



News Notes

#1123 A weekly bulletin for residents of Auroville 19 March 2026



Photo by Shaily

Pondering

"Do the work—my inspiration and guidance will always be with you; and when it is necessary I shall see you physically. But I am working to lessen more and more this necessity. Because to be able to receive the inner guidance is indispensable for the perfection of the work."

The Mother, Words of the Mother

"The outer guidance is meant only as an aid to the inner working, especially for the correction of any erroneous movement and sometimes in order to point out the right road. It is not meant except at a very early stage to satisfy mental questionings or to stimulate a mental activity."

Sri Aurobindo, Writings in Bengali and Sanskrit



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House of Mother's Agenda



(continued from last week)

The adverse forces were necessitated by all these negations of the divine life. And this movement of earth consciousness towards the Supreme, the offering of all these things with such extraordinary intensity, was a kind of reparation so that those adverse forces might disappear.

The experience was very intense. It crystallized around a small nucleus of experiences too personal to mention (because I wasn't the only one involved), which translated into this: "Take all my wrongdoings, take them all, accept them, obliterate them, and may those forces disappear."

That's essentially what this aphorism says, seen from the other end. So long as a single human consciousness carries the possibility of feeling, acting, thinking or being in opposition to the great divine Becoming, it is impossible to blame anyone else for it; it is impossible to blame the adverse forces, which are kept in the creation as a means of making you see and feel how far you still have to go.

(silence)

(to be continued next week)

The Mother's Agenda, January 21, 1962

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

Gangalakshmi HOMA



Townhall Speaks

REGULATION OF ENTRY AND EXIT of Materials and Vehicles into and out of Auroville

In order to ensure proper coordination of development activities and maintain orderly movement of materials within Auroville, the following procedure shall be followed by all Auroville Units, Services, and Project Holders with immediate effect.

1. Materials for Building and Construction Projects

All materials being transported into or out of Auroville for construction or building related activities shall be permitted only upon submission of a valid Final Building Approval Certificate issued by ATDC / L'Avenir d'Auroville.

The Approval Certificate must clearly indicate:

- Name of the Project
- Location of the Project
- Project Holder/ Responsible Service
- Validity of the approval

Security personnel at entry and exit points may verify the Final Building Approval Certificate before allowing movement of such materials.

2. Materials for Non-Building Activities

For materials entering or leaving Auroville for purposes other than construction (including supplies to Individuals, Units, Services, commercial activities, repairs, returns, etc.), the concerned Unit or Service shall intimate the Auroville Security & Entry Service (ASES) in advance.

The intimation must include:

- Name of Individual/ Unit/ Service sending or receiving the materials
- Description of materials
- Date and expected time of movement
- Vehicle number
- Name of supplier/ transporter or recipient

ASES will record the movement and allow the vehicle accordingly.

3. Regular Supply Vehicles

For vehicles that regularly enter or exit Auroville (for example grocery supply vehicles, service providers, or other routine deliveries), the concerned Service or Unit shall obtain a Vehicle Entry Pass from the Security Coordinator, Auroville Foundation (AVF) for the vehicle and driver.

Such passes shall be produced when required by ASES or other authorized personnel.

4. Compliance

All Individuals, Units, Services, Project Holders, and suppliers are requested to comply with the above procedure to facilitate smooth functioning of development activities and ensure proper monitoring of material movement into and out of Auroville.

ASES and relevant authorities may deny entry or exit to vehicles or materials that do not comply with these requirements.

This circular shall come into effect immediately.

This is issued with the approval of Competent Authority.

G. Seetharaman, Officer on Special Duty,
11 March 2026

MANDATORY REGISTRATION of New Passports

Regarding the mandatory registration of new passports and new entry visas for foreign Aurovilians and Newcomers, please follow the steps below, as mandated by the Bureau of Immigration (BoI) and the FRRO.

Mandatory registration timeline for new passport

- **Deadline:** You must register within 14 days either of the issue of your new passport by the consulate in India or of your arrival in India/Auroville.
- **Proof of Receipt (in case obtained in India):**
 - If received by post/courier, keep the envelope with date of receipt.
 - If picked up from your consulate, obtain an email or paid receipt with date.

Mandatory registration timeline for new visa

- **Deadline:** Registration within 14 days of arrival in India/Auroville.

Our service is open for the public

- In the mornings:
Monday to Friday between 09:30am to 12:30pm.
- In the afternoons we work with appointments only.
- 0413 2622191, pvrdr@auroville.org.in
- **Location:** PVRD, located in the Administrative Area/ Multi Media.

Avoid penalty fees from FRRO by coming to PVRD on time.

Priya for Passport Visa Registration Desk (PVRD)

ANNOUNCEMENT

Administrative Support Position at ATDC



Auroville
Town
Development
Council

L'Avenir d'Auroville

The Auroville Town Development Council (ATDC) invites applications from interested individuals to support its administrative and coordination work.

ATDC functions under the Auroville Foundation's Governing Board and is responsible for facilitating the planning and development processes of Auroville. Given the institutional nature of its work, the role requires a high level of responsibility in maintaining records, files, and official documentation.

Key Responsibilities:

- Office administration and coordination
- Record and file management
- Asset and inventory monitoring
- Staff coordination and attendance records
- Meeting scheduling and support
- Recording minutes and documentation
- Drafting official correspondence
- Coordination with Auroville units and services

Required Skills:

- Strong organizational and administrative skills
- Attention to detail in documentation
- Good written and spoken English
- Ability to take clear notes and prepare minutes
- Ability to coordinate with multiple teams and stakeholders
- Basic computer knowledge (MS Office, email, Google Workspace)
- File organization and digital archiving systems
- Additional Advantage:
- Knowledge of AI-assisted tools for drafting, documentation, and information organization
- Basic data organization and spreadsheet management
- Experience with document management systems or project coordination tools

Interested individuals who are willing to contribute to the work of ATDC may kindly send their details to avenir@auroville.org.in or contact the ATDC Office.

Note: This requirement is urgent, and interested individuals are encouraged to respond at the earliest.

Joel

Community News

Obituary

KATHLEEN HEIDI WATTS, 1931– 2026



A lifelong learner, educator, writer, and defender of social justice and peace, Heidi left her body on March 15, 2026. She was 94. Heidi called her journey from this world her "last great adventure," and that spirit most captured her

enthusiasm for the unknown, and her acceptance and curiosity about the world.

Born in Chelsea, Massachusetts in 1931, one of two daughters to Constance and Richard Walter, Heidi lived a rich and full life, across many continents and people. She brought an optimistic spirit, a willingness to laugh at her mistakes and a strong love for the people and places of this world.

Heidi had a lifelong passion for education, starting with her first teaching job in Washington state in her early 20s, later at the Putney Central School of Vermont, the Westminster School she helped fund, graduate students and teachers at Antioch University. Along the way she earned degrees from Pembroke, Harvard and Cornell.

She was an outstanding inspiration for teachers, working with educators up and down the East Coast of the U.S., and for two decades, since 1992, helping to transform the education system in Auroville, her adopted community. Above all, she fostered and shared education that was interactive and engaging.

There are many students and teachers in Auroville who are practicing her innovative and creative way of teaching and carrying the spirit in which she used to guide us.

