



News & Notes

#1142 A weekly bulletin for residents of Auroville 30 July 2026



Photo by Manohar

Pondering



The qualities and energies at work in the world, operating variously in man, animal, plant, inanimate thing, are, whatever forms they may take, always divine qualities and energies. All energies and qualities are powers of the Godhead. Each comes from the divine Prakriti there, works for its self-expression in the lower Prakriti here, increases its potency of affirmation and actualised values under these hampering conditions, and as it reaches its heights of self-power, comes near to the visible expression of the Divinity and directs itself upward to its own absolute in the supreme, the ideal, the divine Nature. For each energy is being and power of the Godhead and the expansion and self-expression of energy is always the expansion and expression of the Godhead.

Sri Aurobindo,
Essays on the Gita

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House of Mother's Agenda



(continued from last week)

This is exactly the state of consciousness I am living in now. It's as if I were facing the same eternal problem but... from a NEW POSITION.

These positions—the spiritual and the “materialist” (if you can call it that) positions—which consider themselves exclusive (exclusive and unique, and so each one denies the other's value in the name of Truth) are inadequate, not only because neither one will accept the other, but because even accepting and uniting them both won't solve the problem. Something else is needed, a third position that isn't the result of these two but something still to be discovered, which will probably open the door to total Knowledge.

Well, that's where I stand.

More I can't say—that's as far as I have come.

One might wonder how to participate practically in this...

This discovery?

That... Ultimately, it's always the same thing. It's always the same: realize your own being, enter into conscious contact with the supreme Truth of your own being, in WHATEVER form, by WHATEVER path (that's totally irrelevant); it's the only way. We each carry a truth within ourselves, and we must unite with that truth; we must live that truth. And the path we have to follow to realize and unite with this truth is the very path that will lead us as near as we can possibly come to Knowledge. I mean the two are absolutely one: the personal realization and Knowledge.

Who knows? Perhaps the very multiplicity of approaches will yield the Secret—the Secret that will open the door.

I don't think any single individual on earth (as it is now) no matter how great he may be, no matter how eternal his consciousness and origin, can all by himself change and realize.... Change the world, change the creation as it is, and realize that higher Truth, the Truth that will be a new world—a truer, if not absolutely true, world. A certain number of individuals (until now they seem to have come in succession, in time, but they might also come as a collectivity, in space) would seem indispensable for this Truth to be concretized and realized.

On a practical level, I am sure of it.

In other words, no matter how great he may be, no matter how conscious, how powerful, ONE avatar all alone cannot realize the supramental life on earth. Either a group in time, a number of individuals staggered over a certain period of time, or a group spread out over a certain space—or maybe both—is indispensable for this Realization. I am convinced of it.

The individual can give the initial impulse, point out the path, WALK the path himself (I mean show the path by realizing it)... but he can't bring the work to fulfillment. The fulfillment of the work depends on certain collective laws that are the expression of a particular aspect of the Eternal and Infinite—naturally, it's all one and the same Being! There aren't different individuals and personalities, it's all one and the same Being. But the same Being expressing itself in a particular way that for us translates as a group or a collectivity.

Well, then—any other questions on this?

I would like to ask you in what way your vision has changed since the experience of April 13—what exactly is the difference?

I repeat.

For a very long time it had seemed to me that a perfect union between the scientific approach pushed to its extreme and the spiritual approach pushed to its extreme, to its utmost realization, a merging of the two would naturally lead to the Truth we seek, the total Truth. But with the two experiences I have had, the experience of the outer life (with universalization, impersonalization—all the yogic experiences you can have in a material body) and the experience of total and perfect union with the Origin... now that I've had those two experiences and something has happened—something I can't yet describe—I know that knowing and uniting the two approaches is not enough; they open out on a third thing, and that third thing is what is... in the making. The third thing is what can lead to the Realization, to the Truth we seek.

Is it clear this time?

(to be continued next week)

The Mother's Agenda, May 24, 1962

<https://incarnateword.in/agenda/3/may-24-1962>

Gangalakshmi HOMA

Townhall Speaks

NEW BIRTH

Housing Project:

Commencement and Laying of Inaugural Stone

15 August 2026



L'avenir d'Auroville

L'avenir d'Auroville/ Auroville Town Development Council (ATDC) is pleased to announce that the commencement and inaugural stone for the New Birth Housing Project will be laid on 15 August 2026.

New Birth is envisioned as a participatory housing initiative that seeks to respond to Auroville's growing housing needs. More information on the project can be found here. Residents and Newcomers who are interested in participating in the project, or who would like to receive further information and project updates, are invited to write to:

- newbirth@auroville.org.in

We thank everyone who has chosen to be part of this initiative and look forward to manifesting New Birth together.

Laying of Inaugural Stone: 15 August 2026

Joel

for Auroville Town Development Council
(ATDC)

ATDC:

Application Announcement 30-07-2026



L'avenir d'Auroville

The following Building Applications have been received and approved—(announced for information only):

Project Name: Jayanthi, Cow Shed (Discipline Farm)

- Applicant/s: Jayanthi & Raju
- Location/area: Green Belt
- Area for which approval is sought: 92 Sq.m
- Total DSR based estimate cost: Rs. 4,03,061/-

Project brief: The applicant requested permission to build an extension to the existing cow shed, as the current shed is not large enough to accommodate all the cattle or safely store the hay and feed needed for the farm. The extension is needed to provide adequate covered shelter for the cattle, especially during the monsoon. An application was submitted for this purpose, and ATDC has approved it.

Project Name: Veerayan & Kalaivani, Vikas (Ret-roactive NOC)

- Applicant/s: Veerayan & Kalaivani
- Location/area: Vikas Community
- Area for which approval is sought: 73 Sq.m

Project brief: The roof was constructed without prior permission from ATDC. The applicant requested ATDC to regularize the structure and issue an approval certificate. An application was submitted for this purpose and approved by ATDC.

General information to all Residents

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

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

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

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

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

Joel

AUROVILLE RESIDENTS MEETING

31 July, 4:30—6pm,
@ Unity Pavilion

Greetings to all Auroville Residents!

As directed by the Secretary, Auroville Foundation, it is hereby informed that the next meeting of the Auroville Residents is scheduled to be held on 31 July 2026 at Unity Pavilion from 16:30 to 18:00 (4:30 to 6pm).

The Secretary, Auroville Foundation, will be addressing the meeting and discuss various activities.

Interested resident members who would like to give any inputs on any specific subject may forward their inputs by email to the Working Committee by 24 July 2026, mentioning your name and the community you reside. Efforts will be taken to answer all the inputs raised by the resident members during the Residents Meeting by giving more importance and time to the question-and-answer session.

If any resident members would like to contribute in any of the Auroville Activities, they can put forward their suggestion and they will be given an opportunity to present their case based on time availability.

Any change of date will be intimated in due course.

Few other important subjects will also be presented for the benefit of the resident members during the Residents Meeting.

Therefore, all Auroville Residents are cordially invited to attend the meeting.

This is issued with the approval of Competent Authority.

Regards, Office of the Secretary
Auroville Foundation
From Mass Bulletin

DATA NEEDED FOR PROSPERITY SYSTEM

To prepare for setting up the Prosperity system, the FAMC needs to update records regarding every resident's current place of work and source of maintenance. This data is essential for establishing a centralized accounting structure on the Zoho platform, which will ultimately support all prosperity services.

- Please take a few moments to update your details via the following link: [Update Your Profile Here](#)

Deadline:

- Please complete this form on or before 10 August

Important Notes:

- **Access Requirement:** You will need a valid Auroville email ID to log into the form. If you do not have one, please contact the ATR team at atr@auroville.org.in for assistance.
- **Need Support?** If you require help filling out the form, you can visit the HRS office, located above the Cinema Paradiso in the Town Hall.

Thank you for your cooperation in helping us collect the required data..

Human Resources Service—HRS
From Mass Bulletin

Community News

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers: Daily, 6am—7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only: Daily, 9am—3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am—11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform
 - mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- **Savitri Readings on Tuesday evenings:** Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered Newcomers:

- Monday—Saturday, 6—8am, 4:30—7:30pm.
- Sunday, 6am—12pm, 4:30—7:30pm.

The Inner Chamber is open to registered Volunteers:

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

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in.

- Any day except Tuesday & Sunday, 8—8:25am.
- Arrival at 7:45am at the Office Gate

The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

- Tuesday 9—11am.

Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in.

- Tuesday 8—8:30am.

Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders:

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point:

The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free pass can be obtained at the Auroville Visitors Centre. The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

- Starting from Visitors Centre.
- Daily, 9am—5:30pm.

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

- matrimandir@auroville.org.in.

Antoine
for Matrimandir Executives Team

AMPHITHEATRE:

Meditations at sunset with Savitri



6—6:30pm, 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 5:45pm.** Access limited for guests to the Amphitheatre
- **Last exit for guests at 6:45pm.**

Velmurugan

DHRUPAD VOCAL RECITAL BY SHRI AYUSH DWIVEDI

Pakhawaj Accompaniment: Shri Manoj Solanke

- Saturday, 1 August, 6:30pm
@ Matrimandir Amphitheatre
- Last entry at 6:15pm
from Office Gate

Guests, please bring your Aurocard, access is limited to the Amphitheatre. Everyone, leave your phone at home.

Antoine
for Matrimandir Executives



SAVITRI READING IN MATRIMANDIR

1 August—14 August, Monday to Saturday,
6:30—7am

From 1 August up to 14 August, *Savitri Reading* will happen in the morning in the Amphitheatre from 6:30 to 7am, Monday to Saturday.

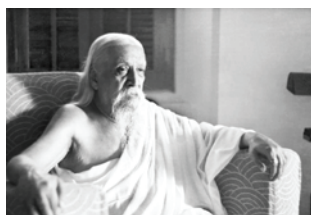
- Open for Aurovilians, Newcomers and Guests with Aurocard.
- Last entry at 6:15am from Office Gate
- Last exit by 7:15am
- Guests, please bring your Aurocard, access is limited to the Amphitheatre

Everyone, leave your phone at home.

Antoine for Matrimandir Executives

Awakening Spirit

SRI AUROBINDO'S ROOM DARSHAN on August 15, 2026



To celebrate Sri Aurobindo's Birthday, the Sri Aurobindo Ashram will open Sri Aurobindo's Room for Darshan on 15 August 2026. **Darshan is open to all.**

There are three options to visit Sri Aurobindo's Room on that day:

• Early Morning (from 4am onwards):

You may join the general Darshan queue. No tokens are needed until the meditation at the Samadhi begins.

• After the Meditation (from 6:40am onwards):

Entry will be by token only. Tokens can be collected at the booth near the Ashram Post Office.

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

• Afternoon (12—3:30pm):

Auroville residents may pre-book tokens for this time slot at Pitanga. Details for registration are below.

Token Registration for Auroville Residents (including Newcomers):

- Thursday, 6 August & Friday, 7 August
- 9am—12pm and 3pm—5pm @ Pitanga, Samasti

Please come in person to register and identify yourself if you are not known to the organisers.

If you are unable to come in person, you may send someone with a **written note** stating:

- the name(s) of the person(s) for whom tokens are requested
- the number of tokens needed

We will do our best to meet your request.

Kindly note that email or telephone requests cannot be accepted. Thank you for your understanding.

Volunteers and guests of Auroville are welcome to collect their tokens directly at the Ashram on Darshan day.

Transportation: The Darshan falls on a Saturday. Please see possible transport options elsewhere in the News.

We are grateful to the Sri Aurobindo Ashram for its continued cooperation with Auroville on Darshan days.

Andrea for Pitanga's team

SAVITRI BHAVAN, AUGUST 2026



Exhibitions

9am—5pm, Sunday closed

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Special Exhibition: Le Voyage; Mirra Alfassa—The Mother.** Her Journey from Paris to Pondicherry 1878—1920. From July 27 onwards

Films

- **3 August: Spiritual History of India in The Light of Sri Aurobindo—Evolution Fast-Forward, Part 4.** This film traces the spiritual evolution of India over 4000 years—the Age of Intuition which corresponds to Vedic times, the Age of Reason, the Age of Devotion, the Age of Power and the Age of the Body—seen through an original Indic perspective based on Sri Aurobindo's research to discover the past of India's spiritual self-discovery, its civilisational progress, evolution of its consciousness and its invaluable gift to the world. Film by Sopanam from August 2022. Duration: 67min.

"In the India of Vedic times we have the record left of the other line of achievement, that of spiritual self-discovery... We may say that here in India the reign of Intuition came first, intellectual Mind developing afterwards in the later philosophy and science. [...] If we analyse the spiritual history of India we shall find that after reaching this height there was a descent which attempted to take up each lower degree of the already evolved consciousness and link it to the spiritual at the summit." (Sri Aurobindo, *Letters on Yoga I, Spiritual Evolution and the Supramental*, p.267)

The **Age of Intuition** that resulted in the composition of the **Vedas** was an age of mysteries and the earliest dawn of spiritual awakening and evolutionary transformation of human nature. The Vedic experience was orally transmitted across generations and coded in the form of mantras. The Rishis discovered the flame of aspiration, or **Agni** arising from their innermost depth. They saw **Agni** everywhere around them, dynamic and carrying forward the mysterious process of evolution towards the higher levels of consciousness.

Then the **Age of Reason** evolved and manifested in the *Brahmanas* and the *Upanishads* around 1500 BCE—800 BCE and the *Vedanta* in 900 BCE—1600 CE.

Sri Aurobindo says: "The Vedic age was followed by a great outburst of intellectual philosophy which yet took spiritual truth as its basis and tried to reach it anew, not through a direct intuitive or occult process as did the Vedic seers, but by the power of the mind's reflective, speculative, logical thought..." (p. 267)

After the bright and powerful **Age of Reason** the **Age of Devotion** arrived, about 700 CE—1600 CE, with the emergence and growth of regional Bhakti movements and giving emotional dimension to India's spiritual culture.

In the **Age of Power**, around 600 CE onwards, the center of consciousness shifted further downward. This corresponded to the emergence of Tantra and the compilation of the Puranas. The union of Shiva and Shakti as the focal point of spiritual realization came to the forefront in the

Tantra through the practice of *Bija mantras* or seed sounds. Indian cosmology and the universality of Indian art, science and technology spread far and wide across Asia.

As the continuation of the ongoing development of Tantra and the knowledge of the chakras the **Age of the Body** emerged around 1100 CE. Hatha yoga was developed and systematised and gave to the soul in the physical body the power, light, purity, freedom and the ascending scales of spiritual experiences.

Sri Aurobindo stated the following about the transformation of power and body consciousness: "In Hatha Yoga and in the various attempts at divinisation of the body there is also a line of endeavor which attempts to arrive at the same achievement with regard to living matter; but this still awaits the discovery of the true characteristic method and power of spirit in the body.." (pp.267-268)

The future direction of spiritual effort and the nature of the work carried out by Sri Aurobindo and The Mother are expressed in the following statement: "Our Yoga is in its principle a taking up and summarising and completing of this process, an endeavor to rise to the highest possible supramental level and bring down its consciousness and powers into mind, life and body." (p.268)

This informative film, **Spiritual History of India in The Light of Sri Aurobindo—Evolution Fast-Forward, Part 4** by Sopanam, as well as the films **Evolution Fast-Forward, Parts 1—3** are available for sale on a USB flash drive at Savitri Bhavan, [and on YouTube](#).

