



News Notes

#1119 A weekly bulletin for residents of Auroville 19 February 2026



Photo by AMI

Pondering



There is one divine Force which acts in the universe and in the individual and is also beyond the individual and the universe. The Mother stands for all three, but she is working here in the body to bring down something not yet expressed in this material world so as to transform life here—it is so that you should regard her as the Divine Shakti working here for that purpose.

Sri Aurobindo,
*The Mother with Letters on The Mother:
Individual, Universal, Transcendent*

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House of Mother's Agenda



Since 1958, she also had a mantra specifically for the transformation of her body. She had heard it in April of that year when watching *Dhruva*, an Indian film in which this mantra was recited, and had been amazed at the effect it had on her cells. It consisted of three words: *om namo bhagavate*.

The significance of these words, according to the Mother, is: *om*, I invoke or contact the Supreme; *namo*, I bow to the Supreme in total surrender; *bhagavate*, may I be made, as the Supreme is, divine.

The third principle was sincerity. 'In fact, as long as the ego is there, one cannot say that a being is perfectly sincere,' the Mother said, 'even though it is striving to become sincere. One must pass beyond the ego, give oneself up totally to the divine Will, surrender without reserve and without calculating. Then one can be perfectly sincere, not before ... Sincerity is the basis of all true realization. It is the means, it is the path, and it is also the goal. Without it you are sure to make innumerable errors and you have constantly to redress the harm you have done to yourself and to others. There is, besides, a marvellous joy in being sincere. Every act of sincerity carries in itself its own reward: the feeling of purification, of soaring upwards, of liberation one gets when one has rejected even a tiny particle of falsehood. Sincerity is the safeguard, the protection, the guide, and finally the transforming power.'¹⁸

(to be continued next week)

¹⁸ The Mother, Questions and Answers 1956, CWM 8 pp. 399-400.

Georges Van Vrekhem
The Mother: The Story of Her Life
 Part Three: *The Road Alone*
What Is to Be Done Is Done
<https://incarnateword.in/other-authors/georges-van-vrekhem/the-mother-the-story-of-her-life/16-what-is-to-be-done-is-done>
 Gangalakshmi HOMA



Town Hall Speaks

APPLICATION ANNOUNCEMENT 19-02-2026



L'avenir d'Auroville

The following Building Applications have been received and approved—(For information only)

Project Name: Svaram Craft Workshop—(BA-A)

- **Applicant/s:** Aurelio & other executives
- **Location/area:** Svaram / Industrial Zone
- **Area for which approval is sought:** 454 Sq.m
- **Total DSR based estimate cost:** Rs. 92,53,755/-

Project brief: In response to additional space requirements for ongoing and future projects, the applicant has applied for a second-floor extension with a concrete slab roof, without altering the footprint of the existing building. The applicant has also requested the regularization of the already constructed generator room in order to obtain an approval certificate. ATDC has granted approval for both the second-floor extension and the generator room.

Project Name: Ilango—BA-A (Rebuilding of House)

- **Applicant/s:** Ilango
- **Location/area:** Promesse Community/ Outside Master Plan
- **Estimated Cost:** 22,05,310/-
- **Area for which approval is sought:** 75 Sq.m

Project brief: Ilango has applied for permission to rebuild a house on the site of a previous structure that was constructed over 30 years ago without formal approval. The earlier house had remained unused for over a year, had sustained partial damage, and was recently allocated to the applicant by the Housing Service. ATDC has granted approval for the reconstruction.

Project Name: Hari & Surya—Djaima (Retroactive NOC)

- **Applicant/s:** Hari & Surya
- **Location/area:** Djaima Community
- **Area for which approval is sought:** 227 Sq.m

Project brief: Permission to construct a house in Djaima was originally granted for a total built-up area of 102 Sq.m, and the NOC was issued on 22nd June 1998. Later on the first floor, storeroom, and car shed were constructed without prior permission from ATDC. The applicant has requested ATDC to regularize these structures and issue an approval certificate in order to obtain an electrical connection. An application was submitted for this purpose and has since been approved by ATDC.

However since the house size exceeds permissible area allocation, ATDC & FAMC will jointly assess occupancy and look at possible options to regularize the situation.

General information to all Residents:

This is a reminder to all Residents that no construction of any kind—including fences, huts, keeth roofs, and temporary sheds—may be carried out without prior ATDC approval.

Residents who have built without approval must approach ATDC immediately to regularize the asset.

Failure to regularize may result in disconnection of services and/or removal of the structure, as applicable.

Further it may be noted that all Units must route the funds through ATDC and Residents through the Housing Service.

For more information on specific projects or to schedule a meeting, please contact L'avenir d'Auroville (ATDC) at: avenir@auroville.org.in.

Joel

Community News

Matrimandir News & Schedules

BIRTHDAY WEEK AT THE MATRIMANDIR

*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:*

Savitri, p.16

21 February, The Mother's Birthday

Morning meditation at the Amphitheatre

- **5:45—6:30am**
 - Entrance from the Second Banyan Gate (Viewing Point) only. Open from 5am
 - All are requested to be seated by 5:40am.
 - Access will be limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

Your goodwill and cooperation are essential in maintaining an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist. Please do not bring your pet to the meditation.

Evening Program: Savitri music

- **5:30—6pm @ Amphitheatre**
 - Entrance from the Office Gate at 5:15pm.
 - Guests are requested to bring along their Aurocard.
 - Last entry for guests at 5:30pm.

28 February, Auroville's Birthday

Collective Meditation with Dawnfire

- **5—6am @ Amphitheatre**
 - Entrance from the Second Banyan (Viewing Point) Gate only.
 - **Open 4—5am and after 6am.**
 - All are requested to come early and be seated by 4:50am.

Please note that during the meditation, from 5 to 6 am the gates will remain closed. Latecomers may join in after 6am. Access is limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist.

Please do not bring your pet to the meditation.

Evening Program: Collective Chanting of Aum

- 5:30—6pm @ Amphitheatre

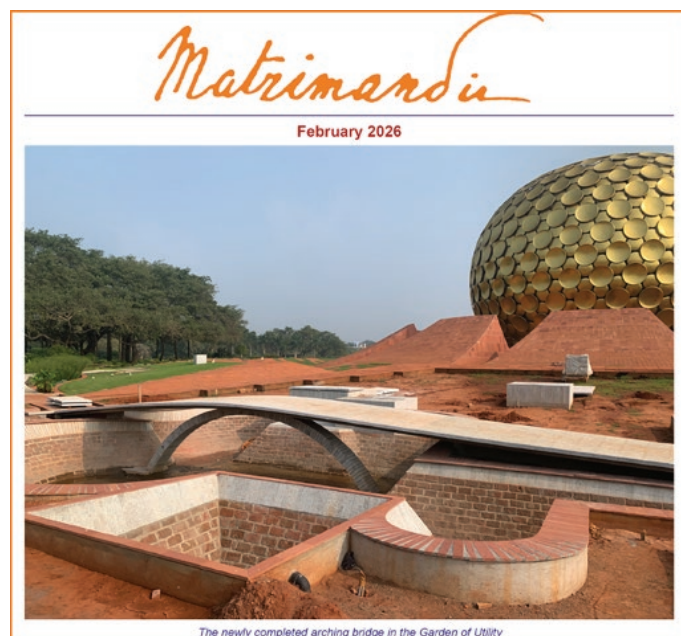
Collective Chanting of Aum—an offering by the school children of Auroville and the outreach schools.

All are welcome to participate.

- Entrance from the Office Gate at 5:15pm.
- Guests are requested to carry their Aurocard with them.
- Last entry for guests at 5:20pm.

Bonne Fête to all!

Antoine for Matrimandir Executives Team



The newly completed arching bridge in the Garden of Unity

- E-versions: [Please read newsletter here](#)
- Paper version: Newsletter was along with the previous issue of N&N (#1118).

John for Matrimandir

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 (maximum 3) to the Gardens only daily, 9am—3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am—11am.**
- 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.
- 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 Tuesday 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 registered 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 **registered Volunteers**:

- Every day, 4:30—6pm.
- Volunteers are requested to come and get their revised passes between 10—10:30 am from the Matrimandir office.
- **It is obligatory for the volunteers and pass holders to carry the pass with them.**

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—8:25am.
- 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 Visitors Centre. Daily, 9am—5:30pm.**

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org.

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

- matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

AMPHITHEATRE

Meditations at sunset with Savitri

5:30—6pm, every **Thursday**, weather permitting

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music is on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone; please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Aurocards. **Last entry for guests at 5:30pm.** Access limited for guests to the Amphitheatre
- **Last exit for guests at 6:15pm.**



Velmurugan
for Access team

Awakening Spirit

THE MOTHER'S BIRTHDAY DARSHAN

Saturday, 21 February

To celebrate the Mother's Birthday, the Sri Aurobindo Ashram will open both the Mother's Room and Sri Aurobindo's Room on Saturday, 21 February for a Darshan. Everyone is welcome. Below we share with you the options and guidelines for attending the Darshan:

Options for a Room Darshan

- **Early Morning Darshan (No tokens required):**
 - Join the **general Darshan queue** from 4am onwards. **No tokens** will be needed until the meditation at the Samadhi begins.
- **Post-Meditation Darshan (Tokens required):**
 - From 6:40am onwards, tokens will be required for entry.

How to obtain a token for the Room Darshan

- Volunteers and Guests of Auroville may collect their tokens directly from the Ashram at the booth near the Ashram Post Office and on the day itself.

Please note: You may need to wait or return later at the time indicated on your token.

- **Please collect your registered tokens on:**
- **Thursday, 19 February, and Friday, 20 February**
@ Pitanga, 9am—12pm, 3pm—5pm

Please note: Tokens that are not collected by 5pm on 20 February will be given to persons on the waiting list.

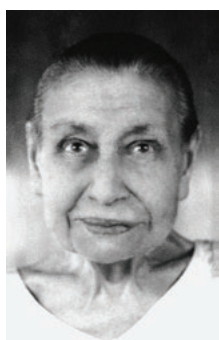
Andrea for Pitanga's team

SAIER BUS ON DARSHAN DAY 21 FEBRUARY

For those using the Auroville bus to have darshan in Mother's room on her birthday, 21 February

- **The bus will leave from Matrimandir at 3pm and return from Pondy at 6pm.**
- **Tokens are required.**

The SAIER bus is for Aurovilians and newcomers going for darshan. All others can board the Auroville Accessible bus, leaving at the same time and following the same Auroville route.



Paulette

THE MOTHER'S FLOWER GARDEN EVENT SERIES

Near Solar Kitchen

Seeking for support only in the Divine

- **Saturday, 21 February,**

Mother's Flower Garden
Near Solar Kitchen, Auroville

Saturday, 21st February

10:00 am
Talk by Narad
(Richard Eggenberger)
"Flowers are the moments' representation"

5:00 p.m
A conversation with Mr. B,
the young Aurovilian
"The Secret of the Sunlit Path"

- **10am:** talk by Narad (Richard Eggenberger) "Flowers are the moments' representation"
- **5pm:** a conversation with Mr. B, the young Aurovilian, "The Secret of the Sunlit Path"
- **Sunday, 22 February**
 - **10am:** Talk by Deepti Tiwari: "The key to perfect change"

Mother's Flower Garden
Near Solar Kitchen, Auroville

Sunday, 22nd February 10:00 am

Talk by
Deepti Tiwari
"The Key to Perfect Change"

- **5pm:** Sound Music Song by Aurelio and Nadaprem: "White Roses—Petals of Peaceful Fragrance"

Sound Music Song by
Aurelio & Nadaprem

"White Roses - Petals of Peaceful Fragrance"

Mother's Flower Garden
Near Solar Kitchen, Auroville

Sunday, 22nd February 5:00 pm

- **Monday, 23 February**
 - **5pm:** Russian bells by Vera: "Dedication to flowers"

Mother's Flower Garden
Near Solar Kitchen, Auroville

Monday, 23rd February 5:00 pm

Russian Bells
By Vera
"Dedication to Flowers"

- **Tuesday, 24 February**
 - **5pm:** Veena Varadé by Aurohansadhwani Art Centre: "O goddess (Saraswati) who holds the veena and grants boons"

Mother's Flower Garden
Near Solar Kitchen, Auroville

Veena Varadé
"O Goddess (Saraswati)
who holds the Veena and
grants boons"

On Veena : Auropremi, Gotainayagi,
Saundarya , Dr.P.Sukumar (Master)
Dr.I.Janarthan on Miruthangam

Tuesday, 24th February 5:00 pm

• **Wednesday, 25 February**

- **5pm:** Matri Vandana: Devotional songs on The Mother by Arjita, tabla, Tapan Kumar Chatterjee



• **Thursday, 26 February**

- **5pm:** Auroville Harmonies: Women's choir conducted by Antoine: Songs from Around the World



• **Friday, 27 February**

- **5pm:** Bhakti Arghya: An offering of devotional songs by a group of singers from Sri Aurobindo Ashram.



• **Saturday, 28 February**

- **9:30am:** Talk by Dr. Alok Pandey from the Sri Aurobindo Ashram: "Seeking for support only in the Divine."



- **5pm:** Sangeet Arpan by the Mother's Flower Garden team.

Flor for The Mother's Flower Garden 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

SAVITRI BHAVAN, FEBRUARY 2026



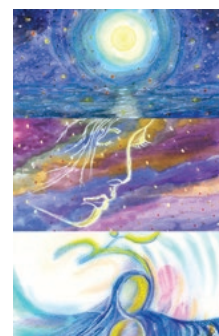
Exhibitions

9am—5pm, Sunday closed

- **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
- **Homage to the Mother:** A new exhibition in the Square Hall, a painting exhibition by Aghni
 - **9—28 February**
 - **Inauguration: 9 February, 10am**

About the exhibition: There will be over 200 paintings on display, all of which are inspired by the first section of Book I, Canto III of Sri Aurobindo's *Savitri*.

About the artist: For over 30 years, Aghni has been exploring Sri Aurobindo's writings through paintings. He is the founder of Centro Sri Aurobindo e Mère—Italy.



Films: Mondays, 4pm

- **23 February: Building Matrimandir—Labour of Love 1971-2008.** The Matrimandir is the soul of Auroville; the documentary shows the dedicated work and construction.

This impressive and touching documentary on building the Matrimandir shows archival footage of the early stages of the construction and the Foundation Stone ceremony, gives a more comprehensive coverage of the final stages of this Divine project, and includes interviews with some of the builders.

The construction of the Matrimandir represents a very special phase in the growth of Auroville and its soul.

On 14 August 1970, the Mother gave the following message: "The Matrimandir wants to be the symbol of the Divine's answer to man's aspiration for perfection. Union with the Divine manifesting in a progressive human unity."

And "Let the Matrimandir be the living symbol of Auroville's aspiration for the Divine" was her message when the Foundation Stone of the Matrimandir was laid on Her birthday on 21 February 1971.

About the significance of the Matrimandir, the Mother stated: "The Matrimandir wants to be the symbol of the Universal Mother according to Sri Aurobindo's teaching."

Duration: 52min.

The video is also [available on the AuroMaa YouTube channel](#).

- **2 March: About Savitri—Book 1: The Book of Beginnings, Canto 3—The Yoga of the King: The Yoga of the Soul's Release, Part 2—**read and commented by The Mother. From January 1968 to August 1970, The Mother, together with Huta, took up the project *About Savitri*. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and gave her commentaries that were tape-recorded. Her reading of *Savitri* and commentaries are here under the headings: Progress of Man Towards Divine Superhumanity, The Divine Successor of Man, Workings of the New Consciousness, The New Life, and The Present Life. The texts of *Savitri* and of The Mother's commentaries are displayed on the screen. *Duration: 36min.*

- **9 March: About Savitri—Book 1: The Book of Beginnings, Canto 3—The Yoga of the King: The Yoga of the Soul's Release, Part 3**—read and commented by The Mother. The Mother read lines from *Savitri* and commented on them. They are here under the headings: The New Sense, Towards Unity with God, and The Soul as Witness and King. The texts of *Savitri* and of The Mother's commentaries are displayed on the screen. *Duration: 29min.*
- **16 March: The Traveller and The Worlds, Part One of Sri Aurobindo's Savitri.** In this lecture Shraddhavan considers three main points:
 - 1. The Traveller, Aswapati—who is he?
 - 2. A brief look at the Worlds through which he passes on his quest.
 - 3. The significance of this journey in his unique poetic masterwork.*Duration: 63min.*
- **23 March: The Mother's first meeting with Sri Aurobindo 29 March 1914.** A documentary about Mother's staying in Pondicherry from 1914-1915 and her everyday meeting with Sri Aurobindo. A film by Gopal Chandra Mahana and Arvind T Akki. *Duration: 23min.* Followed by **Anandamayi Chaitanyamayi Satyamayi Parame**, film about the mantra given and written by Sri Aurobindo, sang by Sadhaks, music by Sunil-da, edited by Arvind T Akki and produced by Dept of Physical Education, Sri Aurobindo Ashram. *Duration: 12min.*
- **30 March: Sri Aurobindo's Uttarpara Speech.** In his speech at Uttarpara in Bengal in 1909, Sri Aurobindo spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. *Duration: 33min.*

Dream Divine Series

- **Fridays, 4—5pm**
@ Sangam Hall of Savitri Bhavan
Everyone is welcome

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.

