



News Notes

#1122 A weekly bulletin for residents of Auroville 12 March 2026



Holi in Upasana

Photo by AMI

Pondering



Sincerity is the key of the divine doors.

The Mother, New Correspondences of the Mother—Vol I

By sincerity Mother meant being open to no influence but the Divine's only. Now, if the whole being were sincere in that sense even to every cell of the body, what could prevent the most rapid transformation?

*Sri Aurobindo,
The Mother with Letters on The Mother*

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	4
TOWNHALL SPEAKS	5
City Services Contributions and Payments February 2026	5
COMMUNITY NEWS	5
Matrimandir News & Schedules	5
Matrimandir Access Information	5
Amphitheatre: Meditations at sunset with Savitri	6
Awakening Spirit	6
Savitri Bhavan, March 2026	6
Learn the 1008 Namas of the "Divine Mother"	8
Auroville Discovery Program	8
Talks by Ela Thole	8
Bhagavad Gita Chanting	8
BloomO! A soulful flower card game	9
Exploring the parts of Being	9
Bharat Nivas program	9
Books	9
Auroville Library	9
Laboratory of Evolution Library	9
Education	9
Tuition Classes Available	9
Call for proposals—SAIER	9
Lilaloka	10
Learning Space opens doors for kids	10
Corporate Sustainability & UI/UX Design	10
Satori: Educational services	11
Kuilai Creative Centre	11
Regular Activities	11
AI classes	11
Health Care	11
Alcoholics Anonymous	11
Santé Services Schedule	11
Health Fund Reminder	12
Morning Star	12
Aurodent Clinic, March offer	12
Aurokiya Integral Eye Centre	12
Maatram	12
International	13
Unity Pavilion	13
French Pavilion	14
Tibetan Pavilion	14
Bharat Nivas, Pavilion of India	14
Festivals	14
Auroville Week Collective Celebrations	14
Auroville Tango Festival #13	15

Theatre, Music & Arts	15
Art For Land Art Sales	15
Resilience: Exhibition by Marie-Claire Barsotti	15
Youth Choir end of season concert	15
Unspeakable	15
Bhrihu Sahni Live: Before the Bloom	15
Original piano and melodica	15
Of Being and Becoming	16
Dance Activities	16
Auroville Tango	16
Dance Classes by Mani	16
Classes in Bharat Nivas	16
Bharatnatyam Dance Classes	16
Music and Dance Classes	16
Dance, Movement and Ballet for Children	16
Theatre, Music & Art Activities	16
The Auroville Harmonies recruits	16
CREEVA: Art activities	17
Basic analogue photography darkroom workshop by Sasikanth Somu	17
Svaram Activities	17
Vocal & body rhythm workshop	18
Open Call to Performers for Auroville's Got Talent	18
Activities by Mint	18
Looking for Actors/ Theatre Enthusiasts	18
Sports & Martial Arts	18
Budokan: Class Hours and Activities	18
Aikido Classes	18
The Art of Chi: Stevanovitch Method	18
Abhaya Martial Arts	19
Martial Arts in Bharat Nivas	19
Kalaripayattu Regular Class Updated Timings	19
Regular Silambam Class	19
Grappling and Rudiments of Martial Arts for kids	19
Kshetra Kalari @ Aspiration Sport Ground	19
Auroville futsal/ football club	19
Morning swimming classes for children	19
Swimming Class	19
Bioregion, Crafts & Nature Activities	20
Solitude Farm Activities	20
Mohanam program	20
Auroville Bamboo Centre	21
Activities by Rupavathi	21
Miracle of Soil Regeneration	21
Auroville Earth Institute	21
Enlight	21
Activities at AuroOrchard	22
Sadhana Forest: Plant based Saturday	22
Activities by Inside India	22

Upcycling Open Studio _____	22
Egai EveryVillage _____	23
Wellpaper Workshop _____	23
Looking For _____	23
Delivery of laptop from Frankfurt _____	23
Long-Term Accommodation or House-Sitting _____	23
Taxi Share _____	23
To Chennai Airport, 21 March, 8:30pm _____	23
Office Spaces _____	23
Kinisi Cowork _____	23
Hive Coworking Space Open House _____	23
Aurelec Spaces Available _____	23
Office Space Available: Auromode _____	23
Spaces Available at Ecoteco Campus Building _____	24
Honorary Voluntary _____	24
Auroville Pre-Crèche _____	24
Aarambham Learning Space _____	24
Gau Seva at Sadhana Forest! _____	24
Botanical Gardens _____	24
Work Opportunities _____	24
Looking for an experienced Knitter! _____	24
AWARE: Looking for media & comms specialists _____	24
Auroville Water Service _____	24
Living Room café _____	24
Animal Care _____	25
Urgently seeking volunteers for Dog Shelter _____	25
Free Rabies Vaccination _____	25
Ecology _____	25
Repair it. Sort it. Save it. _____	25
For Your Information _____	25
We Did Our Best: Special Pizza Party _____	25
Voices & Notes _____	25
Auroville Radio TV _____	25
The True Mission of Man _____	26
Poetry _____	26
Borders _____	26
Cosmic Birth _____	26
Copycats _____	27
Foods, Goods & Services _____	27
Gas Bottle Service _____	27
PT Purchasing Service _____	27
PTPS Food Market Day _____	27
Auromode Restaurant is Open _____	27
Living Room Café _____	28
Right Path Café _____	28
Goyo Korean Silent Restaurant _____	28
The Sprout Cafe & Restaurant _____	28
Sudha's Kitchen _____	28
Auroville Bakery Cafe in Town Hall _____	28
A New Service from Eco Service _____	28
Naturellement Garden Cafe _____	29
Bella Vita: Thursday 50% discount! _____	29

Taste of Yoga: Vegan Café _____	29
Neem Tree Cafe Offer _____	29
South Indian Breakfast _____	29
Pour Tous Water Free Service _____	29
Integrated Transport Service _____	29
UTS Transport Service _____	29
Kinisi e-Mobility _____	29
Qutee Electric Scooter Service _____	29
Sunrise Taxi Service _____	30
Sarvam Computers offers reliable service _____	30
Download or Access Dropzy App _____	30
Inside India _____	30
AVDzines _____	30
Fresh Cow Dung Available _____	30
Hemplanet _____	31
Rapid Care Services _____	31
Surabhi Supplies _____	31
Prakrit _____	31
FoodLink Market _____	31
Annapurna Farm Baskets _____	31
Classes, Workshops & Healing Arts _____	31
Kaya Bodha Workshop _____	31
Create Conscious Wealth _____	32
One-Day Anapana (Breath Awareness) Meditation Course for Teenagers _____	32
Loneliness Listening Circle _____	32
ATB 2 with Honor & Vega _____	32
Nadia Labiod @ Arka _____	32
Pitanga Cultural Centre March _____	33
Activities by Dr. Aditya Varma _____	33
Quiet Healing Center _____	34
Leela Therapy _____	34
Auromode Spa Offers Cosmetology Services _____	34
Vérité Program, March _____	35
Arka Wellness Center Program, March _____	39
Sitara Munay-Ki Yoga _____	40
Mindfulness with Helen _____	40
World Game for Adults and Children _____	40
Weekly Sessions in Vedic Philosophy _____	41
Daily Pranayama Classes with Ramesh _____	41
Regular Yoga Classes @ Bharat Nivas _____	41
Vipassana Group Sit _____	41
Authentic Relating _____	41
Languages _____	41
News from Auroville Language Lab _____	41
Cinema _____	42
Eco Film Club: Every Friday @ Sadhana Forest _____	42
Auroville Stories 2068 _____	42
Cinema Paradiso Film Program 16—22 March _____	43
Final Call: Secure Cinema Paradiso's Heartbeat _____	44
About N&N _____	44
Emergency Services _____	44
Accessible Auroville Public Bus _____	44

House of Mother's Agenda



(The point of departure for this conversation was one of Sri Aurobindo's aphorisms:)

170—Examine thyself without pity, then thou wilt be more charitable and pitiful to others.

Very good! (*Mother laughs*) That's very good.

It's very good for everyone, isn't it?

Especially for those who think they're so superior.

But it really does correspond to something very deep.

This is exactly the experience I have been going through these past few days; since the day before yesterday it seems to have reached its peak, and this morning it developed into a comprehensive vision, an earth-encompassing vision.

It's almost like a reversal of attitude.

Actually, people have always taken themselves for victims hounded by adverse forces—the courageous fight back, the rest lament. But increasingly there has been a very concrete vision of the role the adverse forces play in the creation, of their almost absolute necessity as goads to make the creation progress and become its Origin again. And there was such a clear vision that one should accomplish one's own transformation—that's what we must pray for, what we must work out—rather than demand the conversion or abolition of the adverse forces.

And this is all from the terrestrial, not the individual standpoint (for the individual standpoint, it's quite clear): I am speaking from the terrestrial standpoint.

And there was the sudden vision of all the error, all the incomprehension, all the ignorance, all the darkness and—even worse—all the ill will in the earth's consciousness, which felt responsible for the prolongation of those adverse forces and beings and offered them up in a great... it was more than an aspiration, it was a sort of holocaust, so that the adverse forces might disappear, might no longer have any reason to exist, no longer need to be there to point out all that has to change.

(to be continued next week)

Mother's Agenda, January 21, 1968

<https://incarnateword.in/agenda/3/january-21-1962>

Gangalakshmi HOMA



Townhall Speaks

CITY SERVICES CONTRIBUTIONS AND PAYMENTS

February 2026

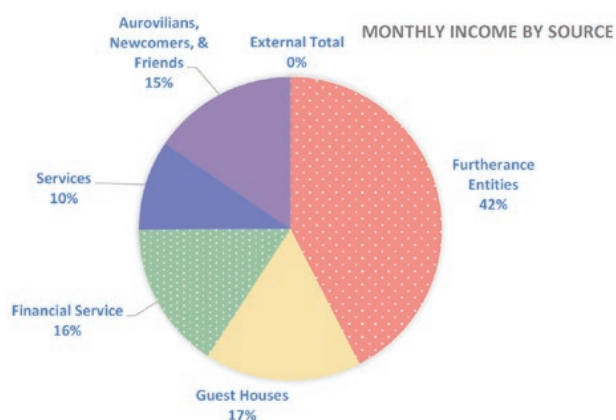
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	18,62,51,461	—	18,62,51,461
Monthly Contributions (Int. + Ext)	1,96,77,887	11,50,707	2,08,28,593
Total Contributions (OB+Monthly Inc)	20,59,29,348	11,50,707	20,70,80,055
Total Payments	2,13,40,737	11,50,707	2,24,91,444
CS Ending Balance (Includes BOB)	18,45,88,611	—	18,45,88,611
Monthly loss/gain			-16,62,850

Internal Contributions

Source	Unspecified	Specified	Total
Furtherance Entities	82,92,107	5,55,207	88,47,314
Guest Houses	34,30,321	46,340	34,76,661
Financial Services	30,00,000	2,69,770	32,69,770
Services	20,13,205	—	20,13,205
Aurovilians, Newcomers, & Friends	29,42,253	2,79,390	32,21,643
Internal Total	1,96,77,887	11,50,707	2,08,28,593

External Contributions

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



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

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

Community News

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends (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

Awakening Spirit

SAVITRI BHAVAN, MARCH 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
- **Glimpses of the Mother:** Photographs and texts In the Square Hall

Films: Mondays, 4pm

- **16 March: The Traveller and the Worlds, Part 1 of Sri Aurobindo's Savitri**

In the Dr. M. V. Nadkarni Memorial Lecture of 2013, Shradhdhavan 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 the poem and to our attempts to enter into the vision of Sri Aurobindo, which he has revealed for us and future humanity in his unique poetic masterpiece *Savitri*.

