



News Notes

#1124 A weekly bulletin for residents of Auroville 26 March 2026



Aurodam, photo by Alexey

Pondering



"To be pure, what does it mean? One is truly perfectly pure only when the whole being, in all its elements and all its movements, adheres fully, exclusively, to the divine Will. This indeed is total purity."

The Mother, Questions and Answers 1954

"Purity is to accept no other influence but only the influence of the Divine."

Sri Aurobindo, Letters on Yoga

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House of Mother's Agenda



(continued from last week)

It was like a memory,¹ an eternally present memory of that consciousness of supreme Love emanated by the Lord onto earth—INTO earth—to draw it back again to Him. And truly it was the descent of the very essence of the divine nature into the most total divine negation, and thus the abandonment of the divine condition to take on terrestrial darkness, so as to bring Earth back to the divine state. And unless That, that supreme Love, becomes all-powerfully conscious here on Earth, the return can never be definitive.

It came after the vision of the great divine Becoming.² "Since this world is progressive," I was wondering, "since it is increasingly becoming the Divine, won't there always be this deeply painful sense of the nondivine, of the state that, compared with the one to come, is not divine? Won't there always be what we call 'adverse forces,' in other words, things that don't harmoniously follow the movement?" Then came the answer, the vision of That: "No, the moment of this very Possibility is drawing near, the moment for the manifestation of the essence of perfect Love, which can transform this unconsciousness, this ignorance and this ill will that goes with it into a luminous and joyous progression, wholly progressive, wholly comprehensive, thirsting for perfection."

It was very concrete.

And it corresponds to a state where you are so PERFECTLY identified with all that is, that you concretely become all that is antidivine—and so you can offer it up. It can be offered up and really transformed through this offering.

This sort of will in people for purity, for Good (which in ordinary mentality is expressed by a need to be virtuous) is actually the GREAT OBSTACLE to true self-giving. It's the root of Falsehood, the very source of hypocrisy: the refusal to take up one's share of the burden of difficulties. And that's what Sri Aurobindo has touched on in this aphorism, directly and very simply.

Do not try to be virtuous. See to what extent you are united, ONE with all that is antidivine. Take up your share of the burden; accept to be impure and false yourself, and in so doing you will be able to take up the Shadow and offer it. And insofar as you are able to take it and offer it, things will change.³

Don't try to be among the pure. Accept to be with those who are in darkness and, in total love, offer it all.

(silence)

(to be continued next week)

¹ Questioned about the meaning of these words, Mother said, "The state I was in was like a memory."

² See [conversation of January 12, 1962](#)

³ When Satprem published extracts from this conversation in the Ashram Bulletin of April 1962, Mother had this passage modified (over his protests). Instead of "Do not try to be virtuous," she put "Do not try to seem virtuous"; and she added: "There's a drawback here. People never understand anything, or rather they understand everything in their own way. They would take this sentence as an encouragement to get into mischief, to misbehave, to entertain wrong feelings, and then proclaim, 'We are the Lord's favorites!' ... There was something like it in one of Sri Aurobindo's letters, you remember—a letter to people who wanted to bring all the impurities in themselves out to the surface; he told them that was definitely not the way!" (See Sri Aurobindo's two letters on psychoanalysis in the [Addendum](#))

The Mother's Agenda, January 21, 1962

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

Gangalakshmi HOMA

Townhall Speaks

ATDC COMMUNITY ANNOUNCEMENT

Road Safety—Appeal to Parents Regarding Underage Driving in Auroville



L'avenir d'Auroville

Dear Auroville Community, ATDC would like to draw the community's attention to a growing safety concern on Auroville roads.

It has been increasingly observed that children well below the age of 18 are driving vehicles for which a valid driving licence is legally required. In several instances these vehicles are being driven at unsafe speeds, with racing and reckless behaviour reported on different stretches of road, particularly around the Crown.

This is a serious safety risk not only for the children themselves, but also for pedestrians, cyclists and other road users.

As Auroville moves towards transforming the Crown into a collective transport, e-mobility, pedestrian and cyclist-friendly zone, road discipline and safety become even more important.

We therefore request all parents and guardians to kindly ensure that children are not given access to motorized vehicles that legally require a driving licence.

Children commuting within Auroville should ideally use:

- Bicycles; E-cycles

Motorized vehicles, including e-bikes and other licence-requiring vehicles, should not be provided to children under 18. The community's cooperation is essential to maintain safety on our roads and to support Auroville's transition towards safer, low-impact mobility.

We thank you for your understanding and cooperation in helping make Auroville's roads safe for everyone.

Submitted by Joel

INVITATION

to Support Mediation and Facilitation Processes in Auroville Units and Services

As part of supporting the healthy functioning of Auroville's units and services, FAMC would like to strengthen the availability of resource persons who can assist when situations arise that may benefit from dialogue, facilitation, or mediation.

Many members of the community bring valuable experience in listening, bridging perspectives, and helping individuals or teams arrive at mutually respectful understandings. In this spirit, we would like to invite Aurovilians who may be willing to offer their time and skills to support such processes when needed.

We are looking for individuals who:

- Have some time to dedicate to matters related to facilitation or conflict resolution,
- Have prior experience or skills in mediation, facilitation, or similar processes,
- Are able to provide brief written observations or reports where required.

The intention of this initiative is to provide a supportive resource that units, services, and individuals can draw upon when helpful, thereby strengthening harmonious working relationships across the community.

Maintenance will be provided for those who take up this responsibility full time.

- Aurovilians who feel called to contribute may please contact FAMC at: famc@auroville.org.in

FAMC, from Mass Bulletin

REQUEST FOR SUPPORT/ ADVISORY TEAM MEMBERS for FAMC & ATDC

FAMC and ATDC are in the process of strengthening the ongoing work related to land management and exchanges by bringing together a small support/advisory team to assist in matters related to land exchanges.

This team will help FAMC and ATDC by studying Auroville's outlying lands and identifying parcels that may be appropriate to earmark for potential exchange. The intention is to ensure that land exchanges continue to be approached with careful consideration and a long-term perspective.

Members of the team will be expected to review and discuss different land parcels and offer their advice and observations to FAMC and ATDC—including the reasoning behind why a particular parcel may or may not be suitable for exchange.

This is intended to be a small team of around five residents who are willing to contribute their time and perspective in an advisory capacity to FAMC and ATDC.

Maintenance will be available for those who take up this responsibility.

Residents who are willing to contribute may please contact FAMC at famc@auroville.org.in

FAMC & ATDC, from Mass Bulletin

Community News

Obituary

REMEMBERING MERRILYN MILDRED COOK (MERRY)

on 31.03.2026, 1st Anniversary

My Dear Merry, it was so nice to be with you all these years. Lots of ups and downs, but we managed together as a family, sometimes we go out together to have lunch. You always like to take care of your caregivers. We had beautiful moment with you. Thank you our dearest Mom. Miss you. Love you for Ever.



Deana, Raji, Sarala, Shailey, Shakti, Subhatra, Uma, Vanitha

Matrimandir News & Schedules

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

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

Awakening Spirit

SAVITRI BHAVAN, APRIL 2026

Savitri
B H A V A N

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

- **30 March: Sri Aurobindo's Uttarpara Speech.** In his speech delivered at Uttarpara in Bengal in 1909, after one year in the Alipore Jail, Sri Aurobindo spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad and the Divine presence of Sri Aurobindo is tangible. The subtitled video is produced by Savitri Bhavan. Duration: 33min.

On 4 April 1910, Sri Aurobindo took refuge in the French settlement of Pondicherry. His inner guide gave him the 'Aadesh' to move there to avoid persecution by the British Government. This day and this event are held in high esteem by the devotees in the Ashram and in Auroville. We like to honour it by presenting a beautiful recording of Sri Aurobindo's Uttarpara Speech.

The Uttarpara Speech contains records of Sri Aurobindo's various experiences in the Alipore Jail and detailed descriptions of his realisation of the Supreme's presence and work in this world. It mentions how the Supreme, in the form of Vasudeva, Narayana and Krishna, protected him and took care of him while he was in jail. Sri Aurobindo saw Him everywhere and in everyone: in the jailed swindlers and murderers, in the Magistrate, and the Prosecuting Counsel in the courtroom during his trial.

It was Sri Krishna who arranged for Sri Aurobindo to get a copy of the Gita in jail. It was He who taught him the central truth of the Hindu religion, which is Sanatan Dharma,

the universal and eternal truth, and that the Divine is present in all men and things, and that in the Divine we move and have our being.