- **20 February: Insights into Integral Yoga—I** by Ela, Aurovilian for 40 years
- **27 February: Insights into Integral Yoga—II** by Ela



Savitri Satsang with Narad @ Savitri Bhavan

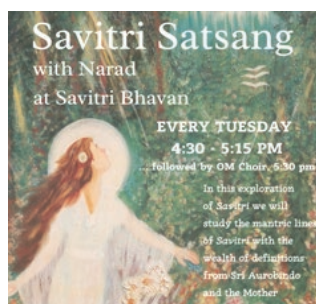
- **Every Tuesday, 4:30—5:15pm**
followed by OM Choir, 5:30pm

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.*"

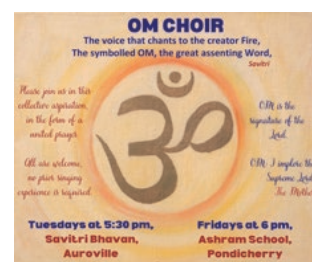


OM Choir

- **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.

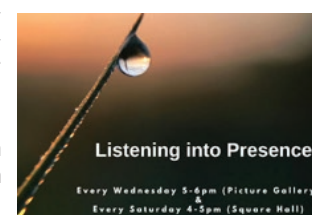
OM: I implore the Supreme Lord.

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 @ Sangam Hall

- 4 & 18 March
- 1 & 15 April
- 6 May



An Introduction to Savitri: Discovering Sri Aurobindo's Mantric Epic

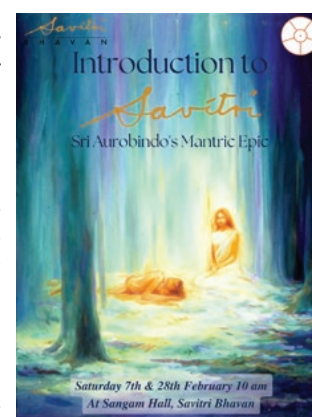
What is *Savitri* and why is it so significant? What can it offer us? How can it help us in our lives? How do we begin reading it?

In this accessible introduction we will discover why the Mother called *Savitri* "*the supreme revelation of Sri Aurobindo's vision.*" We will also explore the *Meditations on Savitri* exhibition and share some practical tools to continue the journey.

"My child, yes, everything is there: mysticism, occultism, philosophy, the history of evolution, the history of man, of the gods, of creation, of Nature; how the universe was created, why, for what purpose, what destiny—all is there. You can find there all the answers to all your questions. Everything is explained, even the future of man and of the evolution, all that nobody yet knows. He has expressed them in beautiful and clear words so that spiritual adventurers who wish to solve the mysteries of the world may understand it more easily." The Mother

- **Saturdays, 7 and 28 February, 10am—12pm,**
(can attend either one)

Cost: You are free to contribute as much as you feel.
Please share with anyone who might be interested.



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 Shraddhavan'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

Guided Yoga Nidra sessions

- Every Tuesday, 11am—12noon
@ Sangam Hall

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

Invitation: A poetic stillpoint...

- @ Savitri Bhavan Garden, open 9—5pm.

Inspired by Sri Aurobindo's poem "Invitation," written in 1908–09 in the Alipore prison, Poetry By Design invites you to stroll, pause, recite, read, linger, sketch—or simply BE.



Located in the Savitri Bhavan Garden, open from 9—5pm. Jute mats and a granite bench are available for seating. chetana@auroville.org.in

Light and Delight

- Thursdays 5—6:15pm @ Savitri Bhavan

Light & Delight

Meditate on Huta's paintings with lines from Savitri

Write & share your inspired poetry

Thursdays 5-6:15pm. Savitri Bhavan

Thursday is symbolically an auspicious day for learning and for welcoming the light of knowledge and wisdom.

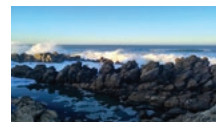
The Mother called Savitri "the supreme revelation of Sri Aurobindo's vision". She painted lines from this epic poem along with Huta, a sadhak from the Sri Aurobindo Ashram. Through this art and poetry, we will create an atmosphere of light and delight in which we can find and share our own expressions.

We welcome you to join this artistic and poetic journey; the only requirement is a willingness to explore, discover and express the gifts already in you.

Gentle reminders: Bring paper and pen, Come on time or 5-10 minutes earlier, Meet at Sri Aurobindo's statue, Voluntary contribution to the venue. **Anandi Z.**

Reading on Nature

Animal and Plant Kingdom from the Mother and Sri Aurobindo's writings with Aikya. Open group, eventually followed by small discussion/ sharing



- Wednesdays,
10:30—11:30am,
@ Savitri Bhavan Library area

Regular Activities

- Sundays, 10:30am—12 noon: Savitri Study Circle led by Larry Seidlitz
- Mondays, 3—4pm: Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- Mondays to Saturdays, 3—5pm: L'Agenda de Mère: listening to recordings with Gangalakshmi
- Tuesdays, 11am—12noon: Guided Yoga Nidra session led by Sunny
- 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
- Wednesdays, 10:30—11:30am: Reading on 'Nature' with Aikya
- Wednesdays, 5—6pm & Saturdays, 4—5pm: Listening into Presence led by Misha (Mike)
- Thursdays, 4—5pm: Videos of The English of Savitri led by Shraddhavan
- Thursdays, 4—5:30pm: Reading Savitri in Russian with Anatoli
- Fridays, 3—4pm: Reflections on Sri Aurobindo's Isha Upanishad led by Dr. Jai Singh
- Saturdays, 5—6:30pm: Satsang led by Ashesh Joshi
- 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

AUROVILLE DISCOVERY PROGRAM

Every 3rd Saturday 3—5pm

This month: Saturday, 21 February

Volunteers, Interns, Staff & Workers:
Understand | Align | Contribute

Auroville is a living experiment in Human Unity. The Discovery Programme offers volunteers a grounded introduction to the practical functioning of the City—helping align work & attitude.

Every 3rd Saturday | 3:00-5:00 pm
Venue: Auditorium, Auroville Visitors' Centre.

Participants may also choose to attend monthly and connect with the volunteer community.

www.auroville.org.in

Auroville's Purpose

Participation & Process

Lived Experience

Dialogue & Reflection

Clarity to Contribute

@ Auditorium, Auroville Visitors' Centre

Auroville is a living experiment in Human Unity.

The Discovery Programme offers volunteers a grounded introduction to the practical functioning of the City—helping align work & attitude.

Attend to Gain:

- Auroville's Purpose; Participation & Process
- Lived Experience; Dialogue & Reflection
- Clarity to Contribute

Participants may also choose to attend monthly and connect with the volunteer community.

Registration required: Scan the Qr code on the poster or [click on the link to register](#).

For more information: aware@auroville.org.in. Lakshay

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

BHARAT NIVAS PROGRAM

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



Monisha

BLOOMO!

A soulful flower card game



February 14, March 14, Saturdays, 4—5:15pm

@ The Mother's Flower Garden,
near Solar Kitchen

A soulful, collective experience sharing the spiritual significance of flowers. Enjoy a unique way to connect with nature while nurturing yourself.

Play groups hosts: Chitra (in Tamil) and Purvi (in English) and aiming for a group in French as well. [Join our WhatsApp group](#)

Purvi, Chitra

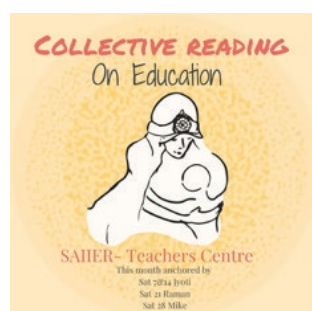


COLLECTIVE READING ON EDUCATION

Every Saturday, 2:25—4pm

@ Teachers Centre

(in Town Hall admin area)



Since November SAIER has been holding sessions for collective explorations of the works of Mother & Sri Aurobindo.

In February we will begin to read the chapter

Psychic and Spiritual Education
by The Mother.

If you have a copy of the book,
you can bring it along.

All are welcome

teacherscenter@auroville.org.in,
Nilima

Lands for Auroville

ACRES FOR AUROVILLE LAND CAMPAIGN

21—28 February 2026

The Mother's & Auroville's Birthday week



*"Integral harmony: harmony between things,
harmony between people, harmony of circumstances
and above all harmony of all aspiration
directed towards the Supreme Truth."*

The Mother



People come from everywhere to be in Auroville—a place created to manifest the ideal of human unity. However, the unity we all seek is not automatic, and is often hard-won. Each of us is meant to be a unique manifestation of the One, meaning we are all different and experience things differently. Plus inside us are layers of consciousness to discover and live, and unconsciousness to resolve. So we don't always have unity and harmony even within ourselves. Yet, there are times (as in the New Year's photo above) when we achieve a deep, uplifting oneness and harmony within us and all together.

Here are some of The Mother's instructive messages and guidelines on the harmony that leads to unity:

"There is a deep and true consciousness in which all can meet in love and harmony"... "Good will for all and good will from all is the basis of peace and harmony."

Surely we must always want peace and harmony and work for it as much as we can—but for that, the best field of action is always within ourselves... *"Look for the inner causes of disharmony much more than the outer ones. It is the inside which governs the outside."*

"Each one must rise to the summit of his consciousness: it is on the heights that harmony is created." "You must rise so high in your consciousness that it dominates the opposition. This is the solution."

"Harmony: let us strive that the day may come when this will be the means and the end!"

Auroville is a field for this aspiration for unity and harmony... and as much as Auroville can realize this high, difficult goal, Auroville—as the City of Dawn—will be an example and a benediction for the world!

This is A4A's 12th year of raising the funds needed to complete the designated physical base for Auroville and to safeguard the spiritual atmosphere of the Matrimandir.

Join us to bring in the resources that Auroville needs to protect its body and its future!

- 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
- Photo: Tine; Quotes: [Collected from here](#)

LANDS FOR AUROVILLE UNIFIED (LFAU)

28 February 1968—28 February 2026

58 years ago, Auroville commenced her journey. But the idea, the formation of “an ideal city” was in the background for much of the Mother’s life. As early as in the 1930s, when Sri Aurobindo was physically present—and even before that, even before she came to India and met Sri Aurobindo—she hoped to found a new city, as can be ascertained from the following extract from her conversation with a close disciple in 1965:



The Mother: “For a long time, I had had a plan of the ‘ideal city’ but that was during Sri Aurobindo’s lifetime, with Sri Aurobindo living at its center. Afterwards ... I was no longer interested. Then, we took up the idea of Auroville again (I was the one who called it “Auroville”), but from the other end: instead of the formation having to find the place, it was the place (near the Ousteri Lake) that caused the formation to be born; and up to now I took a very secondary interest in it because I hadn’t received anything direct.

Then that little H. took it into her head to have a house there, near the Lake, and have a house for me next to hers to offer me. And she wrote to me all her dreams; one or two sentences suddenly awakened an old, old memory of something that had tried to manifest—a creation—when I was very small (I don’t remember what age), and that had again tried to manifest at the very beginning of the century when I was with Théon. Then I had forgotten all about it.

And it came back with that letter: suddenly I had my plan of Auroville.” (Mother’s Agenda, 23 June 1965)

In context of our work at Acres for Auroville, the striking point in the above extract is that it was “the place”, the availability of land and the possibility to develop it “that caused the formation to be born”. In other words, it was the Matter which REVIVED the idea, the aspiration, the vision, the dream. This could well be an example that Matter and the Spirit are not two different phenomena, as was believed by many earlier seekers. It is a single reality.

A question was put to the Mother: “How dependent is the building of Auroville upon man’s acceptance of Spirituality?”. She replied:

“The opposition between spirituality and material life, the division between the two has no sense for me as, in truth, life and the spirit are one and it is in and by the physical work that the highest Spirit must be manifested.”

(19 April 1968)

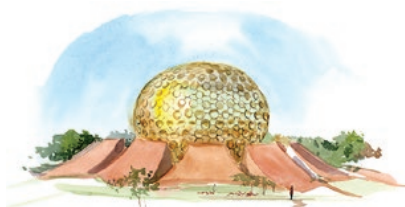
From this perspective, ‘Acres for Auroville’ is not just about land consolidation: it is an actual cradle for the consolidation of consciousness and the “highest Spirit” in the material substance of Auroville.

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

Please specify your 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

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



ART FOR LAND ART SALES

Viewing and purchase at Unity Pavilion and online: artforland.in

Featuring artworks of: Dilip Patel, Marie-Claire Barsotti, Mayaura, Ok Upcycling, Pierre Legrand, Soham, Sonia Yeo, Uttama Dhandhan, Tim Wrey, Vivechana



15 February—30 March 2026

@ Unity Pavilion, International Zone, Auroville

We are happy to announce that our artforland.in website is now fully up and running, permitting viewing and purchases of the works in our AFL collection both online and in person at the Unity Pavilion.

Our website features over 100 Auroville and friend artists and the works they have donated to support Auroville’s needed land consolidation. We are proud to promote their work via our site, and we thank them for their generous solidarity. The opening of our new AFL exhibition “The Golden Light” was a very beautiful and positive experience for all!

We warmly invite everyone to visit the Unity Pavilion and appreciate the great creativity and talent on display!

*Mandakini
for AFL & A4A teams*

Books

AUROVILLE LIBRARY

Weekly Readings of *The Life Divine*



Weekly Readings of *The Life Divine*
with Balvinder, at AUROVILLE LIBRARY

Fridays, 4:30 - 5:30pm

(from 23 January 2026)

All are welcome.

The Library Free Shelf is up and running!

The AV Library has set up a shelf of free books (formerly at the Freestore) for anyone to take and enjoy. It is outside the main library and anyone is welcome to take or drop off books or magazines at their convenience.

We kindly request you to only bring publications in decent condition, and NO waste paper.

Please note that this service is only available during library working hours from

- 9am—4:30pm, Monday—Saturday, except on Tuesday, when we are open in the evenings from 4—6:30pm.

Come visit us! The AV Library is a treasure trove of amazing books.

Contacts:

- 0413 262 2894, avlib@auroville.org.in
- <http://library.auroville.org.in/>



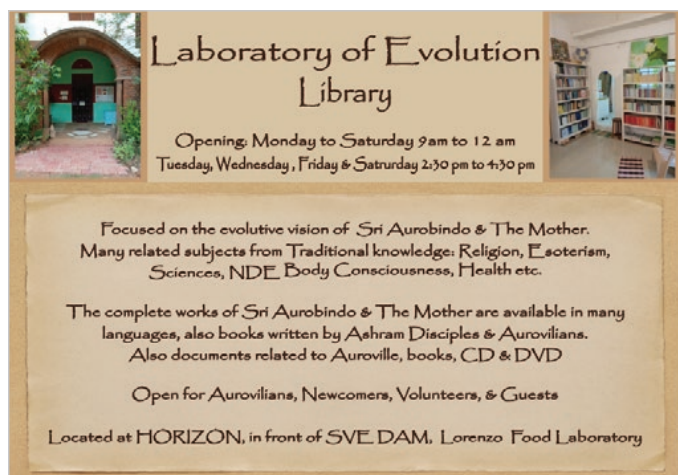
Opening timings

- **Mornings:** Monday—Saturday, 9am—12:30pm
- **Afternoons:**
 - Monday, Wednesday, Thursday, Friday & Saturday: 2—4:30pm
 - Tuesday: 4—6:30pm



Ayesha for Auroville Library team

LABORATORY OF EVOLUTION LIBRARY



Kalyani

Education

ILAINARKAL EDUCATION CENTRE

Month long celebration schedule, February

Date, Time	Venue	Event
20 February Friday 10—11:30am	Ilaignarkal Education Centre	Singing Auroville Songs and Unity songs with Joyful learning Students (Karthik Manimegalai)
21 February Saturday 3:30—4:30pm	Ilaignarkal Education Centre	Releasing Book of Rhymes by R.Meenakshi in Tamil Marakilai Oonjal (Educational/Cultural songs)
26 February— 6 March Thursday—Friday 9:30am—5pm	Ilaignarkal Education Centre	Exhibition on the History of Ilaignarkal Education Centre 50 years. (1976-2026)—Research publications and educational materials created
27 February Friday 10—11:30am	Ilaignarkal Education Centre	Body awareness program for children
28 February Saturday 4—5pm	Ilaignarkal Education Centre	Auroville Birthday Celebration with IEC Dance learners/ Best Child and Child Artist/ Best Youth/ Best worker Awards conferring function.

Meenakshi for IEC

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

CALL FOR PROPOSALS—SAIER

Every year SAIER receives a small grant from the Government of India for supporting innovative programs in the fields of education and/or culture.

SAIER is accepting project proposals for 2026—27 in three categories: **Research, Activities, Publications**

Project funds can support human resources and/or materials for the project. Please note that projects are intended to be of limited duration, instead of recurring yearly activities.

We are setting a deadline of 5 March 2026 for the first round of project proposals.

- Please feel free to contact saiier@auroville.org.in for proposal forms.