Aswapati is the Lord of Tapasya, the concentrated energy of spiritual endeavor, who seeks the means to deliver the world out of ignorance and helps humanity to ascend from the mortal to the immortal planes.

He is described as the 'Lord of the Horse' who has mastered all his life-energies, reaching the Overmind levels and taking up 'the reins of Cosmic Forces'. He totally dedicated himself to the Supreme Divine Mother, and thus became 'The Lord of Life'. Aswapati can be seen as one aspect of Sri Aurobindo, although not too literally.

Part One of *Savitri* had served Sri Aurobindo as a field of experimentation, and he spent most of his time composing and revising it. It underwent a considerable enlargement in 1937—1944, when the theme of Aswapati's Yoga (Book 1) and the detailed description of the Worlds and Planes through which he travels (Book 2) were expanded from 471 lines in January 1937 to over 10,000 in the final version. In Sri Aurobindo's own words, *Savitri* 'will be a sort of poetic philosophy of the Spirit and of Life'.

To the question "Where and what are these Worlds?", Sri Aurobindo answered: "They are here. Man draws from the life-world his vital being, from the mind-world his mentality: ...This material life and our narrowly limited consciousness of the physical world are far from being the sole experience permitted to man... As he mounts thus to higher and ever higher planes of himself, new worlds open to his life and his vision and become the field of this experience and the home of his spirit. ...Each ascent is thus a new birth of the soul." (Hymns to the Mystic Fire, SABCL 11, pp.24—25).

Regular reading of *Savitri* supports psychic and spiritual sensitivity and develops one's consciousness. The Mother stated that '*Savitri* is a Mantra for the transformation of the world' and 'the supreme revelation of Sri Aurobindo's vision'.

In this profound and joyful lecture on *The Traveller and the Worlds*, Shradhdhavan shares insights into the experiences of Aswapati and Sri Aurobindo's own yogic endeavour as recorded in his great poem *Savitri* and other publications. **Duration: 63min.**

The talk is available at the Savitri Bhavan website, without disturbing advertisements.

> <https://savitrirbhavan.org/>

> Study Materials

> Dr.M.V.Nadkarni Memorial Lectures >

- Link: <https://savitrirbhavan.org/pages/dr-mangesh-v-nadkarni-memorial-lectures>

It is also available for sale in a book and DVD formats at the Savitri Bhavan reception desk.

- **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.

- **13 March:** On the Importance and role of Music in Spiritual life—a power point presentation by Nethya
- **20 March:** Auroville 36 years of Research—a recorded video film
- **27 March:** Four Aspects of The Mother—a video by Audio-visual Department of Ashram



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."

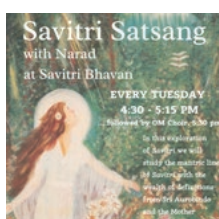
"... all the rest is preparation, while Savitri is the Message."

OM Choir

- **Fridays, 6pm @ Ashram School, Pondicherry**
- **Tuesdays, 5:30pm @ Savitri Bhavan, AV**

*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**

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. *Guided by Misha (Mike).*



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

- **Wednesdays, 4—5pm @ Sangam Hall**
- **18 March; 1 & 15 April; 6 May**



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 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**

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.

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.**

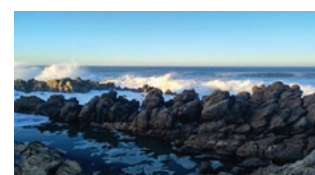
Inspired by Sri Aurobindo's poem "Invitation," written in 1908–09 in the Alipore prison, Poetry By Design invites you to stroll, pause, recite, read, linger, sketch—or simply BE.



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

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**

Light and Delight

- 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.**

Regular Activities

- Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- Mondays, 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) led by Dr. Jai Singh
- 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*

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.

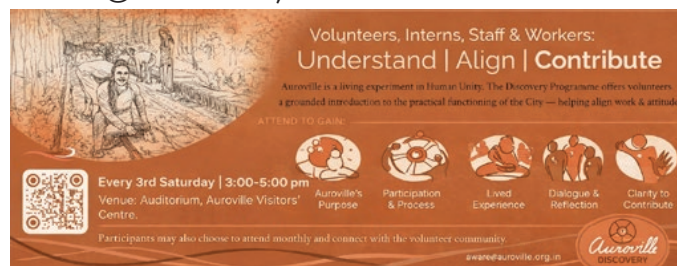
- Please contact Buvana 9443703287

Submitted by Grace

AUROVILLE DISCOVERY PROGRAM

Every 3rd Saturday 3—5pm

@ 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**

TALKS BY ELA THOLE

Integral Yoga of Sri Aurobindo and The Mother—Introduction

- 14 March, 9am—12:30pm

Join us for a reflective and insightful session with Ela Thole as she guides us through the essence of the Integral Yoga as envisioned by Sri Aurobindo and The Mother.

This workshop offers a space to understand the foundations of their teachings more deeply and places them in dialogue with the traditional paths of Indian spirituality.

Whether you are new to this philosophy or wish to deepen your practice, this session is open to all.

An Exploration of Shakti in Indian Traditional Spirituality and in the Integral Yoga of Sri Aurobindo

- 15 March, 9am—1pm

Shakti, the feminine creative power in the Hindu tradition, is recognized as the transformative energy leading toward the highest realization. She is the dynamic force that creates, sustains, and dissolves the universe, worshipped in many forms across the Indian spiritual tradition. In the practice of Integral Yoga, Shakti is understood as the leading force in the evolution of a supreme consciousness on Earth.

Open to all, this session invites participants into a deeper exploration of Shakti as a living, transformative presence.

Contact us to book your spot.

- Address:** Inside India, Office No. 2, Kalpana, Auroville
- Email:** info@insideindiaauroville.com
- Phone:** +91 8524953838/ 0413 2622047

Shaheen for Inside India

BHAGAVAD GITA CHANTING

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

All are welcome

For queries: vidyamandir@auroville.org.in

Deven

for Vidyamandir Auroville Team



BLOOMO! A SOULFUL FLOWER CARD GAME



Saturday, 14 March, 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



EXPLORING THE PARTS OF BEING

18 March—18 April, Every Saturday



A 4-Week Course for the Auroville Education Community

• Details:

<https://www.saiier.org/parts-of-being/>

Nilima
for SAIER—Teachers Centre
teacherscenter@auroville.org.in

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

Books

AUROVILLE LIBRARY

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.



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.

Contacts: 0413 2622894, avlib@auroville.org.in

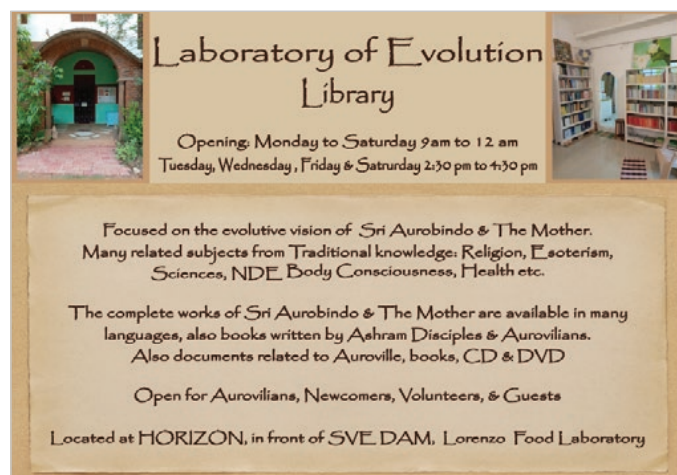
• <http://library.auroville.org.in/>

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

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

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

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—8:45am
- Pick up time 3:30—4:40pm (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

CORPORATE SUSTAINABILITY & UI/UX DESIGN

@ Yuvabe Education's Bridge Program

3-Month Courses

We're excited to announce two new opportunities for young adults in the Auroville Bioregion! Yuvabe Education's Bridge Program is launching **two completely free 3-Month Courses, starting September 2026:**



Courses, starting September 2026:

- **Corporate Sustainability**—Gain in-depth knowledge in climate action, ESG, circular economy, and corporate responsibility. Work on hands-on projects and learn from sustainability experts.
- **UI/UX Design**—Learn design principles, wireframing, and prototyping. Build practical skills through projects and create a portfolio to showcase your abilities.

Both programs are completely free for students and designed to prepare participants for meaningful careers. Top performers may also be eligible for internships with Yuvabe.

- [Apply now](#)

Course details:

- Course fee: Free
- Course launch: September 2026, duration 3 months
- Venue: In-person at Saracon, near Svaram, Auroville

For more details:

Flyer: [Flyer link](#)

Visit Website: <https://www.yuvabe.com/bridge-program>

Contact Us: 9677604467, bridge@yuvabe.com

We look forward to connecting with you!

Follow us on social media:

Instagram: <https://www.instagram.com/yuvabe.auroville/>

Facebook: <https://www.facebook.com/yuvabe.auroville>

Linkedin: <https://www.linkedin.com/company/yuvabe/>

Youtube: <https://www.youtube.com/@yuvabe.auroville/>

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

KUILAI CREATIVE CENTRE

Regular Activities

(A unit of SAIIR)

- 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

AI CLASSES

FREE

AI CLASSES ARE BACK!

RESTARTING WITH FRESH ENERGY

Hive
COWORKING SPACE

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

Health Care

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.

SANTÉ SERVICES SCHEDULE

March



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 Ezhil & Archana, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy 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: Not available
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**



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*

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

*Savithri & Paula,
+91 9130084284*

AURODENT CLINIC, MARCH OFFER



March Offer

10%OFF
Teeth Cleaning
+
20%OFF
Teeth Whitening

For Appointment
9629199328 0413-2622063 Email : aurodent@auroville.org.in



AURO DENT
@ Auromode

Our professional cleaning includes

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

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 @ Auromode
- Saturday: 9am—1pm @ Auromode

Jayasutha for Aurodent

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

MAATRAM

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

International

UNITY PAVILION PRESENTS

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. All Are Welcome

Aurovilians, Volunteers and Guests/ Visitors

Healing, clarity and conscious transformation



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.

• By Appointment: 9699930672 WA

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

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

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

Closing Ceremony of Helgard's Exhibition

- Wednesday, 18 March, 5pm

You are welcome to share your insights and experience on the expects of Suffering, Ageing, Death.

Closing the Exhibition with a short Fire ceremony.

All are requested to be on time, so that we can Begin and End together.