We are all missing her. But we are sure that she will guide us.

Davasely

Submitted by editors

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

• 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. Directed by Gopal Chandra Mahana and Arvind T Akki. *Duration: 23min.*

The Mother, then Mirra Alfassa, met Sri Aurobindo for the first time in the Guest House in the afternoon on 29 March 1914. She said about this meeting: "I climbed up the stairway and he was standing there, waiting for me at the top of the stairs.... **Exactly My Vision!** Dressed the same way, ... and I saw his eyes and I saw in his eyes that it was He."

The Mother had met her Krishna, whom she saw so often in her visions, who guided her, the one she knew she would meet one day in the body.

On the next day, she wrote in her diary: "Gradually the horizon becomes distinct, the path grows clear, and we move towards a greater and greater certitude.

It matters little that there are thousands of beings plunged in the densest ignorance, He whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth.

O Lord, Divine Builder of this marvel, my heart overflows with joy and gratitude when I think of it, and my hope has no bounds.

My adoration is beyond all words, my reverence is silent." (MCW01, p.113)

Mirra came to meet Sri Aurobindo every afternoon. She experienced mental silence and peace that never left her again. Also, the faculty established of seeing from above the head—a gift granted to her by Sri Aurobindo. And in



one of her meditations on the terrace in Pondicherry, she saw and experienced concretely the mighty Himalayas. Mirra always loved the mountains and wanted to go to the Himalayas. But after this comprehensive spiritual experience of the Himalayas, her longing to go there never came again. Altogether, she was happy and adored the psychological and spiritual atmosphere around Sri Aurobindo.

Unfortunately, in February 1915, because of the First World War, Mirra had to leave for France. Before leaving, she placed her psychic in Sri Aurobindo's care. *Duration: 23min.*

- Followed by **Om Anandamayi Chaitanyamayi Satyamayi Parame**, a film about the mantra given and written by Sri Aurobindo, sung by the Sadhaks, music by Sunil, edited by Arvind T Akki, and produced by Dept. of Physical Education, Sri Aurobindo Ashram. *Duration: 12min.*

The Mother translated the invocation to the Supreme Mother and the mantra *Om Anandamayi Chaitanyamayi Satyamayi Parame* by Sri Aurobindo as follows:

Om—She, the Delight

She, the Consciousness

She, the Truth

She, the Supreme

The videos are available on YouTube under the titles:

- [The Mother's first meeting with Sri Aurobindo 29 March 1914.](#)
- and [Om Anandamayi Chaitanyamayi Satyamayi Parame](#)

- **30 March: Sri Aurobindo's Uttarpara Speech.** In his speech at Uttarpara in Bengal in 1909, Sri Aurobindo spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. *Duration: 33min.*

Dream Divine Series

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

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

- **20 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

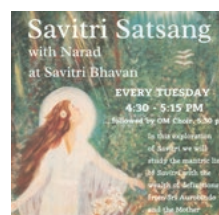
- **Every Tuesday, 4:30—5:15pm**
followed by **OM Choir, 5:30pm**

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

- 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*. 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.

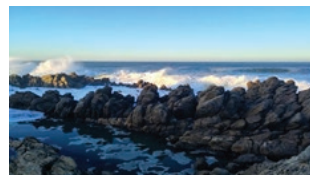


Located in the Savitri Bhavan Garden, open from 9—5pm. Jute mats and a granite bench are available for seating.

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*

AUROVILLE DISCOVERY PROGRAM

Every 3rd Saturday 3—5pm

This month: Saturday, 21 March



@ Auditorium, Auroville Visitors' Centre

Auroville is a living experiment in Human Unity.

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

Attend to Gain:

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

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

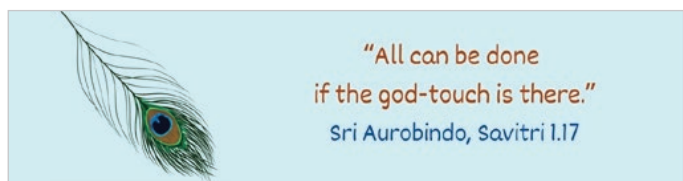
Registration required: Scan the QR code on the poster or [click on the link to register](#).

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

BHAGAVAD GITA IN DAILY LIFE

29 March to 24 April, 5—6am, every day

Online Zoom Call



We warmly invite you for a collective learning journey with daily practices and reflections to integrate the teachings of *Srimad Bhagavad Gita* in our day-to-day life. We will be referring to all 700 shlokas in Sanskrit and excerpts from Sri Aurobindo's Essays on the Gita and The Mother's words.

- For more details and registration click: tinyurl.com/gitainlife

- Feel free to also write to us on: vidyamandir@auroville.org.in

*Deven, Shaalini and many others
on behalf of Vidyamandir, Auroville*

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



LEARN THE 1008 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

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



Scan for Location



Monisha

Books

AUROVILLE LIBRARY

Large set of Georgette Heyer books to give away!



The Auroville Library has a large set of Georgette Heyer novels (51 books in total) which we would like to pass on to someone who may enjoy them. At this time, we do not have space in our collection for these books.

In a career spanning over 50 years, Georgette Heyer was a prolific historical romance and detective fiction novelist, producing 56 novels and 3 short story collections.

- If you are interested, please contact us at
 - avlib@auroville.org.in
 - or pass by during working hours

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

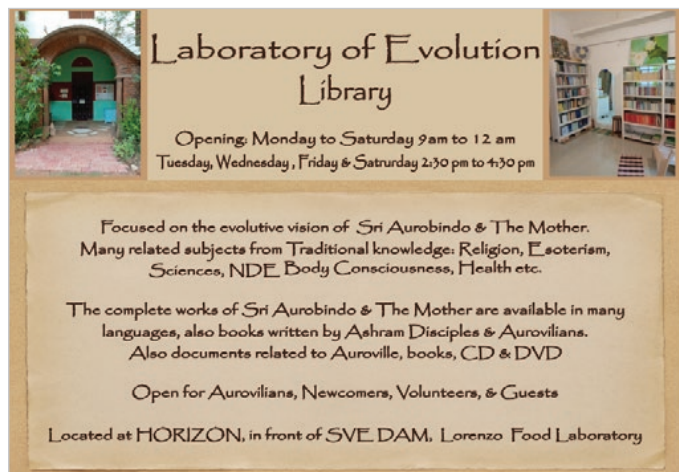
- <http://library.auroville.org.in/>

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

AV PRE CRECHE PARENTS' MEETING

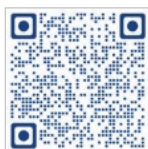
Saturday, 4 April, 9:30—10:15am @ AV Pre Creche



AV Pre Creche is inviting Aurovillian and Newcomer parents to a Parents' Meeting

Parents who are interested in joining the Pre Creche family and whose children are born between 1 March 2024—28 February 2025 must attend this meeting.

- Please fill the registration form for attending the meeting by [clicking on the link](#) or scan the QR code
- For queries and more details write to us: avprecreche@auroville.org.in



Nilima
for AV Pre Creche Team

HAROUN & THE SEA OF STORIES

21 March, 7pm @ Deepanam School Amphitheatre



Mahavir

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:



- **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

KUILAI CREATIVE CENTRE

Regular Activities

(A unit of SAIER)

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

Please contact us to inquire about the class timings.