- **10 August: Sri Aurobindo—An Indian Mystic Who Worked for Human Unity.** This video is a tribute to the Master by the Sri Aurobindo Ashram Delhi Branch. *Duration: 49min.*
- **17 August: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 1.** The first film of Olivier Barot's documentary series on Sri Aurobindo's life covers the time of his birth in 1872 till 1900. *Duration: 47min.*
- **24 August: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 2.** This episode covers Sri Aurobindo's life from 1900 till 1906 and his first involvement in the Indian freedom struggle. *Duration: 56min.*
- **31 August: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 3.** This part of the documentary series by Olivier Barot relates to Sri Aurobindo's life in Bengal from 1906 till 1910. *Duration: 57min.*

Full Moon Gathering: Thursday, 27 August, 7:15—8:15pm in front of Sri Aurobindo's statue

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 on-line 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

Session by Barbara

Barbara's individual sessions, group work, and research initiatives focused on the practice and study of Integral Yoga, the teachings of Sri Aurobindo, The Mother, and Mother's Agenda.

• Please contact for appointment: 9443493026



Light & Delight

Meditate on Huta's paintings with lines from Savitri
Write & share your inspired poetry
Thursdays 5-6:15pm, Savitri Bhavan



• Thursdays, 5—6:15pm @ Savitri Bhavan

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

Sri Aurobindo's Poetry: A Study Circle

• Every Friday, 5pm @ Sangam Hall

We propose a Study Circle to explore and dive into the invaluable gift of Sri Aurobindo's poetry through reading, reciting, reflecting and collective sharing, to enrich our understanding and experience. It will be facilitated by Aravinda, who has been relishing these mantric treasures since his student years at the Ashram School, while the Mother was still physically present. All those who would like to join this Study Circle are invited.

In case you are interested, but unable to come, please inform

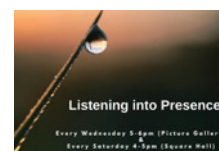
- Savitri Bhavan: 0413 2622922
- or Aravinda: 94873 29480



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).*



Regular Activities

- **Sundays, 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays, 3—4pm:** Faith and Shakti—Chapter XVIII of Sri Aurobindo's *The Synthesis of Yoga* led by Dr. Jai Singh
- **Mondays to Saturdays, 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays, 3—4pm:** Matrimandir—The Soul of Auroville based on the words of The Mother led by Dr. Jai Singh
- **Tuesdays 4:30—5:30pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:30pm:** OM Choir led by Narad
- **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
- **Fridays, 3—4pm:** The Problem of Life—Chapter XXII of Sri Aurobindo's *The Life Divine* led by Dr. Jai Singh
- **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**

THE SYNTHESIS OF YOGA

A weekly study circle on
The Synthesis of Yoga
- Sri Aurobindo



4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville



Scan for Location

Monisha

THE MOTHER'S FLOWER GARDEN

@ Near Solar Kitchen

Weekly activities—everyone is welcome

Mother's Flower Garden  **Weekly Activities**

Monday and Wednesday 5:00 PM - 6:00 PM
Recitation of Vishnu Sahasranama and Lalitha Sahasranama *by Auro Shakthi group*

Every Tuesday 9:00 AM - 9:45 AM
Sharing SAVITRI *by Narad*

Every Friday 5:30 PM - 6:30 PM
Reading Circle: The Mother's Questions and Answers 1956 *Led by Larry Seidlitz*

Every Sunday 6:30 AM - 7:30 AM
Bhagavad Gita Chanting *Facilitated by the Vidyamandir Team*

Every Full Moon Night 6:00 PM
Sangeet Arpan *A spontaneous and joyful offering of songs and bhajans.*

Flor for MFG Team

Reading Circle: The Mother's Questions and Answers 1956

• Fridays, 5:30—6:30pm, Led by Larry Seidlitz

Mother's Flower Garden
Reading Circle
The Mother's Questions and Answers
1956
Led by Larry Seidlitz



Every Friday
5.30 to 6.30 PM
Starts July 3

All are Welcome!

Rabi for MFG Team

AUROVILLE KARMAYOGA PROGRAMME

21—23 August



Most people pass through Auroville.
Few come to know it.

AUROVILLE KARMAYOGA PROGRAMME

Three days to meet the vision beneath the surface
— and the living practice of Karmayoga.

TIBETAN PAVILION
21—23 AUGUST 2026

Limited seats
Apply now

 **PURNAM**
Centre for Integral Yoga

SCAN TO APPLY

"To live in Auroville means to do the Yoga of work." The Mother
A 3-day immersion for newcomers, volunteers & guests
into what Auroville truly is.

Explore Auroville through its people, its work, and the Spirit
that has shaped it. We will:

- Read the founding texts
- Listen to the lived experiences of long-term Aurovilians
- Discover Karmayoga not just as an idea, but as something we can practice in our own life

Know more & Register: purnam.co/akp

Whether you're new to Auroville or have called it home for years, you're warmly welcome.

Limited seats, register today to secure your spot.

Sohela
for Purnam Centre for Integrality

BHAGAVAD GITA

Chanting

- Every Sunday morning,
6:30 —7:30am
 - @ The Mother's Flower Garden
- For queries:
- vidyamandir@auroville.org.in

Deven
for Vidyamandir Auroville Team



SPECIAL Devotional Chanting

Join us for a beautiful evening
of Sacred Chanting every Fri-
day. Your presence and energy
will make a wonderful differ-
ence to our collective circle.

Every Friday,
17 July—16 August

6:30pm
@ SAWCHU Hall, Bharat
Nivas

All are warmly welcome!

Uma Melin
for the Cultural Team

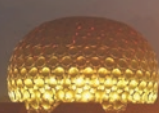


TRUTH

Beyond Opposites

ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्।
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥

"All that is in this universe
is pervaded by the Divine.
Renounce and enjoy,
lust not after anyone else's wealth."



3—31 August, Monday to Friday,
5—6am IST

Online Zoom Call

All are welcome to a collective learning space to explore
"Truth Beyond Opposites" and integrating the wisdom
from Isha Upanishad in Daily Life.

In his commentaries on the Isha Upanishad, Sri Aurobin-
do has written about several "Pairs of Opposites" like The
Conscious Lord and Phenomenal Nature, Enjoyment and
Renunciation, Action and Freedom and so on. The first
verse of Isha Upanishad says:

ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्। तेन
त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥

"All that is in this universe is pervaded by the Divine.
Renounce and enjoy, lust not after anyone else's wealth."
Some emerging questions are:

- If Divine is in everyone and everything, then why are there conflicts and wars?
 - When I dissolve the conflicts within me, to what extent does it ripple out in the universe?
 - How can I renounce and truly enjoy life on an everyday basis?
- Would you like to explore such questions deeply and join this collective learning journey?

- [Visit link to know more.](#)

Deven
for Vidyamandir (Auroville) Team

Books & Libraries



Auroville Library is back to its regular schedule from 01st July 2026.

Our working hours are:

Mornings: 9am - 12:30pm Monday to Saturday

Afternoons: 2pm - 4:30pm Monday to Saturday (except Tuesday: 4pm - 6:30pm)



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/>

Children's Storytime!

- All ages welcome!
- Every Saturday, 10—11am.

Ayesha



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, Esoterism, 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

Education

FITNESS AND HEALTH NEEDS SURVEY

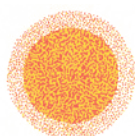
Auroville Physical Education Body (AVPEB) under SAILER is initiating research work to better understand fitness and health needs in Auroville.

The aim is to make movement, sports, and well-being more accessible for everyone, regardless of age or fitness level. Your input will help us see what is working, what is missing, and how we can support more active, healthy lives. [Here is the link](#)

We are also looking for volunteers interested in supporting or teaching Physical Education in Auroville. If you have experience in sports, yoga, movement, outdoor education, or simply enjoy helping others stay active, we would love to hear from you.

Please let us know if you need any additional information.

Priyamvada for AVPEB team



EXPLORING SRI AUROBINDO AND MOTHER in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

- +447515377896 WA or misha@auroville.org.in.

Misha

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

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

KUILAI CREATIVE CENTRE

(Activities Offered in English & Tamil)

Mother's 12 Qualities—Creative Activities

Create, Learn, Make & Take Home

Monday to Friday

- Morning Session, 11am—12:30pm
 - Tailoring Activity
- Afternoon Sessions, 2:30—4:30pm
 - Monday—Craft
 - Tuesday—Embroidery
 - Wednesday—Calendar Making
 - Thursday—Book Making
 - Friday—Memory Games



Evening Tuition: Monday to Saturday, 6—8pm
For students from 1st Grade to 9th Grade

Saturday Activities

- Morning, 10am—1:00pm: Fun Games
- Afternoon 2—5pm: Cultural Activities
Silambam, Bharata Natyam, Hip-Hop

KCC—Children's Park

- Monday to Saturday, 10am—6:30pm
With Calisthenics Set, Swings, Slide

Everything is Free!

For children above 5 years to 15 years only.

Please register in advance before attending

+91 86084 73385, kulaicreativecentre@auroville.org.in

Location Please see QR code

Volunteers who would like to support or contribute can write to us by email or reach out to us through SAVI.

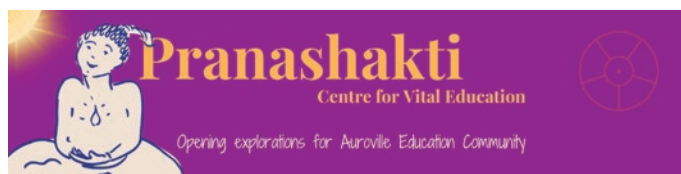
- For Donation and support:
<https://give.aviusa.org/page/Kuilai> or <https://auroville.org/page/donate-from-india>



Selva for KCC

PRANASHAKTI: AN INVITATION

August Offerings



@ Pranashakti Hub (previous Aurofilm office)

Next to CRIPA, Kalabhum Community

Pranashakti is an evolving inquiry into Vital Education in Auroville, exploring how the refinement of the senses, emotions, character and the conscious use of energy is being cultivated through dynamic, creative and embodied forms of learning. The initiative seeks to weave together the many people, practices and spaces in Auroville that are already nurturing different dimensions of Vital Education.

Cultivating the Body

An hour of conscious physical practice to cultivate strength, balance, endurance and awareness of the body as an instrument for growth.

- **Alternate Fridays, 5—6pm:** Training of the Senses through ATB, facilitated by Shaily
- **Alternate Fridays, 5—6pm:** Krav Maga, facilitated by Malaika
- **Saturdays, 6—7:30am:** Cycling, facilitated by Suryagandhi
- [Please register](#)



Cultivating the Emotions

- **Saturdays, 1, 8, 22, 29 August, 3:30—4:30pm:** Navarasa, facilitated by Varsha
- [Please register](#)

Exploring the art of conscious emotional expression through a 3-part journey inspired by the Nāṭyaśāstra. Together we will enter the world of the Navarasas — *Śṛīgāra* (Love/ Beauty), *Hāsyā* (Joy/ Laughter), *Karuṇā* (Compassion/ Sorrow), *Raudra* (Fierce Force/ Anger), *Vīra* (Heroism), *Bhayaṇaka* (Fear), *Bībhatsa* (Disgust/ Aversion), *Adbhuta* (Wonder), and *Sānta* (Peace/ Tranquility)

Open to all who can commit to all 4 sessions, with priority for Auroville educators and students.



Tamil Poetry

- 1, 8, 15, 22, 29 August
- @ Ilaignarkal Education Centre, [Location](#)
- Saturdays, 9:15—10:15am, facilitated by Meenakshi
- [Please register](#)

Connecting with the Four Aspects of The Mother through Tamil Culture and Poetry held lovingly facilitated by R. Meenakshi, Tamil poet, integral educator and founder of Auroville's Ilaignarkal Education Centre.

Open to all, with priority for Auroville educators and students.



Pranashakti Hub & Library Open Hours

- Thursdays 2–4 pm

These open afternoons are an invitation to visit the space, learn more about the initiative, browse the library, engage in conversation, or simply enjoy a quiet space for reading and reflection.

Our current areas of exploration include:

- **A three-month collaborative laboratory** exploring new possibilities for Vital Education through the study of Sri Aurobindo's and the Mother's writings, together with cross-disciplinary practice, reflection, documentation and shared experimentation.

- **Bringing the Pranashakti garden to life** through cleaning, preparing compost, building healthy soil, pruning, planting, watering and creating sensory experiences within the space. The garden serves as a living field for exploring Vital Education through discipline, refinement of the senses, the appreciation of beauty and a conscious relationship with nature.
- **Friday evenings and Saturday morning offerings** for educators, children, youth and the wider community. We are inviting practitioners of art, dance, music, theatre and other embodied disciplines to collaborate in creating experiences that contribute to the training of the body, refinement of the senses, education of the emotions and the conscious use of energy.

We warmly welcome those who feel called to contribute to this evolving inquiry. If you feel a resonance with this work, we invite you to [share your interest here](#).

Pranashakti is an evolving inquiry into Vital Education in Auroville, exploring how the refinement of the senses, emotions, character and the conscious use of energy is being cultivated through dynamic, creative and embodied forms of learning. The initiative seeks to weave together the many people, practices and spaces in Auroville that are already nurturing different dimensions of Vital Education. If these areas of inquiry resonate with you, we would be delighted to begin a conversation and explore possibilities for collaboration.

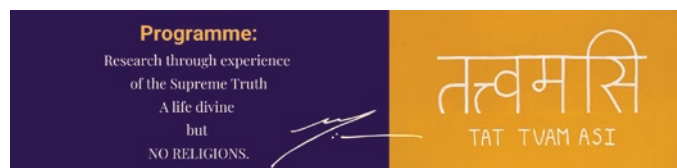
Contact: pranashakti@aurville.org.in

Shaily for Pranashakti Initiative

FOR YOUNG PEOPLE

living and working in Auroville

To interns, young volunteers and professionals in Auroville, And curious youth of Auroville, this is for you.



Many of you have likely arrived through a particular project, internship, apprenticeship, volunteer programme, or field of work; or as youth of Auroville, are involved today in one or two particular areas of work. Yet Auroville itself is much larger than any single unit, profession, or area of activity.



Alongside your work placement, SAILER would like to invite you into a complementary learning journey shared with

other young people currently living and working in Auroville.

We propose to explore the deeper context from which Auroville emerges. This will include:

- Weekly or bi-weekly Exploration of the context and raison d'être of Auroville, Sri Aurobindo's and The Mother's works, and the ancient Indian quest for meaning and purpose of life
- Consolidated information on and strong encouragement of a regular physical education practice during their stay in Auroville.
- A weekly moment for reflection, dialogue, and self-assessment among interns from different units and fields of study.

The intention is to create a space within your work schedule, in which these questions can be explored and the practical work of daily life can be placed within a wider scope.

An [email has been sent to units of Auroville](#) to invite them to explore this possibility. And ensure that if you are interested you will be supported in this exploration.

If this resonates with you, we invite you to fill out [this short form](#). We have already had a first meeting this week and the exploratory sessions are beginning. We look forward to meeting you.

Aurevan

LILALOKA ACTIVITIES

2026—2027

"The place of play" in Sanskrit

Lilaloka is a children's recreation and learning center that supports personal growth through play and creative activities. Is open to Auroville children, volunteers, guests, home-schoolers, and children facing learning or behavioral challenges.

The center provides a welcoming, non-competitive environment where children can learn, connect, and develop while strengthening ties between families, schools, and the wider community. Lilaloka offers both individual and group sessions, guided by a team of facilitators specialized in various fields of child development.



Nester

A weekly program for **parents and babies (0–12 months)** that promotes early bonding, healthy attachment, and conscious parenting through supportive and nurturing environment.

A weekly program for **children aged 1–2 years and their parents**, focusing on trust, emotional well-being, and sensory connection. Through careful observation of each child's developmental needs, the program supports the integral growth of infants and strengthens the parent-child bond.

Infants' Community

- **Daily mornings, Age: 1½–3 years old**

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

Chrysalides

- **Open mornings to all children aged 3 to 6 years old**

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

Butterflies

- **Open mornings to all children aged 7 to 10+ years old**

This child-led learning program follows an open curriculum and free-progress approach. Using Montessori learning materials, cosmic education, storytelling, and individual and group projects, it encourages self-directed exploration, nurtures personal interests, and fosters a lifelong love of learning beyond a fixed curriculum.

