch, and so had the lego aums; one of them only had a sliding door, there was no key. The lego aums had been built by the residents themselves, after a three weeks training course. In two capsules with a keet roof we housed adventurous guests or people with no means; to one we even provided a cycle. A mother with child, also with no financial means, took shelter in an experimental straw house. Those temporary structures are no more, relics of a bygone age, but what they represented is vivid in my memory.

We still had no servants, originally this was part of the guidelines to be accepted in Vikas. My early neighbours talked about Sri Aurobindo, the Mother, the Agenda; enthusiasm was contagious and we truly believed that Auroville was happening. This was the reward, after spending the full day on the Third Building's construction site, which I supervised for three months in Satprem's absence. Practical difficulties and daily challenges knitted us close together, same as in the green belt but... Vikas stood in the most central residential zone!

Satprem left in 1999, and so did the early residents; some quit Auroville altogether. When all over Auroville comfort and easy-living started replacing the minimalist lifestyle of the pioneers, Vikas too caved in. House servants (forbidden by Vikas' guidelines) were hired. We got electricity, phones, heaters, televisions, air conditioners, WiFis, WhatsApp, polluting vehicles, even a car. Amazon's couriers steps in all the time with their motorbikes.

Vikas, UNESCO earth-chair, conceived as the first ideal community of Auroville, with its own Prosperity, turned into a semi-rural conglomerate linked to consumerism as anywhere else. Same challenge, in Vikas as in Auroville. We lost the capacity to dream, and share, and be. The austere beauty of satwic architecture was now seen as a handicap; Housing treated Vikas as a third world colony, the infrastructure fell into disrepair and cheap alterations to house extra people became the norm.

The past is over? No, that was the future. The joy of owning nothing but the consciousness of serving the Divine. All we need are wings.

Paulette

AUROVILLE RADIO

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



Last published Podcasts

- [Marlenka's weekly Offering—Ep.158](#) (Literature)
- [Savitri—Ep.27: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B1, C12: "Delight of Existence: The Solution"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.515](#) (Integral Yoga)

Latest Youtube Video

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1—Chapter 3](#)

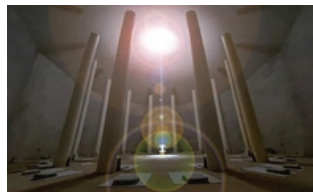
....and more! on www.aurovilleradiotv.org

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

Sai Priya
for AurovilleRadioTV

CRYSTAL CLEAR

Now we can clearly see
The forces preventing
The Mother's Divine City
From fully manifesting.
Crying for human unity
But deep within actually
Discriminate on "others",
Treating them as outsiders,
A clear sign of the ego-mind,
False-separative and undivine.
"Elites" themselves they define
Revealing the anti-divine
Wearing coats of humans.
Thus the Dual Kalki Avatar
Sri Aurobindo and the Mother
Came not just to announce
The coming of a new species,
Initiated Direct Action,
Bringing Truth-Unity's Substance,
Divine Light, new Consciousness
Into the Earthplay to hasten
The Divine Manifestation
Of the Supramental being
To replace the imperfect form
That is the transitional human.
They even created a City of Dawn
As a Field of Concentration
Within the Guru of Nations
Mother India aka Bharat Mata
For the hastened intensification
Of the Triple Transformation.
Thus were invited varied archetypes
To quicken the Great Cosmic Dance
Until the awakened select few
Clearly sees the utter futility
Of allowing the ego-modality
To anymore continue to be,
And in faith to the MahaShakti
Offer themselves in Bhakti
As Her willing servitors
With assigned roles whatever
Until the decreed eventual
Advent of the being Supramental.
In the meantime the invited all
Are to work consciously to prepare
Auroville as envisioned and declared
By the Supreme Divine Mother
For 30-50K diverse invitees
To multiply the possibilities
For a quickened emergence
Of the New Divine Species.
The Vision-Goal is crystal clear,
The detailing we leave to Her.
On Earth coming soon
The Life Divine.



