



News & Notes

#1063 A weekly bulletin for residents of Auroville 23 January 2025



Auroville Botanical Gardens

A perfect path of the Truth has come into being for our journey to the other shore beyond the darkness.

O Truth-Conscious, be conscious of the Truth, cleave out many streams of the Truth.

O Immortal, thou art born in mortals in the law of the Truth, of Immortality, of Beauty. . . . Born from the Truth, he grows by the Truth, —a King, a Godhead, the Truth, the Vast. Rig Veda

Pondering



A consciousness that proceeds by sight, the consciousness of the seer, is a greater power for knowledge than the consciousness of the thinker. The perceptual power of the inner sight is greater and more direct than the perceptual power of thought: it is a spiritual sense that seizes something of the substance of Truth and not only her figure; but it outlines the figure also and at the same time catches the significance of the figure, and it can embody her with a finer and bolder revealing outline and a larger comprehension and power of totality than thought-conception can manage...

It throws on the physical mind a transforming light that breaks its limitations, its conservative inertia, replaces its narrow thought-power and its doubts by sight and pours luminosity and consciousness into the very cells of the body...

It infuses into the sense a direct and total power of spiritual sensation so that our vital and physical being can contact and meet concretely, quite as intensely as the mind and emotion can conceive and perceive and feel, the Divine in all things...

*The Ascent towards Supermind,
The Life Divine, Sri Aurobindo*

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House of Mother's Agenda



For me, only one thing has happened.... A very interesting fact that I noted. I forget the occasion and how it took place, but it was the day before yesterday, and the fact I noted was the presence of the psychic being—that the psychic being hasn't gone at all. I said [on August 28], "The vital and the mind have gone," but the psychic being hasn't.

I think it was in relation to someone I saw (I don't remember), and I noticed that a very great power was there; and the PHYSICAL being, the body, was conscious of the presence of the psychic being, which was constantly there, behind. It hasn't gone. Conscious.

It was a day when someone had come (I forget who), and the whole Force which was there before concentrated on that person—it was the same thing: the Force, the Presence, with the same Pressure on the person. And then, it was the psychic being which said, "But I haven't gone, I've remained here!" With its full consciousness, you understand. It's the intermediaries [i.e., the mind and the vital] that have gone.

It's difficult to explain.... There is the impression of a lack—a lack from the active point of view, the point of view of everyday action.

But the contact with people, for example (the contact with people present and even when they're not there), the relationship has remained the same, exactly the same. It's even more constant: this state is more constant than it used to be.

It's very difficult to explain.

Here, we could put it like this: any action (occult action, I mean) seems to be at least as strong at a distance as in the presence—in certain cases, stronger. Any need of activity (there already wasn't much of it previously) has considerably lessened. And there is a sort of difference in the outward relationship, it has changed. These last few days I have observed (and it's obviously the psychic consciousness that observes; when I say "I," it's not—that's what struck me—it's not the body: it's the psychic consciousness), and for example, the habit of keeping my eyes closed has increased, and it doesn't hamper the psychic being in any way. It goes on with its action, its relationship.

It may be (I am not saying anything because there's nothing very... nothing definite, at any rate), there may be a new relationship or new intermediary being built between the psychic being and the material, the physical. It seems to be something now developing.

We'll see.

But the Force that expresses itself, does it express itself directly or through the psychic being—this descending Force?

The psychic being is perfectly transparent, it doesn't cause any change.

It must depend on the case, yes, on the kind of action: on people, circumstances. Because the psychic being doesn't in any way alter either the quality or the nature or the action of the Force. It's like something absolutely transparent.

It varies rather according to the cases in which the Force wants to apply itself: cases, people, circumstances. When the action is general, it seems to be direct. But I am not absolutely sure. And the presence of the psychic being makes itself felt only in the case of certain people.

It strikes me as a kind of beacon—a beacon projecting the Light—and at the same time, a sort of receiving set that receives the vibrations.... It's very, very accurate—very accurate—as regards the quality of the vibrations of everything around it. Oh, it's become far more accurate than before. A slight movement here, there, or there, or a wave—all that is perceived very clearly, very clearly, with a consciousness which is highly receptive and at the same time without any reactions. There are no reactions, it's like an extremely delicate (that is, sensitive) receiving set, but without any reaction. No reaction. Things come into a vast, immense, luminous movement.