The SAIER team, from Mass Bulletin

PROBLEM TO PITCH

A 5-day immersive advanced design workshop

9—13 March, 8am—5pm

@ Yuvabe Campus, Auroville



Yuvabe Education is pleased to announce Problem to Pitch, a five-day immersive Advanced UI/UX Design Workshop designed to help participants translate design theory into real-world application.

This intensive programme guides participants through the complete design process — from understanding user contexts and defining meaningful problem statements to validating concepts and delivering structured solution pitches. The workshop emphasises real users, real challenges, and practical outcomes.

Participants will engage in:

- Design Thinking Sprint
- Problem Framing and Research Planning
- User Interaction and Concept Testing
- Insight Synthesis and Ideation
- Solution Framing and Project Pitch Preparation
- [Flyer Link](#)

Fee Structure:

- **Standard:** Students Rs.7,000 | Professionals Rs.8,000
- **Group Discount (3 participants):** Students Rs.4,500 | Professionals Rs.5,500
- **Early Bird (valid until 20 February 2026):** Students Rs.5,500 | Professionals Rs.6,500

Seats are limited to ensure a highly interactive learning experience. A certificate will be provided upon completion.

- [Register here](#)

For further information:

- 9677604467, bridge@yuvabe.com, [Website](#)

Abilash

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

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 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

KUILAI CREATIVE CENTRE, REGULAR ACTIVITIES

(A unit of SAIER)

- Tuition from 1st to 9th grade
- Silambam—Martial Art Programme
- Bharat Naattiyam—Classical Dance Activities
- Hip-Hop
- Physical Fitness Activities
- Summer Camp in May
- Art & Craft
- Children's Play Park with Swings, Calisthenics set, and a Slide.
- Make and Take on Mother's 12 Quality Programme (Art & Craft, Book Making, Embroidery, Gardening, Painting, Calendar Making and Tailoring Activities).

Please contact us to inquire about the class timings.

- kulaicreativecentre@auroville.org.in

- +91 8608473385 WA

Selva from KCC



FREE

AI CLASSES ARE BACK!
RESTARTING WITH FRESH ENERGY

Every Saturday: 10am to 11am

Location: Hive, Auromode

Registration:

RSVP to +91 98867 40850

Join us on this journey once again!

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

Are you looking to transform your future and career with AI? Come Join our Free AI Masterclass at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram. AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

- [Location](#)
- +91 9886740850,
auromodehive@auroville.org.in
Dhesh



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 (by 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

AV PRE-CRÈCHE INITIATIVE

In the spirit of shared learning, care, and community, AV Pre-Crèche is happy to open its space to guests, volunteers, homeschooling Aurovilians, and Newcomers.

This initiative also creates a space for parents to meet, connect, and form supportive relationships, offering the sense of collective belonging.

We look forward to welcoming families into a space of care, exploration, and quiet joy.

- For details, please contact us avprecreche@auroville.org.in

If you need any clarification WA (text only):

- Suganya: +91 98431 16948
- Thamuz: +91 90476 63217 *Nilima for Pre Creche*



Health Care

HEALTH FUND REMINDER

Dear Health Fund Members, the end of the Financial year is approaching and like we do every year, we request you to please submit your **medical bills from April 2025 onwards**. If you have any laying around that is.



- We need them **before or on the 31 March 2026!** That is our last working day for the month of March.
- **Medical bills from March 2026** can be refunded in April 2026, but only the bills from March!

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We would also like to request our members to please submit your medical bills in the month the treatment is received or medicines purchased, and latest in the first week of the next month.

- **We will start this request from the 1 April 2026.**
- We would like the **members who have long term/life time** medicine prescriptions to please submit us a copy or renew the prescription **every 6 months**.

In general a prescription should present when submitting medical/ medicine bills.

Stefan & Meenal for Auroville Health Fund

SPRING AND LIVER SUPPORT with Ayurveda and healthy plants



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) where the sun becomes stronger and sap the energy we regenerated during monsoon and early winter.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold.

With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, frontal dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

Kapha characteristics (gunas) are cold, heavy, oily, sticky, dense, stable (imbalanced, it changes to stagnant). To rebalance Kapha, we need to give the opposite characteristics: hot/warm, light, dry, mobile and fluid in the food (to stimulate the digestive power Agni) and the activities to decongest Kapha and to help the liver to remove the stagnation:

With the food:

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest with predominantly bitter, astringent and spicy tastes
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, steamed green salads, lettuce, rucola, spinach), artichokes, ash-gourd, beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good source of sweet taste:** in the cereals (amaranth, barley, buckwheat, red rice, millets, dry oats), in the fruits (pomegranate, apple, dry apricot or raisin, chiku, papaya, grape, pear, figs)
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or cold pressed sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, warm and spiced soya milk, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatriadi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction—20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch**

Daily routine:

- Great principle: keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Shower or bath with warm water
- Keep body warm (especially at night)
- Physical exercise: min 30 minutes per day
- Yoga (sun salutation, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

*Wishing you a cheerful Vasanta
Be @ Santé Clinic*

VISIT OF TIBETAN DOCTOR

This is to your information, Tibetan Doctor is visiting us on:

- Wednesday, 25 February, 2—5:30pm
- Thursday, 26 February, 8:30am—1pm & 2—5:30pm
- Friday, 27 February, 8:30am—1pm

To get your appointment:

- Call us 0413 2622401

The consultation is taken place in Pavilion of Tibetan Culture, International Zone.

- We request everyone to get an appointment.

Submitted by Kalsang



MORNING STAR

Office Open House

- Every Saturday, 10am—12pm

We are happy to announce that the Morning Star office will now be open to the community for an Open House.

You are welcome to drop in anytime during these hours to learn more about Morning Star's work, receive updates on the building progress, and book appointments to meet with the midwives during clinical days.

- The Morning Star office is located @ Arka Guest House (next to the reception).
- For more information, please visit: www.aurovillemorningstar.org.

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

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

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.

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 & Paula,
+91 9130084284



SANTÉ SERVICES SCHEDULE



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

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

Santé Services Schedule

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

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

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 for Aurokiya



AURODENT CLINIC

Implant Specialist Available at Aurodent



Our Treatments

- Dental Check-ups
- Teeth Cleaning
- Cavity filling
- Extractions & Surgical Procedures
- Root Canal Treatment (RCT) & Re-RCT
- Crowns & Bridges (Zirconia)
- Dentures (Flexible & Cast Partial)
- Veneers
- Night Guards
- Invisible Aligners

For Appointment

9629199328 0413-2622063
aurodent@auroville.org.in

Dr. Aravind Anto
(Oral and Maxillofacial Surgeon)



We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic. He will be providing specialised treatments, including:

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

Appointments can be booked directly at Aurodent Clinic.

For appointment:

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

Working Hours:

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

Jayasutha for Aurodent



Maatram offers OCH

Open Consultation Hour

- Monday—Friday, 9:30—10am

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.

Megha, Raam & Palani

ALCOHOLICS ANONYMOUS

Saturdays, 6pm
@ Center Guesthouse

Alcoholics Anonymous

Meeting (open)
every Saturday, 6 pm

Center Guesthouse

Merriam Hill Center

welcome

(Contact: Shankar +91 9442010573 or
Ingrid +91 9443843976)



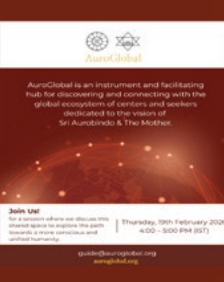
Ingrid T.

International

UNITY PAVILION PRESENTS

Auroville Presentation & Interaction

- Thursday, 19 February, 4—5pm (IST)



AuroGlobal

A growing global family of seekers and centers inspired by the vision of Sri Aurobindo & The Mother.

A shared digital space to exchange events, volunteer opportunities, creative expressions, and collaborative initiatives — strengthening our diverse centers from strength to strength.

AuroGlobal Presentation & Interaction

An invitation to all, units and projects to learn about this global platform through information sharing and meaningful interaction.

Join us in co-creating a vibrant network of collaboration and conscious action.

Thursday
19 Feb
4 pm - 5 pm



9699930672
auroglobal@unitypavilion.org.in
www.unitypavilion.in

Dear Friends, Auroville Units & Activities, an invitation to all seekers, units and projects to learn about our global platform through information sharing and meaningful interaction. We are delighted to invite you to this event at Unity Pavilion organized by **AuroGlobal**. Inspired by the vision of Sri Aurobindo and The Mother, AuroGlobal is a facilitating hub designed to connect centres and seekers within India & worldwide.

Preeti

Unity Pavilion Events

Date	Time	Event Details
19 February, Thursday	4—5pm	AuroGlobal Presentation and interaction —An invitation to all, units and members to learn about this global platform through information sharing and interaction.
	7—9pm	Dance of Unity —Dances of universal peace and unity by Premshakti.
20 February, Friday	9am—12pm	Movie & presentation on The Mother's life and interactive session with school children
	6—7pm	Sound Chakra Meditation
21 February, Saturday	9am—12pm	Movie & presentation on The Mother's life and interactive session Explore The Mother's life journey through visuals, reflection, and an interactive sharing session
	6—7:30pm	New Paradigm—12 Qualities & chakras —A 7 day journey on understanding the 12 Qualities and chakras as foundations of a new paradigm of consciousness and as gateways to inner harmony and integral Transformation.
22 February, Sunday	3—5pm	Tea with the artists
	6—7:30pm	Interactive session on the New Paradigm—12 Qualities & chakras
23 February, Monday	10am—1pm, 2—4pm	Sacred Symbol Workshop —Join this transformative and experiential workshop, delving into sacred geometry, Supramental Consciousness, Integral Yoga, embodying the shiva-shakti energies of the integrated symbols of Sri Aurobindo and Mother.
	6—7:30pm	Interactive session on the New Paradigm—12 Qualities & chakras
	10am—12pm	Blossom like a flower workshop
24 February, Tuesday	2—4pm	Explore & Experience: The wisdom of Mother's Symbol, the Twelve Qualities, Colors & Their Significance, the Living Wisdom of Flowers and Practices to embody divine consciousness in daily life.
	6—7:30pm	Interactive session on the New Paradigm—12 Qualities & chakras

25 February, Wednesday	9am—1pm	Transcending Polarity —Based in our values we find the strengths, synthesize and move forward together. Four interactive workshops based on the 12 Qualities and the Matrimandir Gardens
26 February, Thursday	9am—1pm	Embracing Prosperity —Moving towards prosperity and care for all is a base for harmony and well being.
	6—7:30pm	Interactive session on the New Paradigm—12 Qualities & chakras
27 February, Friday	9am—1pm	Cultivating Peace —Everyone needs to be needed and everyone needs to be useful. What are the means to build true Peace, inner and outer?
	6—7:30pm	Interactive session on the New Paradigm—12 Qualities & chakras
28 February, Saturday	9am—1pm	Progress: That's why we are here —Taking our learning from the three preceding days, how do we move forward: individually and collectively?
	6—7:30pm	Interactive session on the Circle of qualities

The Sacred Symbol Workshop



Join this transformative and experiential workshop, delving into sacred geometry, Supramental Consciousness, Integral Yoga, embodying the shiva-shakti energies of the integrated symbols of Sri Aurobindo and Mother.

Learn how to integrate the wisdom of their teachings into our daily life and achieve integral Transformation.

- **23 February, 10am—12pm, 2—4pm**
- **Register: 9699930672,**
unitypavilion@auroville.org.in

Blossom like a Flower Workshop



Learn to live your life with ease and grace, let your life blossom like a flower.

Explore & Experience: The Mother's Symbol, The Twelve Qualities, Colors & Their Significance, The Living Wisdom of Flowers, Practices to embody divine consciousness in daily life.

- **24 February, 10am—12pm, 2—4pm**
- **Register: 9699930672,**
unitypavilion@auroville.org.in

The Paradigm Shift



Join us for a reflective and interactive exploration of The New Paradigm through The Mother's Symbol and the 12 Qualities and chakras—inner attitudes that support conscious growth, harmony, and collective evolution. These sessions invite participants to engage not only intellectually, but through experience, reflection, and shared inquiry, allowing the qualities to be felt, understood, and integrated into daily life.

Aurovilians, volunteers, guests, and visitors All are welcome.

- **Register: 9699930672,**
unitypavilion@auroville.org.in

Sencha Style Tea Ceremony

The Universe in a Cup of Tea



We invite you on a spiritual journey, accompanied by the tea of your choice. (Organic teas only, tea blends with herbs/flowers/spices also available). During this rare, transformative experience, you will explore & experience the healing aspects of the tea. The session can be conducted 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.

- Through appointments only, +91 9385428400 WA

By Appointment

Date	Venue	Event Details
Daily	Hall of Peace	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. +91 9385428400 WA
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.
Daily	Oneness Hall	One to one sessions on the Science of Chakra, Integral Yoga, Chakra Balancing and guided Meditation . One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development. 9699930672 WA

The Mother's Symbol, Matrimandir and 12 Qualities



• Every Tuesday, 5pm, Weekly Experiential Exploration

Join us for a reflective and experiential exploration of The Mother's Symbol and the 12 Qualities—inner attitudes that support conscious growth, harmony, and collective evolution. These sessions invite participants to engage not only intellectually, but through experience, reflection, and shared inquiry, allowing the qualities to be felt, understood, and integrated into daily life.

The sessions are facilitated by Jaya, who has been working with The Mother's Symbol and the 12 Qualities for many years through research, presentations, and interactive dialogues at Unity Pavilion.

Aurovilians, Volunteers and Guests/ Visitors. All Are Welcome

Kids Art Class by artist Janakiraman



Inviting students to form a new group.

• Every Saturday, 10:30am—12pm

• Age: 8 and above, contribution based

• Contact: Janakiraman, 8015362636

• Unity Pavilion: 0413 2623576,
unitypavilion@auroville.org.in

The Flow: Chakra Meditation

Connect with the Source and enter the Flow.



• Fridays, 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

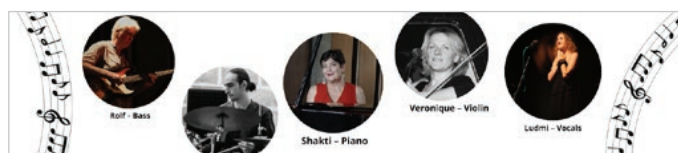
• **Preeti**—Author, Life coach, and Researcher with 25+ years in Integral Yoga & Human Development

Preeti for Unity Pavilion, unitypavilion@auroville.org.in

FRENCH PAVILION PRESENTS

Jazz Concert to celebrate the Mother's birthday

• Saturday, 21 February, 7pm
@ Pavillon de France



On the auspicious occasion of The Mother's Birthday, musicians from Auroville and abroad gather at the Pavillon de France to offer their music in gratitude and joy.

Performers:

• Ludmi—Vocals, Shakti—Piano, Rolf—Bass, Raul—Drums, Veronique—Violin

Join us in celebrating through harmony and devotion, as melodies weave together hearts in unity.

• This concert is free

A reading of texts in French: Destins Croisés

Chosen and directed by Moghan with Véronique, Cécile, Véronèse, Célia, Imane, Tommy and Proshanto

• Tuesday, 24 February, 5pm @ Pavillon de France

A medley of texts drawn from the following works:

- Jeanne Benameur *Ceux qui partent*
- Fatou Diome *Le ventre de l'atlantique*
- Laurent Gaudé *Droit dans les yeux*
- Leila Slimani *J'emporterai le feu*
- Marie Redonnet *La femme au colt 45*

A short play, directed by Moghan, with five characters (Véronique, Cécile, Véronèse, Célia, Imane) and two musicians (Tommy and Proshanto), followed by a discussion on the theme of exile. This will be in French.

• This representation is Free



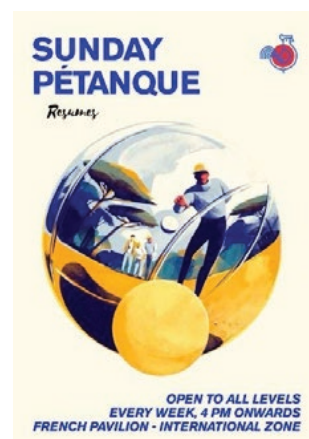
Games

@ 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.



Board games

• Wednesdays, 4—5:30pm

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



Submitted by Vivekan & Marie

TIBETAN PAVILION

presents

Exhibition: Path of Transformation

by Helgard Zurmuehl



- 20 February—18 March, 9:30am—12:30pm, 1—5pm, Sunday closed
- Inauguration: Friday, 20 February, 5pm.

The Pavilion of Tibetan Culture cordially invites all of you to join us for the inauguration of a new exhibition: Path of Transformation by Helgard Zurmuehl.

Its a spiritual theme, where Helgard was working on for years. Now different aspects and approaches are falling in place.

The content of the art-project of Helgard Zurmuehl is about The Mother's 12 Qualities visible in the Matrimandir Petals. It is to try, to express the "Qualities" in body language. ...and additional its the experiment, where a clear form can be destroyed and put together in another form.



Nothing is permanent. All is in movement. Concepts of right and wrong we can overcome and being a creative person and find deep inside of us sample of deeper truth.

During the opening we show a 6 minutes Kali dance.

So that something new can grow, some old things have to be destroyed.