- kuilaicreativecentre@auroville.org.in

- +91 8608473385 WA



Selva from KCC

AI CLASSES

FREE

AI CLASSES ARE BACK!

RESTARTING WITH FRESH ENERGY

Every Saturday: 10am to 11am

Location: Hive, Auromode

Registration:

RSVP to +91 98867 40850

Join us on this journey once again!

Hive

COWORKING SPACE

- 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

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

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

For Your Information

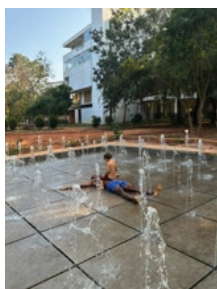
PARK OF HARLEQUIN

Between Citadines and Sunship
Operating every day, 3:30—5:30pm

As the hot season is starting, please note that the water jet in the Park of Harlequin (between Citadines and Sunship) is now operating every day from 3:30 to 5:30pm.

Adults accompanying children can also enjoy the water jet.

However, children should always be accompanied by an adult.



Louis

Health Care

SANTÉ SERVICES SCHEDULE

March



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

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

For Appointment

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

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



ECO FEMME WORKSHOP

Saturday, 21 March, 10am—1pm

Eco Femme is happy to announce a workshop *Reconnect to your inner cycle: Understand and Integrate the 4 Phases of your menstrual cycle.*



Join Eco Femme to:

- Learn practical knowledge about the four phases of the menstrual cycle through the lens of hormones, and how to incorporate this with ease into your life.
- Align your menstrual cycle with the rhythms of nature through guided meditations into the body, artistic self-reflective practices, and intuitive movement
- [Register as soon as possible](#)

Reach out to Celia for registration form, pricing details or any question: +916374375085 WA or celia@ecofemme.org.

Celia for Eco Femme Team

TIME TO SUMMERNATE: AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha*—the subtle fire that controls metabolism and transformation—can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow on the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk—cow or other veg milk—with a pinch of sugar), electrolyte (1 lemon juice + 1 tsp of sugar + 1 pinch salt in a glass of water)
- Lipids: ghee, olive or sunflower or coconut oil

- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil—if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambience use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains

Cooling plants for the summer:

- **Amalaki**—Amla: refrigerant and full of Vitamin C, rejuvenating fruit
- **Aloe vera**: rejuvenates blood and tissues
- **Aegle Marmelos**—Bael fruit: make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander**: seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus**: leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni**—Centella asiatica leaves: rejuvenating and tonic for brain and nerves
- **Pudina**—Mint leaves: herbal tea or dishes
- **Radha consciousness**—Clitoria Terneata flowers: herbal tea or juice
- **Sarsaparilla**—Nannari syrup: soothing and cooling
- **Shataavari**—Asparagus racemosus: cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver roots**: for bathing
- **Yashtimadhu**—Licorice: to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

Wishing you a beautiful summer, Be @ Santé Clinic

PS: all these recommendations are more elaborated in my book "Take care of yourself with Ayurveda", available at Maroma in Aspiration, the bookshop of Visitor Centre and Auroville Press Publishers in Aspiration. Be

International

UNITY PAVILION PRESENTS

March Events

Day-Time	Venue	Event Details
15 February to 30 March	9—5pm	Exhibition—The Golden Light: A Collective Artistic Tribute to the Sunlit Path for the Mother's and Auroville's Birthdays Featuring artworks of: Dilip Patel, Marie-Claire Barsotti, Mayaura, Ok Upcycling, Pierre Legrand, Soham, Sonia Yeo, Uttama Dhandhanian, Tim Wrey, Vivechana
21 March	2—5pm	Workshop—Yoga of the Cells: An Adventure of Consciousness into the Cells based on The Mother's teachings
Wednesday 5:30pm	Unity Hall	Sound Bath by Svaram—Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursday 5pm	Hall Of Peace	Silent Meditation by Pierre—Tune into your psychic self and experience deep inner peace and calm for awakening within.
Friday 6pm	Unity Hall	The Flow: Chakra Meditation by Sergei & Preeti—Awaken your inner energy and activate your meridians and chakras through sound, mantras, and frequency for deep healing and balance.
Saturday 10am	Garden	Kids Art Class by artist Janakiraman—A playful exploration of water colour techniques for children.

The Mother's Symbol, Matrimandir and 12 Qualities



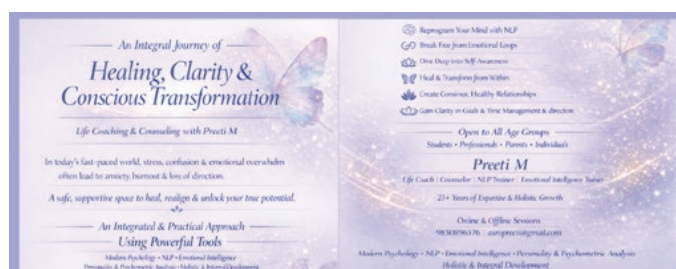
- **Every Tuesday, 5pm, Weekly Experiential Exploration**

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

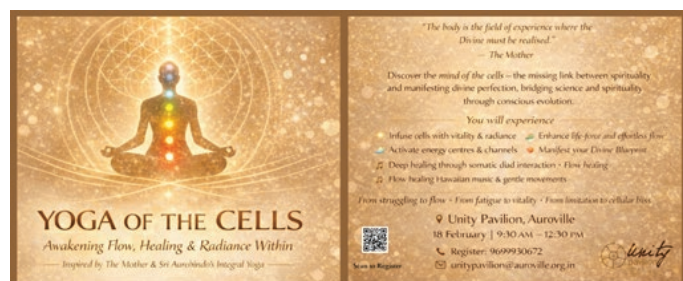


One to one/ group Life Coaching & Counseling with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential. Using an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development.

• **By Appointment:** 9699930672 WA

Yoga of the Cells—An Adventure of Consciousness into the Cells based on The Mother's teachings

• 21 March, 2—5pm



This experiential workshop supports you to manifest your Divine Blueprint through cellular reprogramming, rejuvenation and renewal. Discover the mind of the cells — the missing link between spirituality and manifesting divine perfection, bridging science and spirituality through conscious evolution. You will experience-Infuse cells with vitality & radiance, Enhance life-force and effortless flow in the body, Activate energy centers & channels, Manifest your Divine Blueprint, Deep healing through somatic diad interaction, Flow healing Hawaiian music & gentle movements

• **Facilitators:** Preeti & Premshakti

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

Sencha Style Tea Ceremony

The Universe in a Cup of Tea



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

• Through appointments only, +91 9385428400 WA

By Appointment

Date	Venue	Event Details
Daily	Hall of Peace	Tao of Tea —Sencha Style Tea Ceremony by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul. +91 9385428400 WA
Tuesday, 5pm	Hall of Peace	12 Qualities and the Mother's Symbol by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.

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

Pavilion of Tibetan Culture: The Library

- Monday and Tuesday,
9:30am—12:30pm

Kalsang for Tibetan Pavilion



BHARAT NIVAS, THE PAVILION OF INDIA



Submitted by Monisha for BN 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



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.