The Uttarpara Speech is a special document about Sri Aurobindo's experiences as an undertrial prisoner in Alipore Jail from 1908-1909, his work for India's freedom, and the inner guidance he received from his Master of Yoga. It also discusses the very essence of India and her mission in the world: to live and to bring the eternal wisdom of the Sanatan Dharma to humanity and the closeness of God to man. It knows that the world is the Lila of Vasudeva and what immortality is and has utterly removed the reality of death. Sanatan Dharma is life itself.

Sri Aurobindo's Uttarpara Speech was first published in the Bengalee, an English newspaper in Calcutta, and then revised by Sri Aurobindo himself and republished in the Karmayogin in June 1909. Later, it was included in Sri Aurobindo's *Tales of Prison Life*.

The video is available on the Savitri Bhavan Auroville website > [YouTube Channel](#)

- **6 April: About Savitri—Book 1: The Book of Beginnings, Canto 3, Part 4**—read and commented by The Mother. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and gave her comments which were recorded. Duration: 44min.
 - **13 April: About Savitri—Book 1: The Book of Beginnings, Canto 3, Part 5**—read and commented by The Mother. The Mother read lines from Sri Aurobindo's epic poem *Savitri* and commented on them. Duration: 43min.
 - **20 April: The Mother's Victory**—The Supreme Divine always keeps up building a higher harmony and a greater unity. A video talk by Dr Alok Pandey. Duration: 37min.
- Followed by *The Mother of Dreams* by Sri Aurobindo, a poem written in Alipore Jail and read by Shraddhavan, created by the Savitri Bhavan Team. Duration: 8min.
- **27 April: Interview with Jhumur by Narad**—Jhumur shares her remembrance about Sri Aurobindo and his golden light as well as her and other children's learning with The Mother in the Ashram. Duration: 72min.

Full Moon Gathering

- **Wednesday, 1 April, 7:15—8:15pm**
in front of Sri Aurobindo's statue

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.

- **27 March: Four Aspects of The Mother**—a video by Audio-visual Department of Ashram



- **3 April: Sri Aurobindo's First Major Spiritual Experience**—A presentation by Shraddhavan at Savitri Bhavan in the year 2008 (a recorded Audio talk)



- **10 April: Surrender in Savitri**—A recorded video talk by Jamshed Mavalwalla
- **17 April: Divine Grace and plasticity**—a powerpoint presentation by Nethya, Savitri Bhavan
- **24 April: Holding the Flame: Staying True in Times of Turbulence**—Talk by Dr. Alok Pandey

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.

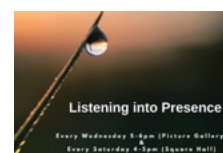
OM: I implore the Supreme Lord.



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.

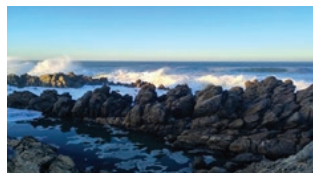
Inspired by Sri Aurobindo's poem "Invitation," written in 1908–09 in the Alipore prison, Poetry By Design invites you to stroll, pause, recite, read, linger, sketch—or simply BE.



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

@ 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

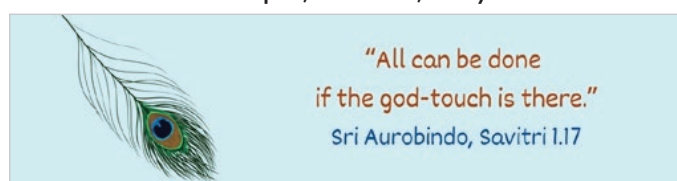
Participants may also choose to attend monthly and connect with the volunteer community.

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, daily online zoom



On 29 March, 1914, The Mother met Sri Aurobindo for the first time in Pondicherry, recognizing him from her spiritual visions as "Krishna." 24 April, 1920, marked The Mother's final arrival in Pondicherry when she returned to settle permanently and work with Sri Aurobindo on their Integral Yoga sadhana. She later called this date a "tangible sign of the sure Victory over the adverse forces."

Some of us are embarking on a collective learning yajna to integrate the wisdom from Bhagavad Gita in our day-to-day life. We will be referring to all 700 shlokas of the Gita in Sanskrit along with daily practices, reflections and reading excerpts from Sri Aurobindo's Essays on the Gita and The Mother's writings. **All are welcome.**

- For more details and registration click: tinyurl.com/gitainlife
- Feel free to write to us: vidyamandir@auroville.org.in

Deven, Shaalini for Vidyamandir

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



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

LABORATORY OF EVOLUTION LIBRARY

Laboratory of Evolution Library

Opening: Monday to Saturday 9am to 12 am
Tuesday, Wednesday, Friday & Saturday 2:30 pm to 4:30 pm

Focused on the evolutive vision of Sri Aurobindo & The Mother.
Many related subjects from Traditional knowledge: Religion, Esotericism,
Sciences, NDE, Body Consciousness, Health etc.

The complete works of Sri Aurobindo & The Mother are available in many
languages, also books written by Ashram Disciples & Aurovilians.
Also documents related to Auroville, books, CD & DVD

Open for Aurovilians, Newcomers, Volunteers, & Guests

Located at HORIZON, in front of SVE DAM, Lorenzo Food Laboratory

Kalyani

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

Education

STEAM FEST 2026

On 4th April 2026 / From 9:00 AM to 12:00 PM

@ Deepanam School

For all age groups

Yuvabe Education
A Social Enterprise for Tomorrow

DEEPANAM SCHOOL

Saturday, April 4, 9am—12pm @ Deepanam School

Join us for a fun-filled day of hands-on experiments and discovery at STEAM Fest 2026, supported by Yuvabe Education! Dive into exciting interactive activities that bring together Science, Technology, Engineering, Art, and Math—learning has never been this fun!

Open to all ages

Abilash

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

LILALOKA

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

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

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

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



Activities 2026

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

Nesters

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

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

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

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

Infants' Community

- **Daily mornings, age: 1½—3 years**

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

Free-Flow Mornings

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

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

Afternoon Activities

- **Twice per week, age: 3—6 years**

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

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

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

Occupational Therapy and Individual sessions

- **By appointment**

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

Research and Training

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

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE OPENS DOORS FOR KIDS

of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville. Learning Space is an initiative of SAIER, offering a space for orientation, integration, and exploration of Auroville before school enrollment. As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools.



A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.

Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15—8:45am
- Pick up time 3:30—4:40pm (by the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near Dehashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways.

- For admission/visit, please make an appointment at aarambham@auroville.org.in.

Alexey

CORPORATE SUSTAINABILITY & UI/UX DESIGN

@ Yuvabe Education's Bridge Program

3-Month Courses

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



Courses, starting September 2026:

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

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

- [Apply now](#)

Course details:

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

For more details:

Flyer: [Flyer link](#)

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

Contact Us: 9677604467, bridge@yuvabe.com

We look forward to connecting with you!

Follow us on social media:

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

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

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

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

Abilash

KUILAI CREATIVE CENTRE

Regular Activities

(A unit of SAIER)

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



Please contact us to inquire about the class timings.

- kulaicreativecentre@auroville.org.in
- +91 8608473385 WA

Selva from KCC

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!

Topics: 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

AV PRE CRECHE PARENTS' MEETING

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

Parents' Meeting

Sat, 4th April 2026
9.30 to 10.15 am
At AV Pre Creche

Followed by Open house
10.30 to 11.30 am

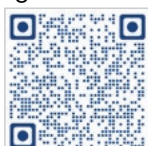
AV Pre Creche is inviting Aurovillian and Newcomer parents to a Parents' Meeting

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



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

Health Care

HEALTH FUND REMINDER

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



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

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

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

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

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

Stefan & Meenal for Auroville Health Fund

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—Aurovillians, 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 morningstar@auroville.org.in
Savithri & Paula, +91 9130084284

AUROKIYA INTEGRAL EYE CENTRE

Eye Care Services @ Arka

Aurokiya provides a range of eye care services for Auroville and the bioregion. **Available services:**

- Primary & emergency eye care,
- Spectacles & contact lenses,
- Eye Yoga & Vision Therapy,
- Workplace & community outreach eye camps,
- Support for visits to Aravind Eye Hospital



New services:

- Retina imaging,
- Intraocular pressure (glaucoma) monitoring,
- Red Light Therapy for eyes,
- Dry Eye Therapy

Timings: 9am—5:30pm, Contact: 9488005685

Aurosugan for Aurokiya

SANTÉ SERVICES SCHEDULE

March



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

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

Santé Services Schedule

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care Ezhil & Archana, Daily: no appointment needed
Ayurveda with Dr. Be: Monday/ Tuesday/ Wednesday/ Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric—Monday to Friday	Soundbed Session with Sandhya/ Thilagam: Not available
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminSanté@auroville.org.in	Home Care Contact Santé for timings: Physiotherapy w/ Arun Doctor Consultation w/ Dr. Sana

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

*Dasha
for Santé Services*

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



AURODENT CLINIC, MARCH OFFER

March Offer

10%OFF
Teeth Cleaning
+
20%OFF
Teeth Whitening

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

AURO DENT
@ Auromode

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

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

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

Appointments can be booked directly at Aurodent Clinic.