I have added a commentary to this poem for added clarity.
To read it, please scan the QR Code or go to this blogsite
and open the post with the same title:

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

Zech

Poetry

FRAGRANT FINGERS

*I wouldn't wash them,
If I just held your hands,
Caressed your hair,
Meddled with mud,
Touched a flower,
Or a chocolate crêpe...*

*Some fragrance would linger still,
Seeping through my skin
To secure a place
Somewhere in my heart.*

*I will keep these fragrant fingers
For a little while—longer than usual—
Smelling the scent,
Stilling the mind,
Stealing one more smile
From the circling stars.*

With joyful Gratitude, Anandi Z.

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:

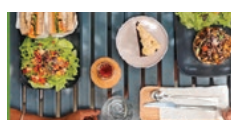
- 2622899, 9843644308 WA and Call
- ptw@auroville.org.in

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*

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

NATURELLEMENT GARDEN CAFÉ

50% Thursday discount

Dear friends, Aurovillians, Newcomers and Volunteers.

Getting so much positive feedback we will keep our 50% discount scheme on Thursdays until further notice.



*The Naturellement Garden Café team,
Martina*

NON VEG MONTHLY MEAL SCHEME

@ Visitors Centre Cafeteria (Right Path Café)

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 Right Path Café*

FROM MARC'S CAFE TO ... COFFEE IDEAS

We would like to inform you that upon request of FAMC we have changed the name of the cafe from Marc's Cafe to Coffee Ideas.

How to reach us:

- Email: coffeeideas@auroville.org.in
- Café (WA/Call): +91 81486 60246
- Coffee Learning Community Office (School): +91 72008 81291
- Roastery: +91 89407 67848

Matilde for Coffee Ideas!

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

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 Café*

LIVING ROOM CAFÉ, AUROVILLE



*+91 9566142115,
Satyakam*

TASTE OF YOGA: VEGAN CAFÉ



VEGAN CAFÉ

TASTE OF YOGA

Raw | Gluten-free | No added sugar

Mon to Sat
08:30 - 16:30

Kathir for Vérité programming



AUROMODE RESTAURANT IS OPEN

Monday to Saturday
12—3:30pm & 6—9pm

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

We look forward to seeing you all.

Pavithra
for Auromode Restaurant



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

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

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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria
7:30—10am
Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



DOWNLOAD OR ACCESS

Dropzy App

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version:
<https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>



Sathish

INTEGRATED TRANSPORT SERVICE



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services, we are honored to serve the diverse and vibrant needs of this incredible community.

Shared Transport Service

Shared Transport in Auroville is dedicated to offering cost-effective travel options by arranging shared trips between Chennai and Auroville. Additionally, we provide local trips within Auroville and Pondicherry.

- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256

- its@auroville.org.in



Rajesh.D
for Shared Transport Service

SUNRISE TAXI SERVICE



Book
A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish for Sunrise Taxi

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovilian) with decades of experience.

- You may call Qutee 9443372418/ WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B for Qutee Electric Scooter Service

KINISI E-MOBILITY

25%

discount at Kinisi Cowork for the same duration

Offer valid till 30th November

LOOKING FOR
A NEW WAY
TO GET AROUND?

Rent an
e-cycle or e-scooter
from Kinisi

CSR Campus, Auroshilpam
hello@cowork.kinisi.in
+91-9429 690 049

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

UTS TRANSPORT SERVICE



Open 24 X 7: Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801
- Email: uts@auroville.org.in

Lakshmi for UTS

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

INSIDE INDIA



inside india

DREAMS & MEMORIES

Inside India Timings

- Inside India is open for your next journey **Monday to Friday, 10am—5pm**
- We are open the second & fourth Saturdays of each month
- For urgent matters or emergencies**, you may contact our ticketing agent **Ganesh**:
 - +91 9894598686.