Beginnings: Jazz at Sunset

- Sunday, 22 March, 6:15pm @ CRIPA Small Hall

Beginnings presents the first of a series of intimate jazz concerts at Sunset on a Sunday evening.

In this presentation, they will perform a set of standards that have been re-worked and arranged by Matt, and features Sraddha on Vocals, Rolf on bass and Matt on Piano.

- Free entry, open to all, contributions welcome.



Book Launch/performance: The Evolution of Human Consciousness through the Eyes of Lucy the Fossil

- Friday, 27 March, 6pm @ CRIPA

Join us at Cripa for a special book presentation/performance: *The Evolution of Human Consciousness through the Eyes of Lucy the Fossil*

An evening featuring: A presentation/performance of the book in English, questions & answers with the author, a unique exploration of human evolution and consciousness, stories shared and books signed. With Eliahu Magen.

- Contributions are welcome.
- Please confirm your participation: 9952749221 WA



Bhriugu 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



SPIRITUAL REVOLUTION: MUSIC OFFERING BY SATYA

@ Kalabhumi Music Studio



Edo

ORIGINAL PIANO AND MELODICA

Thursday, 19 March, 6:30pm @ Right Path Cafe



Join us for a peaceful evening and bring your instrument or voice to jam

Lee

RESILIENCE: EXHIBITION BY MARIE-CLAIRE BARSOTTI

6—28 March @ Pitanga

Exhibition Opening:

- 6 March, 3—5pm

Gallery timings:

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



Anandamayi

MANNIN MANDHIRAM: EXHIBITION BY KRIPA

Photo documentary of terracotta making in Auroville

3—25 April @ Pitanga

Exhibition Opening:

- 3 April, 4—5:30pm

Gallery timings:

- Monday to Saturday, 8:30am—12pm & 2:30—5:00pm.



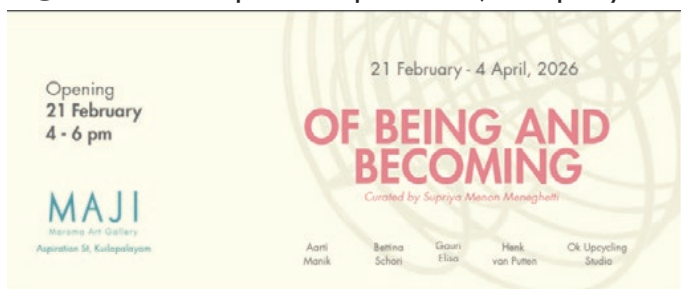
Anandamayi

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
maji@maroma.com

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

CENTRE D'ART: OPEN CALL FOR ACTIVITIES

Centre d'Art would like to open its gallery to new Activities for the 2026/ 27 Season. It could be a participatory project, a workshop, a lecture, a performance ...



Centre d'Art
Auroville

We are looking for events that share the joy of creation, spark curiosity, ignite creativity, connect people, for adults and children alike.

If you are interested please send your submission before 30 April 2026 to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
- A short biography of the artist / facilitator
- The title of Participatory / Workshop project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition

Marco

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 Odissha, 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

SVARAM ACTIVITIES

Sound Healing Session

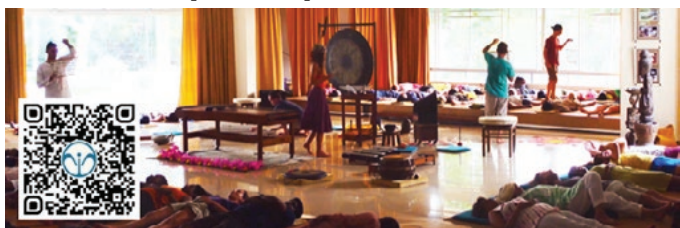


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

By Appointment Only

- Available Sessions: Solo, Duo or Group
- For details and booking: Scan the QR Code or <https://svaram.org/sound-healing-sessions/>

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

- Every Wednesday, 5:30—6:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-journey-unity-pavilion/>

Sound Garden Tour



These unique spaces invite people of all ages to reconnect with themselves, nature and sound.

- Monday—Saturday, 10:30am—4:30pm,
- Sunday, 10:30am—12:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-garden-art-installations/>

Aurelio for the SVARAM Team

MUSIC TEACHING ACADEMY: CREATIVE RHYTHM

KALABHUMI MUSIC STUDIO'S
Music Teaching Academy
Facilitated by Shanks Kini - Lead of Auroville Foundation

WORKSHOP!

Shanks Kini
music producer, multi-instrumentalist,
performer and music coach. Focuses
on jazz, Indian and western classical
music. In Auroville since 2015!

Creative Rhythm
Saturday, 21/03/26
1:30-4pm
KALABHUMI MUSIC STUDIO

TO SIGN UP!

Edo

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

PUBLIC SPEAKING COURSE

+ Self Awareness

Starting 2 April,
8 Thursdays, 2—5pm
Spaces: 16, @ CRIPA

For those who are on a journey of self-discovery and seeking to deepen their self-awareness & self-expression.

Together we will explore what a truer and more authentic expression might be like.

Whether you have a fear of public speaking or you'd like to build further your existing skills...

There will be 8 key elements of speaking covering breathing, voice, body language etc.

Learning to speak from silence and stillness.

However beyond any technique or method let's discover together something we don't yet know, something New!

- More information & register: <https://publicspeakingcripa.eventbrite.co.uk>

Mikhail

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

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**

Dance Activities

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 for Aurohamsadhwani Arts Team

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**



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, 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**

Sports & Martial Arts

RED EARTH RIDING SCHOOL Auroville Horse Show 2026

18—22 March @ Red Earth Riding School
Show times: 6:30—10am & 3:30—6:30pm



The Auroville Horse Show will take place this year from 18 to 22 March at Red Earth Riding School, and everyone is warmly invited to come and watch.

Over the five days, more than 140 horses will participate, including over 100 horses arriving from outside Auroville, with riders traveling from across South India. Many Auroville children will also

compete, so please come and cheer for our young riders.

There will also be a small Auroville Market organized by Youth Link, along with food and drinks available at the venue.

Entry is free, so feel free to drop by anytime. It's going to be a lot of fun, and we would love to see many of you there supporting the riders and horses.