The consciousness is constantly like this: something very vast—very vast—VERY peaceful, very luminous, like that, and everything gets registered in it.

The Power comes from above. And the Power is something... (what should I say?) as if warm, golden. And it gives the impression of being... (smiling) more compact.

(to be continued next week)

*The Mother's Agenda, December 11, 1968
With love and gratitude,
Gangalakshmi (HOMA)*

Townhall Speaks

AUROVILLE WELCOMES

Newcomers, Volunteers & Interns

Auroville welcomes newcomers, volunteers & interns to join units, services in the furtherance & service sector of Auroville's economy.

All unit and service executives should welcome talent and enthusiasm of young volunteers and support their basic and simple needs as best as feasible in the operational dynamics and cash flow of the unit. Of course at this point in the growth of Auroville, full time engagement is expected from residents, newcomers, volunteers & interns equally.

Aurovilians and newcomers should be placed in units & services where pertinent skills and full time commitment is forthcoming on a higher priority. Housing Service today gives priority to provide the residential spaces to Aurovilians and newcomers who have been committing full time to Auroville. As there are limited housing assets for the community residential needs, volunteers may stay in any home stays inside or around Auroville bio-region. This is to be communicated to all volunteers and interns who approach units or services for engagement.

Geeta for FAMC

AUROVILLE THE DREAM PROGRAM

Thursday, 23 January, 3—4:30pm



Submitted by Anu

ATDC: APPLICATION ANNOUNCEMENT 23-01-2025

A. The following Building Application has been received and temporary approval has been issued—announced for information only:

SVARAM: Temporary Production Craft Workshop Shed

- **Project Holder:** Aurelio
- **Location/area:** Industrial Zone
- **Area for which approval is given:** 172 Sq.m

Project brief: SVARAM is reconstructing its existing production facilities and needs temporary space to continue working on long-term orders without interruption.

The workshop will be dismantled/taken down as and when required for the development of the Industrial Zone.

B. The following project has received Revised Site Approval—announced for information only:

The Mother's Flower Garden—Revised Site Approval

[Note: This project is being re-announced with revised boundaries.]

- **Project Holder:** Jyoti, Naren, Poonam, Rabindra & Satyakam
- **Location/area:** City Area/ Mahalakshmi Park
- **Total Site Area:** 5.139 acres
- **Project brief:** The Mother's Flower Garden site boundaries are revised as per actual site conditions (presence of houses, existing structures, etc) and with no changes in the total site area.

For any queries, write to avenir@auroville.org.in.

Joel, Resource Person

REVISED LIST OF HOLIDAYS

We regret to inform the community that the recently published list of holidays contains two significant errors. We sincerely apologise for any inconvenience or confusion this may have caused. Please be assured that we are taking immediate steps to prevent such errors from occurring in the future and to ensure greater accuracy.

Thanking you in anticipation for your kind cooperation and understanding.

List of Holidays for the Calender Year—2025

S.E.W.A (Small Employees & Employees Welfare Administration) recommends that all Employees be given a choice of 10 (Ten) holidays from the list given below.

As per the Government's notification Republic Day, May Day, Independence Day and Gandhi Jayanthi should be considered as mandatory holidays.

Sl. No.	Name of the Festival	Date of the Festival	Day of the Festival
1	New Year's Day	01.01.2025	Wednesday
2	Pongal	14.01.2025	Tuesday
3	Thiruvalluvar Day (Pongal)	15.01.2025	Wednesday
4	Uzhavar Thirunal (Pongal)	16.01.2025	Thursday
5	Republic Day	26.01.2025	Sunday
6	Thai Poesam	11.02.2025	Tuesday
7	Masi Magam	12.03.2025	Wednesday
8	Ramzan (Idu'l Fitr)	31.03.2025	Monday
9	Tamil New Year's Day	14.04.2025	Monday
10	May Day	01.05.2025	Thursday
11	Independence Day	15.08.2025	Friday
12	Vinayakar Chathurti	27.08.2025	Wednesday
13	Ayutha Pooja	01.10.2025	Wednesday
14	Gandhi Jayanthi	02.10.2025	Thursday
15	Deepavali	20.10.2025	Monday
16	Christmas Day	25.12.2025	Thursday

Sandjiv
on behalf of SEWA

Community News

Passing On



ZDENKO PASSES

Our father and grandfather, Zdenko Borbas, passed away peacefully on Friday, 17 January, surrounded by his family. He was 97 years old.