Balaghram Afternoon group

- **Monday to Thursday for children aged 3–7 years,**

This holistic program nurtures intellectual, emotional, physical, and spiritual growth through play and creative exploration. Using Montessori as a tool to support Integral and Inclusive Education, it provides a caring environment for the child's overall development.

Creative Fridays

- **Afternoons once a week for Children 7–11 years**

A dedicated creative space where children develop fine motor skills, concentration, and self-expression through arts, crafts, and hands-on activities. The sessions encour-

age imagination, creativity, and confidence while nurturing a joy of making and learning.

Occupational Therapy, Sensory Support & Individualized Learning Sessions and tuition

By appointment. Personalized sessions for both schooled and non-schooled children, designed to support their developmental, sensory, emotional, and learning needs.

Occupational therapy focuses on enhancing sensory processing, motor skills, self-regulation, independence, and participation in daily activities. Individualized learning and self-guided tuition are tailored to each child's pace and interests, with close collaboration between parents, educators, and therapists to support the child's integral development and well-being.

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Christin, Ritam, Leela and Ana



Youth Initiative

TACO NIGHTS

Fridays, 7pm @ YouthLink



Join us for karaoke, chess championships, arts & crafts, jenga, dancing, and so much more.

We believe community grows in ordinary moments like these. It is built through repeated exposure to one another. Through having a reason to see each other, again and again. To build friendship, hour by hour, and through that, trust is formed. And that is what allows us to imagine and build a better city together.

Guests coming from outside Auroville (limited spots): Please register using the form below. This helps us coordinate with Auroville Security and Vehicle Service, making entry through the checkpoints smoother and ensuring we can welcome everyone comfortably.

Prashast Gautam

INTERNATIONAL YOUTH DAY Festival 2026

Saturday, 15 August, 4—9pm @ YouthLink

This 15 August, we invite the Auroville community to gather for the International Youth Day Festival 2026 at YouthLink, a day dedicated to the ideas, imagination, courage, and leadership of young people.

Throughout the afternoon and evening, young people will share their creativity, their questions, their work, their stories, and their aspirations. It is a space to discover what moves you, meet others who care deeply about the future, and experience what becomes possible when a generation begins building together.

We hope you'll join us.

Gautam for YouthLink





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 consults with Dr. Joseph: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana, Madhi: Daily No appointment necessary
Ayurveda with Dr. Be: TOS	Midwifery & GYN Care with Paula: Monday & Wednesday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Homeopathy with Michael: Monday, Thursday, Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Soundbed Session with Thilagam: As per appointment	Holistic Therapy with Louis Patric: Monday to Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena, for Inquiry: adminsante@auroville.org.in	Home Care: contact Sante for timings Nurse Care

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

AUROVILLE

Emergency Medical Service

9442224680, avems@auroville.org.in

Service outline:

This service is available for Aurovilians, Newcomers, registered guests of Auroville and employees/day visitors in Auroville city area:

- 24/7 availability of emergency response with an equipped and staffed ambulance vehicle, average response time of 15 minutes.)
- First aid and life support care on scene and during transport to facility.
- Providing emergency medical advice in situations which do not require ambulance transport.
- Training and certification in First Aid and Basic Life Support.

When you call the Auroville EMS dispatch:

- Speak clearly and provide following details:
 - Location of incident/ emergency site with landmarks
 - Gender and approximate age of patient
 - Describe the emergency briefly
- Indian hospitals require an attendant to accompany the victim.

This service does not include transport service for hospital consultations and check-ups.

Alok Mallick for (Auroville EMS)

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

- Wednesdays, 5—7pm @ Creativity—Hall of Light

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father's role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us. If you would like more information or to join the class, please contact Magesh:

- +91 9486609821, morningstar@auroville.org.in

Little Red Feet—Baby Play and Support Group

- For ages 0—2
- Wednesday to Sunday, 9am—12pm
- @ Humanscapes—Common Hall

We warmly invite you to our baby play and support group, a nurturing space created especially for parents and babies. Come as you are, connect with other parents, and celebrate the journey of raising your little one.

Here's what to expect:

- Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- A Safe Haven:** A welcoming, non judgmental space for growth, encouragement, and community.
- Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can't wait to welcome you and your baby into this circle of love and support. Let's grow together!

- Contact:** +91 9130084284, Aditi

Savithri for Morning Star

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

ECO FEMME OPEN HOUSE



Every Thursday, 10:30 @ Auroshilpam

Come and join Eco Femme at our **Open House** every Thursday at 10:30. We hold these at our **office in Auroshilpam**, just behind Auromode.

We'll teach you about sustainable menstrual products, the menstrual cycle, and our not-for-profit programs, + you can pick up cloth pads, cups and period panties at discounted rates!

See you soon!

Mila for Eco Femme team

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 OFFER

We are pleased to announce the availability of our surgical specialist and ortho specialist at Aurodent.

Now Available:

- Invisible Aligner Treatment;
- Orthodontic Braces Treatment;
- Implant Treatment;
- Teeth Whitening

Book your appointment now at Aurodent:

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



Working Hours:

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

Jayasutha

International

UNITY PAVILION

August Events

Date	Venue	Event Details
Tuesdays 10—11pm	Hall of Peace	Himalayan Meditation with Pierre: Silent meditation creating a space of peace, awareness, healing and inner harmony. These gatherings invite participants into stillness, connection, and a shared experience of meditation and presence.
Every Tuesday, 9:30—11am	Unity Hall	The Grow Young Club: A warm and welcoming gathering where elders come together to meet, share stories, and build meaningful connections. Engage in some light & fun activities and games. This gentle social space fosters friendship, companionship, and a sense of unity in a relaxed and caring atmosphere. Refreshments will be provided. Transport available.
Every Wednesday, 5:30—6:30pm	Unity Hall	Collective Sound Journey 2026—27 by Svaram—We are back! Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursdays, 5pm	Hall Of Peace	Silent Meditation by Pierre: Tune into your psychic self and enter deep inner peace, silence, and calm for inner awakening and self-discovery.
Saturdays, 10am	Garden	Kids Art Class by artist Janakiraman: A playful exploration of watercolour techniques for children.

By Appointment:

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

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
Tuesdays, 5pm	Hall of Peace	12 Qualities and The Mother's Symbol by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation. +91 9489082447 WA
Daily	Oneness Hall	One to one sessions on the Science of Chakras, Integral Yoga, Chakra Balancing and guided Meditation. One to one/ group Life Coaching & Counselling with Preeti based on life skills & Integral Transformation offers a safe space to heal and unlock your potential 9699930672 WA

Sencha Style Tea Ceremony



During this rare, transformative experience, you will explore & experience the healing aspects of the tea. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is an “once-in-a-lifetime” experience that will completely change your perspective on how tea-drinking, especially if you are a tea lover. The session can be conducted 1-on-1, or for small groups (up to 4 people).

Through appointments only, +91 9385428400 WA

Integral Life Coaching & Counselling

- By Appointment: 9699930672 WA



Integral Life Coaching & Counselling (one to one/ group) with Preeti based on Integral Transformation offers a safe space to heal and unlock your potential. Break negative patterns, emotional loops, reprogram your mind, overcome your fears, anxiety, confusion, gain clarity and direction with an integrated, practical approach & powerful tools through a unique blend of Modern Psychology, NLP, Emotional Intelligence, Personality Analysis, and Holistic & Integral Development.

Collective Sound Journey 2026—27 by Svaram Nada Brahman—The World is Sound



- Every Wednesday, 5:30—6:30pm
We are back!

Ready to dive deep? Come and participate in fascinating research on the effects of sound. Release and relax as you journey into alpha waves. Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.

The Grow Young Club

- Tuesdays, 10—11:30am

A warm and welcoming gathering where elders come together to meet, share stories, and build meaningful connections. Engage in some light & fun activities, games and refreshments. This gentle social space fosters friendship, companionship, and a sense of unity in a relaxed and caring atmosphere. Refreshments provided, transport can be arranged on request.



Preeti

BHARAT NIVAS Pavilion of India

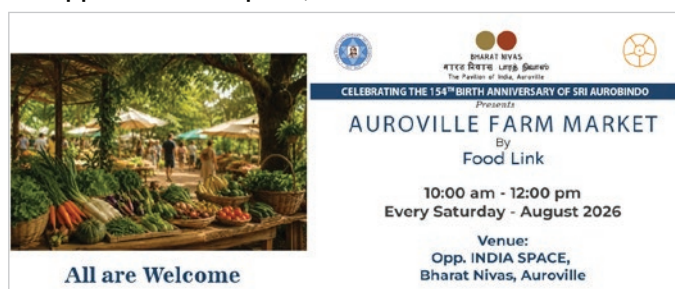
Kalaripayattu performances

- Every Saturday, 11—11:30am



Auroville Farm Market

- Every Saturday in August: 1am—12pm
Opposite India Space, Bharat Nivas



The Spiritual Moments

- 2—17 August, 9am—4:30pm
- @ Kala Kendra



Nature as Teacher

- Saturday, 7 August, 4—5pm
@ Tamil Heritage Center, Bharat Nivas



Illaram

- Saturday, 8 August, 4—5pm
@ Tamil Heritage Center, Bharat Nivas



Madhurastaka

- Sunday, 9 August, 6:30pm @ SAWCHU



Thuravaram

- Monday, 10 August, 4—5pm
@ Tamil Heritage Center, Bharat Nivas



Kirtan

- Tuesday, 11 August, 6:30—7:30pm @ SAWCHU



Monisha for Bharat Nivas

PAVILION OF TIBETAN CULTURE

Library opening hours:

- Monday and Tuesday,
9:30am—12:30pm

Kalsang for Tibetan Pavilion



FRENCH PAVILION

Les Causeries: "La place de la morale dans le yoga integral" With the presence of our guest Mazen

- Friday, 31 July & Tuesday, 4 August, 5—6:30pm
@ French Pavilion

A gathering in French, open to everyone, to share ideas, question the world, and explore together topics related to society, identity, and meaning. Listen, express yourself, engage in respectful dialogue, embrace different perspectives, and nurture a shared reflection in an open and welcoming atmosphere.

Inspired by the spirit of Auroville: openness, respect, yoga, and simply the shared quest for meaning.

Next workshops:

- Friday 7 August & Tuesday 11 August with "Roman personnel, Roman national, les problèmes de mémoire"
- Friday 14 August "Quel serait l'intérêt commun des Auroviliens?"



"Notre-Dame Brûle" Directed by Jean-Jacques Annaud

- Tuesday, 4 August, 8pm @ French Pavilion
- Screening in French with English subtitles.

On April 15, 2019, a devastating fire engulfed Notre-Dame Cathedral in Paris, shocking France and the entire world. Inspired by real events, *Notre-Dame Brûle* recounts, hour by hour, the extraordinary events of that day, following the efforts of firefighters, emergency teams, and everyone who risked their lives to save one of the world's most iconic cultural landmarks.

Blending tension, emotion, and realism, director **Jean-Jacques Annaud** delivers a powerful tribute to collective courage, solidarity, and determination in the face of disaster. A spectacular reconstruction that reminds us of the immeasurable value of our cultural heritage and the dedication of those who protect it.

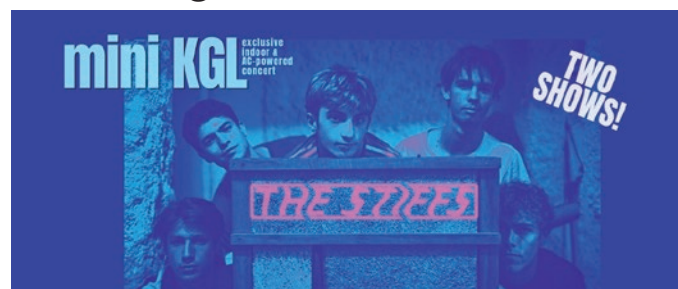
Marie



Theatre, Music & Arts

MINI KALABHUMI GOES LIVE: THE STIFFS

Friday, 31 July, 8:30pm & Saturday, 1 August, 8:30pm
@ Kalabhumi Music Studio



Featuring: Gulli—Yam—Lorenzo—Elmo—Ishan

Limited seats, indoor & AC-powered concert

Contribution Based Entry: Guests Rs 350;

- Av/Nc/M Rs 200;
- Kids under 12, free!

Parking: Cars: at Gaia field / Cripa back entrance

- Two-wheelers: at Kalabhumi Music Studio

Family-friendly event, drugs/alcohol prohibited! Edoardo

ART FORMS IN PLANTS

9am—5pm @ Aurelec

- German photography pioneer **Karl Blossfeldt** (1865–1932) photographed plants so beautifully, and with such originality, that his work transcends the medium itself. Over more than 30 years, he took thousands of photographs, revealing a formally rigorous talent whose precision and dedication bridge the XIX and XX century worlds of image-making and bring a distinctly sculptural aspect to a firmly two-dimensional art form.

Beautifully but starkly composed against plain cardboard backgrounds, Blossfeldt's images, relying on a northern light for their sense of volume, reveal nothing of the man but everything of themselves. They are still lifes, piercingly final statements on their subject, and have endured owing to their aesthetics and the ongoing fascination of students and photographers. Like their maker, they are quietly and lastingly effective.



Franz for Aurelec

UNSENT LETTERS

A live performance

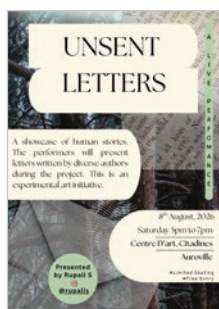
Saturday, 8 August, 5pm @ Centre d'Art, Auroville

You are invited to a presentation of a collection of human stories. *Unsent Letters* began with the writers, who composed letters expressing things they had not yet communicated to those important to them.

These letters reflect a wide range of emotions. During the show, performers will present selected letters.

An experimental art initiative by Rupali S.

Marco



MAJI: SHIFTING TONES



10 August—19 September, Monday—Saturday,
9am—5pm @ Maroma Art Gallery: MAJI
Opening: 8 August, 4:30pm

Supriya

CRIPA PRESENTS

I Am Durga, Durga I Am: Mayurbhanj Chhau Dance

- Friday, 31 July, 7:30pm @ CRIPA
- Food available from 6:30pm

Inspired by Devi Mahatmam, but resonates with every Woman, Man and Sadhak. Just how Durga and her avatars fought the adversaries. We all face the same invisible forces in our life, which pulls us down, where we encounter the doubt, the exhaustion, the forgetting, and the stubborn return.

This story is narrated through Mayurbhanj Chhau, tradition born from warriors who danced with their bodies as instruments, who knew that the fiercest battles are fought inward, in the battlefield of ordinary life. They believed when the body is trained to its edge, it becomes a site of revelation, a recognition that you were never separate from what you were seeking. Until the moment arrives, not as revelation but as recognition. Durga. I am.



Gautam Menon Quartet

- Saturday, 1 August, 7:30pm
- Food available from 6:30pm @ CRIPA

An evening where Carnatic tradition meets the spirit of modern jazz. Featuring Gautam Menon (drums), Akhilesh Subramaniam (bass), Divyam Mehrotra (keyboards), and Vivek Ayer (guitar), this quartet creates genre-blending ethno-jazz that weaves together the melodic richness of Carnatic music with the improvisational freedom of jazz.

Expect raga-inspired melodies, intricate rhythmic cycles, spontaneous interplay, and immersive grooves that are expressive, cinematic, and alive in the moment. This isn't simply fusion. It's a meeting of two improvisational worlds, brought together with soul, precision, and a deep love of musical storytelling. Join us for an unforgettable evening of musical discovery.