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 WEEK COLLECTIVE CELEBRATIONS

During Auroville Week this year, something quietly beautiful unfolded among several Auroville and outreach schools through an initiative of the SAILER-Pranashakti Project. Children and educators were invited into a shared process of meeting and creating, beautiful offerings together.



Over the course of the week, 600 children from five years old up to 18 stepped beyond the familiar rhythm of their own schools and entered into spaces of collaboration. Students from all Auroville and outreach schools from Creche, Kindergarten, Nandanam, Isai Ambalam, Transition, Uda-vi, Deepanam, Aikiyam to Last School, Future School, AIAT visited one another and worked side by side. In these encounters, children who had never met before found themselves imagining, building and creating together.

Many forms of art slowly emerged from these gatherings. One group of children created colourful hanging mobiles, each child shaping their own small figure from wire, beads and ribbons. These individual expressions were then brought together into vibrant collective forms, later installed in Solar Kitchen, Foodlink and PTDC, where they now move gently with the breeze, carrying the joy of the children's hands into everyday places of gathering.



Older students from Future School, Last School and AIAT worked together to paint a large blue wall, slowly filling it with delicate white leaf prints that seemed to appear like quiet traces of nature. Kindergarten children from all schools collaborated to create The Mother's symbol, which was later installed at the Town Hall as a colorful heartfelt offering of joy.

Throughout the week, moments of preparation also unfolded through schools helping with organisation, space, facilitation, raw materials. We gracefully received pressed flowers from Shraddhanjali and children gathered petals, arranged forms and explored creating beauty together. These gestures gradually moved toward the final offering for Auroville's birthday at the Banyan Tree.

Later that evening, educators and members of the community gathered at the Matrimandir Amphitheatre for collective chanting. The atmosphere carried a simple sense of gratitude, for the beauty that had unfolded, and for the possibility of coming together in this way.

Across the week, what emerged was a magical experience of what came alive as children from different schools met in a shared movement of creation and offering. It felt that in such moments of connection and creative collaboration to create beauty and offer it to the community, we felt the quiet magic of Auroville radiating and growing through them.



Shaily for Pranashakti Team

AUROVILLE TANGO FESTIVAL #13

Last milonga & performance of visiting artists
Sunday, 15 March, 7:30pm @ SAWCHU

This week holds the 13th Auroville Tango Festival, bringing together 200 dancers from across India as well as a international artists for 5 days of intense study, dance and deepening.

Will be our last milonga and the performance by our visiting artists.

For those who have enjoyed these Tango journeys of the last decade and a half, please join us.



Maud for Auroville Tango Team

Theatre, Music & Arts

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 Dhandhanian, 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

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



Anandamayai

YOUTH CHOIR END OF SEASON CONCERT

Saturday, 14 & Sunday, 15 March, 7:30pm @ CRIPA
Food & drinks served from 6:30pm



Join us for a special evening of music as our Youth Choir celebrates the end of the season with a beautiful and inspiring concert.

Limited seating available, please book your free tickets in advance by scanning the QR code or following the link: <https://buytickets.at/cripa/2077592>.
Laura

UNSPEAKABLE

Saturday, 21 March, 7:30pm @ CRIPA

Food & drinks by Vishnu served from 6:30pm

Dance/ movements expression of human emotions. Hidden behind the intellectual understanding. Is there a possibility to feel only anger? Is the anger a result of disappointment? Or attachment? Can we feel only one emotion? The body speaks...

Dance/movements by Caro with vocal live accompaniment by Shalini and video projections.

Submitted by Laura



BHRIGU SAHNI LIVE: BEFORE THE BLOOM

Sunday, 29 March, 7pm @ CRIPA

Food & drinks by Vishnu served from 6pm

Before the Bloom is an intimate solo evening of original songs in Hindi and English, shared in a space of transition. Having recently completed his third album, Bhriugu finds himself in the stillness before it meets the world. This concert brings together songs from earlier chapters alongside newer, unreleased pieces—music shaped by reflection, love, presence, and change. The evening invites you to listen closely, soften a little, and leave feeling slightly more open than when you arrived.

Genres: Singer-songwriter/ Ethereal Folk / Acoustic

Submitted by Laura



ORIGINAL PIANO AND MELODICA

Thursday, 12 March, 6:30pm

@ the Right Path Cafe, Visitors center



Join us for a peaceful evening

Lee for the cafeteria team

OF BEING AND BECOMING

@ Maroma Art Gallery, MAJI

21 February—4 April

@ 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
maj@maroma.com

Dance Activities

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

- Monday, 8pm: Introduction to Tango
- Wednesday, 7:30pm: Practica
- Friday, 6:30pm: OpenSource
- Saturday: Bi-monthly Milongas

No partner required. Bring socks or dance shoes. And plenty of joy!



+91 9821166082,

tango@auroville.org.in, Aurevan

DANCE CLASSES BY MANI

Tango Dance Evenings

- 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

- 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

Caveri Suresh, a Bharatnatyam Dance teacher for 27 years, is offering this class to **Beginners, Intermediate and Advanced** students.



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

DANCE, MOVEMENT AND BALLET FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

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

Contact Fleur for enquiries:

- +91 9600225764

Fleur

Theatre, Music & Art Activities

THE AUROVILLE HARMONIES RECRUITS



After the recent success of its performances 21, 22 and 26 February, the women's choir **Auroville Harmonies** continues its exploration of worldwide songs.

If you are interested, please contact Antoine for an audition: antoine@auroville.org.in

Antoine

CREEVA: ART ACTIVITIES

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

BASIC ANALOGUE PHOTOGRAPHY

darkroom workshop by Sasikanth Somu

26, 27, 28 March @ Centre d'Art Gallery, Citadines



Program & Timings:

- **Thursday, 26 March, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 27 March, 9am—2pm:** Film photo shoot (in your own time), 2—5pm: Develop your roll of film.
- **Saturday, 28 March, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

Participants are required to be present for all three days.

The workshop fee:

- For Guests: Rs.3000 incl. GST.
- The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville.
- Registered Volunteers are requested to provide the details of their registration with ATR Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher

- Sasi: sasi@auroville.org.in, +91 9159355809 WA

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

Sergey, for Centre d'Art

SVARAM ACTIVITIES

Sound Healing Session

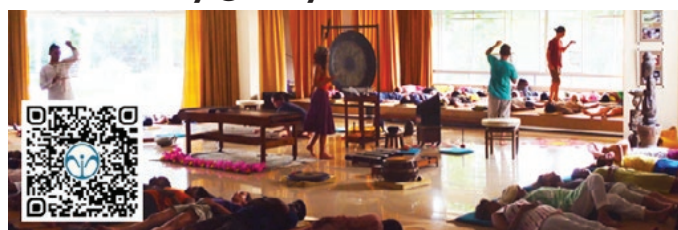


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

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/>

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

VOCAL & BODY RHYTHM WORKSHOP

Monday 16, Tuesday 17 & Wednesday 18 March
9am—1pm @ CRIPA, Small Hall



Flow with your body rhythm and sing with your real voice.

Workshop Flow Highlights

- **Day 1:** Build rhythm awareness + vocal foundation.
- **Day 2:** Deepen vocal technique + ensemble harmony.
- **Day 3:** Balance—playful games, technical exercises, creative group work.

Outcome: Participants connect with their body rhythm, discover their authentic voice and experience collective music-making.

- Contribution for 3 days: Rs. 3000.
- Aurovillians, newcomers & volunteers: 50% discount.
- Workshop designed for no less than 8 people.

Please register:

- +63 80948930 WA, shakti@auroville.org.in

Submitted by Laura

OPEN CALL TO PERFORMERS for Auroville's Got Talent

Saturday, 28 March, 6:30–8:30pm @ Yuva Sangha (Kailash)



Auroville's Got Talent is an open mic for anyone young, old, or in-between to come and express what they love. Music, dance, poetry, stand-up, movement, or something completely your own... It's all welcome.

It's a warm, lively space where the crowd is on your side, cheering for you as you try something, share something, or simply step onto a stage for the first time.

- To register, please scan the QR code provided or [click on the link](#).

We're gathering on Saturday, 28 March, 6:30–8:30pm at Yuva Sangha (Kailash) to celebrate expression, confidence, and creativity together. If you feel it, try it! **Gautam**

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



LOOKING FOR ACTORS/ THEATRE ENTHUSIASTS

For an upcoming play based on Pushkin's short plays (Covetous Knight, Stone Guest). Age group 25+ both male and female, performance early May.

- **Contact:** +91 9597491652 WA

Rupam Mishra

Sports & Martial Arts

BUDOKAN: CLASS HOURS AND 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

Aikitaïso

- 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

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

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

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, wear, 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



MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings



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



Grappling and Rudiments of Martial Arts for kids

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



Monisha

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

AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring. We play futsal in Dehashakti. If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

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



Boys 16yo+ are playing

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



Submitted by Beber

MORNING SWIMMING CLASSES FOR CHILDREN

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!

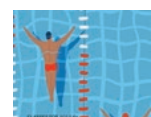
- To enquire: +91 8940288090 WA Sonia and Ana



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. @ Auroville, flexible timings available 8637633696, Mani

Bioregion, Crafts & Nature Activities

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.



Drum circle: 18, 25 March

- **Wednesdays, 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

- **17, 24 & 31 March, Tuesdays, 5—6:30pm**

Connect to your inner self through vibrations & divine chants.



Awaken the heart: Cacao & sound journey by Lakshmi

- **13, 20 and 27 March, 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

+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

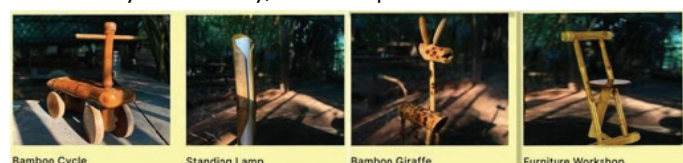
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



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



Pre-booking is necessary for registration:

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

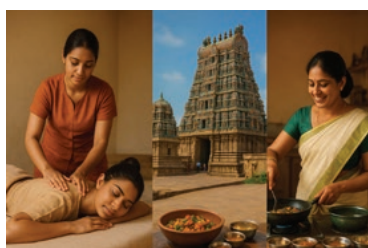
Balasundaram

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

MIRACLE OF SOIL REGENERATION

Sunday, 15 March, 8:30—11:30am
@ Pebble Garden

How to Rebuild and Revive Agricultural Soils



A Hands-on Intensive workshop with Bernard and Deepika

- Register: 8148715966 WA

Deepika

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
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

ENLIGHT



Arun, Anand and Balaji
for Enlight Team

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

AuroOrchard is Auroville's oldest farm, founded in 1968-69 under the guidance of the Mother with the vision of "growing food for Auroville." Spread over 25 acres of red earth on the eastern coast of Tamil Nadu, AuroOrchard has been a cornerstone of Auroville's food system for more than five decades. Today, we produce over 50% of the fruits and vegetables and 90% of the eggs from Auroville farms.