Andrea, Robert, Bobby, Andre, Jan, Filip and Suryan

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Please note that the Matrimandir Access team has made **Some small changes to the Access Policy**

- Firstly all Pass Holders and Aurovilians bringing guests will have to sign into a register at the Office Gate.
- Secondly Aurovilians can bring their close family members to the Gardens 4:30—6:30pm daily as long as they inform before 11am on the day of the proposed visit to mmconcentration@auroville.org.in
- Thirdly, all guest houses and home stays please note: Guests only holding Auroid cards, who wish to attend the Savitri Readings in the Amphitheatre on Thursday evenings will have to book one or two days in advance at mmconcentration@auroville.org.in
- The Matrimandir Access team also wishes to remind all Aurovilians acting as guides for visitors or guests that your guests can not be treated as friends and brought to the Park of Unity at any time. All Tours and guided individuals and parties should be taken to the Viewing Point.
- The Matrimandir Access team also wishes to remind anyone running workshops and camps that visits to Matrimandir or the Park of Unity are not to be included in the itinerary. All group visits should be to the Viewing Point only. Individuals attending these events who wish to concentrate in the Inner Chamber are welcome to make a booking in the normal way at auroville.org

Access to the Park of Unity

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 to the Gardens daily, 9am—3:30pm.
- 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.
- Savi 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 Auroid cards.
- Savitri Readings on Thursday evenings: Guests holding only Auroid cards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

The Petals of the Matrimandir

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

- Daily 7—8am, 5—6pm.

Access to the Inner Chamber of the Matrimandir

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 SAVI registered Volunteers:

- Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate.

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 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—8:35am. 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.

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 cost.
- Free passes 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.
- Timings starting from the Visitors Centre Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir

- The Inner Chamber 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.

*The Matrimandir executive team,
Antoine, Divya Karun, John H., Judith, Sundar K*

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

5:30—6pm, every Thursday (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are 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.
- **New:** Guests with Auroid card wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Auroid card with you.
- **Access by Office Gate for the Amphitheater** only from 5:15pm. Thank you.

*Surya and Velmurugan
for Amphitheater team*



*Awakening Spirit***SAVITRI BHAVAN SCHEDULE, JANUARY 2025****Exhibitions**

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Glimpses of the Mother:** Photographs and texts in the Square Hall

Films: Mondays 4pm in the Sangam Hall

- **27 January: Alexandra David Néel: 1911—1924 Journey through India, China and Tibet.** This remarkable woman (1868—1969) was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1911. The film is in French with English subtitles. Duration: 104min.

Alexandra David-Néel was born in 1868, studied oriental philosophy in Paris, read the Gita and the Upanishads, practiced Buddhism, and was the first Western woman to visit Lhasa. The aim of her journey was to experience the supreme beatitude, which frees one from all attachments, and to see the Land of Snow.

This remarkable woman was a close friend of the Mother in Paris. She also visited Sri Aurobindo in Pondicherry in 1911 and met the 13th and 14th Dalai Lama in 1911—1924 during her travels through India, China, and Tibet.

Being a well-educated writer, she described in considerable detail the meetings and experiences she had during her travels. She published a great number of books that became the basis of the present film.

Interestingly, some Aurovilians acted in the film, including Manoj Pavithran playing the role of Sri Aurobindo.

The 2012 film by Pierre Javaux Productions and ARTE France/ Fit Productions will be screened in original French with English subtitles.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in *The Life Divine* led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Wednesdays 4:30—7pm:** Savitri Satsang followed by OM Choir led by Narad
 - **Savitri Satsang, 4:30—5:15pm**
@ Savitri Bhavan, Square Hall

From the Mother: The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted. A complete system of yoga which can serve as a guide for those who want to follow the integral sadhana.