Itineraries & Ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across India and Sri Lanka. **Write to us at tours@insideindiaauroville.com** to start planning.

Shaheen for Inside India Team

RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



RAPID CARE SERVICES
One call to solve all your problem

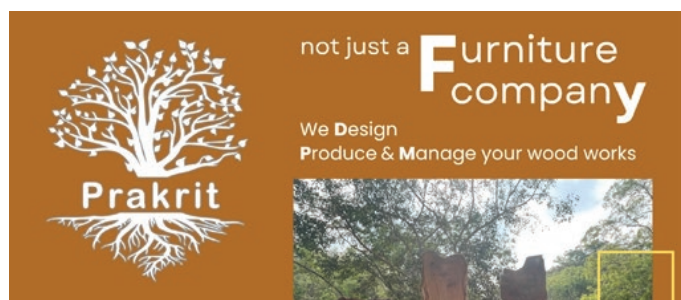
Services offered

Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

- Contact:**
+ 91 8270071581
 - Primary Email:**
rapidcare@auroville.org.in
 - Secondary Email:**
rcsrapidcareservice@gmail.com
 - Instagram handle:**
@rapidcare1

**Balaji & Arun
for Rapid Care**

PRAKRIT



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

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

Mehul for Prakrit,
+91 9634424066

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

SURABHI SUPPLIES

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



- **Contact us for all your procurement needs:** surabhisupplies@auroville.org.in
+91 9843846458 WA, Phone, Iyyappan

SARVAM COMPUTERS offers reliable service

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

Contact Sarvam Computers

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

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



Bala

Classes, Workshops & Healing Arts



THE HALL OF PEACE, UNITY PAVILION

Welcomes all who wish to experience a new perspective on tea drinking.

DISCOVER THE SPIRITUAL & HEALING JOURNEY WITH SENCHA-STYLE TEA CEREMONY

Experience the power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

- * Sessions are available as a one-on-one experience or for groups (4+ people).
- * Children (5+ years) are welcome. Special Kids birthday sessions available.

FOR INFORMATION & APPOINTMENT
Call/Whatsapp **+91-9385428400**



BODY IN LIGHT: ENERGY HEALING WORKSHOP

3 Day Energy Healing Workshop in Auroville



- 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.

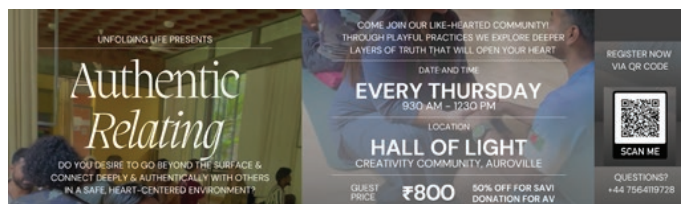
Sandhya

AUTHENTIC RELATING

Thursdays, 9:30am—12:30pm

With Dave

@ Hall of Light, Creativity Community



This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.

- Register Now: <https://tinyurl.com/AuthenticRelatingAV>

Dave

SPEAKING FROM THE HEART

29 & 30 November, 9am—5pm

@ Tibetan Pavilion



Discover the transformative power of Nonviolent Communication (NVC) in this experiential 2-day introduction.

Through guided practices, real-life examples and supportive group work, you'll learn the basics of expressing yourself honestly, listening with empathy, and building meaningful, compassionate connections—with yourself and others.

In this workshop you will experience:

- How to listen deeply, speak honestly and connect with care.
- Tools for more understanding, empathy and clarity in your relationships.
- Lunch included.