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

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

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



CSA baskets

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

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



Volunteering

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

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

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

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

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



Anshul

SADHANA FOREST Plant based Saturday

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

ACTIVITIES BY INSIDE INDIA

Inside India Office, Kalpana Community

Saree Draping Workshop

- Tuesdays, 10am onwards

Explore the Timeless Beauty of Six Yards. Uncover the timeless beauty of the saree through an interactive, hands-on draping experience.



Learn classic and contemporary drapes, understand fabrics, pleats, and styling—while reconnecting with a garment that carries stories, heritage, and celebration.

- No prior experience needed (beginner-friendly)
- Open to all bodies, gender & ages
- Sarees provided and available for purchase/ Bring your own

Join us and wear tradition with confidence.

- Register now: +91 8524953838

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

UPCYCLING OPEN STUDIO



Open Studio Mornings
Every Tuesday from 9am to 12.

- Discover the fundamentals of upcycling
- Tour the studio
- Purchase or place orders for upcycled items
- Join our "Make Your Own Upcycled Item" workshop

📍 Location : Recentre, Ok Upcycling Studio
☎ Tel : 6384043908



Every Tuesday 10am—12pm

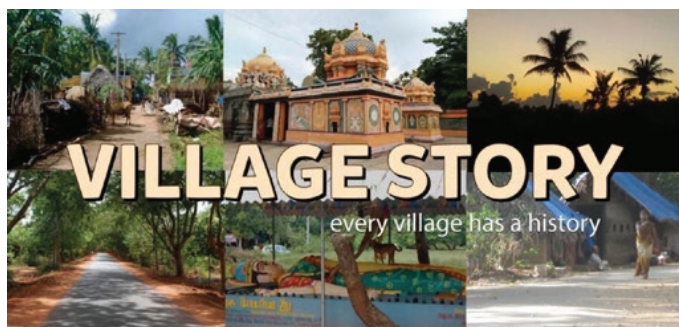
@ Ok Upcycling Studio, Recentre

- 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

EGAI EVERYVILLAGE

Skill-cation: Experiential Learning



Egai EveryVillage is an in-Auroville community 2 to 3-day educative experience teaching real, usable skills, initiative focused on skill-cation in arts and crafts **customized to the learners' needs**—an experience, a form of self-investment both skilling and vacation. Exploration today is not just about sightseeing and relaxation; it's trips and tours to acquire or enhance a skill—whether it's cooking local cuisine, pottery, photography, yoga training, scuba diving, language learning, farming, eco-conservation.

Skillcation is a shift in the traditional perception of travel. For learning travellers, these small breaks and learning pursuits are a way to recharge, improve focus, and build transferable skills such as problem-solving, creativity, adaptability, and resilience. It involves smaller groups, focused stays, and involvement with Auroville and local village communities.

Anand, 9791896488,
egai@auroville.org.in

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



Looking For

Delivery of laptop from Frankfurt

looking for someone coming from Frankfurt, Germany to AV who could bring my laptop. rosinchen2001@gmx.de

Rosa

Long-Term Accommodation or House-Sitting

My name is Neel, I am a Newcomer who has been living and working in Auroville for about a year and a half, mainly at Savitri Bhavan. I am looking for long-term accommodation or a house-sitting arrangement of six months or more.

I am quiet, respectful, and will care for any space entrusted to me with simplicity, beauty, and sanctity. If you have availability or know of someone who does, please let me know.

Neel,
neel@auroville.org.in,
9818022420

Taxi Share

To Chennai Airport, 21 March, 8:30pm

To stay eco friendly am very willing to share a taxi from Auroville to Chennai airport on Saturday, 21 March 2026. Departure from Auroville Town Hall at 8:30pm (20:30).

- Contact +34685673777 WA
- or srimaa221@gmail.com

Sunny

Office Spaces

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

Hive Coworking Space Open House



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

Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—all for free on our weekly Open House. 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 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 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

Spaces Available at Ecoteco Campus Building

There are two spaces available for use at the Ecoteco Campus Building in Reve Area:

- 118 sqm Office Space
- 67 sqm Godown Space.
- 9443960008, Diana; 9894442349, Prabhu

Diana

Honorary Voluntary

AUROVILLE PRE-CRÈCHE

The Auroville Pre-Crèche is looking for volunteers to join our small and dedicated team supporting the youngest members of our community.

Working with children between 8 months to 3 years provides a hands-on learning opportunity in early childhood care and a gentle introduction to the principles of Integral Education as practiced in Auroville.

Volunteers will work closely with experienced Pre-Crèche facilitators and gain insight into the thoughtful rhythms, observation, and care that shape the first years of a child's life.

Couples considering becoming parents, may find this experience enriching as it offers a meaningful way to experience daily life with young children.

Minimum commitment:

- One months commitment for minimum 3 days a week, 2 hours per day.
- Our working hours are 8:30—1pm, Monday to Friday

If you feel called to support this space of early childhood care and learning, we would be happy to hear from you.

Please contact us: avprecreche@auroville.org.in

- WA (text only):
 - +91 98431 16948, Suganya
 - +91 90476 63217, Thamu

Nilima for AV Pre Creche

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

Work Opportunities

LOOKING FOR AN EXPERIENCED KNITTER!

Paid work for a simple fun project. Please get in touch.

Sangeet, +1 514 516 2894 WA

AWARE:

Looking for media & comms specialists



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

AUROVILLE WATER SERVICE

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

LIVING ROOM CAFÉ

The Living Room Café is looking for a waiter barista.
send resume to tlr@auroville.org.in

Satyakam

Animal Care

URGENTLY SEEKING VOLUNTEERS for Dog Shelter

Aurovilians & Newcomers Welcome

We urgently need volunteers to support our rescued dogs.

Needed:

- Medical support (vets, vet students, assistants)
- Essential supplies (food, medicines, blankets, cleaning items)
- General shelter care

Every small help makes a big difference.

Contact:

- 9443203092, aurovilledogshelter@auroville.org.in

Dr. Kumar, Sugar, Shanthi



FREE RABIES VACCINATION

10am—12:30pm @ Solar Kitchen, cost: Free

We would like to inform you that a Rabies Vaccination Campaign for dogs (community dogs as well as pet dogs) will start this Saturday.

We warmly welcome you to bring your pet dogs and also community dogs, preferably with a collar and leash for safe handling.

- If you have any questions, please feel free to contact us: 9443203092

Thank you for keep our dogs and community safe from rabies.

About Rabies

Rabies is a deadly viral disease that affects the brain and nervous system of animals and humans. It spreads mainly through the bite or saliva of an infected animal, especially dogs. Vaccination is the most important way to prevent rabies.

• Rabies Vaccination for Dogs

First vaccine: At 3 months (90 days) of age

Booster dose: 2 to 3 weeks after the first vaccine.

Regular vaccination: Once every year.

This protects the dog and also prevents transmission to humans.

• Rabies Vaccination After Dog Bite (For Humans)

If a person is bitten by a dog or suspected animal:

- Immediately wash the wound with soap and running water for 15 minutes.
- Apply antiseptic (povidone iodine or similar).
- Visit a doctor immediately for vaccination.

Post-exposure vaccine schedule:

- Day 0—first dose (day of bite)
- Day 3—second dose
- Day 7—third dose
- Day 14—fourth dose
- Day 28—fifth dose

In severe bites, doctors may also give Rabies Immunoglobulin (RIG).

• Important Points

Rabies is 100% fatal once symptoms start, but 100% preventable with vaccination. All dogs should be vaccinated yearly.

*Dr. Kumar
for Auroville Dog Shelter Team*

Ecology

REPAIR IT. SORT IT. SAVE IT.

Tuesdays, 9:30—12:30, Road to Vérité
before The Sprout Cafe turn



Your new Tuesday morning ritual: Repair it. Sort it. Save it. Every week, a small crew gathers at EcoService to give electronics and household goods a second life — and honestly, it's one of the best mornings of the week.

Come for the purpose.

Stay for the kittens and chai. Open to everyone.

Darren, 9600263842

For Your Information

WE DID OUR BEST: SPECIAL PIZZA PARTY

Friday, 20 March @ Youth Center

Food will be served from 6:30pm

Dear Sisters and Brothers, we did our best. Maybe we don't care enough, maybe we care too much or maybe we don't care the right way but, anyway, we have reached our limits. Marie will leave on 25 March and the rest of us in April and May.

We would like to celebrate those intense years spent with you all with a special pizza party on Friday, 20 March at Youth Center. Please, be our guests. Food will be served from 6:30pm.

We'll have Révelation's secret mixed citrus juice, a bonfire, a fundraising table for Mélusine (who is going to volunteer in Japan with AVI), maybe some music and everything you would like to organize/ offer for this community gathering.

*Julien, Marie, Mélusine,
Célestin, Félicien and Valentin.*

Voices & Notes

AUROVILLE RADIO TV

Your favourite radio is always working for you.

Stay Tuned!

Last published Podcasts

- [Gangai Amaran in Conversation with Arivan : Music, Devotion, and The Mother \(in Tamil\)](#) (Interview)
- [Marlenka's weekly Offering—Ep.166](#) (Literature)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari—B 1, C 27: "The Sevenfold Chord of Being"](#) (Sri Aurobindo)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif—Book 1—Introduction & Prologue](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz—A Book Read by Shalev—P1, C2 : "Natural Immunity"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.528](#) (Integral Yoga)



Latest Youtube Videos

- [Cognitive Transformation and Psychology for Healing Mental Health with Geshe Dorjee Damdul](#)
Note: The above link leads to a playlist with all the sessions of the 3-day teaching Programme
- [Savitri Ep 12: Introductory Comments in Tamil by Dhanalakshmi](#)

Upcoming Video—Join Us Live

- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day1](#)
- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day 2](#)

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

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

Sai Priya
for AurovilleRadioTV

THE TRUE MISSION OF MAN

"To those whose work is to govern or to lead. When you want to please the people, you let things go as they are, waiting for Nature to impose her progress upon man. But this is not the truth of the creation. The true mission of man is to impose his progress on Nature."¹ — The Mother



In the context of this conscious, willed progress, this talk on the **Resurgence of Mother India** is a must-watch:

- <https://youtu.be/UN8mVLrUoM>

We can clearly see from current developments the unfolding of the avatic vision-goal of our founders, Sri Aurobindo and The Mother. From even before its material inception, Auroville has progressed as laid down in our **Integrated Core Guiding Documents: A Dream, The Auroville Charter, and To Be a True Aurovilian**².

We also recognize the necessity of the full participation of the Government of Mother India through the Auroville Foundation Act. This ensures the legal protection and national support required for the Divine Advent in this designated City of Dawn, regardless of how many generations it takes. **As a synthesis of Spirit and Matter, our Prime Directive remains:**

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent."³ — The Mother, *To Be a True Aurovilian*
Consciously, we continue on with our progressive perfection.