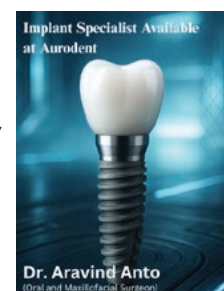
For appointment:

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

Working Hours:

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

Jayasutha for Aurodent



Youth

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



YUVA SANGHA

After a long period of Yuva Sangha (formerly Kailash) standing empty, and much discussion between YouthLink and Housing on how to move forward, we are finally ready to bring the space back to the community.

This announcement has two purposes.

- **First, if you are a young person between 18 and 26 years old**, whether a newcomer or an Aurovilian and are in need of a place to stay, we warmly invite you to reach out to YouthLink. We will guide you through the process of joining the community.
- **Second, to make this revival possible, we need the support of the wider community.** At the moment, the building does not have a washing machine. We are looking for someone who could donate one, or lend one for a few months until we are able to purchase our own.

If you have a washing machine, or know someone who might be able to help, we would deeply appreciate your support in helping us support the youth of Auroville.

*Madhu for YouthLink team
& Yuva Sangha*

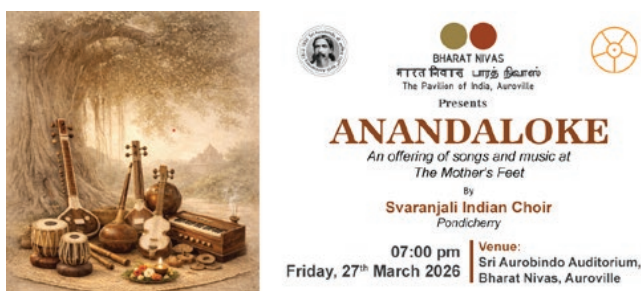
International

BHARAT NIVAS, Pavilion of India

Kalaripayattu performance



Anandaloke



Devaram & Thiruvagam



*Submitted by Monisha
for BN Team*

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
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.
Sunday 3:30—8pm		Pondicherry/ Auroville Annual Poetry Festival by the Brown Critique and Pondicherry Poets

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, 3pm	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

0413 2623576, 9699930672, unitypavilion@auroville.org.in

The Mother's Symbol, Matrimandir and 12 Qualities

- Every Tuesday, 3pm, Weekly Experiential Exploration



A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation with Jaya.

- By appointment, 0413 2623576

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

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

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

Preeti for Unity Pavilion

FRENCH PAVILION PRESENTS

Games

@ Pavillon de France, opposite the Visitor Center

Sunday Pétanque

- Every Sunday, 4—5:30pm

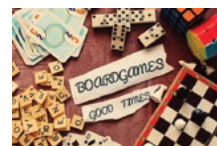
Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun.



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

PAVILION OF TIBETAN CULTURE PRESENTS

Pavilion of Tibetan Culture:

The Library

- Monday and Tuesday, 9:30am—12:30pm

Kalsang for Tibetan Pavilion



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



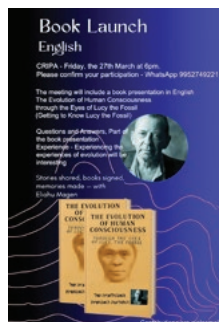
Book Launch/performance: The Evolution of Human Consciousness through the Eyes of Lucy the Fossil

• 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



RESILIENCE: EXHIBITION BY MARIE-CLAIRE BARSOTTI

6—28 March @ Pitanga



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

Anandamay

MANNIN MANDHIRAM:

Magic of the earth

Exhibition by Kripa. Photo documentary of terracotta terracotta votive forms 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.



Anandamay

OF BEING AND BECOMING

@ Maroma Art Gallery, MAJI, 21 February—4 April
Aspiration St, Kulapalayam



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

Sagarika Bhati for MAJI, Maroma, maj@maroma.com

Theatre, Music & Art Activities

EXPERIMENTAL PIANO AND FLUTE @ CAFETERIA



@ Cafeteria, Visitors Center Auroville

Thursday, 26 March, 6:30pm

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

Lee for Cafeteria team

KARAOKE @ BELLA VITA

Friday, 27 March, 7pm onwards



Join us for a relaxed karaoke evening where everyone is welcome, whether you want to take the mic, sing along from your seat or simply enjoy the atmosphere.

Chotra for Bella Vita team

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 ...



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

SVARAM ACTIVITIES

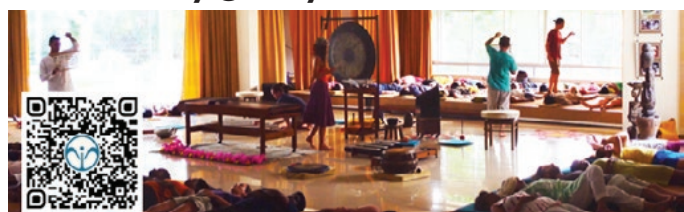
Sound Healing Session



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

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

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

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

Sound Garden Tour



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

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

Aurelio for the SVARAM Team

CREEVA: ART ACTIVITIES

Center for Research Education Experience in Visual Art

Watercolour painting workshop

- Every Wednesday, 2—4pm

Life drawing session

- Every Saturday, 10am—12pm

T-shirt Painting, Bottle Painting Workshop

Paper Pulp Doll Art Workshop

- Every Sunday, 3—4:30pm

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

Live portrait sketch

For personalised live portrait sketch book a session with Sathya.



Open studio

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

For info contact Sathya: +91 9486145072

- sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity

IMPROVISATION, VOICE, MOVEMENT, SPEECH, Self-Inquiry & Self-Expression

3 month training in CRIPA of 2 classes a week:

Mondays, 2—4pm & Wednesdays, 2—5pm

Starting 13 April

The approach of the training will be psychological and subjective in nature inviting the participants to discover their unique expression and personhood.

First and foremost an interest in inquiry and self-discovery is expected. An openness for exploring Mother and Sri Aurobindo's texts.

The direction of the training will take shape in accordance with the participants' progress, the individual's creative process will be the guiding principle.

The spirit of the training will invite a spirit of discovery, an openness to fail, a curiosity for the unexpected.

Collaboration where we will explore working together as a collective, refining not only our own nature but exploring how to devise and co-create.

From this training the participants can expect to improve their confidence, a more dynamic expression, performance skills, more flexibility emotionally and psychologically.

A lot of time self-inquiry and self-observation, journaling and reflections.

There will be the optional possibility of working towards a performance towards the end of the 3 months.

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

We will be taking a batch of a maximum of 16 participants.

- Facilitator: Misha (Mike), misha@auroville.org.in
- [Further info and registry here](#)

- A further continuation of 3 months will be discussed.

Misha (Mike)

AUROVILLE'S GOT TALENT

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



Join us for an evening of Auroville's own talent, rap, stand-up, live music, poetry, dance, a fire show, and more. AGT is a warm, lively space where our community comes together to share their expressions and cheer each other on. Guests coming from outside of Auroville, [please register here](#).