Inquiry: dancingtree.smile@gmail.com

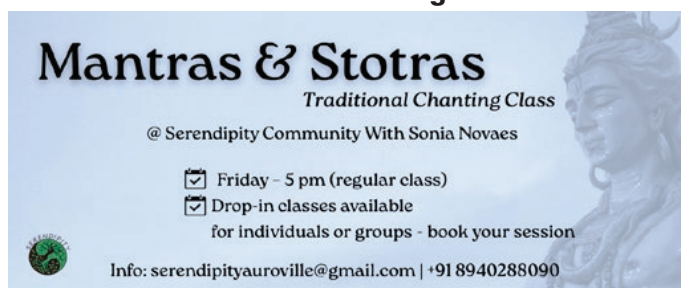
Registration:

- scan the QR code or [at the following link](#).

Vega

MANTRAS & STOTRAS

Traditional Chanting Class



Friday, 5pm (regular class)

@ Serendipity Community

+91 8940288090,

serendipityauroville@gmail.com,

Sonia

MINDFULNESS

Mindfulness Kindfulness half day retreat with Helen

- Saturday, 29 November, 9:15am—12:30pm @ Creativity Hall of Light

If your heart is calling for quiet time to unplug & recharge then join this nurturing space of gentle care & inner stillness. This mini-retreat weaves together mindfulness & kindness practices, creating a tender pathway to self-compassion & opening our hearts to others. It offers an ease of being, an inner softening, & invites a deeper, more present way of living.



Everyone is warmly welcomed—whether you're beginning your meditation journey or have been practicing for years. During the retreat you can choose whatever your body needs—a chair, cushion, or mat. Participants hold silence during the retreat, providing a chance to go deep within.

The session will be guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness.

- To book your place contact 7094753054 WA or visit innersightav.org.

Mindfulness Based Stress Reduction

- 1 week course, Monday, 1—Saturday, 6 December 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

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

BHARAT NIVAS

Regular Yoga Classes



Vinyasa Flow Yoga with Bala

Oct & November 2025

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

Pre registration through email or WA (No calls)
Bharat Nivas / Progress Hall
Email - balaganeshsiva@gmail.com / WA +9198926 99804

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

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

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

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

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

Style: Vinyasa Flow (Beginner to Intermediate friendly)

Contribution, October. Drop-in only:

- Rs 500 per class for guests and non-Aurovilians
- Aurovilians, 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 @ Vérité

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 @ Vérité

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?

Sacred Connection

- Saturday, 22 November 10am—4:30pm,
with lunch break,
@ Anitya Community, Maloka Hall

Awakening the wisdom of the body: Your body is a living portal a messenger of intuition, pleasure, and truth.

This workshop guides you to tune into your feminine and masculine energies, harmonizing them through ritual, movement, and soul connexion. Expect moments of expansion, grounding, and gentle transformation.

You will leave feeling aligned, empowered, and more intimately connected to yourself and others.

- Limited spots for an intimate space.
Reserve: +918489764602

Lakshmi Prem

SITARA MUNAY-KI YOGA



SITARA MUNAY-KI YOGA

Guests ₹600 - Aurovilians ₹200

Check our website for updates

sitaramunay-kiyoga.org

With Sitara:

Meditation Yin Yoga Sound Journey

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

In this class, accessible to all levels, Sitara will teach her favorite combination of meditation, yin yoga and sound journey. Yin yoga uses gentle, long-held poses to release deep tension and increase flexibility. Combined with sound healing, it brings a calming and restorative experience for body, mind, and spirit.

With Munay:

Surya Kriya Yoga Tibetans Rites

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

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

Locations:

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

Other details:

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

Giovanni

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!).



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. **Guido**

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

PITANGA CULTURAL CENTRE



PITANGA
CULTURAL CENTRE

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

November

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

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Asanas mixed level	7:30—9am	Rachel
	Sivananda Hatha Yoga	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	Suriya-gandhi
	Iyengar Yoga	5—6:30pm	Olesya
	Yoga: Restore & Relax	5:30—7pm	Florina
Friday	Asanas mixed level	7:30—9am	Rachel
	Yoga Therapy	8:15—9:45am	Gala
	Readings of The Life Divine	4:30—5:30pm	Balvinder
	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	Pre-senters
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.