¹ <https://incarnateword.in/cwm/15/government-and-politics>

² <https://auroville.org/page/core-documents>

³ <https://auroville.org/page/a-true-aurovilian>

Note:

To 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



Poetry

BORDERS

There is a river that flows with emotion,
Where birds sing the same song before dawn
And fly in limitless bounds.
There is Autumn, when leaves make a colorful bed,
And Winter curls into the old huts of the soul,
Bringing cracked smiles to the skin of children.
The same Summer blows from the West
To kiss the skin of an enamored woman.
Perhaps the colors differ, as mountains there
Were plucked from an unhackneyed sky
And offered to roaming herdsmen.
Perhaps customs differ, as a mad wind
Created a new God,
Or clothes differ, as their soil was stolen from a lost monk.
But love grows the same way on the trees of souls
As it does on this side of the wall;
Blood flows the same way beneath the skin
As it does on this side of the wall.
When we judge their system as "different"
Without reading the unwritten stories of their lives,
The laws of the soil, or the tall mountains,
Or how every dune of the desert carries
the weight of ages—
The wall grows taller and thicker,
Until even a bullet cannot dissolve it.
We write books without reading their souls,
While iron-hearted soldiers try to pierce the body
Without speaking to the vast silence within.
When they fall, the tears are the same
On both sides of the wall.

Vivek Singh,
Needam—Certitude

COSMIC BIRTH

Where
In the temple of our illusions
Do we mount
Our broken idols
And our broken dreams?

What lamps do we light
To see the cracks

In the smithy of our soul
In the marrow of our being?

On what fingers of our hand
Do we keep the broken rings
Of our broken promises
So sumptuously made to the kings?

For eons our wings of wax
Have been melting away
In pain and in profusion
And our flight to the sun
Seems nothing but
A slumbering delusion.



But Lo, and Behold
 Behind the veil
 There is a light
 A beckoning light

With all those broken idols
 Of stone and glass
 Of bronze and gold
 We may yet build a new temple
 Of a new mold.

A new cocoon is heaving
 On every milk weed
 With these broken wings
 We are destined to become
 A new butterfly
 To soar yet again
 Across the mountains
 To a new Point Pelee

We will fly
 Beyond the dark clouds '
 To the distant stars
 In the new, unknown Milky way
 Illumined by the light of
 A million fireflies
 Who too are discovering their way.

Go
 Look behind the veil
 Dare to break the Mundane Shell
 And discover a new umbilical chord
 To find sustenance
 From the Eternal Mother
 For your Cosmic Birth
 To be born again
 And again
 And yet again.

Sehdev Kumar

COPYCATS

The cat walks
 Down the avenue,
 Each step a stately gait,
 A wordless statement.
 Beware
 Of the copycats.

Anandi Z.

Foods, Goods & Services

GAS BOTTLE SERVICE

For Indane gas users:

- Customers with one cylinder will need to wait 21 days for the next refill.
- Customers with two cylinders will need to wait 30 days for the next refill.

Thank you all for your cooperation and support.

In the meantime, we kindly suggest using an induction cooktop as an alternative if possible.

Velu or Auroville Gas Service

PT PURCHASING SERVICE

Opening Hours

Please be informed of the opening hours of PT Purchasing Service

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

PTPS Food Market Day

PTPS FOOD MARKET DAY

SATURDAY 14 MARCH 10 A.M. — 3 P.M.

Join us for a range of **ARTISANAL** Products and Fresh Meals prepared at PTPS by the in house Chef

PROUDLY AUROVILLE

FREE OF ADDED ARTIFICIAL:

- PRESERVATIVES
- COLOURANTS
- FLAVOURS



Conscious Food



Menu

Salad

- Greek Salad
- Potato Salad

Creamy Vegan Soups

- Pumpkin
- Carrot
- Zucchini
- Crostini

Snacks

- Crostini
 - Caprese (Pesto)
 - Roasted Tomato (Vegan)
 - Roasted Capsicum (Vegan)
 - Smoked Chicken
- Rice Paper Spring Rolls (Vegan)
- Empanada

Meals

- Pasta: (Vegan)
 - Penne Pomodoro
 - Fusilli Pesto
- Wraps (Vegan)
- Quesadilla
- Omelette Folded with Caramelised Onion and Mushroom (Japanese Style)

In Store Jar Items (Vegan Certified)

- Soups
- Pasta Sauce
- Sweet Chilli Sauce

Desserts

- Muffins
- Caramel Custard
- Lemon Tart

Pre-Book and Collect at PTPS:
 +91 7397005693(WA), Vishnu

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

*Auromode
 Restaurant*

LIVING ROOM CAFÉ



+91 9566142115, Satyakam

RIGHT PATH CAFE



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 Aurovillians, Newcomers, Volunteers with Aurocard and registered Interns.

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriaavc@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, cafeteriaavc@auroville.org.in

Kyoung Hyoun Lee

GOYO KOREAN SILENT RESTAURANT



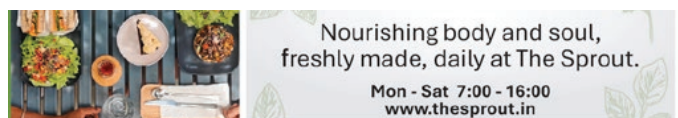
@ Luminosity Auroville, book one day in advance

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

+91 9489693809, goyo@auroville.org.in, Won Ja

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:** Aurovillians 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

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

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 (Aurovillians 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

NATURELLEMENT GARDEN CAFE

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*

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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99



Submitted by Shiva

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

INTEGRATED TRANSPORT SERVICE



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

Shared Transport Service

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



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

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

Contact: 8098776644/ 9442566256

- its@auroville.org.in

Rajesh.D

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

**LOOKING FOR
A NEW WAY
TO GET AROUND?**

Rent an
e-cycle or e-scooter
from Kinisi

25%

discount at Kinisi Cowork
for the same duration

Offer valid till 30th November

CSR Campus, 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 (Humvee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



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

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

*Govindaraj & B
for Qutee Electric Scooter Service*



SUNRISE TAXI SERVICE
A Unit of Auroville Foundation

Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592
Office cell: 8610915429
sunrisetaxi@auroville.org.in
www.auroillesunrisetaxi.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.



- Utsav Phase—1A, 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



INSIDE INDIA



New! Indian Visa Assistance Services by Inside India

We provide professional assistance for applying for Indian visa extensions and exit permits through the E-FRRO portal. Our team will guide you through the entire process, including document uploading, online application submission, and follow-up with the E-FRRO portal.

Foreign nationals who require assistance with visa extension or exit permit applications are kindly requested to visit our office with the necessary documents, such as passport, visa copy, photographs, C-Form, request letter addressed to E-FRRO, and supporting travel documents. We will be happy to assist you and provide proper guidance to complete the procedure smoothly.

Inside India Travel Agency is Now Your Complete International Courier & Cargo Collection Center

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

Our Services Include:

Europe & UK Deliveries:

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

Australia & New Zealand:

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

Southeast Asia:

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

Individual Travel Insurance by Bajaj Allianz

Inside India is now offering Travel Insurance to ensure safe travels and a smooth journey for you from the start till the end! Travel comes with risks—delayed baggage, lost passport, or sudden illness. Individual travel insurance ensures financial protection, quick assistance, and peace of mind wherever you are.

Key Features of Bajaj's Travel Insurance:

Global 24/7 assistance, Covers medical emergencies, trip delays/cancellations, lost belongings, and even home burglary while you're away. Quick and hassle-free claims with fast settlement.

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

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

FRESH COW DUNG AVAILABLE

@ Siddhartha Farm

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

Herbert

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.

Daive

RAPID CARE SERVICES

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



Services offered

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

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

Balaji & Arun

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

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

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

Classes, Workshops & Healing Arts

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

CREATE CONSCIOUS WEALTH

Starting 16 March, 12:45—13:45pm,
4-day workshop

I'm super excited to offer a 4-day workshop (plus 1 bonus day!) on **Becoming Friends with Money**. The 4 Day Challenge for 20 Persons who want to Create Conscious Wealth.

Will you join us?

In just 4 days, I will show you a simple and powerful way to build Wealth in your life—even if you feel like it's out of your reach!

What will you experience?

In this 4x 1 hour workshop, from 12:45 to 13:45, you will learn about how to relate to money, how to reprogram your subconscious mind to align itself with limitless abundance and financial freedom.

- You will learn about the laws that money works by, and how to work these laws for your benefit.
- Scarcity and lack come from completely ignoring these laws. And are a result of money paradigms you don't even know you have.
- There is no shortage of money, only a shortage of people with the right thinking about money!

I am looking forward to sharing what I have learned and experienced with my mentor in 2025.

Sign up now, and don't miss your chance to come out of financial struggle!

- Reserve your spot! Call or email Pitanga: 413 2622403, info@pitanga.in

Ange Sabine Blanchflower

ONE-DAY ANAPANA (BREATH AWARENESS)

Meditation Course for Teenagers

(Ages 13—18)

Saturday, 21 March, 8:30am—2:30pm
@ SAIER Hall

- **Course Language:** English (English fluency is necessary)

This one-day Anapana meditation course for teenagers will introduce the practice of mindful breathing in a peaceful, supportive environment.

What is Anapana?

Anapana is the ancient technique of observing the natural breath: simple, yet profoundly effective in developing concentration and self-awareness. Taught in the tradition of Vipassana meditation, it helps children calm their minds, improve focus, and cultivate positive qualities such as patience, gratitude, and compassion. Many students find that regular practice enhances their ability to manage emotions, study with clarity, and interact more kindly with others.

- **Lunch:** Vegetarian lunch will be provided.
- **Dress code:** Students are requested to wear loose, comfortable clothing with sleeves suitable for sitting cross-legged on the floor. No shorts please.
- **What to bring:** Water bottle ONLY. All other materials will be provided.
- **Parents:** Please drop children at 8:30am and pick them up at 2:30pm.

Please spread the word among friends and family so more children can benefit from this beautiful practice.

[Registration compulsory](#), by Thursday, 18 March:

- **For details:** +91 8807434864 WA
- Attendance to the entire day is compulsory
- [Map](#).

Laure

LONELINESS LISTENING CIRCLE

Friday, 13 March, 6—8pm



Most of us share the experience of coming to Auroville because we could not fit into the old culture and values. Our aspirations, joy, and pain were not seen, heard, understood, or valued enough, which created a sense of loneliness. This sense of loneliness can stay within us, often without our awareness, even after coming to Auroville, and may limit the way we live here.

Loneliness can be present even when one has friends, relationships, or spends a lot of time with people, if one is not seen and heard for who they are and what they are experiencing. Often, it remains unspoken and quietly carried.

This listening circle intends to create a space for authentic human connection through sharing without the fear of being judged, and through pure listening without thinking of a reply.

All participants are required to consent to a confidentiality agreement before joining the circle. No contribution is expected; you may offer a donation for the hall if you can.

Guests are also welcome to join the circle.

- [Register here](#) before 5pm on the day of the circle.

Raamkumar,
9943211101

ATB 2 WITH HONOR & VEGA

Friday, 27—Sunday, 29 March,
8:30—4:30pm



Awareness Through the Body

ATB 2 with Honor & Vega

27 - 29 March 8.30am - 4.30pm

Advance registration required:
Please fill the [Google form](#) or scan QR:
dancingtree.smile@gmail.com



Awareness through the Body (ATB) 2 is a three-day workshop for those who have already experienced the basics of ATB and wish to deepen their embodied awareness (we request that ideally you have attended the ATB 1 module or at least a 3-hour introductory workshop).