Kalivaradhan

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*

AUROVILLE FUTSAL/ FOOTBALL CLUB

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



Girls all age/ level are playing

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



Boys 16yo+ are playing

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



Submitted by Beber

AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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

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

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

Giacomo for Abhaya

THE ART OF CHI: STEVANOVIČH METHOD

Classes with Hans

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

8110848123 WA, Hans

MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings



Bharat Kalari
Offers
Kalaripayattu
Regular Class

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

Monday - Friday
Morning: 07:00 am - 08:30 am
Evening: 04:30 pm - 06:30 pm

Enquiry Contact: 0413 362233 / 78455 24014
bharatnivas@auroville.org.in

Monday to Friday:

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

Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



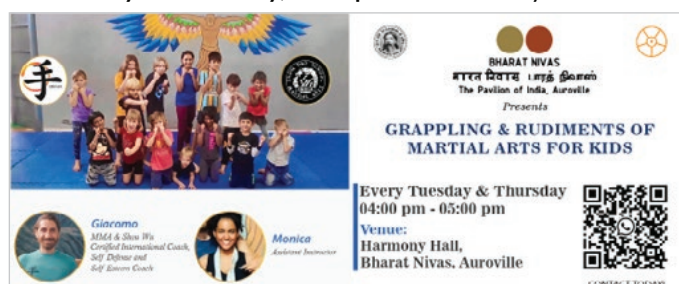
From 20 August 2025
05:00 pm - 06:00 pm
Every Wednesday & Saturday
Venue: SAWCHU,
Bharat Nivas, Auroville

Regular Silambam Class
with
Hari Haran

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

Grappling and Rudiments of Martial Arts for kids

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



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

Every Tuesday & Thursday
04:00 pm - 05:00 pm
Venue: Harmony Hall,
Bharat Nivas, Auroville

Giorgio MMA & Jiu Jitsu
Coached International Coach,
Self Defence and
Self Defence Coach

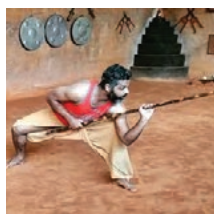
Monica
Assistant Instructor

CONTACT TODAY!

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

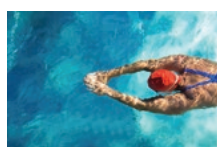


Maneesh

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!

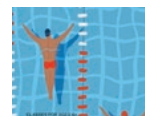
- To enquire: +91 8940288090 WA

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

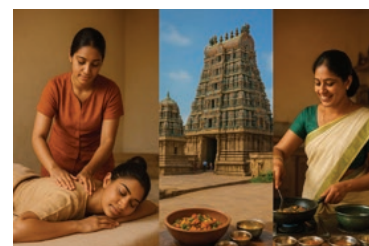
Bioregion, Crafts & Nature Activities

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

AUROVILLE EARTH INSTITUTE

Upcoming On-Campus Training Courses



AUROVILLE EARTH INSTITUTE
UNESCO CHAIR EARTHEN ARCHITECTURE

CRAtterre
ENSAO

Limited slots available - Register now!

Earthen Architecture Training Courses
March 2026

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
23—26 March	Special	Ferrocement

For more information and to register, please visit:

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

T. Ayyappan

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!

Be a part of a weekly farm tour to learn where your food comes from. Free guided farm tour only on **Saturdays, 11:30am**. For the larger group (5+) and private bookings, there is a separate charge.



- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm: It is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

• 3 days Intensive Permaculture Weekend Workshop

- View schedule and book here: <https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

• Mini Permaculture Workshop

- Please email us: solitudepermaculture@gmail.com for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

- **Introduction to permaculture through local food:** Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!
- **Handmade Soap-Making:** By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

Farm Fresh Basket Service: A long term commitment to your health! A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

- Please email us at solitudepermaculture@gmail.com to book your basket.

Lunch Scheme @ Solitud: 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
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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
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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: 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

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

Connect to your inner self through vibrations & divine chants.



Awaken the heart: Cacao & sound journey by Lakshmi

- **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



Furniture Workshop

- 13 & 14 March, 9am—5pm
- Refreshments included

Discover the timeless charm of bamboo by crafting a hand-built the seater using traditional joinery techniques.



Hyperbolic Paraboloid Dome Workshop

- 27 & 28 March, 9am—5pm,
- Refreshments included

It's a Dome-shaped bamboo structure based on a hyperbolic paraboloid, saddle-like form made by bending straight Bamboo into curves.

It looks complex, built using simple materials and smart techniques.



Pre-booking is necessary for registration:

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

Bala Sundaram

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



ENLIGHT

ENLIGHT
Light of Auroville

Contact: Arun / Balaji
+91 88381 72521 / enlight@auroville.org.in



Explore Auroville



Bioregion Tour



Art & Craft Workshops



Fireside Drumming



Cycle Tour



Cooking Class

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

Tuesdays, 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

Looking For

Long-Term Accommodation or House-Sitting: Neel

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

Looking for House Sitting—Long Term: Sathya

Am a Volunteer in Auroville presently, looking for a House to Sit for a long-term duration. As an Independent, self-organised, individual have lived in Mumbai for than 30 years and Europe for 4 years. Have travelled extensively within the country and outside to appreciate different cultures, value systems and individuals. Would highly appreciate your assistance.

Sathya,

+91 9819521152 WA, sathyamurthyv@hotmail.com

I lost my smartphone Samsung 52

I lost my smartphone near Isaiambalam guesthouse on 11 March. Please contact this number if you found it: 8807434864. *Laure*

Delivery of laptop from Frankfurt

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

Available

Brand New Santoor Tampura

To sell a brand new Santoor tamera from Swaram, 20000Rs, negotiable, turiya.auroville@gmail.com *Turiya*

La Terrace Disposal of Items

La Terrace is having the following items to dispose off, as La Terrace is not able to use them anymore, as they are worn out.

Furnitures and Fittings: Aluminium Garden Chairs 20nos.

Kitchen Equipments: Faber Range Gas Oven, Vitamixi Blender, Blue Star Glass Top Deep Freezer 500 Lits, Robot Coupe Hand Blender, Hans Heavy Duty Mixer Grinder, Sandwich Press—4 Slice, Espresso Coffee Machine, Apple iPhone.

If anyone is interested, kindly contact Angelika

- 9443465791, 10—12am
- or come to La Terrace in person, 10am—12pm, Monday, Tuesday or Wednesday.

Angelika for La Terrace Team

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 srimala221@gmail.com

Sunny

Office Spaces

Hive Coworking Space Open House



NEED A PLACE TO WORK?

OPEN HOUSE

Hive
COWORKING SPACE

FREE ON EVERY FRIDAY

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

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

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

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

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

For inquiries: auromodehive@auroville.org.in

- +91 9042759540 WA,
- +91 7092197375 WA or drop by.

Dhesh for Hive

Aurelec Spaces Available

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

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

Honorary Voluntary

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations: Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy.

We can provide lunch and some additional bonuses to come as you will stay with the team longer.

For details: aarambham@auroville.org.in

- +91 83002 88303, WA messages

Alexey



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

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 Offering

LOOKING FOR A PART-TIME JOB

Parthipan, who works at PTDC, is looking for a part-time job. He is a reliable and responsible person, willing to do various kinds of work such as errands, deliveries, and assisting elderly people (he helped care for Giuseppe, who recently passed away).

- You can contact him at 8098740882.

Marco

Work Opportunities

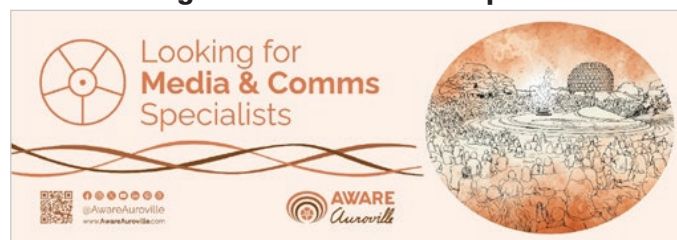
LOOKING FOR AN EXPERIENCED KNITTER!

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 are seeking dedicated volunteers to assist in the ongoing care and management of our dog shelter.