Open to all, entry free, contributions welcome. Laura



Theatre, Music & Art Activities

PHOTO CIRCLE MEETS AGAIN

Friday, 7 August 5pm

@ Centre d'Art multimedia room, Citadines

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anybody can bring and screen a small selection of images. Everybody's welcome.



Marco

THEATRE WORKSHOP: FOUNDATION OF ACTING

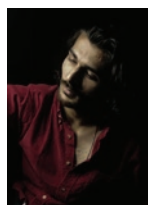
Friday, Saturday and Sunday, 7—9 August, 4—7pm

@ CRIPA, Kalabhum, Auroville

Join Jill Navarre, actor, playwright, director of the Auroville Theatre Group and Ojas Abhishek Kumar, actor and "yoga for actors" guide and mentor at CRIPA.

- Facilitator: Ojas Abhishek Kumar

With over 9 years of practicing theatre and yoga, Ojas Abhishek Kumar has trained with directors from the National School of Drama and worked with several theatre groups across North India. For the past four years, he has been working as an actor and facilitator with the Auroville Theatre Group under the guidance of Jill Navarre.



In this workshop, along with theatre exercises, he brings a Yogic Theatre approach — a simple and unique way into acting. Through focused work on the Body, Mind, and Speech, participants will build a strong foundation for acting. Specially designed practices for actors help relax the body, calm the mind, and strengthen the voice, so they feel more present and confident on stage.

- Director: Jill Navarre

From the U.S. actor, director playwright. "I have been the Director of the Auroville Theatre Group for 28 years. Recently, I have directed *Julius Caesar* by Wm. Shakespeare."

- Registration necessary:
+91 9486416173



Jill

MUSIC ACADEMY

Kalabhum Music Studio



Learn music in Auroville...

- Hindustani Vocals (with Ronny)
- Piano for kids (with Sahitya)
- Tabla/ violin/ viola/ trumpet/ bass/ guitar (with Shanks)
- Guitar & Bass (with Rolf)
- Singing (with Shakti)

To apply: [fill out the form](#) (QR code)!

Edoardo

WOMEN'S CHOIR RESTARTS

The women's choir "Auroville Harmonies" is restarting its rehearsals to prepare a new program.

If you are interested and want to join our musical trip around the world, contact Antoine for an audition:

antoine@auroville.org.in,
8940740529, Antoine

ORIGAMI WORKSHOP

Open to everyone! If you are interested in joining, please contact Kiran at 9486367456 WA or call for more information.

Kiran



CREEVA

Center for Research Education Experience in Visual Art
Art activities

- Watercolor painting workshop by Sathya every Wednesday 5—7pm
- Life drawing session 10am—12pm
- Live Portrait Sketch by Sathya



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

Contact Abi: 8220612413, abirami@auroville.org.in

For more info contact Sathya:

- +91 9486145072, sathyacolour@auroville.org.in

CREEVA Art Studio:

- @ Creativity Community, near Solar Kitchen, Auroville.



Sathya
for CREEVA Art Studio, Creativity **CREEVA**

SVARAM ACTIVITIES

Sound Journey @ Unity Pavilion

- By appointment & walk-in
- Every Wednesday, 5:30—6:30pm



We are back for our 2026—27 Season!

- For details and booking, [click here](#) or scan the QR Code

Sound Bath & Flower Mandala Creation

"Flowers speak to us when we know how to listen to them."—The Mother

- 31 July, 21 August, 18 September, 16 October, 6—7pm



You are warmly invited to immerse yourself in a sound bath while creating your own flower mandala. A Sound and Visual Experience of Harmony and Beauty.

- For details on available dates and booking, [please click here](#) or scan the QR Code

Dhrupad—Naad Workshop

- 1—2 August

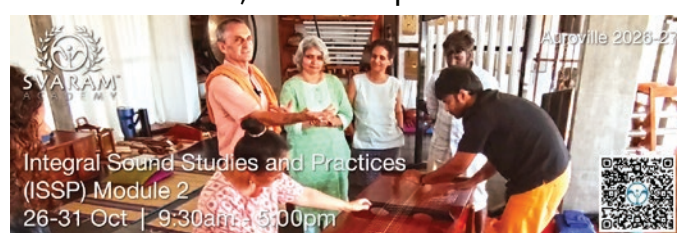


Rooted in the ancient Vedic tradition and closely associated with Naad Yoga (the Yoga of Sound), Dhrupad is renowned for its meditative depth, spiritual intensity, and systematic exploration of Raga and Tala. Through demonstrations, guided practice, discussion, and live performance, participants will gain an understanding of both the artistic and contemplative dimensions of this unique musical tradition.

- For details and booking, [click here](#) or scan QR Code

ISSP Module 2: Music Theory, Creativity & Sound Healing Instrument Play

- 26—31 October, 9:30am—5pm



This 6-day immersive training is designed for Sound Healers and Therapists seeking to profoundly deepen their understanding and application of sound in their practice. Moving beyond foundational techniques, this program explores the core principles that govern sound and creativity, providing you with a richer framework for conscious and effective therapeutic intervention.

- For details and booking, [click here](#) or scan QR Code

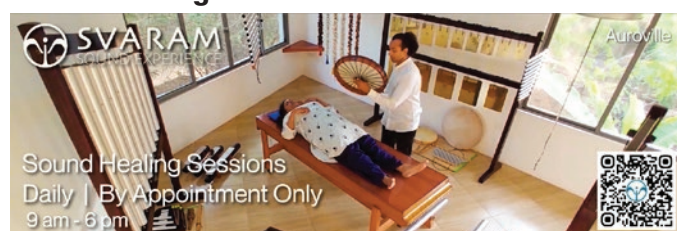
Sound Garden Tour

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



- For details and booking scan QR Code or [click here](#)

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 QR Code or [click here](#)

Aurelio for the SVARAM Team

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

- Monday, 7pm: Tango class
- Wednesday, 7:30pm: Practilonga
- Friday, 6:30pm: Practice
- Saturday: Bi-monthly Milongas

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

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



Maud

GARBA IMMERSIVE



Tuesdays, 4—6pm @ CRIPA

Movement, rhythm, music, sound, singing and what emerges from a collective will all be ours to experience and live. If you have always wanted to soak onto one of the biggest and liveliest festivals in the world—now is the time :)

- For more details: 8870730567, WA message only.

Megha

Sports & Martial Arts

MORNING SWIMMING CLASSES for children

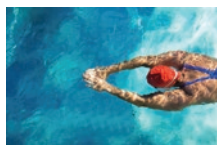
Tuesdays & Thursdays,
6:30am—7:30am @ La Piscine

- Group classes for Aurovilian 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



BUDOKAN

Class Hours and Activities in August

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!

- Adults & Teenagers:
 - Tuesday, Thursday & Saturday, 6—7:30am
- Kids & Teenagers:
 - Monday to Friday, 3:50—4:50pm
 - Saturday & Sunday 9:00—10:00am

8300643963 WA, Philippe,
9952812843 WA, Murugan,
+ 33622053932 WA Michaël
Team Budokan, Dehashakti



ABHAYA MARTIAL ARTS



For more than ten years, Abhaya Martial Arts Academy has been active in Auroville with regular martial arts classes. The Academy was founded as the Indian branch of the Shou Dao School, where Shou Wu is practiced—a system that integrates internal martial arts and self-defence, while also engaging in MMA, the most demanding testing ground to guarantee real martial progress.

In addition to teaching children and adults—and accompanying some of them to important tournaments—Abhaya has been responsible for the training of the First Responders of the Security, and has long-standing collaborations with a few NGOs, supporting orphans, underprivileged women and survivors of human trafficking. Some of these women, after years of training, have become instructors themselves.



Thanks to the excellent results achieved and the constantly growing number of students (recently up to 80 per month), Abhaya is collaborating with highly skilled instructors—masters of Muay Thai, Shou Dao, BJJ and Boxing—offering even more classes and opportunities to learn not only how to defend oneself and understand one's own body, but also how to transmit this knowledge to others.

Regular Adult Classes, 5:30pm:

- Monday: MMA/Grappling with Coach Giacomo
- Wednesday: MMA/Grappling with Coach Giacomo
- Friday: MMA/Muay Thai 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

Giacomo for Abhaya

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



MARTIAL ARTS @ BHARAT NIVAS



Regular Classes: Monday—Friday

- Morning: 7—8am
- Evening: 5—6pm

Contribution:

- Monthly, one class per day: Rs.3000; AV Rs.2000
- Monthly, morning & evening both: Non-AV Rs.5000; AV Rs.3500
- Half-month: Aurovillians only, 15 days or fewer: Rs.1500
- Drop-in: Rs.300 per class

Weapons Training:

- Wooden Weapons (Kolthari): 8—8:30am
- Metal Weapons (Angathari): 6—6:30pm

Contribution:

- Monthly (one class per day): Non-AV Rs.2000; AV Rs.1000
- Monthly (morning & evening both): Non-AV Rs.4000; AV Rs.2000
- Half-month (Aurovillians only, 15 days or fewer): Rs.500

Regular Kalari + Weapons (Same Batch):

Contribution:

- Monthly (one batch): Non-AV Rs.5000; AV Rs.3000
- Half-month (Aurovillians only, 15 days or fewer): Rs.2000
- Full Access (Morning & Evening): Regular Kalari + Weapons (All Classes): Non-AV Rs.9000; AV Rs.5000

Note: Weapons practice requires initiation @ Kalarigram.

Registration: Please scan the QR code before attending to view the registration guidelines.

Regular Silambam Class

- Wednesday & Saturday, 5—6pm @ SAWCHU



Grappling & Rudiments of Martial Arts for kids

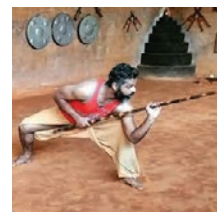
- Tuesday & Thursday, 4—5pm
- @ Harmony Hall



Monisha

KSHETRA KALARI @ ASPIRATION SPORT GROUND

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



Maneesh

AUROVILLE FUTSAL/ FOOTBALL CLUB

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



Girls all age/ level are playing

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



Boys 16yo+ are playing

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



Submitted by Beber

Bioregion, Crafts & Nature Activities

AUROVILLE EARTH INSTITUTE:

Upcoming On-Campus Training Courses



We are pleased to announce our upcoming training programs at the Auroville Earth Institute. These hands-on courses offer a unique opportunity to explore sustainable construction techniques with a focus on earth-based technologies.

Below are the details of our upcoming sessions:

Month	Dates	Category	Details
September	31 August to 5 September	CSEB	Intensive
	7 to 12 September	AVD	Intensive
	15 to 18 September	Special	Ferrocement

For more information and to register:

- www.earth-auroville.com

Contact: training@earth-auroville.com

Ayyappan

AUTHENTIC CULINARY EXPERIENCES: ACE

ACE Kitchen Gatherings @ Creativity

Small, informal kitchen gatherings at the ACE Kitchen in Creativity. To participate, cook with us, suggest a theme, or explore hosting a session, please get in touch: +91 8279300821

- culinary.experiences@auroville.org.in



Manu Bahuguna & Sacha Elder

LEARNING FROM THE LAND

14—16 August

@ AuroOrchard and Pebble Garden

Learning From The Land is a three-day immersive workshop at AuroOrchard and Pebble Garden, Auroville, from 14 to 16 August, exploring regenerative farming, ecological restoration, food systems, and our relationship with the land. Through conversations with experienced farmers, seed savers, researchers, and practitioners, participants will learn from decades of work in restoring degraded landscapes and cultivating resilient food systems.

The programme covers the story of ecological regeneration, integral agriculture, systems thinking, permaculture, food and health, seed saving, composting, soil life, biodiversity, and hands-on farm practices in vegetable gardens and fruit polyorchards. Blending practical experience with reflective learning, the workshop offers a unique opportunity to understand how healthy relationships between land, food, and people can be nurtured through everyday ecological practice.

More details on the QR code.

Contact: Charan (AuroOrchard): +91 8431764831.

Anshul



ACTIVITIES @ AUROORCHARD

Weekly Farm Walk

- Every Wednesday, 10am—12pm
- Registration required, sign up

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.

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

- Monday to Saturday, 7—9am and/or 9:30am—12pm
- We offer breakfast made with farm produce!
- Link to sign up for volunteering here

Spread over 25 acres, AuroOrchard is Auroville's oldest farms 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.

[Website](#), [Instagram](#), [Farm location](#), [Newsletter sign-up](#), [Volunteer sign-up](#), [Basket sign-up](#), [Seedlings order](#)

Anshul for AuroOrchard team

EDIBLE WEED WALK:

Fresh Growth After the Rain!



Saturday, 8 August, 7:30—8:30am (max 8:45am)

@ Accessible area within Auroville

The recent rains have worked their magic, waking up the soil and sparking a fresh burst of vibrant wild greens. Conditions are absolutely perfect for a lush, post-rain Saturday morning exploration!

- Final location shared with registered participants on Friday.
- Only 5 pairs (10 people total), Rs 800 for two
- Single registration possible (Rs 300) if you bring your Edible Weeds coloring book and its colored insert.

Contact & Booking:

- 9840936907 WA, edibleweedwalk@gmail.com
- Send your names and the number of participants to receive your QR code.

Come see how much the recent moisture has transformed the trails!

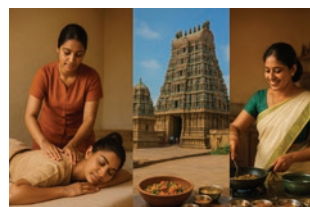
Nina

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

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/>

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
- Handmade Soap-Making

Farm Fresh Basket Service:

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. .

- Booking: solitudepermaculture@gmail.com

Krishna for Solitude Farm & Café

MAROMA: SHOP—TOUR—BE INSPIRED



Daily 9am—5pm

Maroma Aspiration Outlet Store

- Open daily 9am—5pm

Explore Maroma's collection of natural fragrances, body care, home fragrance, gifts, and handcrafted products.

The Maroma Tour

Discover the story behind Maroma through a guided campus visit, hands-on workshop, refreshments, and a Q&A session.

- Book your tour: www.maromaexperience.com

Maji Art Gallery

- Open daily 9am—5pm
@ Maroma Campus

Visit MAJI, Maroma's contemporary art gallery, featuring a curated collection of artworks, crafts, and creative expression from Auroville and beyond.

Jesse for Maroma



Every Saturday 10am—12pm
@ Coffee Ideas! (former Marc's Cafe)

This beginner-friendly workshop is all about reconnecting with ancestral microbes and learning to make naturally carbonated, healthful beverages using traditional methods. No commercial yeast, no fancy equipment, just real ingredients, wild starters, and intuitive brewing.

Perfect for those who want to:

- Learn traditional skills in a fun, interactive way
- Understand and embrace the power of natural microbes

What you'll learn to make:

- **Kombucha:** From brewing basics to bottling and flavoring
- **Tepache:** A traditional, naturally fermented pineapple drink
- **Ginger Ale & Wild Sodas:** Crafted with fruit, herbs, and wild starters
- **Wildcrafted Fruit Vinegar:** Zero-waste, nutrient-rich, and easy to brew

You'll learn: The science behind natural carbonation and how to get the fizz just right; How to balance sugar and fermentation time for the perfect flavor; How to ferment confidently without commercial yeast or additives

Bonus: Receive 1 live kombucha scoby to start your own batch at home!

Contact: admin@coffeeideas.in, contact@coffeeideas.in
+91 8148660246

Walk-in: You can also simply arrive 10 minutes early and join the session.