Workshop: Awareness Through the Body

- **Saturday, 29 November, 9am – 12pm**
@ Pitanga Cultural Centre,
with Isora



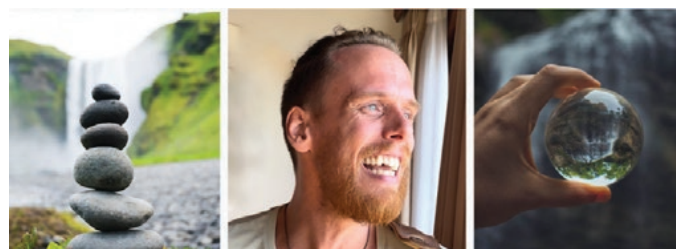
ATB is a practice developed in Auroville, India, that aims to expand consciousness and offer the opportunity for both, children and adults, to become aware of their own perceptions and abilities, so that they can become independent and self-aware individuals. The activities are creative and often fun,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

- Advance registration required!
Latest by Friday, 28 November.
- Please contact Pitanga:
info@pitanga.in, WA + 91 9443902403.

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know!
If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!

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

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

VIPASSANA GROUP SIT

Sunday, 23 November, 9am—12pm
@ Udavi school,
near tank, Edayanchavadi, Auroville

All old Vipassana students are very welcome to join the weekly Vipassana group sit. This is for **old students only**, meaning exclusively for those who completed at least one 10-day Vipassana course as taught by SN Goenka.



Laure

VÉRITÉ PROGRAM

www.verite.in

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 November)	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
	Sivananda Hatha Yoga	7:30—8:30am	Nikki
Thursdays	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
	Sivananda Hatha Yoga	7:30—8:30am	Nikki
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
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

Awareness Through the Body: Explorations with Amir

- Saturday, 22 November, 9:15am—12pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In the next sessions, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way. Explore tools, opportunities and space, to reconnect with yourself and increase your capacity to be present.

The Ideal Organization with Kaia, Munay & Radhika

- Saturday, 22 November, 9:15am—12:15pm

This workshop explores how we can co-create organisations that embody unity in diversity. Guided by the Prosocial Core Design Principles, we'll reflect on how shared purpose, fairness, and trust can help our groups become expressions of collective wellbeing and conscious collaboration in service of the whole.

Face & Eye Yoga: Face your Self with Mamta

- Saturday, 22 November, 2—4:30pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Yoga Nidra with Kalidas

- Saturday, 29 November, 9:15—11:15am

Our modern lifestyle often interferes with the ability to experience deep rest and sleep. Yoga Nidra facilitates a state of deep relaxation, where the mind can become quiet and the body can heal, repair, rejuvenate and recharge itself. Learn to consciously relax the body and mind.

Face & Eye Yoga: Face your Self with Mamta

- Saturday, 29 November, 2—4:30pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Hon

ARKA WELLNESS CENTER PROGRAM November

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	• Yoga of Mother and Sri Aurobindo • Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) • Mother's Flower Medicine (vibrational remedy) • Individual Sessions and Groupwork • Psychosomatic Therapy and Breath Therapy • Consciousness/ Energy/ Body Work based on Integral Yoga Only by appointment baritam@auroville.org.in
Pepe	• Body Logic, Soft Massage, Deep Tissue Massage • Monday to Saturday By appointment, +91 9943410987
Silvana	• Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage • Monday to Saturday, by appointment only +91 9047654157
Antarjyoti English & French	• Psychospiritual Introspective Tarot Reading • Deconditioning Self Inquiry • I ching oracle • Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	• Integral Regression therapy • Integral reiki healing • Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	• Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice By appointment only, +91 7904769496 auroshruthi@auroville.org.in