Gautam

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**

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

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

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



Sports & Martial Arts

BUDOKAN: CLASS HOURS AND ACTIVITIES

Aikido

For Adults & Teenagers

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

For Kids & Teenagers

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

Aikitaïso: Monday to Friday: 8—9am

- Saturday: 9—10am

Yoga: Monday, 9:30—10:30am & 5—6pm

- Wednesday to Friday, 9:30—10:30am

Shiatsu: Saturday & Wednesday (on appointment)

*Michaël for Auroville Budokan,
Dehashakti*

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 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](mailto:abhaya@auroville.com)

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

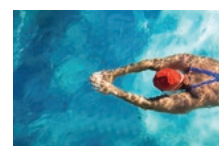
Giacomo for Abhaya



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**

THE ART OF CHI: STEVANOVITCH METHOD

Classes with Hans

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

8110848123 WA,
Hans

MARTIAL ARTS IN BHARAT NIVAS

Kalaripayattu Regular Class Updated Timings



Bharat Kalari
Offers
Kalaripayattu
Regular Class

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

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

Enquiry Contact: 0413 3632253 / 78455 34014
bharatnivas@auroville.org.in

Monday to Friday:

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

Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



From 20 August 2025

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

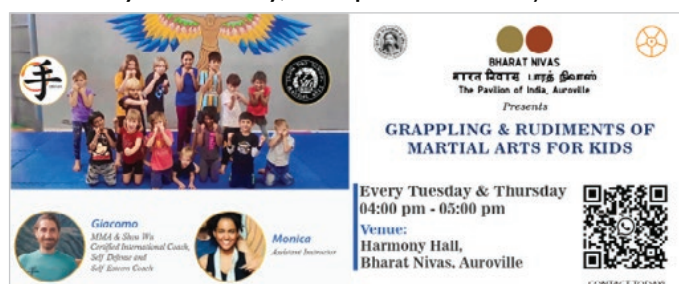
Venue:
SAWCHU,
Bharat Nivas, Auroville

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
தாய் ஸ்தலம் : மயக் கிணம்
The Pavilion of India, Auroville
Presents
GRAPPLING & RUDIMENTS OF
MARTIAL ARTS FOR KIDS

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

Venue:
Harmony Hall,
Bharat Nivas, Auroville

CONTACT TODAY!

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

Bioregion, Crafts & Nature Activities

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



SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!

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



- Please email us at: solitudepermaculture@gmail.com

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

- 3 days Intensive Permaculture Weekend Workshop
 - View schedule and book here: <https://solitude.farm/workshop/>

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

- Mini Permaculture Workshop

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

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

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

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

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

Lunch Scheme @ Solitude: Experience a wholesome lunch scheme at Solitude Farm—freshly prepared straight from our farm every day. Enjoy traditional grains such as millets and red rice, heritage greens like local spinach, and a variety of seasonal fruits and vegetables rich in Ayurvedic benefits. All food is grown without chemicals and follows time-tested methods that have supported communities for generations.

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing life-style conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots. Come, eat well, and feel well.

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

Krishna
for Solitude Farm & Café

MOHANAM PROGRAM

www.mohanam.org



Mohanam: 2 mins from Vêrité, 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 | Pottery | Coconut Shell Craft | Dream Catcher | Incense Making | Kolam Mandala

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

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



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

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

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

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



Deep Sound bath 5 Element by Satyaguga

- 31 March, Tuesday, 5—6:30pm

Connect to your inner self through vibrations & divine chants.

Awaken the heart: Cacao & sound journey by Lakshmi

- 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

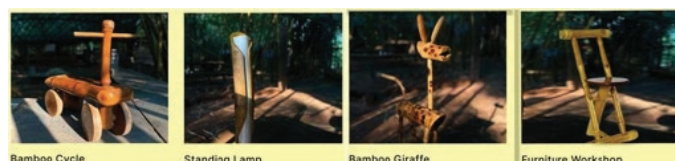
- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



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

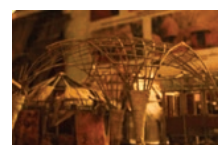


Hyperbolic Paraboloid Dome Workshop

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

It is 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

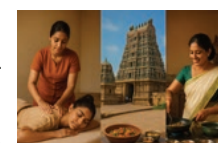
Bala Sundaram

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

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

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

EDIBLE WEEDS WALK

28 March, Auroville

Rejuvenated by the little rain, the weeds are back!

Registration Details: Join via email the free walk—open to the first 10 people. You would need a copy of the Edible Weeds Coloring Book + insert (can be shared by 2 people).

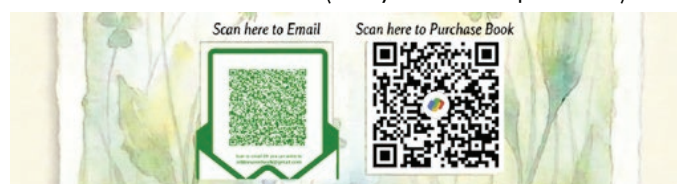
To join please email:

- Number of people joining the walk and books you have
- How many books you wish to purchase (Rs.600 each)
- Preferred pickup location after payment (No cash):
 - Town Hall Reception
 - PTDC (Aurovilians only)
 - At the walk

Note: Exact Venue to be decided and e-mailed to registered participants.

Contact & Payment

- Scan to email: (QR Code provided)
- Scan to Purchase Book: (GPay QR Code provided)



- Direct email: edibleweedwalk@gmail.com

Nina

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

Cycle Tours through Auroville

- 9am—1pm. Please book 36 hours in advance.

Ride into the green lungs of Auroville on our newest bicycles partnered with KINI-SI. 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

MAROMA CAMPUS TOUR!

Every second Saturday, 10:30am—12pm
@ Maroma Aspiration Campus



Join us for Maroma Experiences,
beginning this Saturday, March 28.

A guided, campus-wide experience including production visits, candle and soap making, the Maroma Gallery, and a hands-on incense workshop (with take-home gifts).

Enjoy healthy refreshments and an open Q&A session.

- Rs 500 (Adults)
- Rs 300 (Under 14)
- **Aurovilian Special:**
Half-price for Aurovilians

Book: <https://maromaexperience.com/>,
9486623749 WA



Jesse

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

Looking for Long-Term House Sitting: Lakshmi

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

+91 8489764602, Lakshmi,
lakshmiprem369@gmail.com

Delivery of laptop from Frankfurt

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

Rosa

Lost & Found

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

Available

Yamaha P-85 Digital Piano (88 Keys)

with Stand & Pedals, fully working

Selling a Yamaha P-85 digital piano, a reliable and well-known model ideal for both beginners and intermediate players. The piano is fully functional and in good working condition. Main features:

- 88 weighted keys (Graded Hammer Standard—realistic piano touch)
- High-quality Yamaha piano sound; Built-in speakers
- Multiple voices (grand piano, electric piano, organ, strings, etc.); Metronome function; Recording function
- Sustain and additional pedals included
- Headphone output (great for silent practice)

The piano comes with its original stand and pedal unit.

Feel free to message for more details or to try it out

Vega, +918531012459 WA



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

Brand New Santoor Tampura

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

Turiya

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



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

SEEKING OF ASSISTANT PROFESSOR

Auroville Institute of Applied Technology

Auroville Institute of Applied Technology, <https://aiat.edu.in/>, is currently seeking qualified candidates for the position of Assistant Professor in the field of Computer Science.

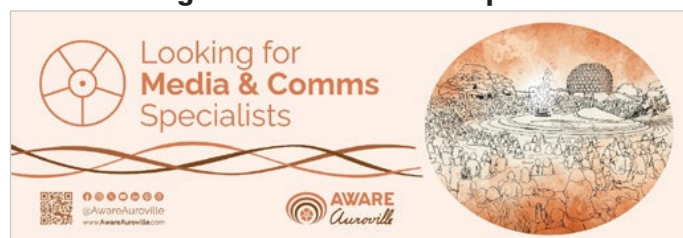
Applicants must have Master's degree in Computer Science. Interested candidates are invited to send their CV to amarnath@aiat.edu.in.



Amarnath

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
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 RABIES VACCINATION CAMP

for Pets & Community Dogs

Saturday, 10am—12:30pm, in front of Solar Kitchen

We are happy to inform you about our ongoing Free Rabies Vaccination Campaign. This is our 3rd consecutive week of the campaign

Last week: 7 dogs successfully vaccinated

Important: This will be the final week of the current camp. Please bring your pet dogs and community dogs with collar & leash for easy handling

From next week: Our team will be visiting villages in our bioregion.

Thank you for your continued support and interest in our services.