Matilde & Nithiya

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



*Arun, Anand and Balaji
for Enlight Team*

MOHANAM PROGRAM

www.mohanam.org

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



For more information and registration:

Advance booking is necessary for Workshops:

mohanamprogram@auroville.org.in, +91 8300949079

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

Make and Take Workshops

- Monday to Saturday, 10am—12:30pm or 2—4:30pm



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

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

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



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

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

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

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



Deep Sound bath 5 Element by Satyaguga

- Tuesdays, 4, 11, 18 & 25 August, 5—6:30pm
- Fridays, 7, 14, 21 & 28 August, 5—6:30pm

Connect to your inner self through Vibrations & divine chants.



Celebrating the 154th Birth Anniversary of Sri Aurobindo and The Silver Jubilee of Mohanam Village Heritage Centre

- 15 & 16 August
- Cultural events and Artistic camp on vision of a new humanity
- Sri Aurobindo's vision of human evolution and the Supramental consciousness

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,

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



Furniture Workshop

- 7 & 8 August, 9am—5pm

Discover the timeless charm of bamboo by crafting a hand-built seater using traditional joinery technique. Come and Learn the bamboo joineries, basic machine, bamboo cutting and splitting.



Geodesic Dome Workshop

- 28 & 29 August, 9am—5pm

The bamboo Geodesic Dome workshop is perfect for anyone who wants to gain skills on sustainable lifestyle and hands on experience working with bamboo, while also exploring various aspects of sustainable living.



Pre-booking is necessary for registration:

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

Bala Sundaram

EGAI: ECO-FRIENDLY CRAFT WORKSHOPS

Egai crafted in Auroville offers eco-friendly craft workshops

Coconut Shell Craft Workshop, 2.30hrs

A hands-on creative workshop where participants learn to design and make eco-friendly products from coconut shells. Participants can create and take home: Earrings, Pendants, Keychains, Bowls, Cups and Hanging Lamps.



Bamboo Instrument Making Workshop, 2hrs

Experience the art of making simple musical instruments using bamboo and natural materials, including bamboo overtone flute, bamboo ocarina, shakers and percussion instruments.

Incense Making Workshop, 1hr

Learn the traditional process of making natural incense sticks using eco-friendly ingredients and local methods.

Palm Leaf & Coconut Leaf Weaving Workshop, 1 hr

Participants learn basic weaving techniques using coconut and palm leaves to create decorative and utility products.

Wooden Toy Making Workshop, 2.30hrs

A creative and educational workshop introducing participants to traditional toy-making using wood and bamboo materials.

Coconut Recipe Cooking Experience, 2.30hrs

An experiential cooking session introducing traditional coconut-based recipes and sustainable food practices.

Origami Workshop, 1hr

Explore the beautiful art of paper folding with traditional techniques and creative designs.

Pottery Workshop, 1hr

Enjoy the full creative experience via detailed instruction and crafting by a expert potter.

Workshop Highlights

- Hands-on Make & Take experience
- Eco-friendly and sustainable materials
- Suitable for students, families, travelers, and educational groups
- Supports local artisans and village communities
- Promotes traditional crafts and waste management awareness
- Customized group workshops available

Location: Egai Crafts, Auroville, Tamil Nadu—605101

Contact: +91 9791896488, +91 9629297514
egai@auroville.org.in, www.egai.co.in

Booking is recommended for workshops and group visits.
Anand For Egai

INSIDE INDIA

We are back from our summer break with our cycle tours and workshops!

Kolam Mandala Workshop

- Every Friday, 10am—12pm

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

Saree Draping Workshop

- Every Tuesday, 10am—12pm

Learn the traditional art of saree draping with our expert, Anandi! Whether you're new to wearing a saree or simply



want to refine your draping skills, everyone is welcome—regardless of gender or size. Come experience the beauty and elegance of the six-yard saree.

Bio-Region Tours by Inside India

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

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

Cycle Tours through Auroville

- Timings are 10am—2pm,
Please book 36 hours in advance

Ride into the green lungs of Auroville on our newest bicycles partnered with KINISI. Muddy red earth under your wheels, rain-washed trees above you, sound of birds, forest winds and chance detours, explore this slow travel at its finest.

tours@insideindiaauroville.com

Shaheen

THE COLOURS OF NATURE (TCON)

Workshops & Visits

Step into a world of cloth, pattern, and slow craft. At The Colours of Nature (TCoN), we're launching a new series of hands-on textile workshops—warm, friendly, and designed for beginners and curious makers alike. 100% natural dyes.



Workshops (Create & Take Home)

Shibori + Indigo (Resist & Dye):

Fold, bind, stitch & wrap fabric to create traditional resist patterns—then dye your own prepared cloth in indigo, revealing deep blues, and unique, unexpected detail.

Batik + Indigo (Wax Resist & Dye):

Learn the fundamentals of wax-resist design: apply wax, build layers, and create motifs—then dye your cloth in indigo to bring your patterns to life.

Embroidery: Slow down and enjoy the needle's rhythm. Learn essential stitches and techniques to add texture, detail, and personality to fabrics.

Workshop Schedule

- Morning session: 9am—12:30pm
- Afternoon session: 1:30—5pm

Workshop Pricing

- 2-hour workshop: Rs 2,200 per person
- Half-day workshop: Rs 4,400 per person

Guided Visits

Discover our studio space and processes with a short guided tour: Duration: 30 minutes

- Times: 11:30am and 4:30pm
- Price: Rs 1,100 per person

Outside of these timings, we will do our best to offer tours. Visits to The Colours of Nature dye workshop products exhibition are free.

Note: We do not offer workshops on how to prepare dyes from raw plants; these processes take many days—sometimes weeks—and we are still developing the right format to teach them properly.

To Book a Guided Visit/ Workshop:

- colnature@auroville.org.in, +91 63796 61916 WA
- www.thecoloursofnature.com

Submitted by Petra

Looking For

Looking for printed French newspapers

Bonjour! I'm looking for printed French newspapers to practise my French. If you have copies of *Le Monde*, *Le Figaro*, or any other French newspaper that you no longer need, I'd love to have them. Please contact me at ivana.frousova@yahoo.co.uk. Merci beaucoup! *Ivana*

Looking for House Sitting

My name is Priyamvada, and I am an artist currently working with To Be Two under Sowmya and Anyuta. I have been living in Auroville for about 9 months now and am currently in the volunteer process to become a Newcomer.

I am urgently seeking a single-occupancy house-sitting opportunity starting from 9 August. I would ideally like a place with a kitchen, a private washroom, and a quiet, green environment. I am a responsible, quiet, and clean individual who has been house-sitting at Anitya Community, always with care and gratitude. I am also happy to look after plants and pets if needed.

- If there is any relevant opportunity, please feel free to contact me at 8889060600.

Priyamvada

Looking for Three Paintings by Audrey

We are looking for three paintings of this series on the colors of the 12 Qualities, made by Audrey.

We guess they have been sold or gifted to individuals.

We are looking for one in **blue** and one in **purple** colours.

Of course we would be happy to have them all as part of our permanent collection, but mainly we would like to know where they are located and if possible photograph them.

Preeti



Lost and Found

A set of keys has been lost

One silver key and one key with a black plastic cover, the key bundle also has a round golden Sri Aurobindo symbol hanger. It was lost at the end of last week, either at Gaia Sports Field or somewhere between Gaia Sports Field and Maitreya.

Ulrike 9751513906 (WA or messages best)
ulrikrishna@gmail.com

Lost Pokemon books, keyhanger Pikachu, cards and bag



We, Brigitte and son Daniel (8 years, 3rd grade Deepanam school) are missing 2 pokemon books, keyhanger and bag including lot of Pokemon cards out of our auto blue white rickshaw by Solar Kitchen on Sunday, 26 July between 8:15 and 9:15 am. We would be happy to get these items back. If someone has seen someone with this or found it please phone or WA us: 8807837015.

The items are: Big purple pokemon card book; Mainly black with some colours pokemon card book; Yellow key hanger from Pikachu, Beach bag with shoes pictures on it.

Brigitte Vink, Pony Farm community

Office Spaces

Office Space Available: Auromode

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



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

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.

9894442349, Prabhu; 9443960008, Diana

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 a 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

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*



Aurelec Spaces Available

35.12 sqm. and 18 sqm. closed spaces available inside Aurelec Premises. Both the spaces are 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), canteen and sports facilities.



And a well protected 47 sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL), canteen and sports facilities.

- Interested people may contact Mr. Siva at Aurelec in person
- or by phone to 2622293/ 2622294
- or e-mail adps@auroville.org.in *Siva*

Available

Avocados: Avocados: nature's way of saying, "Here, have some butter—but make it green and vaguely responsible." Smash them on toast, slice them into salads, turn them into guacamole, or simply admire them on the kitchen counter while waiting for their 11-minute window of perfect ripeness. Creamy, delicious, and packed with goodness, avocados make almost any meal feel richer, healthier, and slightly more sophisticated. On sale for Rs. 220 a kilo.

- To organise a pickup write to integralharmonyfarm@auroville.org.in.

Pranav for Integral Harmony Farm

Honorary Voluntary

AUROVILLE PRE CRECHE IS CALLING YOU

To become a little present, a little patient, a little quiet, a little conscious with the little ones of Auroville.

"When you take the children very young, it is wonderful. There is so little to do: it is enough to be."

Working at the AV Pre Creche reveals the profound truth in these simple words of The Mother. A little child learns and responds to our presence more than our actions and our words.



In this sense, volunteering at the Pre-Crèche is not only about supporting children; it is also an invitation to Self-discovery. If you are curious about human development and want to understand how a city that aspires to unending education begins by nurturing consciousness from the very earliest years, this is for you.

You may arrive thinking you are coming to help children grow. You may discover that they are quietly helping you do the same. **Minimum commitment:**

- 4 months, 3 days per week, 2 hours per day

To apply, please write with a brief introduction and your interest in this work to: avprecreche@auroville.org.in

Suganya and Nilima

VOLUNTEERS FOR NESS

New Era Secondary school is a recognized CBSE school under SAIER following CBSE syllabus and Integral education. The school is urgently in need of volunteers who are willing to help in various fields like:

Academic area, Office Secretaryship, Clerical works, Sports area, Arts and craft, Communication skills, Project proposal writing, Fundraiser, Event organizer, etc.

Those who are interested to volunteer in NESS at least committed to volunteer for three months. For further details please contact us. **K. Venkatesh, 9442746448**

VOLUNTEERING @ FOODLINK



FoodLink needs help with day-to-day operations in the morning. Tasks involve deliveries, billing, preparing orders, etc. We're looking for residents or registered volunteers who are willing to work:

- 4 hours 6 days a week for at least 3 months from 8am—12pm or 11am—3pm.

Please contact us if you're interested, thanks!

- foodlink@auroville.org.in, +91 8300268804 WA

Aumrto for FoodLink Team

GAU SEVA @ SADHANA FOREST



Your heartfelt service is needed at the Sadhana Forest Gausihala!

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.



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

Noel Parent

Work Opportunities

WORK OPPORTUNITIES HUB



Community members who need work and are not currently engaged in Auroville, [please use the link](#) to register your interest and area of work.

Human Resources Service—HRS
From Mass Bulletin

SHOWROOM ADMIN & SALES GIRL

@ To Be Two

Open Position:

- Showroom Admin (Experience in: Stock maintenance, barcoding system (Excel & Word)) and Sales Girl

Apply Now:

- Send CV: +91 7639799590, tobetwo@auroville.org.in

Working Time:

- Monday—Saturday, 8:30am—5pm

Pavithra for To Be Two

AIAT:

Seeking of Assistant Professor

Auroville Institute of Applied Technology:

- <https://aiat.edu.in/>

is currently seeking qualified candidates for the position of **Assistant Professor in the field of Electrical Engineering**.

Applicants must have Master's degree in Electrical Engineering. Experience with IoT, solar energy systems, battery technologies, and electric vehicles (EVs) will be an added advantage. Interested candidates are invited to send their CV to info@aiat.edu.in.

Amarnath



UVABE EDUCATION IS HIRING :

Lead Facilitator—Digital Marketing

Are you passionate about Digital Marketing and Education? Do you want to shape the careers of young professionals while working in a purpose-driven environment?

Join Yuvabe Education as a Lead Facilitator—Digital Marketing and become part of our mission to empower youth through our #Work #Serve #Evolve model.

What You'll Do: Facilitate our 12-week Digital Marketing Bridge Program; Mentor and guide participants through real-world marketing projects; Deliver sessions on SEO, Google Ads, Social Media, Content Marketing, Analytics, AI in Marketing, and more; Support learners in building industry-ready skills and career pathways.

We're Looking for:

- 2+ years of hands-on digital marketing experience
- Experience in training, mentoring, or facilitation
- Strong communication and presentation skills
- Familiarity with tools like Google Analytics, Google Ads, Meta Business Suite, Mailchimp, Canva, etc.
- [Refer the Job Description](#)

If you're excited to combine education, innovation, and purpose, we'd love to hear from you!

Send your resume:

- bridge@yuvabe.com / logasri@yuvabe.com
- Contact 9677604467

Stay Connected:

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

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

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

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

Abilash

NESS SCHOOL

Looking for Primary Class Teacher

NESS school is a CBSE school under SAIER looking for a Primary class teacher who can handle first standard.

We are looking for an Aurovilian or Newcomer especially Female person who acquire a Minimum UG degree with a DTED or B.Ed.

- **Contact:** Dr. K. Venkatesh, 9442746448, principal.
K. Venkatesh for NESS

Ecology

SERVICING OF SEPTIC TANKS

- Please call Pour Tous Water Team, who can arrange for the service:
 - 2622899 or 9843644308.
- In case of questions, please contact
 - ecopro@auroville.org.in. Lucas, EcoPro, 2622469

LITTER CLEARING SERVICE

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. Lets Keep Our City Clean Together.

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



Voices & Notes

AV RADIO TV

Dear Aurovilians, your favourite radio is always working for you. Stay Tuned!



Last published Podcasts

- [Marlenka's weekly Offering—Ep.174](#) (Literature)
- [Durga and Milo are interviewing their classmates who are engaged in community service.](#) (Education)
- [Jumpa's Joyous Journey with Fif—Ep.16 "The Village That Forgot to Listen"](#) (Stories)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari—B 2, P 1, C 2: "Brahman, Purusha, Ishwara—Maya, Prakriti, Shakti"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.542](#) (Integral Yoga)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif—B 1 C 12—"Mira and Mirra"](#) (The Mother)

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

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

Sai Priya for AurovilleRadioTV

THE MOTHER ON INDUSTRIES

Part One: Heralding 'Auroville'

The embryo or seed of the future supramental world

Sri Aurobindo and Mother envisaged an ideal society that only the spiritual change can make true. Sri Aurobindo was concerned with the coming into existence of an ideal sangha or spiritual community; but the goal of an Avatar's model town ('the city of God' of all traditions Sri Aurobindo evokes in "The Life Divine") is Mother's. She wrote, in 1930:



"The work of achieving a continuity which permits one to go up and down and bring into the material what is above, is done inside the consciousness. He who is meant to do it, the Avatar, even if he were shut up in a prison and saw nobody and never moved out, still would he do the work, because it is a work in the consciousness, a work of connection between the Supermind and the material being. He does not need to be recognised, he needs have no outward power in order to be able to establish this conscious connection. Once, however, the connection is made, it must have its effect in the outward world in the form of a new creation, beginning with a model town and ending with a perfect world." CWMCE, Vol.3, pp. 178-9

"A new creation, beginning with a model town and ending with a perfect world" is Auroville's raison d'être. Nationalities from all over the planet were invited, represented by individuals who carry within themselves all sort of impossibilities, even extreme, to be transformed. Auroville, with its tormented history, is incomprehensible if de-linked from the reconciliation of the opposites clashing within ourselves.