Over these three days, we continue exploring how attention, sensation, movement and form interact, allowing awareness to become more stable, subtle, and alive in our daily lives. For this, we explore notably the context of the group and our emotions to bring ourselves to a space of deeper self-awareness.

- Prior registration and further details: [at this link](#).

Honor

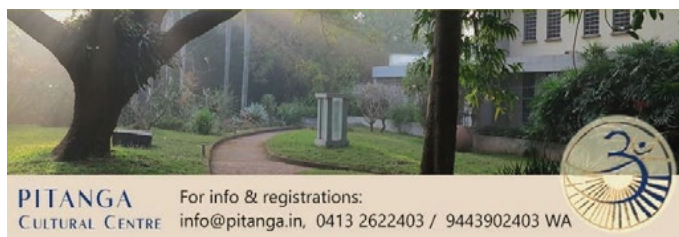
NADIA LABIOD @ ARKA



Submitted by Nadia

PITANGA CULTURAL CENTRE MARCH

Yoga and Classes



Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy, not on 9/03	8–9:30am	Gala
	Doing No-Thing Consciously	4:15–5:15pm	Mike
	Iyengar Yoga, not on 2/03	5–6:30pm	Olesya
Tuesdays	Yoga: Restore & Relax	4–5:30pm	Florina
	Kundalini Yoga	5:30–7pm	Bel
Wednesdays	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Dynamic Yoga Flow	5:30–7pm	Florina
Thursday	Iyengar Yoga	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriyagandhi
	Iyengar Yoga	5–6:30pm	Olesya
	Yoga: Restore & Relax	5:30–7pm	Florina
Friday	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
	Dynamic Yoga Flow	5:30pm–7pm	Florina
Saturday	Iyengar Yoga	6:45–8am	Olesya
	Breathing & Mudras	8–9:30am	Gala
	Kundalini Yoga	10–11:30am	Bel
	Truth Based Relationships, practical sessions	2:30–4:30pm	Juan Andres
	Iyengar Yoga	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families, not on 5/03	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
Jivatma	Sarga Bodywork®
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 with Bel

- Tuesdays 5:30–7pm & Saturdays 10–11:30am

Every week we explore a different kriya. 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

ACTIVITIES BY DR. ADITYA VARMA @ PITANGA

Nejang Yoga Workshop

Tibetan Therapeutic Movement for Inner Vitality
Saturday, 21 March, 10am–1pm, @ Pitanga

Nejang (Tibetan: གཤམ་པར་ལྷོ་ལྷོ་) is a traditional Tibetan healing yoga from the Tibetan Medicine tradition and derived from Kalachakra Tantra, designed to purify the inner organs, balance the constitution (vata, pitta, kapha) regulate subtle energies, and restore balance to body and mind.



Rooted in the medical and yogic sciences of the Tibet, Nejang combines gentle movement, breath coordination, self-massage, and mindful awareness to cleanse energetic channels and awaken natural vitality.

- Prior registration required (please contact Pitanga)
2622403 / WA 9443902403, info@pitanga.in

Trauma Release & Regulation Workshop

- Practical sessions
- Monday 23—Thursday 26 March, 11am—12:30pm

A guided experiential session supporting trauma/tension/nervous energy discharge, muscular de-armouring, and autonomic regulation.

- Restore natural tremor.
- Release stored tension.
- Reclaim regulation.

Attending all sessions is recommended but not compulsory.

- Prior registration required (please contact Pitanga) 2622403 / WA 9443902403, info@pitanga.in

Anandamayi



QUIET HEALING CENTER



www.quieth healingcenter.info, quiet@auroville.org.in

+91 9488084966, Mobile & WA

Woga® 1&2 (Yoga in Water) with Tamara & Prema

- 18—19 March, 8:45am—6pm, 12 hours
- **Prerequisites:** no previous experience required (also no need to know how to swim).

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height.

Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.

Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

Clinical Watsu® 3 with Elisa Munoz Blanco

- 20—25 March, 8:45am—6:30pm, 50 hours
- **Prerequisites:** Watsu 2 & DoM Watsu 2.

This advanced course is designed for students, who have demonstrated mastery of Watsu 2, as well as certified practitioners eager to expand their clinical skills and therapeutic applications of Watsu.

Discover fascia as a dynamic, integrative system—the connective tissue that links every part of the body. Through mindful movement and stillness, you'll explore the body's inherent unity and learn to restore the natural communication between its parts, reawakening the body's capacity for healing.

During this six-day journey, you'll be guided through a carefully structured "menu" of techniques, allowing you to approach the body holistically, always respecting its natural rhythms and inherent movement.



Tantsu® 1 with Xavier Boisson & Dariya

- 25—31 March, 8:45am—6:30pm, 50 hours
- **Prerequisites:** no previous experience required

During the first four days, you will be exposed to the basics of Tantsu: cradling someone in a comfortable hold, which gives access to a deep level of relaxation and stillness. The micro-movements that appear will guide your movements, stretches and rotations of shoulders, arms, hips and legs, thereby releasing blockages in the energy flow.



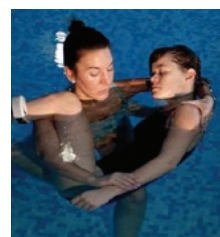
The following two days will take you deeper into body-listening and exploration of various possible body movements. You will also gain knowledge about meridians, hara, and the connection between mind and body.

In Tantsu, the unconditional holding of Watsu is brought back onto land. It offers a deep state of listening and creates an unconditional union and cradle of connected breath and presence. The trust established by this cradle and its creative exploration make it ideal for giving a Tantsu session to anybody.

Watsu® 1 with Elisa Munoz Blanco & Fred

- 27 March—1 April, 8:45am—6:30pm, 50 hours
- **Prerequisites:** no previous experience required

Created by Harold Dull in the 1980s, Watsu is given in a warm water pool (ideally 35°C) and known as the mother of all other aquatic bodywork modalities. In this course, you will first learn the basic movements and positions of Watsu. Then, you will connect them with long, gracefully flowing transitions and adapt to people of different sizes, shapes, and dispositions.



You will also practise basic qualities such as grounding, presence, stillness, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

By the end of this course, you will have learnt the complete Watsu 1 sequence for further practice sessions till you feel ready to move on to Watsu 2.

Guido

LEELA THERAPY

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

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

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

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

For more details see www.innersightav.org or

- contact Kardash +91 9940934875 WA

Kardash

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



VÉRITÉ PROGRAM, MARCH

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 Yoga Practice	9:15—10:15am	Keshav
	Gentle Energy Yoga Flow	10:45—11:45am	Mani
	Restorative Yoga	3:30—4:30pm	Mani
	Deep Sound Bath	5—6:30pm	Satyayuga
	Vinyasa Yoga	5—6pm	Meghan
Tuesdays	Sivananda Hatha Yoga with Chanting	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Vinyasa Yoga Flow	10:45—11:45am	Meghan
	Pranayama & Vocal Toning	03:30—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
	Somatic Explorations (no class on 25 March)	9:15—10:15am	Radhika
	Yoga for Back Care	10:45—11:45am	Keshav
	Hatha Yoga	3:30—4:30pm	Ivana
	Vinyasa Yoga	5—6pm	Meghan
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga with Chanting	7:30—8:30am	Nikki
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Vinyasa Yoga Flow	10:45—11:45am	Meghan
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Deep Sound Bath	5—6:30pm	Satyayuga
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
Fridays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Somatic Yin Yoga (no class on 13 & 27 March)	9:15am—10:15pm	Radhika
	Yin Yoga Flow for Hip Mobility (no class on 20 March)	03:30—4:30pm	Mani
	Slow Vinyasa Yoga	5—6pm	Keshav
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
Saturdays	Hatha Abhyasa Yoga (no class on 21 March)	7:30—8:30am	Keshav
	Deep Sound Bath	5—6:30pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Yoga Asana: Deep Stretch & Relaxation with Radha

- Mondays, Wednesdays & Fridays, 7:30—8:30am

Mindful movement helps release tension from the body and mind. We start with pranayama (breathwork) and then gently progress to asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full-body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyana (concentration), leaving the practitioner feeling both energised and relaxed. The class is suitable for beginners to advanced-level practitioners.

Tristhana Practice with Keshav

- Mondays, 09:15—10:15am

This class focuses on the Tristhana method of Ashtanga Vinyasa—breath, posture, and drishti—rather than on fixed sequence or the Primary Series. The practice is adaptable and inclusive, allowing participants to explore mindful movement, steady breathing, and focused attention.

Gentle Energy Flow Asana with Mani

- Mondays, 10:45—11:45am

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

Restorative Yoga with Mani

- Mondays, 3:30—4:30pm

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

Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga

- Mondays, Thursdays & Saturdays, 5—6:30pm

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

Vinyasa Yoga: Balance Body, Mind & Emotions with Meghan

- Mondays & Wednesdays, 5—6pm

Participants are guided towards a tension-free state of well-being through postures (*asanas*), breathing techniques (*pranayama*), activation of the energetic centres (*chakras*), and relaxation techniques (*yoga nidra*, *savasana*). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (*santosa*), equanimity (*śamatha*), health, connection and well-being are established in daily life!

Sivananda Hatha Yoga with Chanting with Nikki

- Tuesdays & Thursdays, 7:30—8:30am

This class integrates Hatha Yoga in the Sivananda lineage—*Prāṇāyāma*, *Āsana*, and *Śavāsana*—with chanting practices including *Bija Mantra* and *Nādanusandhāna*. We begin with breath and posture to steady the body and mind, and close with chanting to refine awareness through sound, followed by a silent *Śavāsana* for integration.

Yogasana, Pranayama & Relaxation with Mani

- Tuesdays & Thursdays, 9:15—10:15am

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

Vinyasa Yoga Flow with Meghan

- Tuesdays & Thursdays, 10:45—11:45am

Vinyasa Yoga Flow is a continuous, breath-guided practice where postures move smoothly from one to another in a creative sequence. This flowing style builds strength, flexibility, balance, and endurance while improving coordination and circulation. The rhythmic connection between breath and movement creates a moving meditation that calms the mind, releases tension, and leaves you feeling energized, centered, and refreshed.

Pranayama and Vocal Toning with Nikki

- Tuesdays, 3:30—4:30pm

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

Yoga Nidra: A Journey to Stillness with Radha

- Tuesdays, 5—6pm

In this guided yoga nidra class, you'll be guided into a state of deep relaxation while remaining consciously aware. Through breath awareness, body scanning, and visualization techniques, we'll move into a place of stillness and inner calm. This practice helps release physical tension, quiets the mind, and support emotional balance. Yoga Nidra is known to improve sleep, reduce stress, and restore energy, offering profound rest for both body and mind.