Dr. Kumar
for Auroville Dog Shelter Team

Ecology

A NEW SERVICE FROM ECO SERVICE

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



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

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

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

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

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

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

UPCYCLING OPEN STUDIO



Open Studio Mornings

Every Tuesday from 9 am 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



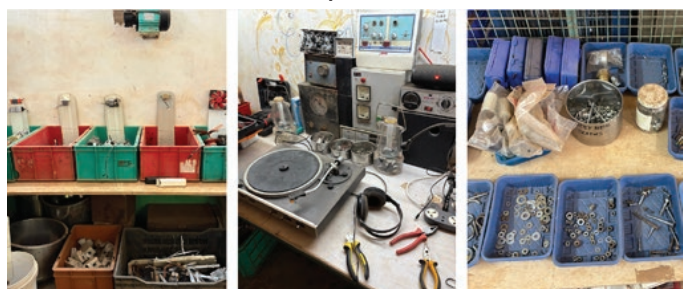
Tuesdays, 10am—12pm @ Ok Upcycling Studio, Recentre

- 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

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

HOW GOOD IT IS TO EXPRESS GRATITUDE...

On two occasions, 8 and 22 January, the Heartweaving team invited people to express their gratitude: to someone in particular, to a group, to an activity, etc. For this, we provided plain and colored writing paper, pens of all colors and decorative stickers and a place to sit and write these letters of gratitude. These letters could be offered in sealed or open envelopes.

To facilitate this action the Heartweaving team set up two tables, one in front of PTDC and the other in front of the Solar Kitchen. These "gratitude tables" were open from 10am to 2pm.

We collected nearly 300 letters, most of which were later hand-delivered. When this was not possible they were left at the door of the respective individuals or groups. A few addressed to the Divine or Mother and Sri Aurobindo were offered to a sacred fire. We also received about twenty letters addressed to the Auroville community as a whole. They are addressed to all of us.

Our next "event" will take place on the morning of 1 April (not April Fool, Gratitude Table is for real!) at the same locations:

- PTDC, 1 April, 11am—12 noon
- Solar Kitchen, 1 April, 2—2pm
- Town Hall, 10—1pm, near the Bakery Café

You are invited to express your gratitude; it can be for a smile or something larger, for anything which has touched your heart.

Gratitude to all, Silvie



Poetry

PARADOXES EXIST

Paradoxes exist
as we bury ourselves
in boxes.

Anandi Z.

JACOB, WHAT LADDER?



A ladder leans against the void,
Its rungs carved from forgotten dreams.
Each step hums with the breath of ages—
A serpent coils, a phoenix burns,
A Bodhisattva awaits at each turn.

An eternal climb—
Every rung the summit
Each step a hymn to forgotten gods.
Every ladder the chariot of the Sun
Forever knocking
At the door of a New Dawn.

What wisdom does Athena whisper in the wind?
What Zeus waits in every thunder
In every roar?

O Jacob

What ladder is it that rises through seven skies,
Woven with infinite sounds, infinite lights?
Why is it that serpent feathers forever
Keep weaving the rungs
Forever threatening
The eternal bridge
Between earth and heaven
And the fragile ladder
Of rebirth and return.

O Pilgrim

The climb is endless, yet radiant—
Every rung is the universe,
Every handhold a prayer to the cosmos.
At each rung, there is a spiral of stars,
At each rung, a lotus blossoms—
At each rung, the fireflies glow
Until the ladder dissolves
Into Nothingness
And all become One.

Sehdev Kumar

AUROVILLE RADIO TV

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

Last published Podcasts

- [Marlenka's weekly Offering—Ep.168](#) (Literature)
- [Savitri—Ep.39: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Jumpa's Joyous Journey with Fif—Ep.8 "The Stones That Remember"](#) (Stories)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif—B 1 C 2—"Mathilde and Barine"](#) (Stories)
- ["Humanity 2.0" by Aviram Rozin with Jazz—A Book Read by Shalev—P1, C4: "Natural Learning"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.530](#) (Integral Yoga)



Latest Youtube Videos

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1—Chapter 9](#)

....and more! on www.aurovillerradiotv.org

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

Sai Priya for AurovilleRadioTV

FOOD SYSTEM ENVISIONING

For the past year, a group of Aurovilians have been meeting regularly in order to address the challenges on Auroville's food system that became more visible in the recent years, and to envision a new system that improves the interconnectedness between the community, the food and the farmers of Auroville. We believe Auroville can nurture a new paradigm where food can be truly valued as sacred for the body, grown with care and respect for natural processes and recognized as a need and not as a commodity.

Auroville's food system holds a wide range of diversity in its stakeholders (farmers, distribution centers, community kitchens) and consumers (individuals, units/services, schools). We are also aware that owing to our multi-cultural fabric, we have different understandings, approaches and references to food in its production, distribution and consumption. How do we envision a system that honors and leverages this diversity while uplifting the quality and standard of food for the community as a whole? How can we build more transparency and accountability in food production and distribution, while offering our active participation and support?

We are exploring different ways to address these questions with some key actors. If you are interested in working towards this endeavor or have any questions, you can reach out to us at avfoodsystemenvisioning@gmail.com. The below article is the first in a series of our reflections and aspirations that we will be sharing with you in the coming months to nurture a space for conversations on food and farming in Auroville.

Why is agriculture important in and for Auroville?

From the day of our birth we must eat if we are to survive and this continues for the rest of our lives. Without sufficient healthy food it is very difficult, if not impossible, to become a healthy adult. Healthy food is a basic need for a healthy human body from which all our other human characteristics develop and express themselves.

Everything we eat comes from the Earth and every time we eat, we have a connection with the Earth whether we are conscious of this or not. Yet the connection between our food and the earth from which it comes has become increasingly complex. In these times, whether we eat healthy or not depends on whether we can afford to pay for the food we need. This is being determined by a wide range of factors, including

global and local economic, social, and food systems, all of which are underpinned by the capacity of the natural world. The majority of humans are living in ways that disconnect them from the Earth. This is being intensified by food becoming a commodity which can be accessed only by those with sufficient money. Rather than food being acknowledged and treated as a basic need required by everyone.

Auroville cannot isolate itself from these basic realities and individual Aurovilians cannot ignore their need for food. What does this mean for how our community should access food? Since part of Auroville's vision is to be a self-sustaining community, growing as much of its own food as possible is an obvious component of this. This leads us to the further question of how this food should be grown and subsequently distributed, and for the case of Auroville in particular, a site of material and spiritual researches, how can we move towards a food system that acknowledges terrestrial realities while growing towards the higher consciousness it is meant to express?

Over the last five decades, Auroville has undertaken remarkable ecological restoration work. Alongside this, a network of community farms has taken root, supplying fruits, vegetables, grains, milk, and eggs to the kitchens of Auroville. The challenges in Auroville's food system are similar to those around the world—lack of investment in key infrastructure areas, lack of labour and facilities for young farmers, lack of community-based solutions for distribution and processing, lack of farmer training, professional development, and community-wide commitment to food resilience, not to mention the increasing commodification of food, labour shortages, climate shocks, wildlife pressures, and financial strain.

In Auroville, we have the opportunity to cultivate a new kind of agriculture that not only addresses these growing concerns globally but shifts the perception of agriculture as a 'business' or a transaction with nature, towards a participatory interchange, a way of mutual action and growth. Developing a strong food system has a role to play in both—the evolution of consciousness, and building the City the Earth needs.

Dimensions of an integral approach to Auroville's food system:

The Physical Dimension

Modern industrial practices contribute approximately 30% or more of global greenhouse gas emissions—a footprint largely driven by the intensive use of chemical fertilizers, pesticides, and livestock waste, as well as the transport of food, and the food processing industry. While commercially lucrative in the short term, this model systematically trades long-term ecological health for immediate yields, leaving a trail of degraded landscapes and systemic biodiversity loss in its wake; we destroy the very foundation of what our food growing needs. This degradation creates a "chemical treadmill," necessitating increasingly exploitative interventions to sustain production until the land reaches an inevitable breaking point.

Inorganic farming also has direct consequences for human biology, primarily through the bio-accumulation of endocrine-disrupting pesticides that interfere with our hormonal systems. Furthermore, residual herbicides on produce can act as low-grade antibiotics, disrupting the delicate balance of the gut microbiome which is foundational to our immune and inflammatory responses.

In this light, conscious farming is not just an ecological imperative but a biological necessity for any meaningful terrestrial transformation. It is a commitment to the integrity of the Earth and everything on her which is intended to support a higher consciousness.