Pavilion of Tibetan Culture: The Library

- Monday and Tuesday, 9:30am—12:30pm

Kalsang
for Tibetan Pavilion



BHARAT NIVAS

The Pavilion of India

Kalaripayattu performance



Submitted
by Monisha for BN Team

Festivals

AUROVILLE FESTIVAL 2026



SPECIAL SCREENING PRESENTATION
All are Welcome

Auroville Festival 2026
Presents

PANCHADEVA

Five Elements of Supreme Divine
Indian Classical Dance, Drama and Music

19th February 2026,
06:45 pm, Thursday

Venue: Sri Aurobindo Auditorium,
Bharat Nivas, Auroville



All are Welcome

Auroville Festival 2026
Presents

Story Sessions about The Mother

With
Vatsla Sharma
In Hindi and English

Venue:
Sri Aurobindo Center for Studies,
First floor of Bhumi Hall, Bharat Nivas, Auroville
23rd, 24th, 26th February 10.30 am - 11.30 am | 25th February 02.30 pm - 03.30 pm



All are Welcome

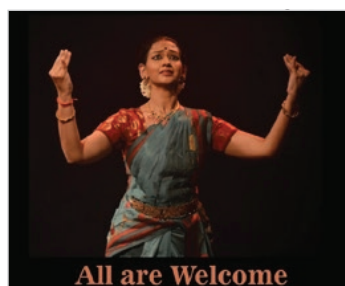
Auroville Festival 2026
Presents

BAGUALERA

a song from Native People from the North West of Argentina
By
ANANDI

23rd February 2026,
05:30 pm, Monday

Venue: SAWCHU,
Bharat Nivas, Auroville



All are Welcome

Auroville Festival 2026
Presents

SAVITRI NARRATIVES OF THE HEART

Inspired by the Magna Opus of Sri Aurobindo SAVITRI
By
JANANI MURALI

26th February 2026,
07:00 pm, Thursday

Venue: Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Monisha

CELEBRATE AUROVILLE WEEK WITH MAROMA



Maroma warmly invites you to celebrate Auroville Week with a series of creative and conscious experiences.

@ Maroma, Aspiration, Auroville, Near PTPS

- 23, 25, 27 February, drop in any time between 10am—12pm
 - 23 February: Incense Leaf Pressing
 - 25 February: Clay pressing and molding
 - 27 February: Making sand candles

@ Conscious Living Chocolate Factory, Fraternity

- Special Event: 26 February, 9—10am:

Yoga performance

- Free of charge

All events are open to all ages 5 & above

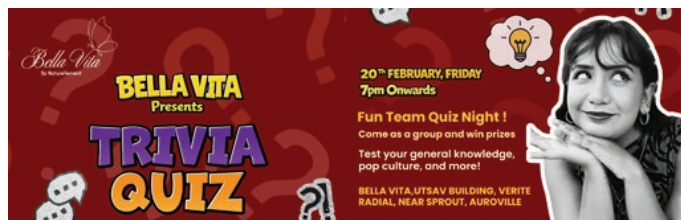
www.maroma.com, +91 4132622/ 126

Jesse for Maroma

Games

TRIVIA QUIZ @ BELLA VITA!

Friday, 20 February, 7pm



Come as a group and win prizes!

Martina for Bella Vita team

Theatre, Music & Arts

AUROVILLE HARMONIES

Women's choir concert @ CRIPA



Saturday, 21 February, 8pm,
Sunday, 22 February, 6:30pm

The Auroville Harmonies choir invites you once again to travel around the world through singing.

Please park vehicles in the designated area outside the CRIPA compound.

We look forward to sharing this special moment with you!

Antoine

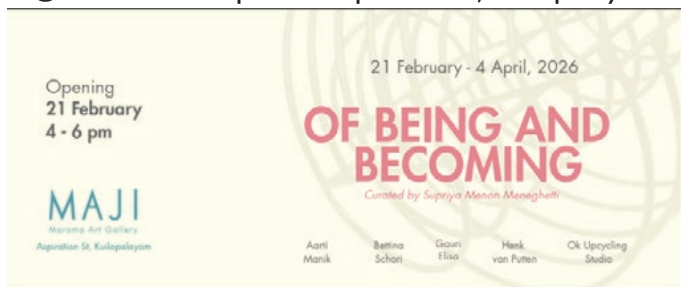
OF BEING AND BECOMING

@ Maroma Art Gallery, MAJI

21 February—4 April

Opening: 21 February, 4pm

@ Maroma Campus on Aspiration st, Kulapalayam



Maroma Art Gallery, MAJI, welcomes you to the opening of our show, *Of Being and Becoming*, on 21 February, 4pm, in the Maroma Campus on Aspiration st, Kulapalayam.

This multimedia group show features Aarti Manik, Gauri Elisa, Bettina Schori, Henk van Putten, and Ok Upcycling Studio.

Sagarika Bhati for MAJI, Maroma

maji@maroma.com

JINGDEZHEN

& three months of ceramics



a presentation by Bhavyo

Tuesday, 24 February, 5—6pm @ Pitanga

Bhavyo participated in a three-month artist in residence program at Taoxichuan Art Avenue in Jingdezhen, located in Jiangxi Province, China; also known as the porcelain capital of the world.

From August till November, he worked towards a series that explored movement in nature while experimenting with the tools and techniques of Jingdezhen. Experiencing the city and its roots, drawing from its rich history and immense ceramic knowledge, he would like to share his story through a presentation for the community, focused around his work process as well as the experience of China and its culture.

Parallel to the ongoing exhibition, 'Origin' which showcases a selection of works produced in Jingdezhen, China.

Gallery timings:

- Monday—Saturday, 8:30am—12pm & 2:30—5:30pm

ORIGIN

brush on porcelain, by Bhavyo



30 January—27 February 2026

"This body of work was created during a three-month intensive ceramics residency at Taoxichuan Art Avenue in Jingdezhen, China. My aim was to fuse calligraphic and gestural movement with Jingdezhen glazes.

Nature served as my muse; I sketched and researched in pockets of green throughout the city, translating these observations into layered strokes on porcelain tiles.

The diversity of ceramics and access to local techniques and tools allowed me to expand my practice and develop a new series, resulting in over 75 works.

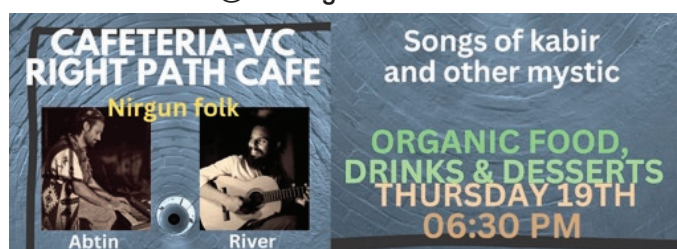
I invite the community to view a selection of these pieces and share a glimpse of my journey in China."

Submitted by Anandamayi

SONGS OF KABIR AND OTHER MYSTIC

Thursday, 19 February, 6:30pm

@ the Right Path Cafe



With organic food and drinks

Li

STILL HERE

by **Jyoti Naoki Eri**

Opening: Friday, 20 February, 4:30pm
20 February—11 March @ Centre d'Art, Auroville



Time, in the physical world, is one of the few universally shared dimensions—beyond ownership or control, at least for the time being. Spiritually, however, I experience time as neither linear nor fixed, but as multidimensional and all-encompassing. It often feels supple and fluid. In my artistic practice, time functions as a fundamental medium, shaping conception, process, and creation. Establishing a conscious relationship with time is essential to transforming inspiration into form. My ongoing series, A Time Trilogy, explores and visualizes these layered perceptions of time.

Drawing from Eastern landscape traditions such as Sansui (山水), my paintings dissolve the boundary between subject and background. Nature dominates the frame, while human presence is minimal or symbolic, emphasizing inner nature and spiritual connection. These landscapes reflect my inner states and invite the viewer into the work, rather than positioning them as a distant observer.

This approach is central to Archaeology of Transcending Light (A.O.T.L.), in which I reimagine landscape through contemporary abstraction, inspired by introspection and an inward process of concentration. The act of finding the Self feels like an archaeological excavation—as if uncovering ancient treasures. In this sense, past and future appear fluid and, ultimately, interchangeable.

The Japanese concept of Ma (間)—the space between—also deeply informs my practice. I understand Ma as a realm where duality comes to rest, where silence, space, and subtle perception allow meaning to emerge. In Tibet, the intermediate state between life and death is called Bardo—a realm in which different forms of life force are encountered and engaged. I find these cultural connections deeply resonant. This sensibility extends into my sound installations, which focus on atmosphere, frequency, and silence rather than structure, inviting deep listening and introspection.

Rooted in Eastern philosophy and informed by modern science, my work seeks a meeting point between spirituality and contemporary thought. This exhibition offers a contemplative space in which viewers may encounter stillness, expanded awareness, and unseen dimensions of reality.

Jyoti Naoki Eri 2026

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

Marco

FOR YOUR EARS ONLY

Friday, 20 February, 7pm @ Cripa



Presenting an evening of jazz standards, ballads, and a little magic with Vera and Jurrian. We'd love to see you there! Free entry, contributions welcome.

Laura for CRIPA

RESILIENCE

Exhibition by Marie-Claire Barsotti

6—28 March @ Pitanga

Exhibition Opening:

- 6 March, 3—5pm

Gallery timings:

- Monday to Saturday, 8:30am—12pm & 2:30pm—5:30pm

Anandamayi



Dance Activities

FOLK & SWING DANCE CLASS WITH LUCILE

Wednesday, 25 February, 6—8pm @ CRIPA



Join us for a special one-off dance class, first exploring the styles of 1920s Harlem and then traditional European dances. Two cultures, two vibes, one joyful evening.

Open to all, free entry, contributions welcome.

Laura for CRIPA



@ 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



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**



CLASSES IN BHARAT NIVAS

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.

Caveri Suresh, Diya Dance Studio



Music and Dance Classes

- Saturday, 3—4pm @ Bharat Nivas

This is to inform you that Aurohamsadhwani Arts Center is organizing music and dance classes at the Bharat Nivas premises. The following classes are offered:

- Bharatanatyam, Veena, Keyboard, Vocal Music

Students of all ages are welcome to join. The class fees are minimal. For further details and registration, please contact:

- Ms. Gunasundari, 99433 94901
- Mr. K. Palani, 94435 35172
- Mr. H. Suriyagandhi, 94893 25775

A. Gunasundari, Kamala, Palani, Selvi, Suriyagandhi, Aurohamsadhwani Arts Team

Theatre, Music & Art Activities

NEW CHOIR PRACTICE

Tuesdays, 8—10pm @ CRIPA

Simple but powerful polyphonies—high and low voices meeting in harmony.

Sing if you wish, laugh, feel, and let yourself be carried by the beauty of voices weaving together.

We'll open with a voice warm-up, moving through the rhythms of our bodies and breaths, connecting with self and others.

Feel free to talk about it to anyone who likes to sing. Prior experience in singing is not required! See you soon.

- For more information:
+49 17645775378 WA



Jonas

CREEVA: ART ACTIVITIES IN FEBRUARY

Center for Research Education Experience in Visual Art

Watercolour painting workshop

- Every Wednesday, 2—4pm

Life drawing session

- Every Saturday, 10am—12pm

T-shirt Painting, Bottle Painting Workshop

Paper Pulp Doll Art Workshop

- Every Sunday, 3—4:30pm

Rediscover the joy of creativity and childhood play, through eco friendly paper pulp. By Giribala Tripathy: From Odisha, based in Pondicherry, Sri Aurobindo Ashram artist with over two decades of creative and sustainable art practice.

Live portrait sketch

For personalised live portrait sketch book a session with Sathya.



Open studio

Your welcome to open studio to explore your art except workshops timings. Materials will be provided.

For info contact Sathya: +91 9486145072

- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

ACTIVITIES BY MINT

Bojagi Wrapping Art Workshop

- Tuesdays, 10:30am—12pm

Bojagi is the Korean art of wrapping with care, balance, and quiet beauty.

- No prior experience needed.
- All materials provided
- Limited seats



Still stroke

- Thursdays, 10:30am—12pm

When the mind becomes still, the stroke appears. Still Stroke, One Breath, One Line. Slow calligraphy workshop.

- Limited seats



9489904112 WA, Mint

SVARAM ACTIVITIES

Sound Healing Session

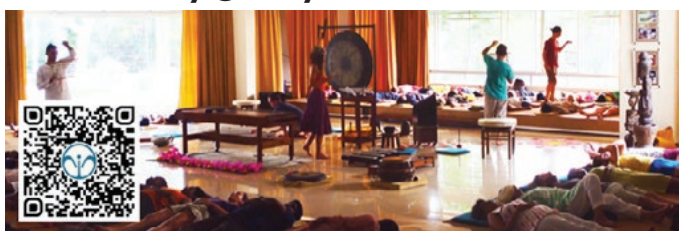


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

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/>

Immersive Flumie Workshop



- 6—8 March, Variable Timings

We invite you to a weekend of flumie playing with the maker of the B Love professional flumies, widely regarded as the finest flumies on the market, not only for their exceptional craftsmanship, but above all for their extraordinary range of soundscapes and the seemingly endless discovery of new harmonics.

- For details, please visit svaram.org/events-booking-calendar or scan the QR Code

ISSP Module 1: Principles and Concepts of Therapeutic Music & Sound Work



- 9—14 March, 9:30am—5pm

This first of a 4-module Certificate Course in Integral Sound Studies and Practices (ISSP) offers a thorough introduction, exposure, immersion, and training in the vast subject of Sound and Well-being.

Planetary Sound Symphony



- 16—18 March, 9:30am—6pm

Join a 3-day intensive transference training exploring sound as a living, relational, and performative force. This workshop offers a focused entry into contemporary sound music practice, integrating planetary-tuned instruments, embodied listening, and advanced ensemble resonance work.

- For details, please visit svaram.org/events-booking-calendar or scan the QR Code

Aurelio
for the SVARAM Team

Sports & Martial Arts

BUDOKAN:

Class Hours and New Activities

Aikido

For Adults & Teenagers

- Monday to Friday, 6—7:30am
- Tuesday, Thursday & Friday, 4:50—6pm
- Saturday
 - Advanced 6—8am
 - Weapon class 8—9am

For Kids & Teenagers

- Monday to Friday, 3:50—4:50pm
- Saturday, 10—11am

Aikitaiso

- Monday to Friday: 8—9am
- Saturday: 9—10am

Yoga

- Monday, 9:30—10:30am & 5—6pm
- Wednesday to Friday, 9:30—10:30am

Shiatsu

- Saturday & Wednesday (on appointment)

Michaël
for Auroville Budokan, Dehashakti

ABHAYA MARTIAL ARTS



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:**
+91 94873 40778
- For more info contact us:
abhaya@auroville.com

<https://abhayauroville.wordpress.com/>
<https://www.instagram.com/abhayauroville/>

Giacomo for Abhaya

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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

Aikido activity schedule

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,
9952812843 WA, Murugan,
+ 33622053932 WA Michaël



AIKIDŌ SEMINAR

Yin & Yang in Motion

Several days of Aikido practice, shared exploration and reflection @ Auroville Budokan, Dehashakti Sports Ground

- **Part 1:** 20—22 February
- **Part 2:** 27 February—1 March

With Sensei Sylvain Gacond (2nd dan), teacher of Aikidō, Japanese Yoga, and Hōjō no kata from Switzerland. Student of Sensei Eric Graf (6th dan), following the path of Sensei Masatomi Ikeda (7th dan).

- **Friday, 20 February & Friday, 27 February**
 - 6—7:30am, Aikido
 - 7:30—8am, Break
 - 8—9am, Aikitaïso
 - Lunch Break
 - 2:30—3:30pm, Japanese Yoga
 - 3:50—4:50pm, Children class, Teacher training
 - 5—6:30pm, Aikido
- **Saturday, 21 February & Saturday 28 February**
 - 6—7:30am, Aikido Advanced
 - 7:30—8am, Break
 - 8—9am, Weapon class
 - 9—10am, Aikitaïso
 - 10—11am, Children class, Teacher training
 - 12—1:30pm, Potluck
 - 2—3pm, Aikido Advanced
 - 3—4:30pm, Aikido
 - 4:30—5:30pm, Japanese Yoga
- **Sunday, 22 February & Sunday, 1 March**
 - 8—10am, Aikido
 - 10—11:30am, Japanese Yoga
 - Lunch Together

Seminar fees

- Class: Rs.650, Half-day: Rs.950
- 1 Day: Rs.1500, 3 Days: Rs.3500, 6 Days: Rs.6000

All funds collected will be allocated to the support of Auroville Budokan. Sensei Sylvain Gacond will not receive any remuneration for his classes.

Michael

KSHETRA KALARI

@ Aspiration Sport Ground

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



Maneesh

THE ART OF CHI:

Stevanovitch Method

Classes with Hans

- Monday, Wednesday, Friday, 6:30—7:30am
- First time? Please come on Friday.