Dance of the Chakras: Movement for Health & Clarity with Lakshmi

- Tuesdays 5—6:30pm

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

Somatic Explorations with Radhika

- No class on 25 March
- Wednesdays, 9:15—10:15am

Retrain the nervous system and the body's inner capacity to heal through gentle movements and sensing from within. You will be guided to rediscover moving with ease and self-awareness, reduce unnecessary tension, and improve the quality of movement in daily life. For all bodies and experience levels.

Yoga for Back Care with Keshav

- Wednesdays, 10:45—11:45am

A therapeutic and accessible class for those with back discomfort or stiffness. With awareness, we focus on lengthening and strengthening the spine and work with the hips, shoulders and neck to help support the back, release strain and increase mobility.

Hatha Yoga with Ivana

- Wednesdays, 3:30—4:30pm

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

Free Flow Wave: Move in Freedom with Vera

- Wednesdays, 5—6:30pm

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

Open Heart Space Meditation with Samrat

- Thursdays, 3:30—4:30pm

Simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

Shamanic Breathwork & Free Movement: Clarity & Peace with Lakshmi

- Thursdays, 5—6:30pm

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

Somatic Yin Yoga: Softening Into Self with Radhika

- No class on 13 & 27 March
- Fridays, 9:15—10:15am

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

Yin Flow for Hip Mobility with Mani

- No class on 20 March
- Fridays, 3:30—4:30pm

Yin Flow for Hip Mobility is a gentle, slow-paced practice designed to release tension and increase flexibility in the hips and surrounding areas. Through long-held, mindful postures, this class targets deeper connective tissues, helping to improve joint mobility, reduce stiffness, and restore natural range of motion. With conscious breathing and relaxed awareness, practice encourages deep release, enhances circulation, and supports both physical and emotional balance. Suitable for all levels, it is especially beneficial for those who experience tight hips from sitting, physical activity, or daily stress.

Surya Kriya, Yoga Nidra & Live Music with Munay & Sitara

- Fridays, 5—6pm

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, accompanied by live hand pan & flute music, a deeply restorative Yoga Nidra, to carry you into stillness & radiant presence.

Slow Vinyasa Yoga with Keshav

- Fridays, 5—6pm

Slow Vinyasa Yoga is a gentle, mindful flow that connects breath with slow, intentional movement. Each posture is held longer, allowing time to build strength, improve flexibility, and deepen body awareness. The slower pace encourages relaxation, steady breathing, and a meditative state, helping to calm the nervous system while supporting balance and alignment. This practice is suitable for all levels and offers a nourishing experience for both body and mind.

Hatha Abhyasa Yoga with Keshav

- No class on 21 March
- Saturdays, 7:30—8:30am

A classical Hatha practice focusing on foundational asanas, correct alignment and holding postures with stability, designed for practitioners seeking a grounded and methodical approach.

Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani

- Saturdays, 5—6pm

A classic Sivananda session, including basic pranayama (breathing) and Surya Namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alteration between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Therapies: Pre-registration required

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

Acupressure Therapy with Ashok

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

Cupping Therapy with Ashok

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

Deep Tissue Massage with Ashok

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

Foot Reflexology with Ashok

Foot Reflexology is a therapeutic practice that applies gentleness to firm pressure on specific points of the feet that correspond to different organs and systems in the body. This holistic treatment helps stimulate natural healing, improve circulation, release tension, and restore energetic balance. Deeply relaxing and rejuvenating, Foot Reflexology supports overall wellbeing, reduces stress, and promotes harmony between body and mind.

Integrated Deep Tissue Massage & Acupressure Therapy with Ashok

Combining Acupressure and Deep Tissue Massage creates a powerful, holistic therapy that addresses both the energetic and physical aspects of the body. While deep tissue massage breaks down muscle knots and scar tissue, acupressure targets specific meridian points to release blocked energy (Qi), resulting in deeper pain relief, enhanced relaxation, and faster recovery.

Holistic Face & Neck Massage Therapy with Mamta

This is a slow, grounding, and nurturing experience designed to deeply relax the entire body, calm the mind, and rejuvenate the face. The session gently weaves together a range of sensory and therapeutic tools, including neck and shoulder stretches when needed, guided breathwork with slow breathing and gentle humming, and the use of aromatic essential oils. Elements of sound and music further support relaxation, while oil massage is applied along key energetic points and pathways inspired by Ayurvedic Marma points and Traditional Chinese Medicine meridians. Gua Sha combs are also used to enhance circulation and release fascial tension, complemented by lymphatic drainage techniques along lymph nodes and channels to support detoxification and overall balance.

Yoga Chikitsa: Personalized Yoga Therapy with Mani

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

Thai Yoga Massage with Mani

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

Biodynamic Craniosacral Therapy with Mila

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

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi

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

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

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

Head Massage with Hair Care with Parvathi

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

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

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

Healing Sound Bath with Tuning Forks with Satyayuga

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

Heart-Centered Resilience with Susan

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

Physiotherapy and Rehabilitation with Veeramani

Providing hands-on treatment for the clients with musculoskeletal problems and teaching corrective exercises to become pain-free and return to their normal life.

Aromatherapeutic Massage for Face and Feet with Vyshnavi

This therapy is a deeply relaxing aromatherapeutic massage focusing on the face and feet. It is a unique integrative treatment that combines the principles of reflexology, marma therapy, lymphatic drainage, breathwork, and aromatherapy. Pure, therapeutic-grade essential oils are carefully selected based on the individual needs of each client. These oils are incorporated throughout the session, used during guided breathwork, applied to the chakras, and blended into massage oils for the face and feet, enhancing both physical and emotional well-being.

Energy Healing Reiki with Vyshnavi

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

Holistic Foot Reflexology with Vyshnavi

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

Holistic Rebalancing Massage with Vyshnavi

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

Workshops

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, 6 March	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
	Breathe to Restore: Exploring Pranayama for Holistic Well—Being	2—4:30pm	Dharani
Saturday, 7 March	Awareness Through the Body: Explorations	9:15am—12pm	Amir
	Relational SomaPlay	9:15am—12pm	Rupali
Friday, 13 March	Face & Eye Yoga: Face Your Self	2—4:30pm	Mamta
	Ecstatic Dance	9:15am—12pm	Bijou
Saturday, 14 March	Back Care & Posture Yoga	9:15am—12pm	Keshav
	Introduction to Ayurveda & its Lifestyle	2—4pm	Dr Geeta
Friday, 20 March	Why Yoga Works: An Experiential & Scientific Exploration	2—4:30pm	Dharani
Saturday, 21 March	Yoga Therapy: Strengthening & Conditioning the Back	9:15am—12pm	Bijou
Friday, 27 March	Chair Yoga—An Inclusive Yoga	9:15am—12pm	Keshav
	Relaxation & Deep Sound Bath	2—4:30pm	Satyayuga
Saturday, 28 March	Life as a Game: Designing Your Character	9:15am—12pm	Anchana
	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta

Ecstatic Dance with Bijou

- Friday, 13 March, 9:15am—12pm

Ecstatic Dance is a free-form movement meditation that invites you to express yourself authentically through the body. Guided by music and inner awareness, it encourages the release of tension, emotions, and mental patterns while deepening the connection between body, mind, and spirit. With no choreography or judgement, this practice creates a safe space for exploration, presence, and embodied joy. Suitable for all, it supports emotional release, creativity, and a sense of freedom and connection.

Back Care and Posture with Keshav

- Saturday, 14 March, 9:15am—12pm

This workshop supports spinal health through simple movement and body awareness. It addresses posture and habits that cause stiffness, using gentle movements to lengthen the spine, release tension, and support alignment. The session concludes with rest and observation, offering calm, accessible practice suitable for all levels.

Introduction to Ayurveda & Its Lifestyle with Dr. Geeta

Saturday, 14 March, 2—4pm

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

Why Yoga Works: An Experiential & Scientific Exploration with Dharani

• Friday, 20 March, 2—4:30pm

Explore how mindful movement, breath & attention influence our musculoskeletal, nervous, respiratory, circulatory & endocrine systems. Gentle yoga practices, simple scientific models & guided reflection to bridge intellectual understanding with embodied awareness.

Yoga Therapy—Strengthening & Conditioning the Back with Bijou

• Saturday, 21 March, 9:15am—12pm

A comprehensive study of specific spine, hip, shoulder and back-related yoga. Strengthening and conditioning for anyone suffering from chronic back pain, looking for injury recovery, and boosting posture and confidence and fixing recurring aches and stiffness.

Chair Yoga: An Inclusive Yoga with Keshav

• Friday, 27 March, 9:15am—12pm

Yoga is not defined by how deeply we stretch or how we move through space, but by the quality of attention we bring to the body and breath. Chair yoga offers a supportive and inclusive way to experience yoga, making the practices accessible to people of all ages, abilities, and physical conditions. This workshop uses the chair as a tool for stability, safety, and awareness. Movements are simple, adaptable, and optional, allowing each participant to engage at a pace that feels appropriate for their body. Emphasis is placed on mindful movement, breath awareness, and gentle strengthening, rather than performance or flexibility.

Relaxation & Deep Sound Bath with Satyayuga

• Friday, 27 March, 2:00pm—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.

Life as a Game: Designing Your Character with Anchana

• Saturday, 28 March, 9:15am—12pm

Explore your life through the lens of play. Instead of focusing on problems to solve, we'll start with a different question: What kind of character do you want to be playing right now? Through guided visioning and a simplified character-design framework inspired by role-playing games, you'll identify your natural strengths, tendencies, and areas for growth and use them to design a character that feels both aspirational and grounded. An interactive workshop designed as a starting point to unlock clarity, motivation, and momentum without pressure or overwhelm. The aim is for participants to come away with a designed "player character" representing their next phase; insight into how they naturally operate under pressure and ease; clarity on what to lean into and what to stop forcing; a playful, non-judgemental way to think about personal growth; and an enhanced sense of curiosity and readiness for deeper work.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 28 March, 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.

Hon

ARKA WELLNESS CENTER PROGRAM

March

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 English & French	- Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I Ching oracle - Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, 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,
- aurokya@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

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)

MINDFULNESS WITH HELEN

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness. Private sessions for individuals and groups are also available.

For details & bookings:

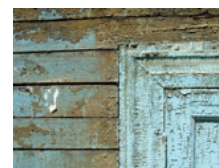
- 7094753054 WA or visit innersightav.org

Tuesday, 17 March, 7:30—8:15am	Mindfulness Practice Session	Practice
Wednesday, 18 March, 2:30—5pm	Miksang: Mindful Photography	Workshop
Saturday, 21 March, 9:30am—12:30pm	Mindfulness Kindfulness Half Day Retreat	Mini-retreat

Miksang: Mindful Photography workshop

- Wednesday, 18 March, 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, stories & techniques.



The session includes an introduction to miksang, mindfulness practices to attune & time for practice. Everyone is welcome. You just need something to take photos with (a phone is fine).

Mindfulness Kindfulness

- Half day retreat
- Saturday, 21 March, 9:30am—12:30pm

This mini-retreat weaves together mindfulness & kindness practices, creating a tender pathway to self-compassion & opening our hearts. Everyone is warmly welcomed. Participants can choose to sit on a cushion, mat or chair & will hold silence throughout the retreat to allow inner deepening.