- **Om Choir, 5:30—6:15pm**

The voice that chants to the creator Fire, the symbolled OM, the great assenting Word. Savitri

Please join us in this collective aspiration, in the form of united prayer. No prior singing experience required. **Narad**

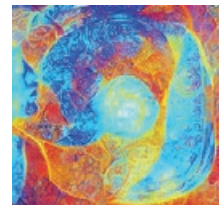
- **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shraddhavan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from *The Synthesis of Yoga* led by Dr. Jai Singh

- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Integral Mathematics: A Journey of Insight and Inspiration

- **Friday, 31 January, 4—5pm**
- **@ Sangam Hall, Savitri Bhavan**

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians.



This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

Sankhya Philosophy by Kapila Muni: Types of Buddha Karma-atman, Karma yoni, Vayu and Ignorance.

This month we will focus on 5 types of each one of the following in existence: Intellect, Vayu, Sources of action (Karma yoni), Whose nature is action (Karma-atman) and Ignorance.

Everyone is welcome

- Facilitated by Team Enlight and Savitri Bhavan.

Deeper Body Work

Doing Deeper Body Work in the Light of Savitri's mantric verses and Huta's paintings with Arul Dev. All are welcome.

- **Saturdays, 8 and 22 February**
4—5pm, @ Sangam Hall, Savitri Bhavan

What is Deeper Body Work?

This is a labour of love to gently shift our body's habits and to turn it to be a servitor of the Divine. Our body has a sponging nature, and it absorbs emotions, energies, feelings and even thoughts of others, from the environments we are a part of and stores all its experiences within its cells. We wish to reverse this habit. Mother's practice within the cells was that the cells themselves were turning upwards and offering themselves to The Lord. We too wish to do this practice and wait for the Divine's action and Grace. This allows us to be practitioners in the work of The Mother and Sri Aurobindo, who continue Their transformational work, in Their subtle bodies, in current time.



Deeper Body Work constitutes of tiny practices that are direct, simple, subtle and experiential. These are done within the body's sensations, energies, vibrations, movements, emotions and thoughts. The aspiration is also to discover pure substance which is present in the 'core' of every cell of our body. Pure substance is where the entanglements absorbed from the world are least and the capacity to directly connect to the Divine and receive the Divine Qualities are the highest.

Source:

The Spirit and the Matter have many points of union. We can explore this within our physical and subtle body. To connect our body to the Divine and do our inner practices many Sources have been given in Integral Yoga. The mantric words of Savitri can be read by keeping our connection within the substance of our body and receiving the Divine's action that acts through Their words. With practice we can connect and wait within our body and whole being for the waves of Divine action to act and settle within. For body work, an actual connection to Divine Consciousness in real time is needed. Huta's paintings comes as a great aid for this. When we learn to concentrate and be with the painting's consciousness certain dimensions of Divine Source Consciousness opens itself to us.

About Facilitator: Arul Dev has been sharing his inner work through his books 'Into Great Depth of Your Being' and 'The Flame Within'. Post his engineering graduation, for 30 years he has been in the field of training, coaching, inner development, integral education and human resources consulting. In Integral Yoga his deep research is deeper body practices in the light of Mother's Agenda, Savitri and other works of The Mother and Sri Aurobindo. He practices and shares inner work with others for the transformation of entanglements in the body at the level of sensations, energy, emotions, thoughts and memories. The aspiration is to be fully aware of our body in all its cells and open its substance to connect to Divine Qualities, being in a fully receptive state.

Snehal, Dhanalakshmi & Margrit for Savitri Bhavan

HOUSE OF MOTHER'S AGENDA IS OPEN



House of Mother's Agenda informs you, GangaLakshmi is present at H.O.M.A.

Every afternoon, 3—5pm you have an opportunity to **listen to Sweet Mother.**

You're welcome.

Ganga Lakshmi
for House of Mother's Agenda

Education

**DOMINIQUE DARR GRANT
For Young Aurovilians 14—30**

We are happy to launch Dominique Darr's Grant first edition. Through the Dominique Darr Grant, Centre d'Art wishes to encourage artistic expression of the Auroville youth and showcase their talent. The DD Grant is intended to support young artists in the production of an exhibition to be held at the Centre d'Art in August 2025. Photography and video will be the main mediums in tribute to Dominique Darr's profession and passion.



Grant Info: Funding for an exhibition at Centre d'Art in August 2025

Eligibility: Open to Aurovilians from 14 to 30 years old

Categories: Video/ Photo

2025 edition theme: The sun, the moon and the truth—Three things cannot be long hidden. (Gautama Buddha).