Sri Aurobindo living at the centre of his town

Mother is the Shakti. From the beginning she championed the need for industries for financial self-sufficiency, generating funds for the maintenance of 50,000 residents to be

fed, lodged and provided the essential goods and services. She had boldly stressed the need for industries already in the 1930s; she told Satprem that she envisioned a town in the shape of her symbol on top of a large hill, a large river flowed at its feet. Sri Aurobindo would have lived at the centre, around which were four large petals, and around these twelve more petals, the city proper; the disciples' residential quarters were in the last circular strip of her symbol. That town was encircled by walls, with entrance gates and guards. Outside were farms and industries. She also highlighted:

"And there was no money: within the walls, no money; at the various entrance gates, people found some banks or counters where they deposited their money and received in exchange tickets with which they could have lodging, food, this and that. But no money. And inside, absolutely nothing, no one had any money—the tickets were only for visitors, who entered only with a permit. It was a fantastic organisation... No money, I didn't want money!"

Oh, I've forgotten one thing in my plan: we wanted to build a Labour Colony. But it should be part of the industrial section (perhaps an extension on the edge of the industrial section).

Outside the walls, in my first formation there was on one side the industrial estate, and on the other the fields, farms, etc., that were to supply the city. But that really meant a country—not a large one, but a country."

That 'Auroville' was a real country; the city she now envisaged was on a much-reduced scale. After telling Satprem that, around the new centre (the Pavilion of Love, the future Matrimandir), she planned four large zones, she told him that the cultural one would host a magnificent auditorium, with a concert hall and grand organ, "the best you find now"; a revolving theatre stage with wings; a library, a museum, exhibition rooms, a cinema studio, a cinema school, a gliding club. Adding, "we would have the Olympic games in India."

Auroville would produce its own food. To achieve economical self-sufficiency, outside the city and its green belt Mother foresaw a wide spectrum of industries; even traditional heavy ones, like steel and cement plants, wishing that Auroville produced the material needed for construction. Informing Satprem that she had quite a list involving both, the Tamil Nadu government and private entrepreneurs, apropos the industrial zone Mother explained:

"Already many people, including the Madras government (the Madras government is lending money) want to set up industries, which will be on a special basis. This industrial section is in the east, and it's very large: there is plenty of space; and it must slope down to the sea. North of Pondicherry, there is indeed a rather large expanse which is totally uninhabited and uncultivated; it's by the sea, going northward along the coast.

So this industrial section would slope down to the sea, and, if it is possible, there would be a sort of "landing place" (not exactly a harbour, but a place where ships can berth), and all those industries with the necessary internal means of transport would have a direct possibility of export. And here, there would be a big hotel, the model of which Roger has already made (which we wanted to build here, in the place of the "Messageries Maritimes", but the owner, after saying yes, said no—that's very good, it will be better there), a big hotel to receive visitors from outside. Quite a few industries have already signed up for this section; I don't know if there will be enough space, but we'll manage."

(to be continued)

Paulette

DIVINE ANARCHY or Undivine Ego-Anarchy?

Here's to an in-depth understanding of "Divine Anarchy" so as to also clearly see the undivine action of the ego-anarchists and their painful consequences:

- <https://zechjoya.blogspot.com/2024/11/who-coined-divine-anarchy.html>

All these ever-hastening and intensifying happenings are stark learning experiences for the "selected few" who will, in full conscious consent, choose to progress on towards the unstoppable Supramental Vision-Goal of Auroville:

- <https://zechjoya.blogspot.com/2026/01/a-selected-few.html>

Om Namō Bhagavate

Addendum:

Here is the updated conversation with Gemini addressing specific questions from a responder:

- <https://share.gemini.google/GKKxglTYHbY4>

To the 'selected few

'Who aspires to know,

To deeply understand

And fully awaken

To what truly is going on

With this transformation

From inside you and out

On this special planet

Undergoing a rebirth

As Supramental Earth,

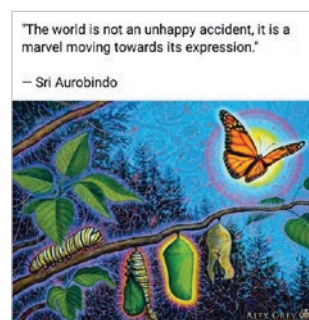
The hystolysis,

Histogenesis

And ecdysis

Of an unstoppable

Metamorphosis.



To anyone aspiring to be a True Aurovilian:

The awakening to our divine nature is only the first necessity in the Divine Anarchy

(see No. 1 of [To Be a True Aurovilian](#)).

The full participation and conscious preparation for the Divine Manifestation of the new species the Supramental being suitable for that awakened Divine Consciousness is another thing that automatically comes after... as the first act of the child psychic being is to surrender to its Supreme Divine Mother, who has already decreed that Divine Manifestation beyond the human. That's the "remote ideal" that has already been seeded on Earth and irrevocably set in motion by Sri Aurobindo and the Mother as the Dual Supramental Avatar.

Remember "Man is a transitional being..."? ...

Kireet Joshi has got it spot-on in his book:

- <https://kireetjoshi.in/books/teachers-training/but-it-is-done-victory-of-sri-aurobindo-and-the-mother>

That's why he is exceptionally instrumental in the progress of Auroville, especially in the establishment of the legislated Auroville Foundation with our Auroville Foundation Act...

Note: To continue with the full post, and for the readers of the printed version to access the links, please scan the QR Code or visit zechjoya.blogspot.com and look for the same title.



Zech Joya

Poetry

WAITING

"Sorry to keep you waiting."
 "Why sorry?
 I'm not waiting for you.
 I'm growing into my Self."

Anandi Z

WHAT LIGHT



What Light is it to be
 That would reveal to me
 The contours of Nothingness
 The whispers of Being
 The convulsions of fear
 The aches of longing?

What prison gate awaits to be opened
 What promises lie shattered and broken
 What hearts are forever crying to be healed
 What stories need to be told again
 And yet again?

In what stream should I float my paper boat
 Of my frailties and of my hopes?
 What butterflies must guide my way
 In the arid wilderness of despair and
 In the dense forests of distraught?

What veil must I lift
 To see the face of the Bride?
 What silence must I invoke
 To hear the hum of the bees?
 What steps must I take
 To see all that is right under my feet?

What eye must I open
 To see the glow worms
 that are forever hovering
 Over the black holes
 in the smithy of my soul?

What Light must it be
 That would engulf biting pettiness
 And melt away seething icy silences
 And embrace all hopes.

What wings do I adorn
 To fly to the Sun?
 What Centre do I seek
 That is at the heart of it all?
 What Light is it that sees itself
 And lights all?

Sehdev Kumar

THE MEASURE OF A CONSCIOUS ECONOMY

We crowned money,
 then gathered
 to discuss
 how to dethrone it.

We built
 a thousand little kingdoms
 of survival,
 and wondered
 why the city
 never arrived.

We called trust
 our greatest wealth—
 until transparency
 knocked at the door.

The fields laughed.
 The trees kept no accounts.
 Only we
 measured abundance
 by fences.

Then came a mirror,
 made not of glass,
 but of our own participation.

It asked no cruel question,
 only this—

Can a collective
 be built
 by invisible hands?

Perhaps a conscious economy
 begins the day
 we stop counting
 what is mine,
 and begin
 becoming
 what is ours.

Rahul Chaudhary

Foods, Goods & Services

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





Monday—Saturday, 9:30am—12:30pm

We are open to volunteers, guests & visitors

We accept payments by FS account, Aurocard and UPI.

For more info:

- call/ WA +91 8300268804 or pass by. **Aumulto**

NEEM TREE CAFE OFFER

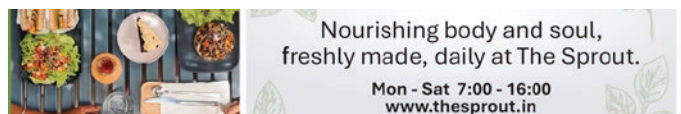
Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- 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

THE SPROUT CAFE & RESTAURANT



Monica for The Sprout, www.thesprout.in

SUDHA'S KITCHEN!

Healthy Plate monthly scheme for Aurovilian Volunteers & Guests

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

Contacts: +91 8608123072 WA, +91 4133509884

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

Arun



Open Monday—Saturday, 8:30am—4:30pm

@ Verité Integral Learning Center

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

NATURELLEMENT GARDEN CAFE

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 Aurovilians, New-comers and volunteers from April onwards.

Martina for Naturellement team

VISITORS CENTRE CAFETERIA



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.

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:

For enquiries or registration

- cafeteriaavc@auroville.org.in, 9043004919 WA

Lee

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria,
7:30—10am

Variety of Dosa, Millets Pongal,
Coffee, Rs.99

Submitted by Shiva



AUROVILLE BAKERY CAFE

in Town Hall

7:30am—4:30pm

The Cafe serves 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.

From Massbulletin



LIVING ROOM CAFÉ



+91 9566142115, Satyakam

AUROMODE RESTAURANT

Monday to Saturday, 12—3:30pm & 6—9pm

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

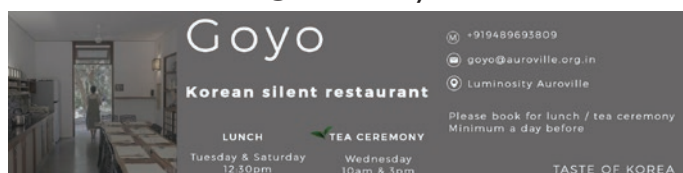
We look forward to seeing you all.

Pavithra



GOYO, KOREAN SILENT RESTAURANT

@ Luminosity



Won Ja for Taste of Korea

FREE STORE TIMINGS

- Monday to Saturday, 9am—12:30pm
- Tuesday and Thursday, 2:30—4:30pm
- Kindly bring your clothes in good condition

Kamala for Feestore team

PT PURCHASING SERVICE

Opening Hours

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

Vishnu

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:

offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.

- Taxi bookings: directly through our STS (ITS) office, 8098776644/ 9442566256, its@auroville.org.in.

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

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

SUNRISE TAXI SERVICE



KINISI E-MOBILITY SERVICES

E-Cycle, E-Scooter rentals:

- Flexible pricing depending on the duration of rentals for guests.
- For registered long-term volunteers, special discounted rates apply.

- KIM Scheme:** Exclusive benefits for Aurovilians, New-comers and Auroville Units.

Repair & Service:

- Comprehensive repair and maintenance for all models of e-cycles, e-scooters, and e-bikes—no matter where you bought it!
- Battery, Motor, and Controller Sales/Replacement.

Contact Us:

- Mobile: +91 8300460 679/680
- Email: info@kinisi.in, Website: kinisi.in

Timings:

- 9—12:30 & 14:30—16:30
- Open daily, including Sundays and holidays



Avvaiyar

KINISI OPEN HOUSE

7 and 8 August, 10am—4pm

We are pleased to invite you to an open house at Kinisi. This time we are partnering with the **River mobility** to showcase their premium electric scooter.

Please do visit us between 10am and 4pm to try out the **River Indie scooter** and try our **range of e-cycles**.

For more information on the scooter, you can visit their website at <https://www.rideriver.com/indie>.

we look forward to seeing you all!

- [Google map:](#) Kinisi, CSR Campus, Auroshilpam
- info@kinisi.in, +91 9429690049

Debo for Kinisi



QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B for Qutee Electric Scooter Service

AVDZINES:

Ready to provide better and faster service

We are happy to announce that Avdzines has been upgraded with new printers and is now ready to provide better and faster service.

Our services include: Printing; Scanning; Lamination; Book Binding; Package Designing & Manufacturing; Photo Framing; Passport Photos

We warmly invite you to visit and support our service @ Mangalam Campus, near Well Paper

- Monday to Saturday, 9:30am—12:30pm, 2—4:30pm
- For enquiry and appointments: 9443459063 WA

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

9443459063 WA,
Guna for AVDzines

ABACUS ACCOUNTING

New Financial Year 2026—27

Greetings and Support from Abacus Accounting

Abacus provide comprehensive support across the following areas:

- Accounts and Bookkeeping
- EPF, ESI, GST and TDS compliance
- Individual Income Tax Return filing
- PAN-related services
- Tally and Zoho training, along with regular follow-up support
- Ongoing operational support with a focus on strengthening administrative processes through Standard Operating Procedures (SOPs)
- Taking up accounts and compliance support for Non-Auroville entities, including externally registered companies

Units interested in availing our services or seeking support are kindly requested to get in touch with us. We will review your requirements and extend the necessary support in a structured and timely manner. Should you require any assistance or clarification, please do not hesitate to contact us. We look forward to your association.

- Saracon Campus, Kottakarai
- 9894442349, 0413 2622962
- abacus@auroville.org.in / abacus962@gmail.com

*Prabhu
for Abacus Accounting*



Explore Odisha Through Inside India

Bhubaneswar—Hirapur—Konark—Puri

- 1—7 December 2026

A Tantric Path Through Sacred Spaces: Explore the timeless temple arts of Odisha; Walk through living ritual landscapes; Experience the Yogini traditions of Hirapur; Witness the sunrise at Konark; Discover the roots of Odissi through sculpture, devotion, and embodied practice.

A small-group immersion curated by Dr. Rekha Tandon for those who wish to experience India's sacred heritage beyond sightseeing.

- Email tours@insideindiaauroville.com

New! Thailand Visa Rules for Indians

Thailand Changes Visa Rules For Indians, Opens 30-Day Visa-Free Entry After Tourists Drop. From the previous 60-day visa-free entry to a visa-on-arrival in May 2026, Thailand has once again revised its visa policy for Indian travellers, bringing back visa-free entry, this time for up to 30 days.

Temporary passenger flight suspension to Bahrain (BAH), Erbil (EBL), and Kuwait (KWI)

Qatar Airways' passenger flight services to Bahrain (BAH), Erbil (EBL), and Kuwait (KWI) are temporarily suspended until and including 31 July 2026.

NOC Requirement for Indian Nationals Traveling from Nepal

Holders of Indian passports travelling from Nepal to a third country are required to obtain a Third Country No Objection Certificate (TCNOC) issued by the Embassy of India in Kathmandu prior to their departure from Nepal.

The following categories are exempt from this requirement:

- Holders of Diplomatic or Official passports.
- Children under 10 years of age.
- Holders of Indian passports departing from Nepal by air to a third country within 24 hours of their arrival in Nepal by air.

Passengers are advised to ensure that all required travel documents are obtained prior to departure.

The below forms are mandatory to travel to India:

Foreign nationals and OCI card holders traveling to India must submit a digital e-Arrival Card within 72 hours of their flight. Indian passport holders are exempt. The free digital form replaces paper disembarkation cards and helps you clear immigration faster.

<https://indianvisaonline.gov.in/earrival/>

Ebola Self Declaration Form

Mandatory for All Passengers

All passengers travelling to India must complete the Ebola Self Declaration Form (SDF) online and present it to Indian Immigration upon arrival at all airports in India.

The form is available through the Air Suvidha portal: <https://airsuvidha.civilaviation.gov.in/>

Document Attestation & Apostille Services: Inside India

As per Ministry of External Affairs (MEA) guidelines, all documents requiring attestation or apostille must be submitted through authorized outsourced agencies. Inside India is here to assist you through every step of the process.

Our Services Cover:

- **Educational Certificates** (Degree, Diploma, HSC, SSLC, etc.)—MEA, SDM/HRD, Embassy & MOFA Attestation.
- **Personal Certificates** (Birth, Marriage, Divorce, PCC, etc.)—Notary, Home Department, MEA, Embassy & MOFA Attestation.

- **Commercial Certificates**—Chamber of Commerce, MEA, Embassy & MOFA Attestation.
 - **Common Purposes:** Studying abroad, employment, family visas, permanent residency, migration, and trade.
- For assistance, contact Inside India today—we're happy to help!

Travel advisory: We strongly recommend that you check your domestic and international flight status 48 hours prior to your scheduled departure.