Classes

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

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

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

Ramana, Arka

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

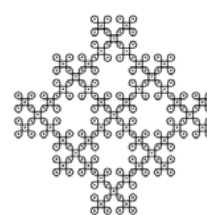
Kotree Yoga

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



CO-CREATING THE DREAM

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, 22 November from 9:15am—12:15pm @ Verite** with our fourth workshop:
 - **The Ideal Organisation**

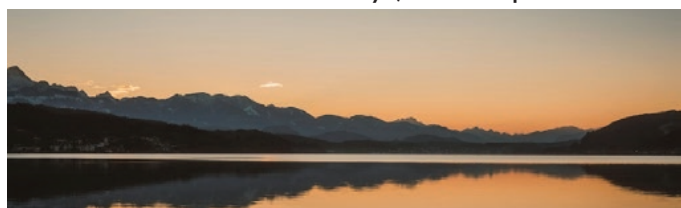
This workshop explores how we can co-create organisations that embody unity in diversity. Guided by the Pro-social Core Design Principles, we'll reflect on how shared purpose, fairness, and trust can help our groups become expressions of collective well-being and conscious collaboration in service of the whole. Register at Verite.



Radhika

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

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 8110848123 WA

Hans

Languages

NEWS FROM Auroville Language Lab 20 November



Current Schedule of Classes, 20 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 TBA	5—6pm, Wednesday & Thursday
	Intermediate with Alex	16-Hour, 2 months Started 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—Full	20-hours (2 weeks) Started 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
Hindi	Beginner with Ashwini	24-Hour (3 months) 1 December	3—4pm Monday & Friday
Spanish	Beginner with Mila	36-Hour (3 months) Presentation date: 1 December	4—5:30pm, Monday & Wednesday
Italian	Beginner with Karuna	8-Hour Monthly, Started 2 September	4—5pm, Tuesday & Friday
	Intermediate with Karuna	8-Hour Monthly, Started 4 November	4—5pm 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.

Tomatis

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguage.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance.

Send an email to tomatis@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

Pronunciation Workshop—English Phonemes with Alfred Tomatis listening + active exercises

Join Vismai for a two-hour workshop designed for non-native English speakers. Explore the root sounds of English through articulation mapping, sound awareness drills, and listening exercises based on the Alfred Tomatis Method.

- Saturday, 22 November, 10am—12noon, Pre-intermediate level, Limited to 3 participants, [prior registration mandatory](#)

Courses: Current Schedule of Classes

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

New! Hindi Beginners with Ashwini.

Build a solid foundation in spoken Hindi through greetings, everyday conversation, essential grammar, useful vocabulary, and simple sentence-making.

- Monday & Friday, 3 – 4pm, 24 hours over 3 months Starting 1 December 2025

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 beginner levels.

- Classes are held from 3—4pm, Tuesdays and Fridays.

Also for intermediate level, classes are on the same weekdays from 4—5pm! Please register as soon as you can. <https://aurovillelanguagelab.org/registration/>

French classes

Dive into French Intensive 2-Week Course with Isabelle

- **Closed for registration**

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

- **Closed for registration!** 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 started 11 November.
- Classes on Tuesdays and Thursdays, 2:30—3:30pm

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

Mandarin Chinese course

- 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

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

Equivalent to Saravanan's course, designed for beginners to build spoken Tamil for daily communication.

Tamil (Beginner) with Saravanan

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

Learn Tamil in a friendly group setting. This Beginner Course focuses on spoken Tamil and everyday communication with practical, simple activities.

Spanish Course with Mila

Beginner Classes: New! Presentation on 1 December! (Course will run thereafter with at least 7 registered students).

- Classes on Mondays & Wednesdays, 4—5:30pm.

This 3-month (36-hour) program will guide learners toward conversational fluency. Register soon at <https://aurovillelanguagelab.org/registration/>

German—online private classes:

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

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

English Classes

Intermediate English with Alex

- Started 4 November, 16 hours, 8 weeks
- 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, 5—6pm, 24 hours over 3 months
- New Start Date to be announced (minimum students needed!):

Head on over to the [Lab's online form](#) and complete your 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.