The Vital (Social-Economic-Behavioural) Dimension

A healthy farm cannot be healthy only ecologically. It must also address people's welfare, and the sovereignty of food production. Concerning economical factors, can we aim at efficient, healthy and responsible processes of producing and processing food and then see what that economically means? From there we can see what the true cost is to produce safe and healthy food for the community. These con-

siderations raise an important question: What is our collective relationship with food, food production, and farming? An assessment of Auroville's farms (2024) showed that the shortfall in community-grown food is not only a matter of production. It is also shaped by distribution systems and consumption patterns. Our collective vital preferences—what we desire, choose, and expect—strongly influence what is produced, what is distributed, and ultimately what becomes economically feasible to grow. At the same time, there is often a disconnection between these preferences and the on-ground realities of land, seasons, labour, and ecological limits.

In this sense, Auroville too is at risk of falling into the wider societal habit of monetizing and commodifying food. Prices of vegetables and fruits have become points of tension and negotiation between farmers, distributors, and consumers. This reflects a broader lack of engagement by the community with the food system, and a corresponding absence of administrative clarity to organise food production as a collective responsibility—where economics becomes a tool of sustainability rather than a means of accumulation. The more disconnected we become from farming, the more our vital preferences drift away from the physical truth of the earth.

Closely related to this is the question of livelihood. Very few young Aurovilians are drawn toward farming today. Much like elsewhere, the ancestral and cultural connection to agriculture is fading. Only a few decades ago in India, farming was deeply woven into social life, with festivals and rhythms organised around land and seasons. Today, many of us relate to food mainly through supermarkets—or, in Auroville, through distribution centres such as PTDC and PTPS. A generation is growing up with the impression that food simply “comes from shops.” Fewer people and communities are investing time, energy, and resources in community gardening and food-related social activities. Food, apart from occasional social meals, is becoming less a living part of our shared community culture.

Agriculture in Auroville therefore, asks something deeper of us: how do we cultivate a vital life that is grounded and disciplined by the physical? How do we develop a healthy relationship between what we want, what we consume, and what the Earth can sustainably provide?

These are questions each of us has the opportunity to explore—not only for Auroville, but as part of a larger human dilemma. Community farming here becomes a rare living laboratory: small enough to engage with directly, yet complex enough to mirror global food challenges, and to pioneer more conscious solutions.

The Mental (Scientific) Dimension

With the rapid advancement of artificial intelligence, mechanisation in agriculture is becoming increasingly inevitable. Much of agricultural work is likely to become more mentalised in the future, driven by robotics, automated systems, and data management. In the outside world, the trend is towards efficiency at the cost of ecological sustainability and social fairness. Care farms exist in different parts of the world, where people with different kinds of issues work on farms to connect with nature and it's a healing thing. Organic farming is being recognised as a healing activity in other parts of the world. In Auroville we can invest in this perspective a bit more especially for people with mental health issues or neurodivergence.

If Auroville wishes to influence how agriculture evolves in the future aligned with its values and aspirations, Auroville farmers will need to actively cultivate mental and technical capacities related to emerging technologies. Without this shift, there is a real risk that Auroville farmers may fall behind—becoming inefficient and losing economic competitiveness in relation to the larger market. Additionally, if there is a case to be made for conscious utilization of advanced technologies integrated with Artificial Intelligence (AI), Auroville is well poised to pioneer this discovery, as a community aspiring for the evolution and integration of diverse consciousness frameworks.

The Interconnectedness Dimension

Human unity is a central pillar of Auroville's purpose. However, the aspect of human unity that gets discussed the most is the communal unity, the unity between humans. Agriculture

is the praxis of unity of humans not only with other humans but also with all beings. We, as a community, are all anchored in this land, and our work with the land goes beyond material sustenance— it is an opportunity to develop a new relationship with the land- the physical body of Auroville. The spiritual dimension of agriculture ties us all (farmers or not) in the culture of the land (agros: land) and requires us to synchronise ourselves with the rhythms of nature and re-establish our lost connection with the Earth mother. This makes agriculture— spirituality in action, one of the unique ideas of Integral Yoga and the core of Auroville's purpose. Agriculture offers an antidote to our currently excessive and ungrounded mental culture— an embodied spiritual experience, a closer contact with the 'deeper self', and offers opportunities for education and learning to farm beyond the techniques of growing food. Agriculture in Auroville is important for the newcomers to re-live the spirit of Auroville- of spiritual manifestation in the matter.

In conclusion

The externalities of our current world and the breakneck speed of our lives and communication keep us away from any opportunity to recognise our predicament and articulate a response to it, and in this rush, we are experiencing a pandemic of inner disconnect, loss of meaning, relationships and purpose. It seems that more and more people are turning to Auroville for experiments in sustainable community solutions, and more importantly for the ecological and social environment to reflect deeply on their own lives and journey. Many of these people eventually commit to the community. Auroville farms have been a fertile space for many such people to connect back with the land, with the soil, with food and their bodies.

Auroville agriculture cannot only be about the tonnage of food and organic certifications. Through agroecology and ethical stewardship, the conscious partnership with Nature that Mother envisioned can be a tangible reality, and developing our food system offers a way to ensure that our bodies are nourished by food grown consciously, inviting it to grow into an increasingly refined instrument to hold an ever-vast consciousness. Auroville's history of land regeneration and its unique diversity of soil profiles and farming techniques offer an unparalleled laboratory to experiment with this essential evolution. Auroville farming is both a study and an experiment in discovering how this can be realised.

Food System Envisioning, 14 March 2026

Amy, Anshul, Arul, Aumurto, Deven, Isabelle, Manas Arvind, Nicole, Nidhin, Pavan, Priya, Tanisha, Tomas, and Elisa

IN THE THICK OF IT ALL

Welcome to this one planet that we all share: Earth.

All these violent upheavals that create suffering puts a spotlight on the obvious limitations of our human mode of existence: that in our ignorance and relative powerlessness as Homo sapiens, we are still slaves of the undivine and anti-divine forces.

Although the awakening Divine Spirit within us finds this unacceptable, we are also all That in our inherent Oneness, however dark. And we offer it all to the Supreme Divine Mother for transformation to the Divine Light and Love, Beingness, Consciousness-Force and Bliss.

Thus the True Understanding and Vision-Goal of Auroville as per our Avatar founders Sri Aurobindo and the Mother become crystal clear for the sincere aspiring individuals...



[Please click here](#) or scan the QR Code 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



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



+91 9566142115, Satyakam

VISITORS CENTRE CAFETERIA



The Right Path Cafe

Breakfast: 7:30-11am (Mon-Sun)
Lunch: 12:15-4pm (Mon-Sun)
Dinner: 6:30-9pm (Wed-Mon)
All-day snacks

Organic, wholesome, multi-cuisine food for all

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



Nourishing body and soul,
freshly made, daily at The Sprout.

Mon - Sat 7:00 - 16:00
www.thesprout.in

Monica
for The Sprout team, www.thesprout.in

NATURELLEMENT GARDEN CAFE

Restarts 50% discount scheme on Thursdays

Open 9am—8pm, Tuesdays closed

The busy season is over and we are happy to restart our 50% discount scheme on Thursdays for Aurovillians, New-comers and volunteers from April onwards.

- At the same time we will **discontinue the same scheme in Bella Vita.**
- Our **extended opening timings** upto 9pm will **change to 8pm.**

Martina
for Naturellement team

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



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.

Submitted by Hon

SUDHA'S KITCHEN!

Healthy Plate monthly scheme
for Aurovillian Volunteers & Guests

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

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

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

Arun

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria, 7:30—10am

Variety of Dosa and
Millets Pongal, Coffee
Rs.99

Submitted by Shiva



POUR TOUS WATER FREE SERVICE

Pour Tous Water provides free service to the Aurovillians as part of the prosperity vision (service for all). This free labor service is supported through city services budget.

The **parts & material costs** need to be paid directly by the Aurovillians to the supplier as follow:

- NEFT through financial service or Gpay.
- Post completion of the work you will receive payment details through the PTW office.
- Hard copy of the material bill from supplier shall be sent thereafter.

For the work, please contact us at Pour Tous Water office numbers: 2622899, 9843644308 WA and Call

• ptw@auroville.org.in

Please note: **Do not give any cash to any team member** of PTW. We request to avoid calling our workers directly on their contact numbers.

Danny, Grace for Pour Tous Water team

KINISI OPEN HOUSE

with Ultraviolette Automotive

Thursday, 26 March, 10am—4pm



We are pleased to announce that we will be hosting an Open House in KINISI, this time in partnership with Ultraviolette Automotive to showcase their premium, performance Ultraviolette electric motorcycles. Do visit us in between 10am and 4pm to check out and test ride their X- 47 and F77 e-Motorcycles.