Helen



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

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

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:

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

For more information, contact Ramesh:

- 9845168490,
- rameshbalasubramaniam@auroville.org.in

Ramesh



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



VIPASSANA GROUP SIT

Sunday, 15 March, 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

AUTHENTIC RELATING



Dave

Languages

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
- **Drop-ins**: Also welcome, open to everyone

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

Reminder about our free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions usually happen weekdays from 5—6pm (barring exceptions) as follows:

- **Mondays**: French, 5—6pm
 - with Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays**: Spanish Conversation Intermediate w/ Joana
- **Thursdays**: English conversation with Alex, 5:30—6:30pm
- **Fridays**: Hindi conversation with Anu, 5—6pm

Film Shows

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

Current Schedule of Classes, 12 March

- <https://aurovillelanguagelab.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	11am–1pm Monday to Friday
Mandarin Chinese	Survival Conversation with Shiju Hsieh	24-hours 1 month, 2 March	Monday to Friday 11–12noon
	Mandarin Chinese through Art and Culture with Shiju Hsieh	16–hours 2 months, 10 March	2:30–3:30pm, Tuesday & Thursday
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
Spanish	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.

Current Schedule of Classes as of 5 March, 2026

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

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@aurovillelanguagelab.org or www.aurovillelanguagelab.org/registration

Mita, Mano, Louis & Enzo for Language Lab

Cinema

ECO FILM CLUB:

Every Friday @ Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.
- For more information about the bus service please contact Sadhana Forest at 8525038274.
 - Note: Families and children are welcome! Dinner for children will be served at 19:00. :)



Friday, 13 March

The Emotional World of Farm Animals

2004, 40 minutes, Jeffrey Masson & Stanley Minasian

A delightful documentary for viewers of all ages about the thinking and feeling side of farm animals. This journey into the sentient, emotional lives of farm animals brings Masson to animal sanctuaries around the country, where caregivers and the animals themselves tell their stories. *Aviram*

AUROVILLE STORIES 2068

Friday, 13 March, 7–9pm



@ Paradiso, MMC

Come enjoy a second screening of the stories from last Sunday, when 70–80 of us gathered to witness hopeful stories and images of the future.

And, if you're willing to go further, here's a small experiment! Take a minute to imagine a meaningful moment in the future — perhaps in the midst of transcending our current polarities. Then, follow the QR code or visit bit.ly/future-memories to complete the short form by Friday at noon. If willing, we will use your words as prompts to generate AI images of both individual and collective futures. We hope to share some during the gathering.

The big experiment is learning how to cohere our most hopeful visions in inclusive and non-coercive ways. This is Divine Anarchy in action. If not here, then where? If not us, then who? If not now, when?

Daniel



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 16—22 March

AUROVILLE
9TH FILM FESTIVAL 2026

■ Cinema Paradiso, in collaboration with the Auroville Film Festival (AVFF), presents the winning films Monday to Saturday—a chance to catch, revisit, and reflect on festival highlights. Some screenings feature filmmaker introductions, others include brief online Q&As. A rare opportunity to see films you may have missed during the festival. Cinema Paradiso's regular program resumes on Sunday, 22 March 2026.

■ **AVFF Winner—Monday, 16 March, 8pm**
Farming the Revolution

India, 2024, Dir. Nishtha Jain, 105min, NR (R). In 2020, Gurbaz Sangha, a young Punjabi farmer, led thousands to Delhi to protest new Farm Laws. Joined by over half a million people from diverse backgrounds, they remained at the borders through COVID lockdowns, vowing to stay until repeal. *Awarded a Special Mention in the category of films on human unity.* Jury: said the film shows how a shared purpose can become a unifying force. The filmmaker will join online for a brief Q&A after the screening

■ **AVFF Winner—Tuesday, 17 March, 8pm**
Lā Arđ Ukhra (Nowhere Else)

Norway, 2024, Dir. Adra w/ Ballal, Abraham, Szor, Documentary, 95min, Arabic-Hebrew-English w/ English subtitles, NR (R). Recorded between 2019 and 2023, the film documents the destruction of a community in an occupied zone resisting forced displacement after their land was declared a 'firing zone.' *Winner of over 40 international awards and the Jury Award for films on human unity.* Jury: praised its immersive portrayal of villagers' daily lives, revealing their humanity, resilience, and moments of joy and laughter amid hardship and brutality.

■ **AVFF Winners—Wednesday, 18 March, 8pm**
Reflekt

India, 2025, Dir. Santosh Manik, 11min, NR (G). Chronicles a film-making residency at the Auroville Film Institute. Produced by Auroville Film Institute. *Winner: Award for films about Auroville/ Pondy/ Bioregion.* Jury: A tribute to cinema's transformative power, tracing the director's journey from student of technique to artist in Auroville's vibrant spiritual landscape.

■ **Agent of Happiness**

Bhutan, 2024, Dir. Arun Bhattarai w/ Dorottya Zurbó, 94min, NR

Amber, a government agent, measures happiness across remote Himalayan communities. *Winner: Jury Award for films on human unity.* Jury: Highlights happiness as complex and personal, shaped by inner states and external conditions.

■ **AVFF Winners—Thursday, 19 March, 8pm**
Blooming Hour (Malarum Neram)

India, 2025, Dir. Logeswaran M, Documentary, 14min, Tamil w/ English subtitles, NR (G). Trust grows between morning birds and the man who feeds them. Produced by Auroville Film Institute. *Winner: Jury Award for films on Auroville/ Pondy/ Bioregion.* Jury: An honest, lyrical exposition of the beauty of mornings.

■ **Notes For The Self**

India, 2025, Dir. Jahnvi Pradeep, 11min, NR (G). A portrait of the filmmaker's mother and herself. Produced by Auroville Film Institute. *Winner: Wisdom Award for films on Auroville/ Pondy/ Bioregion.* Jury: Uses Auroville's landscape to depict tensions and harmonies of a mother-daughter relationship as a poignant visual poem. Jahnvi will be present to introduce her film.

■ **Patrol**

Nicaragua, 2023, Dir. Camilo de Castro w/ Brad Allgood, 80min, NR (R). Indigenous rangers and conservationists expose the dark world of "conflict beef" destroying rainforests. *Winner: Wisdom Award for films on human unity.* Jury: Shows deep love for nature and humanity's dependence on the rainforest's health.

■ **AVFF Winners—Saturday, 21 March, 8pm**
Early Years in Auroville 1969–1976

India, 2025, Dir. Lisbeth Nusselein, Documentary, 9min, English, NR (G). Lisbeth's 1970 journey from the Netherlands to Auroville told through archival photos. *Winner: Jury Award for films by Auroville/ Pondy/ Bioregion residents.* Jury: Blends archival images with autobiographical narrative, inviting reflection on journeys that built Auroville. Lisbeth will introduce her film.

■ **ECM 2024**

India, 2024, Dir. Nefertiti Chakrabarti, 4min, NR (G). Highlights the Endangered Craft Mela, celebrating craftsmanship. *Winner: Wisdom Award for films by Auroville/ Pondy/ Bioregion residents.* Jury: A sensitive, complex tribute conveying the transformative experience of learning and apprenticeship.

■ **Moribund: An Art Project**

India, 2025, Dir. Birgitta Volz, 6min, NR (G). Dedicated to Auroville under pressure, symbolizing environmental vandalism. *Winner: Mongbra Award for films by Auroville/ Pondy/ Bioregion residents.* Jury: Highlights resilience and creativity of the Auroville community facing ecological and other challenges. Birgitta will introduce her film.

■ **Sound of Air**

India, 2025, Dir. Rishi Vengadesan, Documentary, 14min, English-Hindi w/ English subtitles, NR (G). Explores Indian classical music's changes after the harmonium and the bond between makers and musicians. *Winner: Award for films by Auroville/ Pondy/ Bioregion residents.* Jury: Stands out for its treatment of sound and image reinforcing an engaging subject.

■ **30 Years of Keeping the Music Flowing—Auroville Choir**

India, 2024, Dir. Serena Aurora, Documentary, 38min, English, NR (G). Auroville's choir unites diverse singers across ages and disciplines. *Winner: Jury Award for films by Auroville/ Pondy/ Bioregion residents.* Jury: Inspiring effort to harmonize diverse notes into one voice—a metaphor for the community. Serena will introduce her film.

■ **Children's Matinee—Sunday, 22 March 4pm**
Majo No Takkyûbin (Kiki's Delivery Service)

Japan, 1989, Writer-Dir. Hayao Miyazaki w/ Minami Takayama, Rei Sakuma, Mieko Nobusawa, and others, Hand-drawn Animation-Fantasy, 103mins, Japanese-English w/ English subtitles, Rated: G

A young witch and her cat settle in a seaside town, building a delivery service. Through trials and friendships, she discovers independence, resilience, and the true magic of growing up.

Classic World Cinema @ Ciné-Club, 22 March, 8pm The Station Agent

USA, 2003, Dir. Tom McCarthy, w/ Peter Dinklage, Patricia Clarkson, Bobby Cannavale, and others, Comedy-Drama, 90 mins, English w/ English subtitles, Rated: R.

After his only friend dies, a young man with dwarfism moves to an abandoned New Jersey train depot. Seeking solitude, he becomes entangled with an artist facing tragedy and an overly friendly Cuban hot-dog vendor.

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.



Final Call: Secure Cinema Paradiso's Heartbeat – 3 Pledges Needed Now!

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Our beloved Cinema Paradiso isn't just a screen—it's Auroville's beating heart for shared stories, laughter, and connection under the stars. But our core budget covers only basics. Post-COVID, costs exploded, events dwindled, and even generator fuel now falls on us. Our heavily used projectors, sound systems, and seats are aging fast—without support, the magic fades.

We've secured 5 vital pledges at ₹3,000/month each. Now, we need just 3 more units or individuals to pledge ₹3,000/month. This gets us to a minimal pre-COVID running budget—no inflation, just survival. (Non-recurring upgrades? We'll fundraise separately.)

Pledge less than ₹3,000/month or make a one-time gift? Every rupee helps—join the circle however you can!

Easy for all:

- Indian nationals & Auroville units (any nationality): Recurring or one-time via Unity Fund at Financial Service (FS Account #105106, MMC – Cinema Paradiso). Direct payments via FS are possible but requires us to pay a 18% GST.
- Non-Indians in/outside Auroville: Contact AV Unity Fund at FS / write to us for guidance.

Be one of the 3 heroes who keeps the reels spinning and our community alive—or add your spark today. Your gift writes the next chapter—what's yours?

With deepest gratitude,

Thanking you
MMC-CP Team
mmcauditorium@auroville.org.in

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



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

Emergency Services

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

- Health Center—0413 2910005
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/ 7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in

 Auroville TO PONDICHERRY			
Monday to Saturday	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen—Roundabout	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35
 Pondicherry TO AUROVILLE			
Monday to Saturday	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Roundabout	8:34	12:50	18:44
Town Hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

Submitted by Raju