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

- Starting 18 November, 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, 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

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. :)

Friday, 21 November

Urban Mining—Gold in our trash

40 mins, English, 2015, Frank Wiering

A ton of broken mobile phones, computers or other electronic waste contains sixty times the amount of gold a ton of gold ore has. Moreover, it is easier to get at. It is estimated that 30 to 40 percent of total world demand for rare metals can be covered by urban mining and this is only the beginning.

Aviram



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're looking for at least 5 more Auroville units to join the three already contributing ₹3,000/month each — grateful to them. That will bring us to the needed eight contributors. 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. Non-Indian supporters, you're welcome to write to us or contact AV Unity Fund at Financial Service for guidance.

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

NEW MOON MOVIE @ CENTRE D'ART, CITADINES

Thursday 20 November at 5pm
@ Multimedia room

Boom for Real, The Late Teenage Years of Jean-Michel Basquiat, by Sara Driver, 2017. 80 minutes, original version with English subtitles. Exploring the pre-fame years of the celebrated American artist Jean-Michel Basquiat, and how New York City, its people, and its tectonically shifting arts culture of the late 1970s and '80s shaped his vision.

Marco





CINEMA PARADISO & GOETHE-INSTITUT PRESENT
First ever German Film Week
 @ Multimedia Center (MMC) Auditorium, Auroville
 24 to 30 November 2025



Step into stories from Germany as we celebrate our first-ever German Film Week in Auroville, arriving in the festive spirit of Carnival (Karneval/ Fasching/ Fastnacht). Expect films that are bold, tender, quirky, and unforgettable.

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.

Let the screen light up with laughter, drama, and discovery. Willkommen!

German-Film Monday, 24 November, 8pm

Die Frau Des Piloten (Copilot)

Germany-France-Lebanon-Ireland, 2021, Dir. Anne Zohra Berached w/ Canan Kir, Roger Azar, Darina Al Joundi, and others, Drama-Romance, 118mins, German-English-Arabic-Turkish w/ English subtitles, Rated: NR (R)

When Asli, a bright medical student, falls for the enigmatic Saeed in 1990s Germany, their secret marriage defies her family's wishes. But as Saeed's hidden convictions surface, Asli is forced to confront the devastating cost of loyalty, love, and the secrets we keep. A gripping love story shadowed by a global tragedy.

German-Film Tuesday, 25 November, 8pm

Ich War Neunzehn (I was nineteen)

East-Germany, 1968, Dir. Konrad Wolf w/ Jaecki Schwarz, Vasilij Livanov, Aleksey Eybozhenko, and others, Biography-Drama, 114mins, German-Russian w/ English subtitles, Rated: NR (R)

Home is not always where you left it. Gregor Hecker, a young German who fled the Nazis, returns as a Soviet officer in 1945. As he navigates a shattered homeland, he confronts identity, memory, and the haunting contradictions of liberation and belonging. A powerful coming-of-age story set in the ruins of war.

German-Film Wednesday, 26 November, 8pm

Das Leben Der Anderen (The Lives of Others)

Germany-France, 2006, Writer-Dir. Florian Henckel von Donnersmarck w/Martina Gedeck, Ulrich Mühe, Sebastian Koch, Mystery-Thriller, 137mins, German w/ English subtitles, Rated: R

In 1984 East Berlin, Stasi agent Gerd Wiesler is assigned to monitor playwright Georg Dreyman and his partner Christa-Maria. As he listens, Wiesler becomes emotionally drawn into their lives and begins to question the regime he serves. This film is a masterclass in storytelling, exploring how empathy can emerge in the most unlikely places. A winner of several major international awards, it remains one of the most compelling portrayals of surveillance, conscience, and transformation.