The Ultraviolette Puducherry team will be available to answer all the queries you may have for their current bikes as well as their future release of Tesseract scooter and Shock-wave bike. For more information, please visit their website

• <https://www.ultraviolette.com/>

Prabhakar

25%

discount at Kinisi Cowork for the same duration

Offer valid till 30th November

LOOKING FOR A NEW WAY TO GET AROUND?

Rent an e-cycle or e-scooter from Kinisi

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

SCAN ME

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

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

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

*Govindaraj & B
for Qutee Electric Scooter Service*



Book A Taxi 24/7

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



- Utsav Phase—1A, First Floor, Vértité Radial, Auroville
- 0413 2622050, 9443211891, 9786953603
- FS account: 251263, sarvamcomputers@auroville.org.in

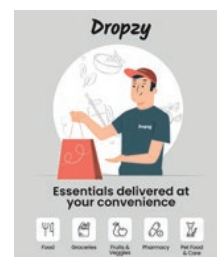
Bala

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. *David*

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



not just a **Furniture company**

We Design
Produce & Manage your wood works



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



New! Indian Visa Assistance Services by Inside India

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

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

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

Our Services Include:

Europe & UK Deliveries:

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

Australia & New Zealand:

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

Southeast Asia:

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

Individual Travel Insurance by Bajaj Allianz

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

Key Features of Bajaj's Travel Insurance:

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

Itineraries & Ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across India and Sri Lanka.

- Write tours@insideindiaauroville.com to start planning.

Inside India Timings

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

Shaheen for Inside India Team

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

AVDZINES

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

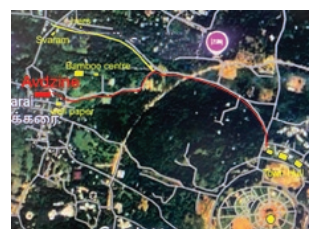
You are also welcome to send your job via email and WhatsApp, see the data below.

- **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

VIPASSANA GROUP SIT

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

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

- First building to the left near the parking.
[Location](#).

No registration is required.

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

8807434864, Laure

REGULAR YOGA CLASSES

@ **SAIIR Conference Hall**

6:45—8am

Suitable for all levels. Join Dev's yoga classes.

- To transform your Physical, Vital & Mental wellbeing
- Support lifestyle disorder & pain management

Our yoga classes:

- Monday: Hatha yoga class
- Tuesday: Dynamic Yoga
- Wednesday: Deep stretches, deep relaxation, OM chant
- Thursday: Intensive Yoga
- Friday: Pranayama (Awareness of breath)

For more details contact 9790171722, Dev

- Aurovilian & Newcomer: Contribution,
- Savi Volunteers: Rs. 200/class or 2000/month &
- Guests: Rs 300/class or 3000/month

Dev

LONELINESS LISTENING CIRCLE



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**

KAYA BODHA WORKSHOP

Every Friday, 10:30am—12:30pm

@ Budokan dojo (Dehashakti sportground)

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

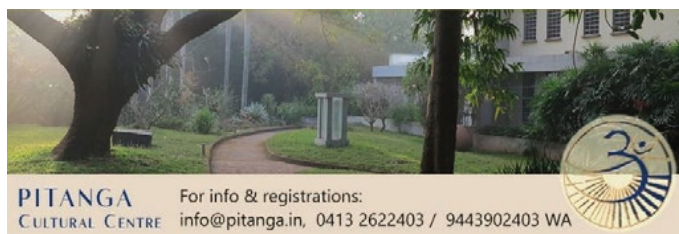
- Gentle movements of contraction and release.
- Relaxation techniques.

8110848123 WA, Hans



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	8–9:30am	Gala
	Doing No-Thing Consciously	4:15–5:15pm	Mike
	Iyengar Yoga	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
Thursdays	Iyengar Yoga	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriya-gandhi
	Iyengar Yoga	5–6:30pm	Olesya
	Yoga: Restore & Relax	5:30–7pm	Florina
Friday	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	Veronique
	Dynamic Yoga Flow	5–7pm	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 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, Auro-card or UPI payment. Thank you for letting your guests know! If you wish to receive our program of activities by email or WhatsApp, please write to us. See you at Pitanga, with a smile!

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

ACTIVITIES BY DR. ADITYA VARMA @ PITANGA

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

Anandamayi

QUIET HEALING CENTER



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

+91 9488084966, Mobile & WA

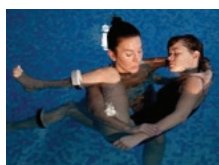
Watsu® 1 with Elisa Munoz Blanco & Fred

- 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.



Watsu® & Pregnancy with Xavier Boisson & Roberto

- 2—4 April, 8:45am—6:30pm, 25 hours
- **Prerequisite:** Watsu® Basic

This 3-day course offers water students and practitioners the necessary tools for giving sessions to pregnant women and gaining a deeper insight into the fascinating world of pregnancy and birth in relation to aquatic bodywork.

It also offers specific indications and contra-indications in the context of pregnancy and will allow you to give precious support to future mothers.

With Watsu, we can help relieving specific pains and create psychological conditions to better prepare pregnant women for childbirth. The course also focuses on the prenatal energetic relation between parents and child and how the future father can fully participate in the pregnancy.



Appeal to Pregnant Couples

3 & 4 April, 3—5pm

For this course we'll need pregnant couples/mothers. Any pregnant woman, who would like to receive a free, hand-on demo session is most welcome!

Watsu® & Breathing with Xavier Boisson

- 5—6 April, 8:45am—6:30pm, 15 hours
- **Prerequisite:** Watsu® Basic

In this course, you will learn to integrate the practice of Watsu qualities and explore the power of working with your receiver's breath. Several topics will be discussed, including the link between breathing and yourself as a giver, as well as your energetic connection with the receiver. You will also gain an understanding of the anatomical basis of our respiratory system to better grasp its functioning.



Watsu® 3 with Xavier Boisson & Dariya

- 8—13 April, 8:45am—6:30pm, 50 hours
- **Prerequisites:** Watsu® 2 and Watsu® 2 Mastery.

Watsu 3 is for students, who have given enough practice sessions to develop a comfortable and intuitive awareness of how to float another person and are ready to further explore aquatic bodywork beyond the fixed form of Watsu 2.



After mastering the complete Watsu 2 sequence, Watsu 3 will open the doors for personal creativity and "Free Flow". At the same time, this creative openness is balanced with a careful study and attention to the different positions, ensuring safety for both giver and receiver.

A major part of this Free Flow learning process is dedicated to the advanced positions and movements that Harold Dull created in the early stages of Watsu's development.

You can only participate in this advanced course after having passed your Watsu® 2 Mastery!

Watsu® Yoga Round with Ellie

- 14 April, 3—6:30pm, 3.5 hours
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken, and celebrate the energy of your being.



When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

Watsu® 1 with Xavier Boisson & Pooja Gautam

- 15—20 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.



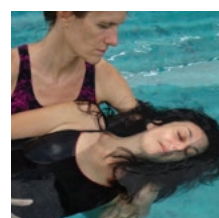
You will also practise basic qualities such as grounding, presence, stillness, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

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.

Liquid Flow Deepening with Dariya & Daniel

- 21—27 April, 8:45am—6pm, 50hours
- **Prerequisites:** Liquid Flow Essence and Liquid Flow Essence Integration Day.

Liquid Flow Deepening is an extension of Liquid Flow Essence with a focus on process work and refinement of flow and touch, both on the surface and under water. It also includes free movement and contact dance in water as well as acquiring tools for deeper listening and expressing yourself with the help of compassionate communication.



In addition, you'll learn connecting deeper through working with the breath, sequencing your session, and finding your own combinations and adjustments according to your personal abilities and circumstances—away from right or wrong or perfect—to accommodate different sizes, shapes, and body types. You'll also be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

Tools will be offered for deeper listening, learning from feedback, and holding your own process and that of others. All this will hopefully lead to a better understanding of yourself and allow more empathy for your client's process, thereby fostering personal healing for yourself as well as your client.