Your Complete International Courier & Cargo Collection Center: Inside India

We're excited to announce expanded global courier and cargo services—fast, reliable, and worldwide!

- **Europe & UK**—As a DPD Partner, enjoy duty & VAT-free shipping. UK delivery in 6–7 days; Europe in 12–15 days, covering all major EU countries.
- **Australia & New Zealand**—Ship homemade food, masala & spices with ZIP-code-based competitive rates via trusted third-party options.
- **Southeast Asia**—Direct service to Malaysia & Singapore from Chennai in just one week. No duty/tax on select products via trusted partners.

Contact us today to ship smarter, faster, and further!

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.

Inside India's Updated Summer Timings

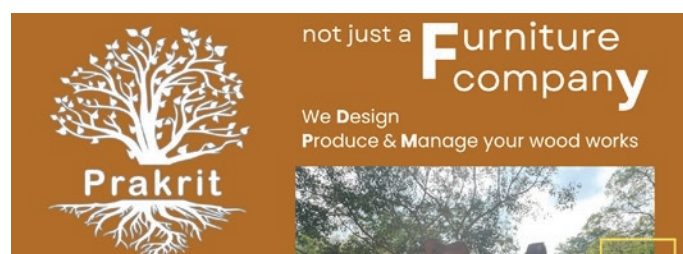
Inside India is open for your next journey:

- **Monday to Friday, 10am—5pm**
- **For urgent matters or emergencies, you may contact our ticketing agent Ganesh: +91 9894598686.**

Itineraries & Ticketing

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

- Write to us at tours@insideindiaauroville.com to start planning.
 - Visit our Office in Kalpana Community (Opp. Auroville Library).
- Shaheen for Inside India Team*



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

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

TREE CARE SERVICES

Regular tree maintenance is essential for ensuring safety, health, and longevity. Over time, trees can develop deadwood, structural weaknesses, or imbalanced growth that increases the risk of branch failure, especially during storms or high winds. Routine inspections and pruning help identify and address these issues early, reducing hazards and costly interventions later. Proper maintenance also improves air circulation, light penetration, and overall vitality, enabling trees to better withstand environmental stress such as heat and drought. Investing in regular tree care not only protects people and property but also supports a healthier, more resilient urban landscape.



TREE CARE
Arboricultural technicians
 ☎ +919042059890
 ☎ +919159843579 | +918940188350
 📍 Kriya, Auroville, TN - 605101
 🌐 treecareindia.com

- **Monday to Saturday, 8am—4pm**
- **Emergency tree work:** 9159843579
- **Consultations, tree inspections & pruning:** office@treecareindia.com

Jonas

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, lyappan

SARVAM COMPUTERS offers reliable service

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



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

Bala

Classes, Workshops & Healing Arts

MINDFULNESS WITH HELEN in August

The sessions below are guided by Helen, a qualified Mindfulness teacher certified in Trauma Sensitive Mindfulness.

Helen also offers one-on-one sessions and private group sessions in person and online on request. For details & bookings whatsapp 7094753054 or visit innersightav.org

Foundations of Mindfulness course

- **Wednesday, 12—Friday, 14 August, daily**
9:15am—12:30pm

An exploratory journey through the *Satipatthāna Sutta*—the Buddha's teachings on mindfulness of breath, body, mind and mental patterns—as a foundation to modern mindfulness practices.



The course will explore each foundation, weaving together context from the Sutta with guided mindfulness practices, offering both understanding and direct experience.

Mindful Photography workshop

- **Sunday, 16 August, 9am—11:30am**

This workshop explores miksang, a contemplative photography practice. Miksang is a practice to synchronise the heart, mind & inner being. It invites us to see the world with fresh eyes, to let go of our ideas, stories & techniques.



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

Helen for Inner Sight

AUROMODE SPA OFFERS COSMETOLOGY SERVICES

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, hair-cuts and hair coloring.

Working from Monday to Saturday only by appointment call or WA: 9443635114.

Meha for Auromode SPA



ARKA WELLNESS CENTER

August Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Pepe	• Body Logic, Soft Massage, Deep Tissue Massage Monday to Saturday By appointment, +91 9943410987
Silvana	• Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage Monday to Saturday, by appointment only +91 9047654157
Antarjyoti English & French	• Psychospiritual Introspective Tarot Reading • Deconditioning Self Inquiry • I Ching oracle • Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	• Integral Regression therapy • Integral Reiki healing • Holotropic technique breathwork Monday to Sunday, by appointment only, +91 7041391995, narayani-nc@auroville.org.in

Classes

Teachers	Classes	When
Damien	Acroyoga	By appointment only, +91 9047722740
Rotem	Low impact strength training	Tuesday & Thursday, 7:30—8:30am By appointment only, +91 8056888715
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Sunday, 7—8am By appointment only +91 8012305151/ 9704258709

Services

Aurokiya: Eye care center

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

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

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

Convalescence Facility: Post-surgical and care facility

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

Emergency Services: Ambulance & emergency service

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

Svasti: Homeopathic consultation

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

Health & Healing Trust: Administration office

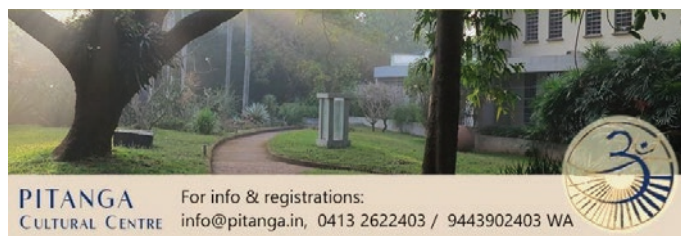
- healthhealingtrust@auroville.org.in

For any details and queries, you can contact us at

- arka@auroville.org.in, 0413 2623799

Ramana

PITANGA PROGRAM, AUGUST



Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Mon-day	Yoga Therapy	8—9:30am	Gala
	Doing No-Thing Consciously	5:30—6:30pm	Mike
Tues-day	Yoga: Restore & Relax	5—6:30pm	Florina
	Kundalini Yoga	5:30—7pm	Bel
Wed-nes-day	Yoga Therapy	8—9:30am	Gala
	Dynamic Yoga Flow	5:30—7pm	Florina
Thurs-day	Aviva Exercise—for women only	4:30—5:30pm	Suriyagandhi
	Yoga: Restore & Relax	5—6:30pm	Florina
	NEW Hatha Flow Yoga—for experienced beginners	5:30—6:45pm	Ramesh
Friday	Pranayama, for former “The Art of Living” course participants	6:45—8:15am	François & Namrita
	Yoga Therapy	8:15—9:45am	Gala
	Awareness Through Movement	5:15—6:15pm	Nausheen
Saturday	Breathing & Mudra	8—9:30am	Gala
	Kundalini Yoga	10—11:30am	Bel
	Truth based Relationships	2:30—4:30pm	Juan Andres
	NEW Hatha Flow Yoga—for experienced beginners	5:30—6:45pm	Ramesh

Days	Classes with prior registration	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/families	3—5pm	Gala
Monday to Friday	Ashtanga Yoga (self-paced)	7—10am	Monica M
Saturday	Primary series	7—8:30am	

Youth Activities

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4—5:15pm	Lisbeth, Florina

These classes are for the teenagers from AV schools. Parents are invited to register their children with Lisbeth at the start of the school season. Florina takes the classes in Lisbeth's absence.

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine)
	Chiropractic
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Swadha	Syntropy Method
Swati R	Movement Therapy for infants and young children

New Activities:

Hatha Flow Yoga with Ramesh

- Thursday & Saturday
- 5:30pm—6:45pm

Ramesh's Hatha Yoga classes feature a deliberate, “stillness in motion” flow, progressing from warm-ups to peak intensity and closing with rest.

Each class focuses on strength, flexibility, and alignment through held postures, breathwork, and Sanskrit chanting.

Designed for advanced-beginner to intermediate levels, these sessions include close guidance and are open to all.

We kindly ask the practitioners to bring their own towels and water bottles.

3-week Challenge Yoga Immersive with Flowrina

- 3—22 August 2026
- Monday—Friday, 6—7:30am
- Saturday, 6—7:44am

Prior registration required! Please contact Pitanga for more information, before Monday 27 July.

Meet yourself. Practice with presence.

All levels welcome! Beginners included. If you are physically able and ready to work on yourself, this is for you.

Practices:

Explore Yoga Asana, Pranayama, Meditation, Nidra Yoga, Mantra and Self-Inquiry to cultivate strength, presence and inner balance.

Why Join?

Cultivate vitality, clarity, presence and inner silence—building a sustainable practice for everyday life.

Syntropy Method with Swadha

- Monday
 - 2:15—3:15pm & 3:30—4:30pm
- Thursday
 - 9:30—10:30am & 10:45—11:45am

What if limitation isn't something you have to push through... but something you can gently unlearn?

- Reconnect to what's already working within you,
- Move with more freedom and efficiency,
- Release unnecessary tension,
- Build on what your body already does well.

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 & Enzo for Pitanga Cultural Centre
2622403/ 9443902403 WA
info@pitanga.in

VÉRITÉ AUGUST PROGRAM

www.verite.in,
programming@verite.in
 0413 2622045, 2622606,
 9363624083, 8489391876



Classes:

Days	Drop-in Classes	Timings	Presenters
Monday	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Sivananda Yoga	9:15—10:15am	Dhanush
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesday	Align & Awaken	7:30—8:30am	Anu
	Hatha Sivananda Yoga	9:15—10:15am	Dhanush
	Yogasana, Pranayama & Relaxation	5—6pm	Mani
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Hatha Sivananda Yoga	9:15—10:15am	Dhanush
	Hatha Yoga	3:30—4:30pm	Ivana
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Align & Awaken	7:30—8:30am	Anu
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Yogasana, Pranayama & Relaxation	9:15am—10:15am	Mani
	Hatha Sivananda Yoga	3:30—4:30pm	Dhanush
	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Deep Sound Bath	5—6pm	Satyayuga

Yoga Asana with Radha

- Mondays & Wednesdays, 7:30—8:30am

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

Hatha Sivananda Yoga with Dhanush

- Mondays, Tuesdays & Wednesdays, 9:15—10:15am & Fridays, 3:30—4:30pm

Sivananda Yoga is a traditional, slow-paced, and deeply spiritual form of Hatha Yoga. It focuses on preserving the health and wellness of the practitioner through a holistic life-style approach. It was synthesised and brought to the West by Swami Vishnudevananda in 1959, based on the core spiritual teachings of his guru, Swami Sivananda. Unlike faster-paced contemporary fitness styles, Sivananda Hatha Yoga integrates physical movement with a heavy emphasis on breathwork (pranayama), meditation, and relaxation.

Hatha Vinyasa Yoga with Andres

- Mondays, Wednesdays & Fridays, 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (*asanas*), breathing techniques (pranayama), activation of the energetic centers (*chakras*), and relaxation techniques (yoga nidra, savasana). As a

result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (*santosha*), equanimity (*śamatha*), health, connection and well-being are established in daily life!

Deep Sound Bath with Satyayuga

- Mondays, Thursdays & Saturdays, 5—6pm

Sound Healing is an ancient art that has been used throughout history to awaken the inner being and align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level.

Align & Awaken Yoga with Anu

- Tuesdays & Thursdays, 7:30—8:30am

Sanctuary designed to shake off the mental clutter, release stored tension, and reconnect you to your truest self. Occurring twice a week, this ongoing series is your consistent anchor in a fast-paced world. We don't just sit in silence, and we don't just stretch; we integrate the whole human experience.

Yogasana, Pranayama & Relaxation with Mani

- Tuesdays, 5—6pm & Fridays, 9:15—10:15am

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

Hatha Yoga with Ivana

- Wednesdays, 3:30—4:30pm

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

Therapies

Acupressure Therapy with Ashok

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

Cupping Therapy with Ashok

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

Deep Tissue Massage with Ashok

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

Foot Reflexology with Ashok

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

Integrated Deep Tissue Massage & Acupressure Therapy with Ashok

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

Integrated Shiro Abhyanga & Pada Abhyanga with Ashok

Shiro & Pada Abhyanga are deeply relaxing Ayurvedic therapies using warm, herb-infused medicated oils to restore balance and calm the entire body. Shiro Abhyanga focuses on the head, neck, and shoulders, applying gentle pressure to vital energy points on the scalp to relax the nervous system, relieve mental stress, and promote better sleep. Pada Abhyanga focuses on the feet and lower legs, stimulating important nerve endings and energy centers connected to the internal organs, helping to relax and reset the nervous system deeply.

Pada Abhyanga (Ayurvedic Foot Massage) with Ashok

Pada Abhyanga is a deeply therapeutic Ayurvedic foot and lower leg massage that uses warm, medicated oils to restore balance and calm the entire body. In Ayurveda, Pada means foot, and Abhyanga means massage. Because the feet contain thousands of nerve endings and crucial energy centers connected to our internal organs, massaging them doesn't just soothe tired feet—it acts as a powerful reset button for the entire nervous system.

Shiro Abhyanga (Ayurvedic Head Massage) with Ashok

Shiro Abhyanga is a deeply relaxing Ayurvedic head, neck, and shoulder massage using warm, herb-infused oils. The name says it all: Shiro means head, and Abhyanga means massage. It focuses on gentle pressure applied to the scalp's vital energy points to calm the nervous system, relieve mental stress, and promote better sleep.

Holistic Face & Neck Massage Therapy with Mamta

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

Thai Yoga Massage with Mani

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

Yoga Chikitsa: Personalized Yoga Therapy with Mani

One-to-one yoga therapy sessions tailored to everyone's specific needs. Yoga Chikitsa includes assessment, teaching of various yogic tools, and structuring an appropriate practice sequence. The practice may include jattis (loosening of joints) kriyas (structured movements), asanas (isometric stretches), pranayamas (rhythmic control of breathing) and relaxation techniques. The aim is to enhance the flow of pranic energy, facilitating the release of accumulated toxins. The benefits of regular, consistent practice can include an increase in energy, improved healing response, and enhanced quality of life.

Food is Medicine: Lifestyle Health Practices Consultation with Parvathi Personalized guidance in nutrition and lifestyle modifications to support health and well-being. Learn about your body's constitution (Tri dosa) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

Head Massage with Hair Care with Parvathi

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

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

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

Ayurvedic Massage: Detoxifying & Energy Balancing with Radha

Massage therapy is a core part of Ayurvedic healing, designed to enhance both physical and mental well-being. Using warm herbal oils and specific massage techniques helps the body heal, relieves stress, boosts energy, and promotes deep relaxation. This therapy is not just about relaxation but also aims to rejuvenate the body, improve circulation, flush out toxins, and bring the body's energies into balance, making it beneficial for overall health.

Swedish Massage with Radha

Swedish massage is a relaxing, therapeutic, full-body treatment designed to support overall well-being. It focuses on gently working the muscles and soft tissues throughout the body to promote healing, reduce tension, and create a calming effect on the nervous system. The massage involves smooth, flowing strokes with the use of oil, making it soothing and comfortable. It's a gentle technique suitable for people of all ages and is perfect for restoring balance.

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

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

Healing Sound Bath with Tuning Forks with Satya-yuga

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

Physiotherapy and Rehabilitation with Veeramani

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

Aromatherapeutic Massage for Face and Feet with Vyshnavi

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

Energy Healing Reiki with Vyshnavi

An energy healing technique that promotes physical, emotional, and spiritual well-being by channelling universal life energy through the practitioner's hands. Practitioners

gently place “vital energy” flows through the body; a Reiki practitioner gently places their hands on or near the client’s body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony.