8110848123 WA,
Hans

MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings



Bharat Kalari
Offers
Kalaripayattu
Regular Class

Venue: Bharat Kalari
(near Sri Aurobindo Auditorium),
Bharat Nivas, Auroville

Monday - Friday
Morning: 07:00 am - 08:00 am
Evening: 04:30 pm - 05:30 pm

Enquiry Contact: 0413 362253 / 78455 34014
bharatnivas@auroville.org.in

Monday to Friday:

- Morning Regular Class: 7—8am, fee: Rs.3000
 - Evening Regular Class: 4:30—5:30pm, fee: Rs.3000
 - Morning & Evening (Regular Classes): fee: Rs.5000
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium

Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



From 20 August 2025 Regular Silambam Class

05:00 pm - 06:00 pm
Every Wednesday & Saturday

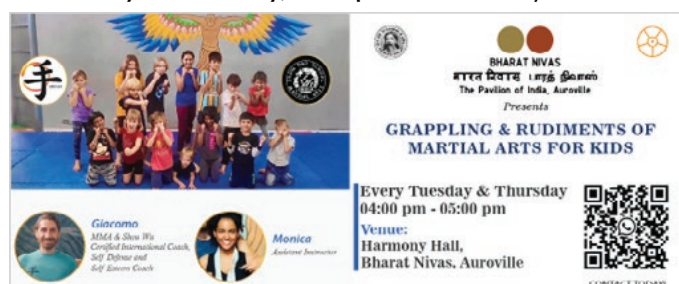
Venue: SAWCHU,
Bharat Nivas, Auroville

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

Hari Haran

Grappling and Rudiments of Martial Arts for kids

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



BHARAT NIVAS
The Pavilion of India, Auroville
Presents
GRAPPLING & RUDIMENTS OF
MARTIAL ARTS FOR KIDS

Every Tuesday & Thursday
04:00 pm - 05:00 pm

Venue: Harmony Hall,
Bharat Nivas, Auroville

CONTACT TODAY!

Gloria MMA & Judo
Monica Aikido Instructor

Monisha

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).

- 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
- 8637633696, Mani

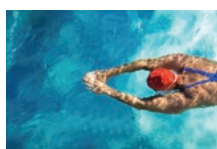
MORNING SWIMMING CLASSES FOR CHILDREN

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 8940288090 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

Bioregion, Crafts & Nature Activities

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:



Date	Category	Details
2—7 March	CSEB	Design
9—14 March	CSEB	Intensive
16—21 March	AVD	Intensive
23—26 March	Special	Ferrocement

For more information and to register, please visit:
www.earth-auroville.com

- Contact: training@earth-auroville.com

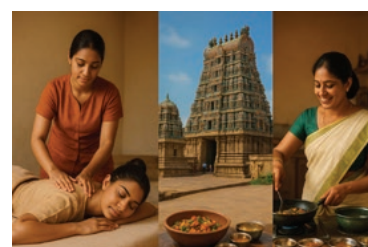
T. Ayyappan

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: Solar Kitchen.
- Can be scheduled anytime throughout the week.



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.
- 8098845200 WA/ Phone, rupavathijoy@gmail.com

Rupavathi

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 life-style conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots.

Come, eat well, and feel well.

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

Krishna
for Solitude Farm & Café



MOHANAM PROGRAM

www.mohanam.org

Mohanam: 2 mins from Vérité, 6 mins from Matrimandir, 8 mins from Visitor's Center. Experience, explore, energise.



For more information and registration: Advance booking is necessary for Workshops:

mohanamprogram@auroville.org.in, +91 8300949079

- **Office timing:** 9am—4pm, Monday to Saturday

Make and Take Workshops

- Monday to Saturday, 10am—12:30pm or 2—5pm



Bamboo Candle | Potter | Coconut Shell Craft | Dream Catcher | Incense Making | Kolam Mandala

Join and experience the learning aspect of engaging in the art and craft workshops. Manifest inner self through various materials and forms using creative techniques.

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



Village Tour | Wood Fossil Visit | Munnur-Perumukkal | Kaluveli Tank Visit

Celebrating authentic village experiences and cultural heritage! This is a guided tour to villages in the range of 5km, 10km to 50km from Auroville.

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

This tour offers a deeper appreciation of the beauty, heritage, and living traditions of Auroville's north-west zone. It highlights inspiring local entrepreneurship and how traditional practices are being continued through modern techniques.



Shamanic circle

- Wednesday, 25 February, 5—6:30pm



A sacred group practice where people gather in a circle to connect through rhythm, sound and presence, creating healing, awareness and inner balance.

Deep Sound bath 5 Element by Satyaguga

- Tuesday, 24 February, 5—6:30 pm



Connect to your inner self through vibrations & divine chants.

Awaken the heart: Cacao & sound journey by Lakshmi

- 20 February, 6—8pm

A sacred space to soften, to listen, together we'll sip ceremonial cacao and to return home to your Heart.



Thiruvannamalai Spiritual Services:

Eco & Spiritual services: Thiruvannamalai—Mohanam services

- Arunachala—Auroville
- Tour, retreat space
- Camping, Temple visit
- Ashram, Girivalam Full Moon experience

For booking and more information

- Contact: +91 8300949079
mohanamprogram@auroville.org.in

Rajaveni

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

Join our daily guided tours and enjoy a complimentary cup of refreshing bamboo tea. Explore and shop for unique, handcrafted pieces at our Bamboo Boutique, and experience the natural rhythms of our Bamboo Sound Garden.



Bamboo tour with bamboo tea

- Monday—Saturday
8:30am—12:30pm, 1:30—5pm

Special bamboo lunch @ Auroville Bamboo Centre

- Every Saturday, 12—2:30pm
- Pre-book in advance

Enjoy the Special Bamboo Lunch.

Make and take workshops

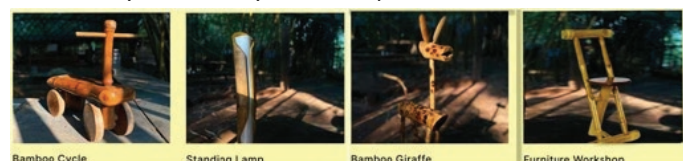
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



Take part in our daily Make and Take workshops to learn and discover the endless possibilities of bamboo.

One day workshops:

- Pre-book in advance
- Monday—Saturday, 9am—5pm



Bamboo Joineries Workshop

- 20 & 21 February, 9am—5pm

Come and learn the bamboo joineries, basic machines, bamboo cutting and splitting.

Pre-booking is necessary for registration:

- bamboocentre@auroville.org.in
- +91 8300949081



Balasundaram

ENLIGHT



Arun, Anand and Balaji
for Enlight Team

EGAI: LEARN FROM ARTISANS



Contact Anand : +91 9791896488 / egai@auroville.org.in

Anand

ACTIVITIES BY INSIDE INDIA

Kolam Mandala Workshop

- Every Friday, 10am—12pm

Join us for our Tamil Kolam Workshop.

Kolam is a special Tamil Mandala art that creates intricate patterns using rice flour. Open to all skill levels.



Bio-Region Tours by Inside India

- Tours run from 10am—2pm with a hearty Auroville-style lunch. Available only on request, with a 24-hour heads up.

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.

Cycle Tours through Auroville

- 10am—2pm. Please book 36 hours in advance.

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.

Off-Road Cycling & Half-Day Rides

- 9am—1pm
- Available on request, with a 36-hour heads up

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.

tours@insideindiaauroville.com

Shaheen for Inside India

PEBBLE GARDEN

Seed Saving: An intensive short course by Deepika at Pebble Garden

- Sunday, 22 February, 8am—12pm



- 8148715966 WA, Deepika

Upcoming Learning Event at Pebble Garden

- Sunday, 1 March, 8am—12pm



Charcoal for Agricultural Soils—Learn from Bernard's 20 year study and practice.

- 8148715966 WA to register

Deepika & Bernard

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

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.

- +91 9385744722, 0413 2969722

Viji



Every Tuesday 10am—12pm

@ Ok Upcycling Studio, Recentre

- Discover the fundamentals of upcycling
 - Tour the studio
 - Purchase or place orders for upcycled items
 - Join our "Make Your Own Upcycled Item" workshops
- Come explore, learn, and get inspired!

6384043908, Veronese

SADHANA FOREST

Plant based 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: Every Saturday

- 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

Available

Avocado tree saplings available

Integral Harmony farm still has avocado tree saplings, all grown from Auroville avocado seeds/pits.

- Cost is Rs.50 per sapling.
- Contact Velmurugan: +91 9751468504 or Lisa: +91 9787825952.

Lisa for Integral Harmony Farm Team

Revolt RV300 electric motorbike

Available Revolt RV300 electric motorbike, 2020 model, 7,200 km, price Rs.45,000. If interested, please send a text message on WA 9899201016.

Manas

Lost and Found

Lost gold ring with green sapphire stone

I have lost a gold ring with a green sapphire stone. If found, kindly return to Angelika, 9843678421 WA or phone.

Angelika

Looking For

Looking for a Babysitter

I am looking for a babysitter from 10 February to 3 March for my 3 year old son, who is nearly 4. We are visiting from Australia and will be at Le Solei De Villa Residential Stay. Willing to pay cash. Looking for 3—5hrs for 2—3 days per week. Please WA message for details +61 467487820.

Samata Agrawal

Housesitter searched, Aurovilian or Newcomer

In a community close to all services, with magnificent collective garden, one-bedroom apartment with large green terrace and also balcony, well ventilated and furnished and quiet neighborhood.

We're looking for a rare gem who cares about the quality of life and the beauty of the surroundings, and is willing to take good care of one of the Foundation's housing assets.

Charges are Rs7500 per month including monthly community fees, Internet and fixed telephone (local calls only) and contribution to the Housing repair fund.

Period of 10 consecutive months from beginning of March to end of December. Interviews in progress. Send contact details, photo, presentation with occupation and place of work and motivation letter to: gestmb@yahoo.ca

Shaktiprem

Looking for Housesitter: Yën

Seeking Aurovilian, Newcomer or Volunteer to housesit a small single duplex place in Auromode from the beginning of April till the end of December 2026. Looking for a super clean responsible woman. Expenses will be discussed when we meet.

+ 919566472590,

adorabilis@icloud.com,

Yën

Looking for a long-term house-sitting: Lakshmi

I am currently looking for a long-term house-sitting opportunity. I am a responsible, mature, and caring person who truly enjoys creating harmonious spaces. I love taking care of plants and animals, and I treat every home with respect, presence, and gratitude. You can feel at ease knowing your home, garden, and pets will be looked after with attention and love. If you are looking for someone trustworthy to care for your space, please feel free to contact me:

• +91 8489764602

• lakshmiprem369@gmail.com

Lakshmi

Taxi Share

To Chennai Airport, 24 February, 6am

Sharing a taxi from Auroville to Chennai Airport on Tuesday, 24 February, leaving Auroville between 6 and 6:30am. +918447181515, kumarsehdev455@gmail.com, Kumar

From Chennai Airport, 21 February, 3pm

I would like to share Taxi on 21 February, 3:10pm from Chennai Airport to Auroville. lulaalaa@gmail.com.

+34644959567 WA, Chiang

For Your Information

NAME CHANGE ANNOUNCEMENT

Please note that the name of our organization has been changed from Martuvam Healing Forest

to Maruthuvam Ayurvedic Healing Center

Sivaraj
for Maruthuvam

Office Spaces

Need to find a small workshop space

We are about to create a Unit in Auroville and we need to find a small workshop space for a craft activity. We need around 20m² or more, suitable for manual/ craft work, electricity and basic access. If you have/know any available space please contact me: Yoann, +916385539302

Submitted by Meg Han

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.

Ready to join? Learn more and book your spot:

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



Laure



NEED A PLACE TO WORK?

OPEN HOUSE

Hive
COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

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

Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—all for free on our weekly Open House. Hive is a 24/7 Coworking space.

Open House hours are for experiencing the space, 24/7 access is available beyond these hours.

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

For inquiries: auromodehive@auroville.org.in

- +91 9042759540 WA,
+91 7092197375 WA or drop by. Dhesh for Hive

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

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

Work Options

SKILLFUL HOUSEWORKER LOOKING FOR WORK

Due to circumstances beyond her control, Eshama, a very capable houseworker from Kottakarai, is looking for work for three afternoons per week.

Eshama has been working long years for the late Janet Fearn as well as for other long-term Aurovilians, and lately also for some Mahalakshmi Home residents.

She is a swift worker, has a pleasant presence, has a bike and phone, and has picked up quite some English throughout the years. Can recommend.

- If you need an 'amma' for **Tuesday, Thursday or Saturday afternoon**, get in touch with Mauna

9443168323, phone & WA, Mauna

Honorary Voluntary

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



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

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

Noel Parent



WEBSITE & IT SUPPORT (Holistic Health Care)

Holistic is looking for a skilled IT volunteer to support us with:

- Creating and setting up our website
- Managing domain, hosting, and email configuration
- Providing ongoing technical and systems support



We warmly welcome someone who also feels aligned with healing, holistic work, or inner growth, as it will help us work together with deeper understanding.

If you have experience in website development and IT and would like to offer your skills in service, we would be grateful.

Contact: sandyra@auroville.org, 9443619403.

Sandyra

Work Opportunities

AUROVILLE WATER SERVICE is looking for Aurovilians

Auroville Water Service is looking Aurovilians who want to work with us in water-related activities. We are looking for:

- Water Engineer,
- Manager non-technical (HRD, Fin, Area etc.) and
- an Assistant Manager Operations.

If you need more information about one of the functions, please pass by at our office at the Vikas Radial (Square Water Tower).

Toby for Auroville Water Service

AURORA'S EYE FILMS

Looking for a Social Media Manager (Part-Time)

We are seeking a creative and reliable Social Media Manager to support Aurora's Eye Films, an independent film studio based in Auroville.



Aurora's Eye Films

This part-time, on-site role involves managing and growing our online presence across multiple platforms while supporting our ongoing documentary and film projects.

Key Responsibilities: Edit photos and short videos for social media; Create engaging Reels and short-form video content; Schedule and manage content across multiple platforms (Instagram, Facebook, YouTube, etc.); Maintain a consistent visual and storytelling style aligned with Aurora's Eye Films; Support promotion of films, series, and behind-the-scenes studio work.

Requirements: Experience with social media content creation and scheduling; Basic photo and video editing skills (Reels experience is a must); An interest in film, storytelling, and meaningful, real-world projects; Ability to work independently and collaboratively; Must be based in or able to work on-site in Auroville.

Role Details: Part-time position, Based in Auroville; Compensation follows Auroville working unit rates

This role is ideal for someone who enjoys creative storytelling, understands social media trends, and wants to contribute to purpose-driven filmmaking rather than commercial media alone.

To apply: Please send a short introduction, CV and examples of your social media work (or portfolio) to

- serena_aurora@auroville.org.in.

Serena

NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kuilapalayam, Auroville

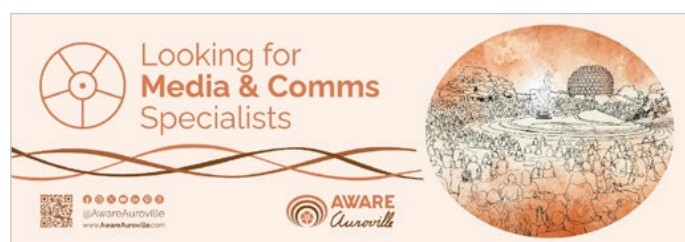
We are hiring: PGT-biology teacher

- **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**



Invitation to the City the Earth Needs.

Auroville grows when aspirants gather from around the world with clarity of purpose.

AWARE seeks to build a bridge to welcome these aspirants by telling the story of this place with clarity, through beauty, and by setting up platforms for information and discussion.

Doors Are Open for Aurovilians and Newcomers to join Aware. Roles open:

- Filmmakers
- Cinematographers
- Editors
- Content Creators

Contact:

- +91 73965 57993 WA, aware@auroville.org.in
- awareauroville.com

Shift towards a culture of multilateral perspectives and an attempt to bridge the aspiration/ideal and current human condition & external organisations.

*Sajiv, project manager,
for Aware Auroville*

TOWN HALL: RECEPTIONIST

We are seeking a motivated and skilled Aurovillian to join our team as a half-time receptionist!

Requirements

- Fluent in English (reading, writing, and speaking)
- Proficient in Excel, Google apps, and Zoho
- Adaptable to morning and afternoon shifts

Responsibilities:

- Reception duties, Administrative tasks
- Working with various apps and software

If you're interested and meet the requirements, send your resume to ACUR

- acur@auroville.org.in
- or contact Balaji: +91 8270071581 WA

Let's work together to make our community thrive!

Balaji for ACUR Management

Animal Care

VOTE OF THANKS:

Adoption drive

A heartfelt thank you from Auroville Dog Shelter

Auroville Festival Adoption Drive:

A day full of love!

Our Auroville Festival Adoption Drive held on 14 February at the Auroville Visitors Centre was a day truly filled with love. We were overjoyed to see 50+ visitors, Aurovilians and guests alike, come to meet, play with, and learn about our rescued dogs. Most heartwarming of all, 4 dogs found their forever homes on the very same day, with more adoptions in the pipeline as several visitors expressed their wish to adopt.

We extend our deepest gratitude to the Auroville Visitors Centre for hosting us and every single visitor who came with an open heart.

A very special thank you to our four new adopters, you have given our dogs the greatest gift of all.