Woga® 1&2 (Yoga in Water) with Tamara

- **28—29 April, 8:45am—6pm, 12 hours**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



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

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

Guido

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

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*



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



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)

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, 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

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



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
- aditivva@auroville.org.in

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

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

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

AUTHENTIC RELATING



Dave

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 Verité, 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



Languages

NEWS FROM Auroville Language Lab



Current Schedule of Classes, 26 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	Intensive with Isabelle—NEW!	20-hours, 2 weeks Starting 20 April	11am–1pm Monday to Friday
Mandarin Chinese	Survival Conversation with Shiju Hsieh	24-hours 3 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.

Current Schedule of Classes
as of 26 March, 2026

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

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)
- **Wednesdays**: Sanskrit chanting with Remesh 5:30—6:30pm
- **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.

Communication with the Lab:

Service through our BSNL phone numbers:

- 2623661 (Lab) and 2622467 (Tomatis).
- **For language-related matters**: +91 9843030355WA.
- **For Tomatis**: please use 0413 3509932.
- [Language Lab Brochure](#)
- **Register now**: info@aurovillelanguagelab.org or www.aurovillelanguagelab.org/registration

Mita, Mano, Louis & Enzo
for Language Lab

Cinema



Cinema Paradiso Presents
On Thursday, 2 April 2026 @ 8pm @ MMC Auditorium, Auroville
Zaya Benazzo & Maurizio Benazzo's



Katô: Dreams of Dark Earth
Brazil, 2026, Dir. Zaya Benazzo & Maurizio Benazzo w/the Mundurucu community leaders of Sawré Muybu, 76mins, Portuguese w/ English subtitles, Rated: NR (PG)

In the Amazon's Tapajós River basin, the Mundurucu people face mercury contamination and illegal mining that threaten their land, memory, and survival. Through intimate voices and haunting imagery, this award-winning documentary captures resilience and cultural strength, revealing how daily life becomes an act of resistance. A stirring portrait of courage and ancestral heritage, it invites audiences to witness a struggle that continues to inspire and demand attention.

Gratitude to Science and Non-Duality (SAND) for this generous gift—the sixth film in a continuing series, certain to move and inspire audiences in the months ahead.

A single screening. A truly unmissable experience.

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

CINEMA PARADISO: FUEL OUR MAGIC



Cinema Paradiso:
Fuel Our Magic – Last 3 Pledges!
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – FY 2025-26 Ends Soon. Your Gift Keeps Stories Alive!

Heartfelt thanks to 5 heroes at ₹3,000+/month! We urgently need 3 more units at ₹3,000, or several at ₹1,000+ to reach ₹9,000. This will restore our pre-COVID heartbeat. We can then chase external funds for vital equipment upgrades.

How to Give:
Auroville Units/Activities:

Easiest: Set up recurring specified contribution via FS to MMC-CP #105106.

Individual Contributions

Indian Nationals (Aurovilian or not):
FS Transfer, cheque, or NEFT to Unity Fund (A/c 10237876031). **Get guidance at Unity Fund, FS.** Write "MMC-CP general purpose". Please inform us by email at mmcauditorium@auroville.org.in

Foreign Nationals (Aurovilian or not):
Overseas cheque to Auroville Foundation (A/c 40106120526) facilitated by the Unity Fund at FS. In the form at Unity Fund write for recipient "MMC-CP", purpose "general". Inform us at mmcauditorium@auroville.org.in! Allow clearance time.

Pledge today—spark joy!

Grateful,
MMC-CP Team

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

ECO FILM CLUB

Every Friday @ Sadhana Forest

Schedule of Events

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



Friday, 27 March

The Secret Life of Trees

35 Minutes, 2020, Artur Homan

The documentary reveals how trees communicate, support each other, and form complex networks. It highlights their role in ecosystems and their surprising ability to interact with and protect one another.

Aviram





CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 30 March—5 April

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.

We begin a new financial year this week. Until last week we screened 50 weeks of films, 350 titles, and hosted the weeklong 9th Auroville Film Festival for the community. This was achieved without a running budget. To continue we need you, those of us here in Auroville, to step up and help complete our recurring funding goal. We are close, we just need you!

Indian—Monday, 30 March, 8pm
Parasakthi (The Supreme Power)

India, 2026, Dir. Sudha Kongara w/ Sivakarthikeyan, Ravi Mohan, Atharvaa Murali, and others, History-Drama, 161mins, Tamil w/ English subtitles, Rated: NR (PG-13)

Based on true events, Arjun and Karthik are swept into the historic anti-Hindi movement of 1960s Tamil Nadu, where their courage and family bonds are tested against powerful forces determined to silence them. This award-winning drama delivers gripping storytelling, celebrating resilience, identity, and the enduring spirit of those who stand firm.

Potpourri—Tuesday, 31 March, 8pm
Cactus Flower

USA, 1969, Dir. Gene Saks w/ Walter Matthau, Ingrid Bergman, Goldie Hawn, and others, Comedy-Romance, 104mins, English w/ English subtitles, Rated: M

Toni Simmons falls for Dr. Julian Winston, a dentist who pretends to be married to avoid commitment. When Toni insists he divorce, Julian persuades his assistant Stephanie to pose as his wife. What follows is an award-winning tale of tangled lies, unexpected revelations, and the surprising ways love and honesty emerge.

Selection—Wednesday, 1 April, 8pm
Salmon Fishing in the Yemen

UK-USA-Morocco, 2012, Dir. Lasse Hallström w/ Ewan McGregor, Emily Blunt, Amr Waked, and others, Comedy-Drama, 107mins, English-Arabic-Mandarin w/ English subtitles, Rated: PG-13

Dr. Alfred Jones, a cautious fisheries scientist, is drawn into Harriet Chetwode-Talbot's mission to fulfill a visionary sheikh's dream of bringing salmon fishing to Yemen's desert. What begins as skepticism transforms into discovery, faith, and unexpected love. This award-winning story celebrates resilience, imagination, and the extraordinary power of belief against all odds.

Interesting—Thursday, 2 April, 8pm
Katô: Dreams of Dark Earth

Brazil, 2026, Dir. Zaya Benazzo & Maurizio Benazzo w/ the Mundurucu community leaders of Sawré Muybu, 76mins, Portuguese w/ English subtitles, Rated: NR (PG)

Where the earth dreams, voices rise. In the Tapajós River basin, the Mundurucu people face mercury pollution and illegal mining that endanger land, memory, and survival. This award-winning documentary captures resilience, cultural strength, and courage. We thank SAND for this generous sharing, the fifth in a series that will continue to inspire. Can't miss!

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

International Film—Saturday, 4 April, 8pm
Father Mother Sister Brother

USA-UK-Italy-France-Ireland-Germany, 2025, Writer-Dir. Jim Jarmusch w/ Tom Waits, Adam Driver, Mayim Bialik, and others, 110 mins, English-French-Italian w/ English subtitles, Rated: R

Estranged siblings and distant parents reunite across three countries, confronting old wounds and fragile bonds. Through shifting perspectives, unresolved tensions surface, forcing each to reckon with love, loss, and identity. This award-winning story blends humor and poignancy, offering a compelling portrait of family ties stretched across time and distance. *Can't miss!*

Children's Matinee—Sunday, 5 April, 4pm
Hauru No Ugoku Shiro (Howl's Moving Castle)

Japan, 2004, Writer-Dir. Hayao Miyazaki w/ Chieko Baishô, Takuya Kimura, Tatsuya Gashûin, and others, Animation-Adventure, 119mins, Japanese w/ English subtitles, Rated: PG

Sophie, a young milliner cursed into old age by the Witch of the Waste, seeks refuge with the mysterious wizard Howl and his fiery companion Calcifer. As war looms, Sophie discovers strength within herself and the secrets of Howl's moving castle. This award-winning tale celebrates resilience, love, and the magic of transformation.

Classic World Cinema @ Ciné-Club
Ciné-Club Sunday, 5 April, 8pm
8 ½

Italy-France, 1963, Dir. Federico Fellini, w/ Marcello Mastroianni, Anouk Aimée, Claudia Cardinale, and others, Drama, 138 mins, Italian-French w/ English subtitles, Rated: NR

Guido is a film director, trying to relax after his last big hit. He can't get a moment's peace, however, with the people who have worked with him in the past constantly looking for more work. He wrestles with his conscience, but is unable to come up with a new idea. An autobiographical film of Fellini, about the trials and tribulations of film making.

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


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


NEWS AND NOTES
Guidelines

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

Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Poster to publish:

- Width 9.5cm x Height 4cm

Katia (AgniJata) & Alexey

NewsAndNotes@auroville.org.in

Emergency Services
Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7):

- 108