German-Film Thursday, 27 November, 8pm

Plastic Fantastic

Germany, 2023, Writer-Dir. Isabella Willinger w/ Josua Baca, Michael Braungart, Ingemar Bühler, and others, Documentary, 102mins, German w/ English subtitles, Rated: NR (PG)

What we throw away never really leaves. Plastic is everywhere—but what lies beneath the surface? This award-winning film follows a group of experts who uncover the hidden costs of our dependence on plastic, revealing how pollution, green-washing, and climate injustice are woven into everyday life. It invites viewers to rethink what sustainability truly means.

German-Film Saturday 29 November, 8pm

Roter Himmel (Afire)

Germany, 2023, Writer-Dir. Christian Petzold w/ Thomas Schubert Paula Beer, Langston Uibel, and others, Comedy-Romance, 102mins, German w/English subtitles, Rated: NR

A haunting summer unfolds as desire, ego, and nature collide. Leon, a brooding writer, joins his friend Felix at a seaside cottage to work on his manuscript. But unexpected guests and a looming forest fire unravel their plans. As tensions simmer and emotions ignite, deeper truths begin to surface. Winner of major international awards, this film is a masterclass in storytelling, exploring how empathy can emerge in the most unlikely places. 'A film that leaves a lasting impression.

German-Children's Matinee Sunday,

30 November, 4pm

Pettersson & Findus – Kleiner Quälgeist, Grosse Freundschaft (Pettersson and Findus: A Little Nuisance, a Great Friendship)

Germany, 2014, Dir. Ali Samadi Ahadi w/ Ulrich Noethen, Marianne Sägebrecht, Max Herbrechter, and others, Animation-Family, 86mins, German w/ English subtitles, Rated: NR (G)

One grumpy man. One cheeky cat. One unforgettable friendship. Pettersson, a solitary old man, finds his peaceful life turned upside down when a mischievous talking cat named Findus moves in. Through playful chaos and unexpected adventures, their bond deepens, proving that even the most unlikely friendships can bring the greatest joy.

German-Film Sunday 30 November, 8pm

Die Ehe Der Maria Braun (The Marriage of Maria Braun)

Germany, 1979, Writer-Dir Rainer Werner Fassbinder w/ Hanna Schygulla. Klaus Löwitsch, Ivan Desny, and others, Drama, 120mins, German w/ English subtitles, Rated: R

This much-awarded film, set in postwar Germany, is a fierce and unforgettable portrait of ambition, love, and survival. Maria marries Hermann in the final days of World War II, only to lose him to the chaos of war. As she claws her way through Germany's economic boom, her choices blur the lines between loyalty and self-preservation. She built a future from the ruins of love.

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 to.

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

Submitted by Nina



About N&N

NEWS AND NOTES

Hard deadline for submissions TUESDAY 3pm

- N&N is official newspaper of Auroville and follows Auroville rules and regulations.
- N&N does not participate in politics or any political discussions, as per Mother statement: no politics in Auroville.
- N&N supports peaceful, constructive and creative growth in Auroville. This means that we do not publish materials that express personal frustrations by this or that reason just to express frustration. If the author gives professional/ constructive analysis of the problematic issue and gives ideas for the solution—this is the issue that we publish.
- The aim of N&N is to keep community informed about things happening in everyday life of Auroville, covering all aspects of life: from official statements of the working groups to spirituality, education, culture, health, sports, art, nature activities, etc... economy, production and services.
- Authors can share their articles and poetry through the 'Voices and Notes' and 'Poetry' sections.
- The format of the newspaper helps to keep the information in one place updated on weekly basis.
- N&N is published in 3 versions: Paper version that is printed in Pondy and delivered directly to the subscribers; Electronic computer and mobile versions. Electronic versions have the interactive table of content for easy surfing through the newspaper.

Katiya & Alexey,
newsandnotes@auroville.org.in
Multimedia Center, Town Hall

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

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