We would also like to give a special mention to volunteer Ankita from Kolkata, whose dedication and initiative truly made this event shine, from designing the posters to promotion to warmly greeting every visitor on the day. She is a wonderful example of the kind of passionate volunteers that make a real difference.

We are actively looking for more people like her to help us organise events, create awareness in the neighbourhood, and support our community dogs.

We also want to thank our beloved residents—Susan, Isha and Enrica for being a part of our adoption drive.

If you would like to get involved—or wish to adopt, volunteer, or donate, please reach out to us:

- aurovilledogshelter@auroville.org.in or
- +91 94432 03092.

The Auroville Dog Shelter Team

*Dr Kumar (Executive), Sugar (Executive),
Shanthi (Admin)*

URGENTLY VOLUNTEERS NEEDED

for Dog Shelter

We urgently need kind and dedicated volunteers to support our dog shelter. Your help can make a real difference in the lives of rescued dogs. We are currently looking for volunteers in the following areas:



- **Medical Field** (vets, vet students, or medical assistance)
- **Providing Essential Supplies** (food, medicines, blankets, cleaning items, etc.)
- **General Shelter Support & Care**

If you have time, skills, or resources to help, please come forward. Every small contribution counts and helps us provide better care for our dogs.

- **Contact:** 9443203092 / 9344729784
- aurovilledogshelter@auroville.org.in

Dr. Kumar, Sugar, Shanthi



Poetry

A REALISTIC PAINTING

A golden rice field
Perfectly framed
Lives in memory
Alone

For long I stay close,
Staring at it,
Wondering
How far I have wandered
Round the globe,
Away from my hometown,
In search of a space
I could finally feel home.

That longing to belong
Takes me on
All these winding journeys,
Crossing paths with countless lives,
Till one day, not so long ago,
Seeking felt suddenly pointless;
In its place settles—
Every detour leads Home.

Then, every encounter felt like
A replay, a relay, a reunion—
A reconfirmation.
With joyful Gratitude, Anandi Z.

GLOW WORMS IN BLACK HOLES

O Wanderer on the far shores,
What glow-worms flare
In the burning crucible of your soul,
In the molten caverns of your heart?

What butterflies dare flutter
In the cacophony of your being
To the discordant music
Of your tangled thoughts?

O Sailor in the turbulent waters,
What vessel shall take you ashore—
Heaped as you are
with denials and doubts
And a deafening silence at your core?

O Sailor of Tempests,
Why weigh your paper boat
With tomes of dread
and stones of vanity?
Beneath what brooding skies
What white waters would you tread,
On what forgotten Black Sea?

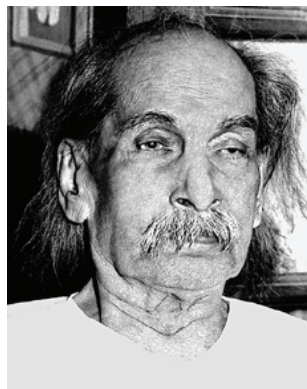
O Pilgrim to this Blessed Earth—
Open your eyes
And dare to behold
The shimmering dance of glow-worms
In every back alley
In every black hole,
Beneath every wary eyelid,
Beside every withered soul.

O Seeker,
A lost paradise awaits
To be unearthed—
Under every stone
In every dungeon
In every hole.

Sehdev Kumar

Voices & Notes

PARADISE ON EARTH



Sri Aurobindo Ashram, 1973. An unknown woman of a regal beauty (Mother's granddaughter) walks straight to me; two hours later she escorts me to Nolini Kanta Gupta's room, whom Sri Aurobindo saw as the third one on the supramental path. He asks what I have read of Sri Aurobindo, I reply "The Doctrine of Passive Resistance" (Alipore Conspiracy Case exhibit). Our eyes meet, I see the Infinite... Never again was I able to speak to him; daily, at 5 pm, he did *pradakshina* around the samadhi, I waited there with a flower taken from the Samadhi; we looked into each other's eyes without exchanging a word. Their Path is real.

Non-material initiation. The highest satsang is silence, as in Dakshinamurti's teaching, the guru of gurus. In one's soul's vastness the psychic threads the Path: one's only guide.

In the wordless, luminous presence of great sadhaks I tangibly felt the Masters. Indra Sen, professor of psychology at Delhi University, the foremost Jungian in India. He introduced the concept of integral psychology even before joining the Ashram. Sri Aurobindo asked Nolini to read him every page the professor wrote; but when Sen settled in Pondy, for ten years the Mother made him water plants and look after the Ashram Press's machines. Birendra, freshly graduated at Calcutta University; the Mother made him sweep and count bananas for the next sixteen years. Fiery-eyes Parichan, in charge of the Ashram gardens; weeds grew all over his yard, by the end of the day his white clothes turned red: he had no time for his person, the place where he lived. Kishor Gandhi, whom the Mother appointed as the sole editor of Sri Aurobindo's "Letters on Yoga", three volumes; he lived in a tiny room he never changed for a better one, from there he could glimpse Mother's room.

Her sadhaks are this.

Rishabchand wrote a biography on Sri Aurobindo nationalist and a fantastic compendium on Integral yoga for the American audience; both on Mother's request, still are reprinted—but his day-to-day job was to look after the carpentry department. Isn't this the place where doctor Nirod, Savitri's scribe, commenced his yogic career? Rishabchand gave up family and most successful business to live in a few square meters room padded with books. Every afternoon I entered it, to type on Rishabchand's typewriter notes from his biography; he was no more, but his towering presence was everywhere. He had a friend, Purod-da, small, with a child-like face and enchanting smiling eyes: a sweeper, like Birendra. They met every evening to read *Savitri*; when this reached a peak, Rishabchand turned to his friend... invariably asleep, after a full day work for the Mother...

Integral Yoga is an irreversible call that makes drop everything, whatever one's owns and has achieved. Watering plants, working with machines, counting bananas, sweeping the Ashram compound, looking after the carpentry workshop, just anything the Mother asks. The Italian countess Marta Avogadro lived in one room and worked at the Ashram Press's binding section. "After wasting all my

life playing bridge and canasta, only now I am learning to live" the grand lady once commented, laughing.

No priests and classes. No 'teachers', 'counsellors', 'lecturers'. No one can give you clothes if you can't make your own, warned the Mother. Everything is within, no need for external crutches. Utterly alone: the Divine—and oneself. Eternal, immortal, Jivatman!

My only teachings, those magic years, were Sri Aurobindo's "Last Poems", Mother's "Prayers and Meditations"—and the love, empathy, compassion, ineffable peace her sadhaks exuded. Teaching by silent example loyalty, humility, unconditional surrender.

No need to speak: everything is within. Who can define the Eternal, give classes about the Ineffable? We are, the One. Sat-chit-ananda.

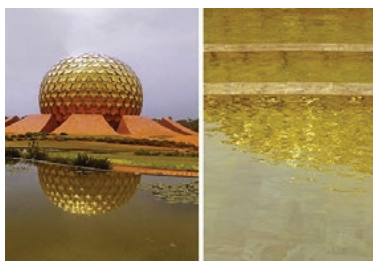
There is but one's daily offering, year in and year out. The yearning and ecstasy of untamed psychic beings is all one needs, the fragrance of flowers growing by humbly serving the Mother.

The great sadhaks and scholars, irreplaceable, are no more. When the few of us, initiated into that world, will be gone as well, who will tell our children and grandchildren what the Sri Aurobindo Ashram was, and the Auroville of the pioneers? How real they were? And that this is the inescapable future?

Paulette

THE AVATAR'S MODEL TOWN

"...The work of achieving a continuity which permits one to go up and down and bring into the material what is above, is done inside the consciousness. He who is meant to do it, the Avatar, even if he were shut up in a prison and saw nobody and never moved



out, still would he do the work, because it is a work in the consciousness, a work of connection between the Supermind and the material being. He does not need to be recognised, he need have no outward power in order to be able to establish this conscious connection. Once, however, the connection is made, it must have its effect in the outward world in the form of a new creation, beginning with a model town and ending with a perfect world."

The Mother,
The Supramental Realisation, 1930-1931

With this quote commenced, forty years ago, my work of research and documentation on what city, Matrimandir, lifestyle and guidelines the Mother determined for Auroville. Alain Bernard and Bhagavandas, in charge of SAILER, used a leftover budget of Rs.25,000 (at the time, quite a sum) to distribute to the entire community my first compilation, "The Avatar's model town", photocopied and abundantly illustrated.

The umbrella was the Laboratory of Evolution/Centre for Human Unity, instituted by Kireet Joshi and funded by the GOI; but my occult inspirer and model was Shyam Sunder, Mother's secretary for Auroville, who used to meet her daily for this purpose and received over 4000 letters and messages from her. He was her last hope, Mother wrote to him. We had never met, but on request of Abey Patel ("Sri Aurobindo's Action") Shyam Sunder granted me the visa so that on Mother's Centenary Day, on the roots of the samadhi tree, I consecrated my life to Integral Yoga and Mother's Auroville. Shyam Sunder, the very embodiment of Mother's guidelines, occultly knew what role I would play in Auroville. He set my svadharma.

"The Avatar's model town"—Mother's announcing the supramental realisation in 1930-31—is the most perfect definition of Auroville. The Avatar and its circle: these are the builders.

Paulette

EVOLVING FROM THE IGNORANCE

Planet Earth Circa 2026:

What for is the Dual Avatar's
Auroville this City of Dawn

If not for the Divine Revelations
and Willed Action

[In the Eye of the Cosmic Storm?](#)

"For man (the mental human being and its tools), the foremost realization for man is understanding—understanding things."

But not yet bulletproof with its easily destroyed mortal Homo sapiens body.

"For the Supermind (the Supramental Consciousness-Force and the eventual Supramental being as the new species), realization means Power (Mother stretches out her arms in a sovereign gesture), the Creative Willpower."

Then the Asuras and Rakshasas, the old gods, and their human puppets with gold, guns and goons, are no match. Until then...

Note: To continue with the full post and easily access the links, please scan the QR Code or go to this blogsite and open the post with the same title:



• <https://zechjoya.blogspot.com/>

Zech

AUROVILLE RADIO TV

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- [Marlenka's weekly Offering—Ep.164](#)
- [Savitri—Ep.36 : Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari—B 1, C 24: "Matter"](#) (Sri Aurobindo)
- ["Humanity 2.0" by Aviram Rozin with Jazz—A Book Read by Shalev—Introduction](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.525](#) (Integral Yoga)



Latest Youtube Videos

- [Five Centuries of Choral Music Presented by The Auroville Choir | Day 2 | Live from CRIPA](#)
- [Five Centuries of Choral Music Presented by The Auroville Choir | Day 1 | Live from CRIPA](#)
- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1—Chapter 8](#)

Upcoming Video—Join Us Live

- [Auroville's 58th Birthday—Dawn fire Meditation 2025—Live stream from Matrimandir Amphitheater](#)

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

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

Sai Priya
for AurovilleRadioTV

Foods, Goods & Services

A NEW SERVICE FROM ECO SERVICE

As we all have noticed of late there has been a growing amount of litter being dumped along the roads, pathways and in the bushes within the city, we are pleased to announce to the community a much needed extension of our regular waste pick up service.

Launching on its Birthday this year on 28 February, Auroville will have a dedicated service to clear the litter and waste from the areas that are hard to reach by our larger vans.

A three wheeler has been acquired for the purpose and will begin the operation in two shifts 3 days a week to start with. The service will largely concentrate on within the designated City Area only (and not along the tar road) and may gradually extend to the greenbelt.

This Service will be totally run by Citizen Volunteers (Aurovilians and Newcomers) along with an Eco Service member as it may need more than one person (and maximum two) to do the task. In Kind remuneration will be provided.

- If you are one of the inspired ones who shares similar concerns, are interested to help keep Auroville litter free and can dedicate some time, please get in touch with us either by dropping into our office or connecting with us by email or on the number provided below.

Wish us luck for this new endeavor and if possible join up! Lets Keep Our City Clean Together.



Sumit for Eco Service

ecoservice@auroville.org.in, 6379669034



Non Veg Monthly Meal Scheme

Cafeteria at Visitors Centre (Right Path Café) offers a South Indian Non Veg Lunch Scheme.

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

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

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriavc@auroville.org.in, 9043004919 WA

Conscious Catering for your Workshops!

The Cafeteria at Visitors Centre organises organic catering, with choice of South Indian, Korean and Western items.

If you wish to broaden the conscious experience you offer your participants to the realm of food and explore with us the different possibilities we offer, please contact us:

- 9043004919 WA cafeteria,
cafeteriavc@auroville.org.in

Kyoung Hyoun Lee

OPENING HOURS OF THE PT PURCHASING SERVICE

Please be informed of the opening hours of PT Purchasing Service

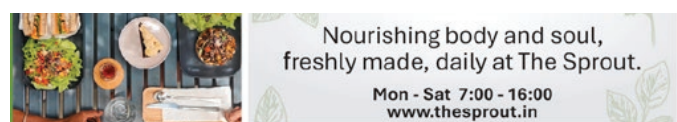
- Shop: 8am—7pm, Monday to Saturday
- Canteen: 8am—3pm

PTPS Team, from Mass Bulletin



+91 9566142115, Satyakam

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout team, www.thesprout.in

SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovilian Volunteers & Guests

- **Special Offer:** Aurovilians get 20% discount
- **Group Bookings Welcome**



Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun



@ 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

COFFEE IDEAS (FORMERLY MARC'S CAFÉ)

Some Information Updates and Reminders

- We are open every Wednesday in February.
- Tuesday mornings (breakfast): 50% discount for Av & NC paying through the FS account. (Some items only)
- 10% discount on all payments made with an Aurocard.



The rooftop area has free Wi-Fi and is self-service during opening hours.

Matilde

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

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

NATURELLEMENT GARDEN CAFE

Extended Evening Timings!

Open 9am—9pm, Tuesdays closed

We are extending our dinner timings to 9pm during February and March. The restaurant will be open from 9am to 9pm. Tuesdays closed as usual. Welcome!

Martina for Garden Cafe team

BELLA VITA: THURSDAY 50% DISCOUNT!

On Thursdays we will offer a 50% discount on our already low prices. (Drinks and baked goods will be excluded.) So welcome to try our Pizzas, Tarts, Salads and Wraps!

Martina for Bella Vita team



VEGAN CAFE

TASTE OF YOGA

Raw | Gluten-free | No added sugar

**Mon to Sat
08:30 - 16:30**



Open Monday—Saturday, 8:30am—4:30pm

Taste of Yoga, the vegan café @ Verité Integral Learning Center, invites you to slow down and enjoy a moment of nourishment in a calm, welcoming space. We offer wholesome breakfasts, light lunches, and healthful snacks made with high-quality ingredients—many prepared in-house and some harvested from our kitchen garden. Each dish is thoughtfully created to support your body, mind, and well-being.

Hon

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



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



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



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



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

KINISI E-MOBILITY



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

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

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B
 for Qutee Electric Scooter Service

SUNRISE TAXI 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

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

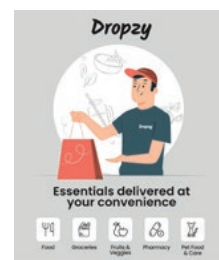
DOWNLOAD OR ACCESS DROPZY APP

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



AVDZINES

@ AVDzines building at Mangalam campus
 (next to Wellpaper & Bamboo Centre)

You are also welcome to send your job via email and WhatsApp, see the data below.

- Working Hours:** 9am—12:30pm & 2—5pm

Please follow the sign board kept on the side of the road.

- Type of jobs that can be given:**

Printing,
 Layout designing,
 Passport Photos,
 Package designing &
 Manufacturing,
 Photo framing &
 Lamination
 All kinds of boxes
 & paper bags and
 Screen printing.



- For **big works** we can deliver to your place. Please come over and support it.

avdzines@auroville.org.in, avdzines@gmail.com

9443459063 WA,
 Guna for AVDzines

INSIDE INDIA



inside india
 DREAMS & MEMORIES

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 tours@insideindiaauroville.com to start planning.

Inside India Timings

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

Shaheen for Inside India Team

HEMPLANET

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

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.



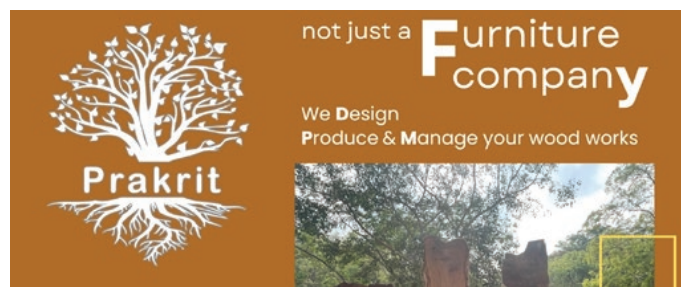
RAPID CARE SERVICES
One call to solve all your problem

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**

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

FRESH COW DUNG AVAILABLE

@ Siddhartha Farm

If you are interested, please feel free to call us
+91 8838012456.

Herbert

FOODLINK MARKET

Monday—Saturday, 9:30am—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 8300268804 or pass by.

Isabelle

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

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

Classes, Workshops & Healing Arts

WEEKLY SESSIONS IN VEDIC PHILOSOPHY

Saturdays, 3:30—4:30pm IST

I host a free, weekly live session where we explore one idea from Vedic philosophy and reflect on how it applies to everyday life.