Areas of support required:

- Medical assistance (qualified professionals or students)
- Provision of essential supplies
- General shelter maintenance and animal care

Interested individuals are encouraged to get in touch at the earliest:

- 9443203092,
aurovilledogshelter@auroville.org.in



Dr. Kumar, Sugar, Shanthi

FREE VACCINATION CAMPAIGN

Saturday, 21 March, 10am— 12:30pm
In front of Solar Kitchen



We are happy to inform you about our ongoing Free Rabies Vaccination Campaign. Last week, the camp began successfully, and 20 dogs were vaccinated last Saturday.

We will continue the vaccination camp this coming Saturday, 21 March. We warmly welcome pet dogs and community dogs to participate in this free rabies vaccination program. Kindly bring the dogs with a collar and leash.

Thank you for supporting the health and safety of our beloved dogs.

Dr. Kumar for
Auroville Dog Shelter Team

Ecology

CERTITUDE SPORTS GROUND Parents & their Litter

Certitude Sports Ground is a lively and bustling sports and leisure hangout place for Aurovilians and many from around the area.

Immediately after Covid restrictions of congregation were over and the folks and children started coming back to the grounds, there was a big increase in the litter being strewn across all the areas of the Certitude Play Ground areas. After a few weeks of daily morning pickups and adding more bins to the grounds and sending several reminders on the AuroNet forum to parents to work with their children to dispose off the glittering wrappings and small end bits strewn across the play areas into the dustbins, the overall messy grounds were once more returning to natural setting befitting Auroville community. Several bins were placed in various areas to help ease the habit to just chucking the garbage. Could be that the parents also inculcated good habits in their children to wean away from the glittering confectionaries or take care of personal litter.

Fast forward today. The litter is creeping back in.

Only one bin in the children's play ground is still sitting on the floor. One more, small one, next to the canteen steps away from hidden view of almost anyone. All other garbage bins are gone. Not one bin is sight across the large areas of the grounds. We have more tournaments and events that bring in many outside participants and with these the habits of the children to bring and consume the glittering confectionaries. The event organizers need to announce and let the participating parents, guardians and children engage after the tournaments to help clean up the litter the event is leaving behind.

Daily, if each parent & child pick up three wrappings per family, the grounds will become and remain clean. If each coach and the players in the grounds of basketball, football, volleyball, table tennis, tennis etc inform others and also pick up one or two wrappers, bottles, bottle covers and other disposables, then the grounds will be clean and remain clean, and the children will grown up to be participating members of the society.

Chandaresh

REPAIR IT. SORT IT. SAVE IT.

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



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. 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 Révélation'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 STORIES 2068

We've just completed our second annual Auroville Stories event, where 15 storytellers and many children shared stories and images of hopeful futures. More than 150 people joined the two screenings, and the exploration is just beginning. If this project inspires you, here are three ways to stay involved:



5. Watch and share the stories

www.youtube.com/@AurovilleStories/playlists

Please "like", share, and leave comments on stories that resonate with you.

6. Join the conversation, bit.ly/avstories

Connect with others through our WA community (announcements + discussion groups)

7. Create your own "Future Memories" bit.ly/future-memories

Imagine a moment in a hopeful future that really matters to you and we'll help visualize it.

Each story.... Each image.... Each idea.... Is a piece of our puzzle. Let's see what happens. It's a beautiful mystery!

Contact: daniel@ic.org, +1 9783941711 with questions.

Daniel

AUROVILLE RADIO TV

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

Last published Podcasts

- [Marlenka's weekly Offering—Ep.167](#) (Literature)
- [Savitri—Ep.38: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Jumpa's Joyous Journey with Fif—Ep.7 "Anansi and the pot wisdom"](#) (Stories)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 28: "Supermind, Mind and the Overmind Maya"](#) (Sri Aurobindo)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif—B 1 C1—"Mira Ismalun"](#) (Stories)
- ["Humanity 2.0" by Aviram Rozin with Jazz—A Book Read by Shalev—P1, C3: "A Parent's Touch"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.529](#) (Integral Yoga)



Latest Youtube Videos

- [The Mother, Music & Spirituality | Gangai Amaran Opens Up with Arivan](#)
- [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

UNTWISTING THE TWISTED

Untwisting the twisted,
The Gordian Knot of the ego-mind,
With the blazing Supramental Sword



The symbolic meaning in the context of the ongoing Kurukshetra 10.0 in Auroville reverberating as a global contagion: a representation of Sri Aurobindo and the Mother as the Dual Kalki Avatar severing the Gordian Knot with the blazing Supramental Sword, the Horse as the Creative Power of Mahashakti supporting the Decreed Divine Will of Ishwara, signifying the triumph over the twisted ego-mind.

- Please [click here for the full post](#).

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

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



Zech

CLEANING CLAMPS

in the Matrimandir's Chamber to be



Working at the roof's 'stars' of Matrimandir, I liaised particularly with Giovanni; he taught contemporary history at Trieste university and we had interminable discussions. With Piero and Gloria, I recalled C. G. Jung's 'psychology of the depths', antipsychiatry (Laing, Cooper etc.), Stanislav Grof (transpersonal psychology and research into the use of non-ordinary states of consciousness); what most fascinated Piero was Arthur Janov's primal scream. Elated to work with such companions, I felt on top of the world; the same

way I felt during my Ashram's years, bathing in the atmosphere of Sri Aurobindo's and Mother's great scholars and sadhaks.

Didn't Mother tell Roger that Auroville is for an elite? Here I was, plunged into medias res. Tea-time gathered all those working at the Matrimandir's construction, current issues were discussed. Ruud Lohman—ex Franciscan monk, sociologist, theologian, scholar—was the major coordinator. The future SAIER's head, Sanjeev, also worked there. General Krishna Tewari participated too. I was a newcomer and had no idea of what role those personages would play, and how will I interact with them.

This came to a halt at monsoon time, when the roof and scaffolding turned dangerously slippery and the construction work was suspended. A new adventure commenced: removing the rust and cement from mountains of clamps piled up in the Matrimandir's future Chamber. I performed with two exceptional companions: Edith and Joy. At their advanced age, the two grand ladies of AVI UK never missed a working day; Sanjeev ferried them. Tools and construction materials scattered all over the place, rough cement walls, an improvised table made of planks: this was the daily display. The cement's patches on the clamps had abstract shapes, delicate nuances. Facing the beauty and divinity of matter, I felt inebriated as when sitting in the hollow of the samadhi tree writing poems; working in Auroville with advanced sadhikas of Integral Yoga was as thrilling as working with the sadhaks of the Ashram Press. Service to the Divine, the same one Path. The feeling of sacredness and awe were unfathomable. For two months I lived beyond space and time.

I had glimpses of such state entering the cave of the Cuman Sybilla at Naples' outskirts, the most famous oracle of the Latin world; I lived nearby, every time I got the complete experience. I entered it again in Egypt, passing from the blinding blue sky over the desert to the mystery of the pharaohs' tombs; on the plane back to Italy I cried, aware that Europe was no longer my only continent. Wondering alone in Persepolis, the grand ceremonial complex of the ancient Iranian Empire, I was overwhelmed by the feeling of eternity. It happened again in Afghanistan, riding a horse contouring the Band-e Amir lakes, at nearly 3,000 m above sea level. When I moved to Rome, the same feeling took over whenever I entered the Pantheon. I knew, then, that all of these were but a preparation for the real thing: the Matrimandir's Chamber, those days unbuilt, whose empty space was a concentration of power pulling me irresistibly. The pilgrim's journey, commenced twelve years earlier on the top of the Mount Blanc when, merging into that vastness, a call arose, "India!", had reached destination.