Timeline

1 March 2025: Preliminary project submission deadline

15 March 2025: Announcement of the laureates

15 July 2025: Final production deadline

15 August 2025: Collective exhibition

• Please send an email to centredart@auroville.org.in if you wish to have more information. **Marco**

AUROVILLE LIBRARY

Our Reading Circles


- **Mondays 6—7pm:**
The Prophet by Kahlil Gibran,
hosted by Malcolm, +91 9080159721
- **Tuesdays 6:30—7:30pm:**
A New Earth by Eckhart Tolle,
hosted by Debashish +91 7678208825
- **Thursdays 6—7pm:**
When Things Fall Apart by Pema Chodron,
hosted by Helen & Serena
+91 7094753054, +91 8489760966

Auroville Library Contacts and Timings

- 0413 2622 894, avlib@auroville.org.in
- **Opening timings:**
 - **Mornings:**
Monday—Saturday: 9am—12:30pm
 - **Afternoons:**
Monday, Wednesday,
Thursday, Friday & Saturday: 2—4:30pm.
Tuesday: 4—6:30pm.


Laura

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





By **Deepti Tewari**
4:30 pm - 5:30 pm
Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville



Scan for Location

Laboratory of Evolution Library

Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health ...etc. You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, Cd & DVD, films & lectures.

- **Open** Monday to Saturday 9am—12pm
Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building. **Kalyani**



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of January 2025


Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

9th & 23rd, Thursday 6:30 - 7.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

kshetram2014@auroville.org.in



VISUAL MATHEMATICS CLASSES

We are happy to bring back 'Visual Mathematics classes' to children under 7 years. These classes offer a strong visual base and act as a foundation for the mathematics concepts learned later in school.

We are thankful for the consistent and strong parent support for this activity and we would like to show our heartfelt gratitude to each one of them.

Snehal, +91 9529673687 WA

AUROVILLE ILAIGNARKAL EDUCATION CENTRE

Invitation

27—29 January 2025

On coming 27—29 January 2025, (Monday to Wednesday) in collaboration with Pudukkottai Arunkatchiyagam we plan to conduct an Exhibition on The constitution of India, Indian Presidents and The Fundamental Rights and Duties of Citizen of India at our Centre.

We cordially invite you to cheer us up and inspire us for further studies.

R. Meenakshi for IEC Team



KULAI CREATIVE CENTER ACTIVITIES



செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 30 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
கையால் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை 6:30 க்கு பின்புள்ள வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 5 th Grade
கராட்டே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பரத நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒலியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: kulaicreativecentre@auroville.org.in OR kulaicreativecentre.auroville@gmail.com
WhatsApp: + 91-86084 73385 / 9843195290 website: www.kulaicreativecentre.org

Selva for KCC

Ecology

COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,

10:30am—12:30pm & 3—4:30pm

Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.



We welcome all recyclers or anyone needing such items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H.
for Eco service team

Health Care

WEEKLY BABY SUPPORT CIRCLE: LITTLE RED FEET

Every Wednesday, 9am—12pm @ Humanscapes

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Morning Star!

We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. 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, nonjudgmental 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! **Rotem**

SANTÉ SERVICES



Schedule, January 2024

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Senthil & Dr. Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
Ayurveda with Dr. Be: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Midwifery & GYN Care with Paula: Monday & Wednesday	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—inquiry email: adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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,
sante@auroville.org.in, <http://sante.auroville.org.in>

**AURODENT DENTAL CLINIC:
Start the New Year with a Healthy Smile!**



Aurodent is excited to offer
**20% discount
on scaling treatments this January!**

Scaling is essential for removing plaque and bacteria and keeping your mouth clean and healthy. It's the perfect way to start the year with a fresh, confident smile!

- Valid until January 31, 2025
- Offer is open to all Aurovilians and Guests

Take advantage of this offer and prioritise your oral health today!

Working Hours:

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

For Appointments:

- 9629199328 WA, 0413 2622063 Landline
- aurodent@auroville.org.in

*Sutha
for Aurodent Dental Clinic,
Auromode, Auroville*

**OFFERING
Nursing Services**

My name is Madhi and I'm 26 years old. I've been living in Auroville since my childhood with my family. I have done my bachelors degree in B.Sc (Nursing) and I have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in ICU and six month in emergency). Past two years I've been working with private diagnosis and health care in Auroville.

Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I'm happy to offer my professional skills in the appropriate and proper way.

*Madhi,
9597222826 call/ WA,
madhiazhagan014@gmail.com*

**ORTHOPAEDICS SERVICES
Available**

Dear community, this is Sruthi, 26 years old, an Aurovillian who was born and brought up in Auroville. I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

- **Services provided:** Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice, Geriatric care

Pain is a sign that has to be taken care of.

Kindly get in touch with me if you need home visits.

- Sruthi, 7904769496, WA/ call
- auroshruthi@auroville.org.in

Submitted by Sruthi

Animal Care

**INVITATION TO THE OPENING
Of Serenity House and Hope Gardens**

Friday, 24 January, 10:30am @ Auroville Dog Shelter

We are delighted to invite all animal lovers of the Auroville Community to join us for a special blessing ceremony to celebrate the opening of the newly renovated Serenity House and its beautiful Hope Gardens. This transformation will greatly improve temporarily the living conditions of 30 to 40 of our beloved furry residents.



We would be thrilled if you could bring a small donation in the form of a plant, which we will lovingly plant in our new Hope Gardens to further beautify the space. Everyone is welcome to share in this joyful occasion!

On another note: It has now been nearly a year since the Governing Board allocated funds for the construction of a new Auroville Dog Shelter, and 1.5 years since we received site permission for land adjacent to the RERS. Despite this, building permissions and funds remain withheld. As a result, our dogs endured yet another monsoon season in the old, collapsing shelter, which was further damaged by the cyclone Fengal. We urge the Auroville Foundation to prioritize this urgent and long overdue matter and release the approval and resources for the urgent construction of the new shelter.

We look forward to seeing you at the ceremony!

Arthur for Auroville Dog Shelter

Youth Initiatives

MAKER SPACE

Monday to Thursday, 8:30am—12:30pm
@ Youth Center

This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings. Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.



- If you are interested in supporting our Maker Space with a donation, please reach out to us at youthlink@auroville.org.in or for in cash donations you can directly transfer to our account 251048. *Lucrezia & Youthlink team*

JOIN INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH!

Wednesdays, 4:30—6pm @ Youth Space, Center Field

Empowering youth through open conversation, Creating a safe space for self-reflection and intentional learning.

- Facilitated by Juan Andres
- Age group: 16 ~ 30

Jisung on behalf of Youthlink



International

Pavillon de France and Centre d'Art Present

SAMBHAVNA

A documentary film in presence of film director Réjane d'Espirac

In English: Saturday, 25 January, 5pm

@ Town Hall—Cinema Paradiso

Duration: 52 min + Q&A with film director



Where to find the strength to live again after experiencing horror? Forty years ago, the Indian city of Bhopal, in Madhya Pradesh, became the site of **the worst industrial disaster in history**. On the night of December 2, 1984, a highly toxic gas leaked from a pesticide plant owned by the American company Union Carbide, killing thousands of people and causing cancer and chronic illnesses in hundreds of thousands more. For the past 40 years, these toxins have continued to pollute the surrounding soil and water, creating new health issues. After a few years, conventional treatments (primarily steroids, antibiotics, painkillers, and psychotropic drugs used in large doses over long periods) ceased to be effective. What could be done?

One man had an idea: to establish a clinic in the heart of the contaminated area that offers free treatment to victims using medicinal plants, yoga, and Ayurveda. Its name: **Sambhavna**, meaning "possibility." More than just a place for care and support, Sambhavna symbolizes the potential for rebirth after horror. Like a lotus blooming in the mud, it represents grace amid chaos. Its story serves as a living reflection on the kind of humanity we wish to cultivate. The documentary explores this story of **resilience and healing**.



"Touching and profound"—Indra Sinha, author of "Animal's People"

"The essence of real healing and love"—Farah Edwards, cofounder of Bhopal Medical Appeal.

Réjane d'Espirac, the director, will attend the screenings for a discussion and Q&A. Vivekan

JOIN US FOR PÉTANQUE @ the French Pavilion!

Every Sunday, 4—5:30pm, opposite Visitor Center

Discover Pétanque, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (cochonnet). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French! Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!