Each week, we take a concept from the Vedas, Gita, Upanishads, Yoga Sutras, or related texts, understand it in simple language, and sit with one small question or practice for the coming days. The sessions are conversational and reflective. About 30 minutes of sharing, followed by quiet reflection or a gentle interactive activity. This free to join.

You can join any week and step away anytime.

If this feels interesting, please register here:

<https://online.allthingsvedic.in/courses/Snippets-of-Hindu-Vedic-Philosophy-by-Vikram-Devatha>

Vikram

MINDFULNESS WITH HELEN

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness. Mindfulness Coaching packages & bespoke groups sessions are also available.

For details & bookings:

- 7094753054 WA or visit innersightav.org

Wednesday, 25 February, 2:30—5pm	Miksang—Mindful Photography	Workshop
Saturday, 28 February, 2:30 —4:30pm	Letting Go	Mini-retreat
Monday, 2—Saturday, 7 March	Mindfulness Based Stress Reduction	1 week course

Miksang (Mindful Photography workshop)

- **Wednesday, 25 February, 2:30—5pm**

Miksang is a contemplative photography practice. Meaning 'Good Eye' in Tibetan it is a practice to synchronise the heart, mind & inner being. Miksang invites us to see the world with fresh eyes, to let go of our conditioning, our stories, our techniques.



The session includes mindfulness practices to attune & time for practice. It is suitable for all. You just need something to take photos with (phone is fine).

Letting Go, a mini-retreat

- **Saturday, 28 February, 2:30—4:30pm**

This mini-retreat will gently support you to cultivate the profound & powerful attitude of letting go.



The retreat is a carefully curated journey through mindfulness meditation practices & gentle movement interspersed by time for reflection & poetry for the soul.

Mindfulness Based Stress Reduction

- 1-week course
- **Monday, 2—Saturday, 7 March, 2—4pm (Monday to Friday) and 9am—3:30pm (Saturday)**

This evidence-based course blends ancient mindfulness practices with cutting-edge neuroscience research & offers practical tools to work with stress, anxiety, burnout, physical & emotional pain whilst building resilience, focus & presence.



It supports those facing work pressure, relationship struggles & health concerns as well as those wanting to see deeper into their patterns, mind & true nature. Suitable for beginners as well as those looking to deepen their practice.

Helen

VIPASSANA GROUP SIT

Sunday, 22 February, 9am—12pm
@ Udavi school, near tank, Edayanchavadi

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

- First building to the left near the parking. [Location](#). No registration is required.

You can come for the whole course or just drop in for some time whenever you want. Please keep your cell phones off or in airplane mode for the duration of the course.

8807434864, Laure

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

ACTIVITIES BY SANDYRA

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

Flow Into Clarity

- **Sunday, 1 & 22 February, 3—6pm (in Auroville)**

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness.



Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.

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

- **In-Person in Auroville:** Theme is 'Freedom' (1st) & 'Love' (2nd)
- **Host:** Sandhya, venue will be revealed after registration, limited spots!

Sandhya

DAILY PRANAYAMA CLASSES WITH RAMESH

Monday—Friday, 7:30—8:30am
@ Hall of Light, Creativity

Drop in for a pranayama class Monday to Friday mornings 7:30 to 8:30am at Hall of Light, Creativity Community. We will be doing light asanas, guided breathwork and meditation.

Drop-in contribution:

- 400/- for guests
- 300/- for Creativity guests
- 200/- for volunteers
- By donation for AV and NC

For more information, contact Ramesh:

- 9845168490,
- rameshbalasubramaniam@auroville.org.in



Ramesh

JAPANESE YOGA

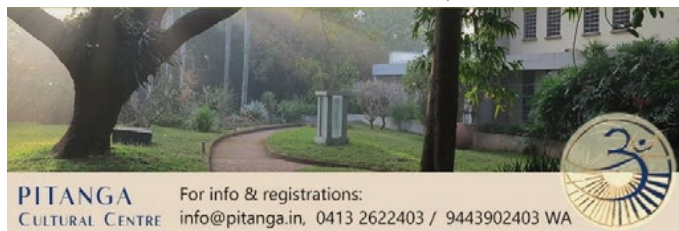
16 February—1 March
@ Auroville Budokan, Dehashakti

- Mondays to Fridays, 2:30—3:30pm
 - Saturdays, 4:30—5:30pm
 - Sunday, 10—11:30am
- Contact Michael:
- +33 6220 53932 WA



Cristo

PITANGA CULTURAL CENTRE, FEBRUARY



Holiday Closure: Pitanga with remain closed to the public on Saturday, 28 February for Auroville's Birthday

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Doing No-Thing Consciously	4:15–5:15pm	Mike
	Iyengar Yoga, not on 23/02, 2/03	5–6:30pm	Olesya
Tuesdays	Yoga: Restore & Relax	4–5:30pm	Florina
	Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands	5:30–7pm	Bel
Wednesday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Dynamic Yoga Flow	5:30–7pm	Florina
Thursday	Iyengar Yoga, not on 26/02, 5/03	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriyagandhi
	Iyengar Yoga	5–6:30pm	Olesya
Friday	Yoga: Restore & Relax	5:30–7pm	Florina
	Pranayama, for former “The Art of Living” course participants	6:45am–8:15am	François & Namrita
	Yoga Therapy	8:15–9:45am	Gala
	Feldenkrais	5:15–6:15pm	Shari
Saturday	Dynamic Yoga Flow	5:30pm–7pm	Florina
	Iyengar Yoga, not on 28/2, 7/03	6:45–8am	Olesya
	Breathing & Mudras	8–9:30am	Gala
	Truth Based Relationships, practical sessions	2:30–4:30pm	Juan Andres
	Iyengar Yoga, not on 21/02, 28/02, 7/03	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3–5pm	Gala
Monday to Friday	Ashtanga Yoga (self paced)	9–11am	Monica M.
Saturday	Ashtanga Yoga (led primary series)	9:40–11:10am	Monica M.

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), NA Chiropractic, NA
Anne H	Cranio Sacral Technique
Auromira	Shamanic Healing
Francesca F	Antigymnastique®
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Juan	Thai Yoga Massage
Olesya	Visceral Massage Neurology Massage Psychosomatic of diseases Women's Health Therapy
Rosalba	Bach Flower Counselling
Swati R	Movement Therapy for infants and young children
Veronique D	Syntropy Insight Bodywork

New Activities

Kundalini Yoga: To energize the Heart Center, strengthen the electromagnetic field, and balance the main glands with Bel: Tuesdays, 5:30–7pm & Saturdays 10am–11:30am

We will energize the Heart Center, strengthen the electromagnetic field, and balance the main glands—so love can flow freely, bringing clarity, intuition, and a deeper sense of connection. Beginners are always welcome!

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

LEELA THERAPY

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

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

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

Leela therapy is a unique combination of true support for waking up from ego, and trauma informed private therapy. Meetings can be in-person in Auroville or online.

For more details see www.innersightav.org or

- contact Kardash +91 9940934875 WA **Kardash**

QUIET HEALING CENTER



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

+91 9488084966, Mobile & WA

The Science of Mantra with Swami Omkar

• 21—22 February, 10am—5pm, 12 hours

Mantra Sastra is the Indian science of cosmic sound, which teaches that you can understand the creation through cosmic sound, called mantra. Practicing mantra is one of the oldest yoga practices called Japa Yoga.



Swami Omkar will guide you into the world of cosmic sound and teach you how to practice mantra in your daily life. Your mind and inner world will become vibrant and alive through practicing mantra.

Mantra Yoga helps to:

- promote mental and physical health;
- keep your living space and surroundings peaceful;
- unlock your brain activity to a higher level;
- create a vibrant life.

Swami Omkar, founder of "Pranava Peetam Trust", has been teaching Vedic science and wisdom in India and abroad. He likes to share his deep knowledge with everyone, who is eager to learn these ancient Mantra methods to improve their lives and realise their dreams.

Inner Watsu® with Watsu India Team

- 24 February, 24—2 March, 8:45am—6:30pm
- **Prerequisites:** Watsu 2 or equivalent course.

This 7-day course is for experienced water students, who want to dive deeper in the different layers of Watsu. Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.



In this intense course you will be exposed to different topics, including Art of Touch, Boundaries/Intimacy, Chakras & Pranayama, Communication skills, powerful Meditation techniques, Quality of Relation, Rebirthing, Self-Awareness/Breath-Awareness, and Shiatsu.

Guido

KAYA BODHA WORKSHOP

Every Friday, 10:30am—12:30pm

@ Budokan dojo (Dehashakti sportground)

Kaya Bodha: Body Awareness & Relaxation, Releasing tension, Becoming Calm and Agile

- Gentle movements of contraction and release.
- Relaxation techniques.

8110848123 WA,
Hans

ARKA WELLNESS CENTER PROGRAM

February

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
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 <i>English</i> & <i>French</i>	• 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

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

Classes

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

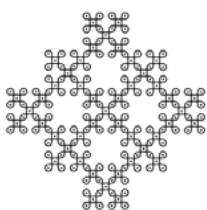
For any details and queries, you can contact us at
arka@auroville.org.in, 0413 2623799

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/IErbDiGJYTA?si=z5yoS-chugMMnM6a>
- www.kolamyoga.com
- Book appointment with Grace Gitadelila,
+91 8072449091 WA

Kotree Yoga

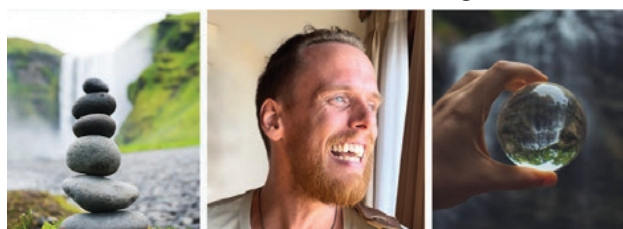
Private one on one sessions with Grace Gitadelila. Who has four decades of experience working with the body as a vehicle of expression, a carriage, a house, a temple in infinite manifestations of creations aspiration.

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

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

VÉRITÉ PROGRAM, FEBRUARY

www.verite.in

- 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
	Tristhana Practice	9:15—10:15am	Keshav
	Gentle Energy Flow Asanas	10:45—11:45am	Mani
	Restorative Yoga (no class on 9 Feb)	3:30—4:30pm	Mani
	Deep Sound Bath	5—6:30pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Pranayama & Vocal Toning (no class on 10 Feb)	3:30—4:30pm	Nikki
	Yoga Nidra: A Journey to Stillness	5—6pm	Radha
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Sivananda Yoga	9:15—10:15am	Mani
	Hatha Yoga & Mobility	10:45—11:45am	Bijou
	Hatha Yoga	3:30—4:30pm	Ivana
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Open Heart Space Meditation (no class on 12 Feb)	03:30—4:30pm	Samrat
	Deep Sound Bath	5—6:30pm	Satyayuga
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
Fridays	Somatic Yin Yoga (no class on 13 & 27 Feb)	9:15am—10:15pm	Radhika
	Ecstatic Dance	5—6:30pm	Bijou
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
	Pranayama & Meditation	7:30—8:30am	Radhika
Saturdays	Deep Sound Bath	5—6:30pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandhya

Therapies: Pre-registration required

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

Workshops: Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, 20 February	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
	Relaxation & Deep Sound Bath	2—4:30pm	Satyayuga
Saturday, 21 February	Back Care and Posture	9:15am—12pm	Keshav
	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta
	Breathwork, Pranayama & Yoga Nidra	2—4:30pm	Anu
Monday—Tuesday, 23—24 February	Swara Yoga: The Science of Breath & Prana	9:15am—4:30pm	Swami Omkar
Thursday, 26 February	Prana: Life Energy	9:15am—12:15pm	Ananda
Friday—Sunday, 27—28 February & 1 March	Conscious Relating Course	9:15am—4:30pm	Ananda

Pawanamuktasana Series: Energize the Joints w/ Mani

- Friday, 20 February, 9:15am—12pm

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

Relaxation & Deep Sound Bath with Satyayuga

- Friday, 20 February, 2—4:30pm

This session offers a deeply soothing experience rooted in the ancient art of sound healing. Using the unique frequencies of instruments such as Tibetan singing bowls, xylophone, and drums—accompanied by mystical chanting—it gently guides you into a state of profound relaxation. These vibrations work to awaken the inner being and align the body, heart, and soul with the universal frequency, promoting healing on a cellular level and restoring harmony within.

Back Care and Posture with Keshav

- Saturday, 21 February, 9:15am—12pm

This workshop focuses on understanding and caring for the spine through simple movement and awareness. We begin by observing posture and common habits that create stiffness in the neck, shoulders, upper back, and lower back.

The practice includes gentle movements to lengthen the spine, release tension, and build basic strength to support posture. Simple corrective movements are introduced for common postural patterns such as kyphosis, lordosis, and scoliosis, with an emphasis on awareness rather than force.

The workshop concludes with rest and quiet observation, allowing the body to integrate the practice. The approach is gentle, non-strenuous, and suitable for all participants.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

- Saturday, 21 February, 2—4pm

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

Breathwork, Pranayama & Yoga Nidra with Anu

- Saturday, 21 February, 2—4:30pm

This workshop begins with gentle Yin yoga practices, designed to slowly open the body, release deep-held tension, and prepare you for stillness. Long, supported postures encourage relaxation of the muscles and connective tissues, allowing the nervous system to settle and the breath to become naturally steady and easeful.

From this grounded foundation, the practice flows into pranayama breathwork, followed by a guided Yog Nidra. Conscious breathing deepens awareness and balances energy, while Yog Nidra invites you into a state of profound rest where healing, clarity, and renewal can unfold effortlessly. Expect to leave feeling calm, centered, and deeply restored.

Prana: Life Energy Mastery with Ananda

- Thursday, 26 February, 9:15am—12:15pm

Master your breath, and life flows with clarity, strength, and peace. Prana Energy Mastery is a transformative course designed to awaken, strengthen, and skilfully channel your life energy. Through breathwork, yogic techniques, meditation, and energy science, you learn how to build vitality, clear energetic blocks, enhance immunity, and align your mind and body with your true potential.

It is not just physical training—it is a holistic awakening of vitality, clarity, and inner freedom.

Conscious Relating with Ananda

- Friday to Sunday, 27—28 February, 9:15am—4:45pm

“Presence and Love nurtures to share our gifts”

“What we see in Others could be a Reflection of Ourselves”

Conscious Relating is a transformative journey to empower how we connect, how relationships can heal, nurture, and evolve us. It is a journey from reaction to response, from seeking love to being and sharing love, and from unconscious dependency to co-creative partnership. **Hon**

SITARA MUNAY-KI YOGA



With Sitara: Meditation Yin Yoga Sound Journey

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

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

With Munay: Surya Kriya Yoga Tibetans Rites

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

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

With Munay and Sitara:

Surya Kriya & Yoga Nidra with Live Music

- Fridays 5—6pm @ Vérité

Surya Kriya is a sacred yoga sequence that aligns body, breath & consciousness with the solar principle—the source of light & life. You will be guided through the traditional flow of Surya Kriya, followed by Yoga Nidra, with live handpan & flute music, to carry you into stillness & radiant presence.

Locations:

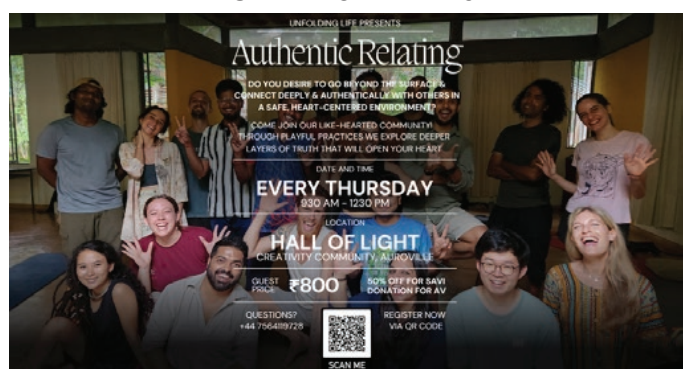
- [New Creation Studio](#) is on the second floor of the building just after La Piscine in the Auroville Community of New Creation. Stairs in the narrow pathway alongside the pool's brick walls.
- Hall of Light is in Creativity Community, in the center of Auroville.
- [Vérité](#) is an Auroville project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

Other details:

- Drop-in classes, Guests Rs600, Aurovilians Rs200
- In Vérité: Guests Rs400, Volunteers Rs200
- Check our website for more info and updates: sitaramunay-kiyoga.org

Munay (Giovanni)

AUTHENTIC RELATING



Dave

REGULAR YOGA CLASSES @ BHARAT NIVAS

@ Progress Hall, Bharat Nivas

Thursday, Friday, Saturday, Sunday & Monday
(5 days a week), 5:30—7pm

Style: Vinyasa Flow (Beginner to Intermediate friendly). Contribution:

- Drop-in only: Rs.500 per class for guests and non-Aurovilians.
- Regular students may shift to a monthly fee structure
- Aurovilians, Newcomers and Volunteers Rs.200 per class

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. Everyone is welcome!

Monisha, BN Team



WORLD GAME

for Adults and Children

"Where contemplation meets playfulness and transformation."