The Matrimandir's construction plunged me right away amidst those who the next decades would make Auroville's history. I had entered through the main gate, the Avatar's circle commenced from that elite. In 1986, in that same scenario, I met Roger Anger. The bond is for life. **Paulette**

Poetry

A SWEEPING GAZE

A sweeping gaze,
Still in wonder
As more is seen.

Anandi Z

Foods, Goods & Services

MATRIGOLD

Matrigold needs to raise the prices tremendously from 1st of April onwards. If you think about purchasing a piece, the time is now!

If you think that you can't afford it, come anyway, but between 9 and 1, or when I am there in person. I have a lot of pieces with small defaults, which we can give against a donation.

We have a nice fresh choice of symbols and plenty of artistic single pieces.

We also have pieces for the water container to raise the vibration. You can see our catalogue here:

- <https://www.matrigold.in/>
- Monday to Saturday, 9am—5pm
- +91 413 2622458

Birgitta for Matrigold, Sanjana Community

SAKHI: END OF SEASON SALE

17—31 March, 10am—12pm, 2—4pm
Opposite Isaiambalam school

Devi Namasivayam

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

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

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



LIVING ROOM CAFÉ

+91 9566142115, Satyakam

VISITORS CENTRE CAFETERIA

Wednesday, 25 March, evening 4pm onwards

Right Path Café is fully booked, there will be no service on that evening! Thanking you for your understanding,

Non Veg Monthly Meal Scheme

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

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

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

Reminder! Other monthly lunch schemes:

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

For enquiries and registration:

- cafeteriavc@auroville.org.in, 9043004919 WA

Conscious Catering for your Workshops!

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

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

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

Kyoung Hyoun Lee

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!

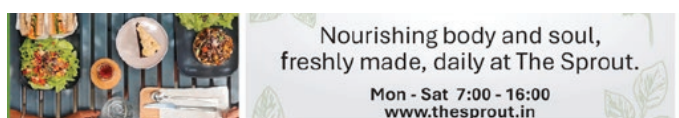
Parthasarathy Krishnan

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

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
 Millets Pongal, Coffee
 Rs.99

Submitted by Shiva



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 far road) and may gradually extend to the greenbelt.

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

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

Wish us luck for this new endeavor and if possible join up!

Lets Keep Our City Clean Together.

Sumit for Eco Service,
ecoservice@auroville.org.in,
 6379669034

TASTE OF YOGA: VEGAN CAFÉ



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

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



• 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 (Aurovillian) 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

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

HEMPLANET

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



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

Davide

INSIDE INDIA

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

FRESH COW DUNG AVAILABLE

@ Siddhartha Farm

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

Herbert

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*

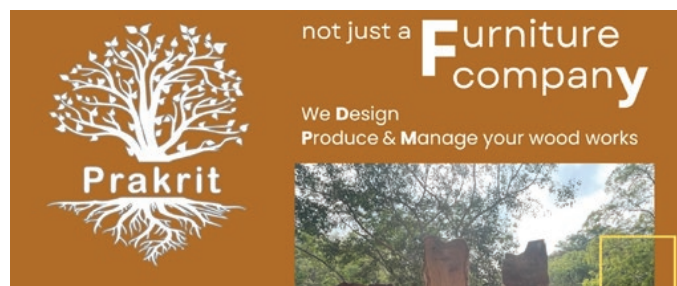
SURABHI SUPPLIES

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



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

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

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



Thursdays, 26 March, 9 & 23 April, 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, 28—Sunday, 29 March, 8:30—4:30pm

Awareness through the Body (ATB) explorations is a two-day



Awareness Through the Body

ATB 2 with Honor & Vega
28 - 29 March 8.30am - 4.30pm

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



workshop for those who have already experienced the basics of ATB and wish to deepen their embodied awareness.

Over these two days, we continue exploring how attention, sensation, movement and form interact, allowing awareness to become more stable, subtle, and alive in our daily lives.

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

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

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**

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.

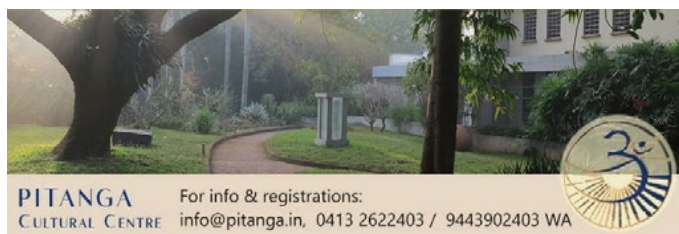
For more details see www.innersightav.org or

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



Submitted by Nadia

PITANGA CULTURAL CENTRE MARCH



Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga, not on 30/03	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	5–6:30pm	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, paused until further notice	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, not on 21/03 & 28/03	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་ལྷན་སྦྲེལ་) 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



The Elemental Resonance Immersion Workshop

- **Saturday, 28 March, 3:30—5pm**

An immersive Tibetan Mantra Yoga & Meditation somatic-sonic practice weaving “movement, breath, and elemental seed sounds” to gently regulate the nervous system and harmonize the Vajra (subtle energy) body.



Rooted in the “Body–Speech–Mind” framework of classical Indo-Tibetan yogic systems, this session approaches vibration as a tool for physiological coherence, sensory integration, and inner clarity.

Sound is offered not as performative chanting, but as “therapeutic resonance”.

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

Anandamayī

QUIET HEALING CENTER



www.quiethealingcenter.info, quiet@auroville.org.in
+91 9488084966, Mobile & WA

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.



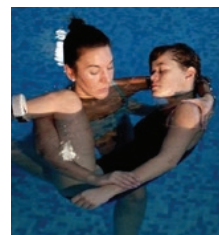
The following two days will take you deeper into body-listening and exploration of various possible body movements. You will also gain knowledge about meridians, hara, and the connection between mind and body.

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

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

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



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	3:30—4:30pm	Nikki
	Yoga Nidra: A Journey to Stillness	5—6pm	Radha
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	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)	3:30—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

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

Workshops

Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
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

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,
- aurokiya@auroville.org.in

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Classes

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

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

Ramana, Arka

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 session below is 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

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

VINYASA FLOW WITH BALA PAUSED FOR SUMMER:

Vanakkam everyone, many thanks to all of you for joining Yoga with Bala at Bharat Nivas this season. As the season comes to an end, it is time for me to take a small pause and invest some time in myself. I will be travelling for a while and will return after Tamil New Year. Please note that the classes will take a summer break from **March 17 until June 1**.

If you are in Auroville during this time, I encourage you to continue your practice by attending yoga classes at Vérité, Pitanga, Arka, and other wonderful spaces in the community.

I would like to take this opportunity to thank my Bharat Nivas team, all my students, friends, and everyone who helped make this a beautiful and meaningful season. Wishing you all a wonderful summer.