Holistic Foot Reflexology with Vyshnavi

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

Workshops:

Pre-registration required

Day, Date	Workshops	Timings	Presenters
Saturday, 1 August	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Saturday, 1 August	Introduction to Ayurveda & its Lifestyle	2—4pm	Dr. Geeta
Saturday, 22 August	Psychic Transformation of the Vital	9:15am—4:30pm	Dr. Yogesh Mohan
Saturday, 29 August	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr. Geeta

Awareness Through the Body: Explorations with Amir

• Saturday, 1 August, 9:15am—12pm

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

Introduction to Ayurveda & its Lifestyle with Dr. Geeta

• Saturday, 1 August 2—4pm

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

Anandhi

THE 9 ARCHETYPES

Living Inside You

Saturday, 1 August, 7—8pm IST

Have you ever surprised yourself? Stayed silent... when you actually wanted to speak? Reacted much more strongly... than the situation deserved? Promised yourself, “I won’t do that again.” ...and then did exactly that?

Indic knowledge says there are 9 forces that shape our behaviour. At different times, different parts come forward. One wants to be seen, another wants comfort, another wants achievement, and another wants security, and so on. In this webinar, we’ll explore these forces through everyday experiences and simple reflections. You’ll begin to notice which voices are strongest in you.

Register here:

• <https://www.allthingsvedic.in/webinars-registration>

Vikram Devatha,
+91 9843948288

LONELINESS LISTENING CIRCLE



Thursday, 30 July, 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

DYNAMIC BODY EXPRESSION



Every Monday, 8:30—10am @ CRIPA

Free offering

Rahul Chaudhary

REGULAR YOGA CLASSES

@ SAIER Conference Hall

6:45—8am

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

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

LEELA THERAPY

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



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

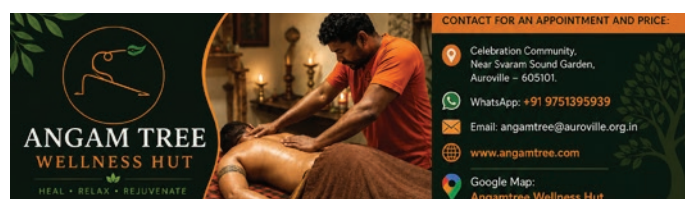
- Ericksonian Clinical hypnotherapy
- Neurolinguistic programming (NLP)
- The Enneagram of Character Fixation
- Nondual insights for ego transcendence

Leela therapy is a unique combination of true support for waking up from ego, and trauma informed private therapy.

- Meetings can be in-person in Auroville or online.
- For more details see www.innersightav.org or +91 9940934875 WA

Kardash

ANGAM TREE



Angam Tree Services

- Ayurvedic Acupressure Deep Tissue Massage with Oil, Aromatic Breathing and Sound Healing, 70—80 minutes
- Ayurvedic Acupressure Deep Tissue Massage with Singing Bowl, 50—60 minutes
- Head, Back and Leg Massage with Little Oil and Sound Healing, 40-50 minutes



Without Oil Sessions

- Varma Pressure Points with Sound Healing without oil, 40—50 minutes
- Sound Healing for Individual, 40—50 minutes
- Sound Bath for Group of 6—8 People, 40—50 minutes

+91 9751395939 WA,
angamtree@auroville.org.in,
Raja for Angam Tree

Languages

AUROVILLE LANGUAGE LAB

28 July, 2026

Steady Progress on our building

All inlet shafts inside the building have been completed (Thank you, Foundation for World Education, FWE).

The 5th Outlet Shaft on the west side is being fixed.

- Building Tours by registration only. Tomatis Film always available.

- Building Film:

<https://www.aurovillelanguagelab.org/building/>



Current Schedule of Classes as of 28 July

Language	Description/Level/Teacher	Duration/ Cycle	Time, Day(s) of Classes
English	Intermediate with Ashwini	24 hours (3 months) Started 15 June	5—6pm Monday, Thursday
English	Beginner with Ashwini	24 hours (3 months) Starts 10 August	3—4pm, Monday, Thursday
French	Intensive with Isabelle	20—hours (2 weeks) Started 20 July	11am—1pm Monday to Friday
Tamil	Pre-Intermediate with Saravanan	24 hours (3 months) Started 11 May	Monday & Wednesday 5:30—6:30pm
	Intermediate with Saravanan	24 hours (3 months) Re-summing 23 July	9:30—10:30am Tuesday & Friday
	Beginner with Saravanan	24 hours (3 months) Started 3 July	9:30—10:30am Tuesday & Friday
German	Beginner with Verena	36 hours (3 months) Starts 11 August	10:30—12pm Tuesday & Friday
Hindi	Beginner with Ashwini	24 hours (3 months) Started 11 June	4—5pm Monday, Thursday
Didgeridoo	Learning Wind Instrument & Circular Breathing with Sunny	6 hours (3 weeks) Started 21 July	4:30—05:30 Tuesday & Thursday

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

Schedule of Free Evening Practice Sessions

Our free evening conversation sessions are an opportunity to practice speaking with native speakers. Designed for learners with some basic knowledge, these informal sessions (not structured classes) are held on weekdays from 5—6pm, barring indicated exceptions:*

- **Mondays:** French Conversation with Isabelle/ Coco & Gaspard
- **Tuesdays:** Spanish Conversation with Gloria
- **Wednesdays:** Sanskrit Chanting w/ Remesh*, 5:45—6:45pm
- **Thursday:** English with Riki
- **Fridays:** Tamil Conversation with Prathiba
- **Tuesdays & Fridays:** Journal Club with Sophy

New! Poetry Workshops with Vismai

Each 2-day workshop will dive into the life & work of a single poet. The sessions will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by the poet's work. The workshop is for beginner-level poetry enthusiasts eager to deepen their engagement with this rich art form.

- **Saturday & Monday, 4—5:30**
- Mary Oliver: 8 & 10 August
- Naomi Shihab Nye: 22 & 24 August
- Emily Dickinson: 29 & 31 August
- Mary Oliver: 5 & 7 September

Space limited to 5 participants. Prior registration mandatory

From Our Interns: Intern Experiences Part 1 of 4

[Sometimes It Really Does Begin with a Scream](#) by Aanyaa Agrawal, Bachelor of Design student, BITS Pilani Design School.

Contacts

- 2623661 (Lab), 2622467 (Tomatis),
- 9843030355 WA
- info@aurovillelanguagelab.org and tomatis@aurovillelanguagelab.org
- www.aurovillelanguagelab.org/registration

Sophy, Mano & Mita
for Auroville Language Lab

Cinema

ECO FILM CLUB: Every Friday @ Sadhana Forest

Schedule of Events

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



Friday, 31 July South Georgia—Penguin Paradise of the South Atlantic

2021, 40 minutes, Roland Gockel and Rosie Koch.



The film explores the challenges faced by a film crew led by Roland Gockel and Rosie Koch in documenting the life of King Penguins on South Georgia Island, located in the Antarctic Ocean. Over a span of five years, the film crew's patience and sensitivity yielded previously unknown and poignant insights into the daily lives of King Penguins.

Aviram

About N&N

NEWS AND NOTES



Visiting hours:

- Monday & Tuesday, 10am—12pm

Hard deadline for submissions:

- Tuesday 3pm

Format Recommendations

Poster format:

- Landscape: 9.5 x 4cm. Please be sure that poster still looks good in grayscale mode (for printing version).

Articles for Voices & Notes:

- 1000 words if once in a while,
- 500 words if author writes on regular basis.
- One, max 2 pictures.
- In case of very long articles please give announcement and link to the full article on your website or Google Drive.

Submissions:

- In case of long-lasting submissions we reserve the right to take them off or shorten them after several publications. **Please keep yourself updated** and resend them again if publication is still needed.
- Please send us 'Repeat from previous issue' if you need to repeat exactly the same publication.
- In case of small changes to be done: please send us the existing version where you mark in **red** what is needed to delete and in **blue** what is needed to add.
- Please use following date/ time/ venue format:

Saturday, 30 July, 5:30—6:45pm @ Pitanga

Editorial disclaimer

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.

AgniJata & Alexey,
NewsAndNotes@auroville.org.in

Emergency Services

EMERGENCY SERVICES

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevalla Foundation—9999666555

India Emergency Response Service (24/ 7):

- 108



CINEMA PARADISO
@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 3—9 August

Cinema Paradiso programs at the MMC warmly welcome the community. Doors open 15 minutes before showtime and close once the film begins, so please arrive on time. For everyone's enjoyment, kindly avoid crossing in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.

Indian—Monday, 3 August, 8pm

Ki & Ka



India, 2016, Dir. R. Balki, w/ Arjun Kapoor, Kareena Kapoor, Amitabh Bachchan and others, Drama-Comedy, 126 mins, Hindi w/ English subtitles, rated: PG.

Kia is a motivated, driven woman who aims to become successful in the business world and also wishes that more women aspire to prosper in their careers. Kabir is the laid-back son of a successful building constructor, who does not wish to take over his father's company or inherit his wealth.

Pot Pourri—Tuesday, 4 August, 8pm

Un Coeur a Louer (Lease on Love)

France, 2022, Dir. Michael Kennedy w/ Rebecca Liddiard, Dan Jeannotte, and others, Comedy-Romance, 86 mins, French w/ English subtitles, rated: PG

Poppy is a marketing specialist whose life is turned upside down when she fakes an engagement with her boss's handsome new client Milo, to win over her strict building manager and get Milo the penthouse suite.

Selection—Wednesday, 5 August, 8pm

Sweet Bean

Japan, 2015, Dir. Naomi Kawase, w/ Kirin Kiki, Masatoshi Nagase and others, Drama, 113 mins, Japanese w/ English subtitles, rated: PG

The manager of a pancake stall finds himself confronted with an odd but sympathetic elderly woman looking for work. A taste of her homemade red bean paste convinces him to hire her, which starts a relationship that is about much more than just street food.



Interesting—Thursday, August, 8pm

Aurora Borealis

USA, 2024, Dir. Rohan Fernando w/ Yuichi Takasaka, and others, Documentary, 51 mins, English w/ English Subtitles, rated: PG

Astrophotographer Yuichi Takasaka pursues his childhood dream of witnessing aurora borealis over the Arctic ocean. Journeying from Vancouver through the Yukon's wintry landscape to Tuktoyaktuk, he captures breathtaking northern lights as they dance over the ocean, showcasing celestial beauty in images.

International—Saturday, 8 August, 8pm

Interstellar

UK-USA, 2014, Dir. Christopher Nolan w/ Matthew McConaughey, Anne Hathaway, and others, Sci-Fi Epic, 169 mins, English w/ English subtitles, rated: PG-13

In Earth's future, a global crop blight and second Dust Bowl are slowly rendering the planet uninhabitable. Professor Brand, a brilliant NASA physicist, is working on plans to save mankind by transporting Earth's population to a new home via a wormhole. But first, Brand must send former NASA pilot Cooper and a team of researchers through the wormhole and across the galaxy to find out which of three planets could be mankind's new home.

Children's Matinee—Sunday, 9 August, 4pm

Open Season

USA, 2006, Dir. Roger Allers, w/ Ashton Kutcher, Martin Lawrence and others, Animation-Animal Adventure, 86 mins, English w/ English subtitles, rated: PG

A happily domesticated grizzly bear named Boog, has his perfect world turned upside down after he meets Elliot, a scrawny, fast-talking one-horned wild mule deer. They both end up stranded together in the woods during hunting season and it's up to the duo to rally all of the other forest animals and turn the tables on the hunters.



Ciné-Club—Sunday, 9 August 8pm

Il Postino (The Postman)

Italy, 1994, Dir. Michael Radford, w/ Massimo Troisi, Philippe Noiret, Maria Grazia Cucinotta and others, Biography-Drama-Comedy, 108 mins, Italian w/ English subtitles, rated: PG

The life of the fisherman Mario changes dramatically when the famous Chilean Poet Pablo Neruda settles on his little Italian island. Neruda needs a postman to deliver the huge quantities of mail sent to him by his admirers and Mario takes the job since he hates fishing anyway. The two become friends and Neruda helps the shy and clumsy Mario to win the heart of Beatrice, the beautiful waitress at the village's inn, by showing him the beauty and power of poetry.

Rating codes

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.

Uma William & Ramesh

Electrical Bus

PRTC ELECTRIC BUS SCHEDULE

Pondy—Auroville (JIPMER): 10EA

Pondy Bus Stand	5:00	7:40	10:20	13:00	15:40	18:15
Indira Gandhi Statue	5:05	7:45	10:25	13:05	15:45	18:20
Murugaa Theatre (Accord Hotel)	5:15	7:55	10:35	13:15	15:55	18:30
JIPMER	5:20	8:00	10:40	13:20	16:00	18:35
Toll Gate (AIAT)	5:30	8:10	10:50	13:30	16:10	18:45
Hope (Adi Shakti)	5:30	8:10	10:50	13:30	16:10	18:45
Edayanchavadi	5:35	8:15	10:55	13:35	16:15	18:50
VC Parking	5:40	8:20	11:00	13:40	16:20	18:55
Alankuppam	5:50	8:30	11:10	13:50	16:30	19:05

Auroville—Pondy (ECR): 10EA

Alankuppam	5:55	8:35	11:10	13:55	16:35	19:10
VC Parking	6:10	8:50	11:25	14:10	16:50	19:25
Edayanchavadi	6:10	8:50	11:25	14:10	16:50	19:25
Reve (Aroma Garden)	6:25	9:05	11:40	14:25	17:05	19:40
Certitude (AV Security)	6:25	9:05	11:40	14:25	17:05	19:40
Kuilapalayam (SBI Bank)	6:35	9:15	11:50	14:35	17:15	19:50
Gaia's Garden (Mango Hill)	6:45	9:25	12:00	14:45	17:25	20:00
Bommayapalayam	6:55	9:35	12:10	14:55	17:35	20:10
Quiet Healing Centre	7:05	9:45	12:20	15:05	17:45	20:20
Serenity Beach	7:05	9:45	12:20	15:05	17:45	20:20
Sivaji Statue (Karuvadikuppam)	7:10	9:50	12:25	15:10	17:50	20:25
Murugaa Theatre (Accord Hotel)	7:15	9:55	12:30	15:15	17:55	20:30
Indira Gandhi Statue	7:20	10:00	12:35	15:20	18:00	20:35
Pondy Bus Stand	7:25	10:05	12:40	15:25	18:05	20:40

Pondy—Auroville (ECR): 10EB

Pondy Bus Stand	5:30	8:10	10:45	13:30	16:10	18:50
Indira Gandhi Statue	5:40	8:20	10:55	13:40	16:20	19:00
Murugaa Theatre (Accord Hotel)	5:50	8:30	11:05	13:50	16:30	19:10
Sivaji Statue (Karuvadikuppam)	5:55	8:35	11:10	13:55	16:35	19:15
Serenity Beach	6:00	8:40	11:15	14:00	16:40	19:20
Quiet Healing Centre	6:00	8:40	11:15	14:00	16:40	19:20
Bommayapalayam	6:05	8:45	11:20	14:05	16:45	19:25
Gaia's Garden (Mango Hill)	6:10	8:50	11:25	14:10	16:50	19:30
Kuilapalayam (SBI Bank)	6:15	8:55	11:30	14:15	16:55	19:35
Certitude (AV Security)	6:20	9:00	11:35	14:20	17:00	19:40
Reve (Aroma Garden)	6:20	9:00	11:35	14:20	17:00	19:40
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Auroville—Pondy (JIPMER): 10EB

Alankuppam	6:50	9:40	12:15	14:45	17:40	20:20
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Murugaa Theatre (Accord Hotel)	7:35	10:25	13:00	15:30	18:25	21:05
Indira Gandhi Statue	7:45	10:35	13:10	15:40	18:35	21:15
Pondy Bus Stand	7:55	10:35	13:10	15:50	18:35	21:15

+91 8098776644, Avvaiyar for ITS Team

Accessible Auroville Public Bus



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, avbus@auroville.org.in