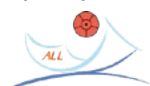


This is an opportunity to be creative, to be able to express your own individuality and your unique, living soul. Tradition of Auroville since its creation, the world game is used as a tool to "know oneself", this being the core of all learning. Facilitated by Aikya.

- Duration: 1.5 Hour.
- Individual session or together with a good friend.
- Price for 1 person: Rs 1500; for 2 people Rs: 2000
- Discounts available for Aurovilians, Newcomers and Savi Volunteers.
- Languages: English, Francais, Nederlands.

+919488084952 WA, Aikya

NEWS FROM Auroville Language Lab



Language Lab Building Tours with Mita

Mita warmly invites you to discover the Auroville Language Lab building through a guided tour highlighting its thoughtful design and inspiring approach to sustainable, healthy, and conscious construction.

- Every Saturday, 3—3:45pm, by free contribution
- Registration mandatory by Friday, No Drop-Ins: +91 98430 30355 WA

Come explore this stellar example of mindful architecture and learn more about the vision behind the building. We look forward to welcoming you!

Gibberish Lab—Beyond Words

Through playful exploration and embodied expression, this course opens a space where meaning emerges naturally—beyond grammar, beyond labels.



- Every Saturday, 4—5pm,
- started 6 February
- Facilitator: Siddharth, Drop-ins possible

Open to anyone curious to explore communication in a freer, more intuitive way.

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.

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 month
- Tuesdays: Spanish conversation with Joana 5—6pm
- Wednesdays, 5:30—6:30pm: Sanskrit chanting with Remesh
- Wednesdays, 5—6pm, 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.

- Thursdays: English conversation with Alex 5:30—6:30pm
- Fridays: Hindi conversation with Anu, 5—6pm

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.
- [Language Lab Brochure](#)
- **Register now:** info@aurovillelanguage.org or www.aurovillelanguage.org/registration

Current Schedule of Classes

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

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Riki	8-Hour Monthly Always ongoing	10:30–11:30am, Tuesday & Thursday
	Intermediate with Ashwini	16-Hour, 2 Months Started 19 January	5–6pm Monday & Friday
	Beginner with Ashwini	24-hour (3 months) Starting 3 March	5:45–6:45pm, Tuesday & Thursday
French	Beginner with Jean-François	16-Hour, 2 months, 28 January	2—3pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 27 January	2:30—3:30pm, Tuesday & Thursday
	Elementary with Jean-François	16-Hour (2 months) 29 January	3–4pm Tuesday & Thursday
	Intensive with Isabelle—NEW!	20-hours (2 weeks) Starting 2 March	11 am–1pm Monday to Friday
Mandarin Chinese	Beginner with Shiju Hsieh	36-Hour, 3 months, 18 November	Tuesday & Thursday, 10–11:30am
Tamil	Beginner with Saravanan	24-Hour, 3 months, Starting: 16 February	5:30–6:30pm Monday & Wednesday
	Intermediate with Saravanan	24-Hour, 3 months, 17 February	9:30–10:30am, Tuesday & Friday
Hindi	Beginner Hindi with Ashwini	16-Hour, 2 months, Started 1 December	3:30–4:30pm, Monday & Friday
Spanish	Beginner with Mila	30-Hour, 3 months, Presentation date: 1 December	4–5:30pm Monday & Wednesday
	Intermediate with Joana	12-Hour, 2 months, Started 6 January	3:30–5pm, Tuesday
German	Beginner with Verena	36-Hour (3 months) Starting: 3 March	9–10:30am Tuesday & Friday
Gibberish	Beginner with Siddharth	12-Hour (3 months) Starting 7 February	4–5pm Saturday

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

Mita, Mano, Louis & Enzo
for Language Lab

AUROVILLE CONVIVIAL: LIVE TALKS



Time (IST)	Name	Title
21 February—The Mother's Birthday		
3:30—4:30pm	by Jaya & others from Unity Pavillion	Invocation to the Mother
7—7:30pm	B aka William Sullivan	The Spirit of Auroville
7:30—8:30pm	Patrick Beldio	Planning the Unplannable: Auroville and the Mother's Vision of Transformation
9:30—11pm	Reminiscing The Mother	A space for those who met Her to share lived memories and sustain Her grace. All are welcome with their presence.
22 February		
3:30—5:30pm	Dhrupad	The Substance of Auroville
	Charudutt Prabhudesai	Your Conscience speaks, listen!
	Jill Navarre & Swar	
6:30—7:30pm	Ashish Kothari	Eco-swaraj: Radical pathways to Human and Planetary Rights
7:30—8pm	Gijs Spoor	Does the Earth still need Auroville?
8:30—9:30pm	Debashish Banerji	The City the Earth Needs: A Posthuman Polis of Spiritual Anarchism
23 February		
3:30—5:30pm	Gabi Gillessen	Personal Reflections as a member of the IAC
	Mamata Dash	Awakening Aspiration: Invocation and Reflections on Auroville
	Christian Feuilllette	Victory is for the most enduring
6:30—8.30pm	Paulette Hadnagy	Matrimandir's roof: those full moon concreting determined my destiny
	Jocelyn Janaka	A dream that wished but knew not how to be
	Hans	Human Unity: Lessons and Insights from CIRHU
24 February		
03:30—05:30pm	Srijita Roy	THE AUROVILLE ADVENTURE—Living and working in Auroville
	Suhasini	Change is the only constant

6:30—8.30pm	Manoj Pavitrans	The Soul of Certainty in Uncertain Times
	Paul Vincent Baptiste	
	Satprem Maini	Auroville, the City the Earth needs or the Earth the City needs
25 February		
3:30—4:30pm	Gitanjali J Angmo	
5—5:30pm	Shankar	Growing with Auroville Community
6:30—8pm	Grace	Kolam as a teacher of spaces sacred and profane
	Sophie	Living in Auroville: A Leap of Faith?
	Matilde	Twenty-eight intense and beautiful years of our lives
8—9pm	Daniel Greenberg	Auroville as a laboratory of imagination
26 February		
3:30—4pm	Bala Bhaskar	Eight Years with the Auroville Foundation
4—5pm	Giovanni, Radhika & Kaia	From Inner Work to Collective Intelligence — How Communities Flourish
5—5:30pm	Vajrasara	Auroville- the power of the idea: an analysis of Auroville as a model of anti-capitalist and anti-imperialist resistance
6:30—7:30pm	Samrat	Auroville, a microcosm within the macrocosm
	Aurelio	
7:30—8:30pm	Henrik Dutz (Aurovilian)	How can collective Wisdom go beyond polarization and the Tyranny of the Majority?
	Vaishnavi Presingu	A Call to Progress: Auroville as a Field of Sādhana
27 February		
3:30—4:30pm	Divyanshi Chugh	The Joy of No Possession: Experiments in Collective
	Sanjana Reddy	What Does It Mean to Live in a City in Service of Truth?
4:30—5:30pm	Rama Narayana	Is Auroville the Chariot of Jagannath?
	Jonah	
6:30—7:30pm	Frederick	Bridge
	Larry	
28 February		
3:30—5:30pm	Min	Building the City: From Units to Working Groups
	Lalit	Auroville: Experiments Beyond Wellbeing and the Good Life Towards Planetary Unity
6:30—8:30pm	Devdip Ganguli	Auroville as Living Experiment: Integrating Multiplicity in a Fractured World
	Michel Danino	Conditions for Auroville's fulfilment



CINEMA PARADISO

@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 23 February—1 March

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

Indian—Monday 23 February, 8pm

The Great Shamsuddin Family

India, 2025, Writer-Dir. Anusha Rizvi w/ Sheeba Chaddha, Shreya Dhanwanthary, Kritika Kamra, and others, Comedy-Drama, 97mins, English-Hindi-Urdu w/ English subtitles, Rated: U/A (PG-13)

Bani Ahmed faces her most critical writing deadline when her home erupts into chaos. One by one, family members arrive with urgent problems, forcing her to juggle a 12-hour sprint of creativity and domestic drama. A witty, award-winning dramedy—heartfelt, hilarious portrait of everyday family madness. We thank the filmmakers for sharing this film with us. The writer-director will be with us on this very special day for a brief Q&A.

Potpourri—Tuesday 24 February, 8pm

Le Mépris (Contempt)

France-Italy, 1964, Dir. Jean-Luc Godard w/ Brigitte Bardot, Jack Palance, Michel Piccoli, and others, Drama, 102mins, French-English-German-Italian w/ English subtitles, Rated: NR (R)

In this award-winning film, Paul Javal, a French screenwriter, is hired by producer Jeremy Prokosch to reshape Fritz Lang's vision of The Odyssey. As Paul compromises for ambition, his wife Camille grows increasingly resentful, and their marriage fractures. A gripping exploration of love, art, and betrayal unfolds against the backdrop of cinema itself.

Selection—Wednesday 25 February, 8pm

The Peanut Butter Falcon

USA, 2019, Writer-Dir Tyler Nilson & Michael Schwartz w/ Zack Gottsagen, Ann Pierce, Dakota Johnson, and others, Comedy-Drama, 97mins, English w/ English subtitles, Rated: PG-13

Zak, a young man with Down syndrome, escapes his care facility to pursue his dream of becoming a wrestler. Along the way, he befriends Tyler, a troubled drifter, and Eleanor, a caring ally. This award-winning story shows that dreams don't follow rules, they follow courage, unfolding with adventure, humor, and heart.

Interesting—Thursday 26 February, 8pm

The Golden Thread

India-Netherlands-Bosnia and Herzegovina-Norway, 2022, Writer-Dir. Nishtha Jain w/ Maqsood Alam, Babujaan, SC Chandra, and others, Documentary, 90mins, Hindi-English-Bengali w/ English subtitles, Rated: NR (PG)

Outside Kolkata, century-old jute mills still churn with steam, sweat, and relentless rhythm. Workers like Maqsood Alam and Babujaan embody resilience as machines thunder on. This internationally acclaimed documentary, hailed as "mesmerising, a masterpiece of industrial and human storytelling," captures the fragile beauty of labor, light, and survival. The director is known for her sensitive films and strong social stands. Her other work has won at the AVFF. We thank her for sharing and presenting this much awarded film.

Your generous support to help sustain and
grow this community space.
Every contribution counts!

International Film Saturday 28 February, 8pm

Mars Express

France, 2023, Writer-Dir. Jérémie Périn w/ Léa Drucker, Mathieu Amalric, Daniel Njo Lobé, and others, Adult-Animation, 88mins, French w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. "On Mars, every secret has a price". In the 23rd century, private investigator Aline Ruby and her android partner Carlos Rivera are hired to track down a notorious hacker. Their mission plunges them into a cyber-noir world of conspiracies, AI, and moral dilemmas. With stunning animation and gripping tension, this award-winning thriller keeps viewers absorbed. This film offers philosophical reflections on technology, identity, and humanity's future, which is why we share it with you today.

Children's Matinee—Sunday, 1 March, 4pm

Aladdin

USA-UK-Singapore-Canada-Czech Republic-Serbia-China, 2019, Writer-Dir Guy Ritchie w/ Will Smith, Mena Massoud, Naomi Scott, and others, Fairy-Tale, 128mins, English-Arabic w/ English subtitles, Rated: PG

In Agrabah, kind-hearted Aladdin discovers a magical lamp and befriends the witty Genie, who helps him win the love of Princess Jasmine. But the ruthless Jafar schemes to seize the lamp's power. With dazzling adventure, romance, and music, this award winning live-action spectacle reimagines a beloved tale for a new generation.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 1 March, 8pm

Persona

Sweden, 1966, Dir. Ingmar Bergman w/ Bibi Andersson, Liv Ullmann and others, Drama-Thriller, 83 mins, Swedish w/ English subtitles, Rated: R

A young nurse, Alma, is put in charge of Elisabeth Vogler: an actress who is seemingly healthy in all respects, but will not talk. As they spend time together, Alma speaks to Elisabeth constantly, never receiving any answer. Alma eventually confesses her secrets to a seemingly sympathetic Elisabeth and finds that her own personality is being submersed into Elisabeth's persona.

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.

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

PARADISO SPECIAL



Cinema Paradiso Presents
On Monday, 23 February 2026 @ 8pm @ MMC Auditorium, Auroville

Anusha Rizvi's



Anusha Rizvi's
The Great Shamsuddin Family

The Great Shamsuddin Family
India, 2025, Writer-Dir. Anusha Rizvi w/Sheeba Chaddha, Shreya Dhanwanthary, Kritika Kamra, and others, Comedy-Drama, 97mins, English-Hindi-Urdu w/ English subtitles, Rated: U/A (PG-13)

Bani Ahmed faces her most critical writing deadline when her home erupts into chaos. One by one, family members arrive with urgent problems, forcing her to juggle a 12-hour sprint of creativity and domestic drama. A witty, award-winning dramedy - heartfelt, hilarious portrait of everyday family madness. **We thank the filmmakers for sharing this film with us.**

The writer-director will be with us on this very special day for a brief online Q&A post screening.

Your generous support to help sustain and grow this community space.
EVERY CONTRIBUTION COUNTS!



Cinema Paradiso Presents
On Thursday, 26 February 2026 @ 8pm @ MMC Auditorium, Auroville

Nishtha Jain's



AN AWARD WINNING FILM
BY
NISHTHA JAIN
THE GOLDEN THREAD

The Golden Thread
India-Netherlands-Bosnia and Herzegovina-Norway, 2022, Writer-Dir. Nishtha Jain w/ Magsood Alam, Babujaan, SC Chandra, and others, Documentary, 90mins, Hindi-English-Bengali w/ English subtitles, Rated: NR (PG)

Outside Kolkata, century-old jute mills still pulse with steam, sweat, and rhythm. Workers like Magsood Alam and Babujaan embody resilience as machines thunder on. This internationally acclaimed documentary — hailed as “mesmerising, a masterpiece of industrial and human storytelling” — captures the fragile beauty of labor, light, and survival.

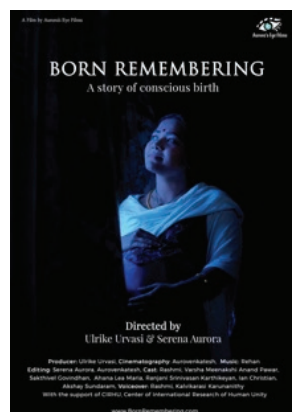
The director, known for her sensitive films and strong social stands, has previously won at the AVFF. We thank her for sharing this much-awarded film, and she will join us for a brief Q&A after the screening. An extraordinary evening of cinema and conversation — not to be missed!

Your generous support to help sustain and grow this community space.
EVERY CONTRIBUTION COUNTS!

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

FILM SCREENING: BORN REMEMBERING

Saturday, 21 February, The Mother's Birthday, 11am
@ Multimedia Center at Townhall



We warmly invite you to a community screening of the 45 minutes film Born Remembering—A story of conscious birth. An endeavour of love for the world. This will be the English-Tamil version without subtitles.

- To be followed by reflections and Q&A.

We welcome one and all warmly with all our hearts.

Ulrike

KEEP CINEMA PARADISO'S MAGIC ALIVE



Keep Cinema Paradiso's Magic Alive – Join Us!
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas like ours thrive on the passion of audiences like you. At Cinema Paradiso, core funding barely covers basic maintenance—we pour our hearts into everything else, from fuel to vital upgrades. Post-COVID, budgets vanished, costs skyrocketed, and fewer events slashed our income. Even generator expenses, once externally funded, now land squarely on us.

To sustain the screenings that light up our nights, we're aiming for 8 Auroville units. Thrilled to share: FIVE units are already championing us with ₹3,000/month or more each! We warmly invite THREE more units to join this vital circle. Film lovers and individuals, your support counts too—every contribution fuels the magic.

Indian nationals and Auroville unit holders (any nationality) can donate easily via recurring or one-time gifts through the Unity Fund at our Financial Service—straight to MMC – Cinema Paradiso (FS Account #105106). Skip direct payments to avoid our 18% GST burden (though they're welcome if easier). Non-Indian nationals in or beyond Auroville, reach out to AV Unity Fund at Financial Service for seamless guidance.

Your gift keeps the reels turning, sparks joy, and weaves stronger community bonds. **Be the hero in our next chapter—what's your story?**

With deepest gratitude,
Thanking you
MMC-CP Team

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

ECO FILM CLUB:

Every Friday @ Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with “previews” of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- Note: Families and children are welcome! Dinner for children will be served at 19:00. :)

Friday, 20 February Wild Karnataka



2019/ 52 minutes/ Amoghavarsha J. S. & Kalyan Varma

This film displays the varied habitats and species across Karnataka. Showcasing Bengal tigers and Indian elephants, along with lesser-known species like lion-tailed macaques, Indian leopards, birds, amphibians, and reptiles. Come experience the wonders of Karnataka! The film is narrated by Sir David Attenborough.

Aviram

Accessible Auroville Public Bus

avbus@auroville.org.in

Emergency Services



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

Submitted by Raju

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 2910005
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7):

- 108



About N&N

NEWS AND NOTES

Guidelines

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole.

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- Width 9.5cm x Height 4cm

Katia (AgniJata) & Alexey
NewsAndNotes@auroville.org.in