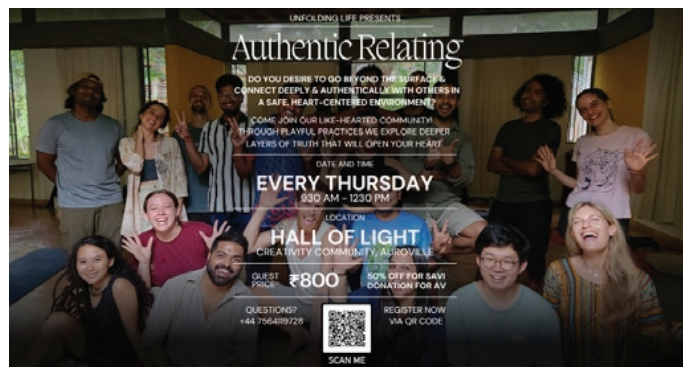
See you on the other side of the season.

Bala

Submitted by Monisha, BN Team



Authentic Relating



Dave

Languages

NEWS FROM Auroville Language Lab

Language Lab Building Tours with Mita

The Language Lab 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)
- **Thursdays**: English conversation with Alex, 5:30—6:30pm

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 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

Current Schedule of Classes, 19 March

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

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Intermediate Conversation with Riki	8-Hours Monthly Always ongoing	10:30–11:30am Tuesday & Thursday
	Beginner Conversation with Ashwini	36-Hours, 3 months, Starting 18 March	4–5pm Monday, Wednesday & 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 months, 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
Hindi	Beginner with Ashwini	24-Hours, 2 months, Starting 18 March	5–6pm Mon- day, Wednes- day & Friday
Gibberish	Beginner with Siddharth	12-Hour, 3 months Starting 7 February	4–5pm Saturday

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

Mita, Mano, Louis & Enzo
for Language Lab



CINEMA PARADISO

@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 23—29 March

At the Multimedia Center Auditorium for Cinema Paradiso screenings, doors open 15 minutes before showtime and close once the film begins. Please arrive on time, avoid crossing in front of the screen or using mobile phones, and note that food and drinks are not permitted inside.

Indian—Monday, 23 March 8pm

Pookkaalam (Spring)

India, 2023, Writer-Director. Ganesh Raj w/ Vijayaraghavan, K.P.A.C. Leela, Basil Joseph, and others, Comedy-Drama, 137mins, Malayalam w/ English subtitles, Rated: NR (G)

Ittoop, nearly 100, stuns his family when he decides to divorce Kochu Thresiamma after uncovering a secret love letter from her past. What follows is a heartfelt, humorous journey through generations, revealing the complexities of love, forgiveness, and family. A much-acclaimed, award-winning drama that blends warmth with wit.

Potpourri—Tuesday, 24 March 8pm

Yeelen (Light)

Mali-France-Burkina Faso-WGermany, 1987, Writer-Director. Souleymane Cissé w/ Issiaka Kane, Aoua Sangare, Niamanto Sanogo, and others, Drama-Fantasy, 105mins, Bambara-Fulah w/ English subtitles, Rated: NR (PG-13)

Niankoro, gifted with mystical powers, flees his sorcerer father Soma, who seeks to destroy him. Guided by visions and ancestral wisdom, he embarks on a perilous journey across the Mali Empire. This much-acclaimed, award-winning African epic blends myth, spirituality, and striking visuals into a timeless confrontation of destiny, light, and darkness.

Selection—Wednesday, 25 March 8pm

Goodbye Lenin!

Germany, 2003, Writer-Director. Wolfgang Becker w/ Daniel Brühl, Katrin Sass, Chulpan Khamatova, and others, Satire-Drama, 121mins, German-English-Russian w/ English subtitles, Rated: R

This tragicomedy follows Alex Kerner, who hides the fall of East Germany from his fragile mother Christiane after she awakens from a coma, creating an elaborate illusion to protect her. Witty, heartfelt, and deeply moving, it blurs truth and illusion in a tender tale of love and loyalty — a much-acclaimed, award-winning film. A son's devotion rebuilds a vanished world. A must see!

Interesting—Thursday, 26 March 8pm

Architecton (Architect)

Germany-France-USA-French Polyesia, 2024, Writer-Director. Victor Kossakovsky w/ Abdul Nabi al-Afi, Davide Alioli, Michele De Lucchi, and others, Documentary, 98mins, Italian-English w/ English subtitles, Rated: G

A visually stunning exploration of stone and concrete reveals how civilizations rise, collapse, and renew. From ancient ruins to modern skylines, it meditates on architecture as memory and prophecy, showing humanity's enduring imprint across time. Award-winning and internationally acclaimed, it invites audiences to reflect on survival, transformation, and the fragile permanence of human creation. The film is brought to us by a patron!

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

International Film Saturday, 28 March 8pm

Les Algues Vertes (Green Tide)

France-Belgium, 2013, Writer-Director. Pierre Jolivet w/ Céline Sallette, Nina Meurisse, Julie Ferrier, and others, Thriller-Drama, 103mins, French w/ English subtitles, Rated: NR (PG-13)

This film is being brought to you in collaboration with Alliance-Française. Inès Léraud, a fearless journalist, investigates mysterious deaths on Breton beaches linked to toxic algae. Her pursuit uncovers a dangerous web of silence, political pressure, and corporate interests. Tense and socially urgent, this acclaimed eco-thriller compels viewers to confront hidden environmental dangers while revealing the courage required to challenge corruption and protect truth.

Children's Matinee—Sunday, 29 March 4pm

Puss in Boots the Last Wish

USA-Japan, 2022, Director. Joel Crawford & Januel Mercado w/ Antonio Banderas, Salma Hayek, and others, Animation-Adventure, 102mins, English-Spanish w/ English subtitles, Rated: PG

Puss, down to his last life, sets out to restore what he has lost by seeking the fabled Last Wish. Joined by Kitty Softpaws and Perrito, he faces Goldilocks, the Bear family, and Jack Horner, while hunted by the relentless Wolf. This award-winning tale delivers thrilling action, laughter, and heartfelt lessons.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 29 March 8pm

Night on Earth

UK-USA-Germany, 1991, Director. Jim Jarmusch w/ Gena Rowlands, Winona Ryder, Lianne Falk and others, Comedy-Drama, 129 mins, English w/ English subtitles, Rated: R

Five cab rides unfold across Los Angeles, New York, Paris, Rome, and Helsinki. A Hollywood agent spots unexpected talent, an immigrant struggles with the city's chaos, a blind woman shares insights with her driver, a talkative Roman overwhelms his passenger, and laid-off workers in Helsinki reflect on love, loss, and life's harshness.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/program at MMC Auditorium, kindly email us: mmcauditorium@auroville.org.in.

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

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

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

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, 20 March

Infinity and Back, 22 minutes, 2017, Kuntal Joisher

The first film showcases the first man, Kuntal Joisher, to climb Mt. Everest with 100% vegan gear and food.

73 Cows, 15 minutes, 2021, Alex Lockwood

The second docu-movie is a touching story of a UK cattle farmer who was the first in the UK to switch to sustainable organic vegan farming.

Aviram



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



About N&N

NEWS AND NOTES GUIDELINES

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

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