Vivekan

LA MÈRE RACONTE (THE MOTHER TELLS)

French Practice

From classes given by the Mother at the Ashram

Thursday, 30 January, 4:30—5:30pm

@ Pavillon de France



The Mother gave classes in French at the Ashram of Pondicherry in the 1950s. These classes were recorded and gave rise to a book entitled "La Mère raconte". In these short stories, the Mother uses different registers of the French language to express her thoughts in a simple and figurative way.

We offer a workshop for reading the texts contained in this book. The workshop is aimed at people who want to deepen their knowledge of French and the thoughts of the Mother. People with a beginner level in French can follow the workshop. The workshop, lasting one hour, is held every Thursday at the Pavillon de France, from 4:30 to 5:30 pm.

Each workshop consists of reading a text in French, understanding its vocabulary and discussing its meaning collectively. For sharing, everyone can use French, English or Tamil.

The workshop is led by Augustin, a volunteer at the Ashram who is fluent in Tamil and English and Jean Francois, a French teacher.

Vivekan

CONFERENCE: PLEASURE AND FREEDOM

A Mapping of Addiction

Monday, 27 January, 5pm

@ French Pavilion, In French

Delve into the complex mechanisms of pleasure and addiction during an interactive conference presented by Bettina Teissedre, addiction specialist and physician. Through practical exercises, scientific insights, and concrete tools, this event will include:

- An experience to awaken pleasant sensations in your body.
- An exploration of the neurobiological mechanisms of pleasure: dopamine, the reward system, and deceptive triggers.
- The 6 key criteria to identify substance or behavior-related addiction, along with self-assessment resources.
- Practical strategies to naturally strengthen your reward system and train your brain to align actions with your personal values.

A time for reflection and exchange to regain control over your pleasures and build inner freedom.

A conference combining neuroscience, introspection, and practical tools, followed by a Q&A session. Conference in French (By the way we are looking for people fluent in French and English interested in practicing Instantaneous translation so we can offer our conferences in both languages.)

Vivekan



Markets



aurovillepottersmarket@gmail.com

Follow us on Instagram @aurovillepottersmarket or Facebook Greetings, Julietta for the Potters Collective

Theatre, Music & Arts

CENTRE D'ART, CITADINES

Bhumilucis by Aurodeva

- 17—29 January,
- Tuesday to Friday, 2—5:30, Saturday, 10—12:30, 2—5:30

Bhumilucis or “Land of Light”, is a collaborative art project created by Auroville’s school youth. Using only Auroville earth & flora, nearly 100 students aged 4 to 14, have come together to craft a series of participatory art installations and earth-paintings with the help of curator Aurodeva.

The young artists, divided into groups, were tasked with a variety of responsibilities such as foraging and painting, or crafting our earth-based pigment: “Mud-Goo”. Individual groups then merged their efforts to the larger body of work, together creating *Bhumilucis*.

The project is a dialogue between the students and their home—a celebration of talent, unison, and belonging.



Activities Open Call

Centre d’Art would like to open its gallery to new activities for the 2025/26 Season. It could be a participatory project, a workshop, a lecture, a performance... We are looking for events that share the joy of creation, spark curiosity, ignite creativity, connect people... for adults and children alike.

If you are interested please send your submission **before 31 January 2025** to centredart@auroville.org.in and write “Activity submission” as the subject of the email.



The email should contain:

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

Marco

ART EXHIBITION BY CRYSTAL

The Heart’s Pure Sight

24 January—11 February @ Pitanga

Art Gallery timings:

- Monday to Saturday 8:30am—12:30pm and 2:30—5:30pm.
- Sundays are closed.

Andrea



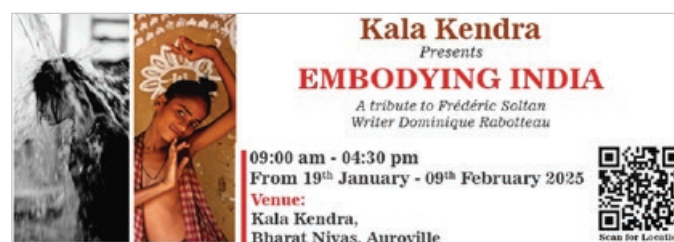
BHARAT NIVAS, THE PAVILION OF INDIA, PRESENTS



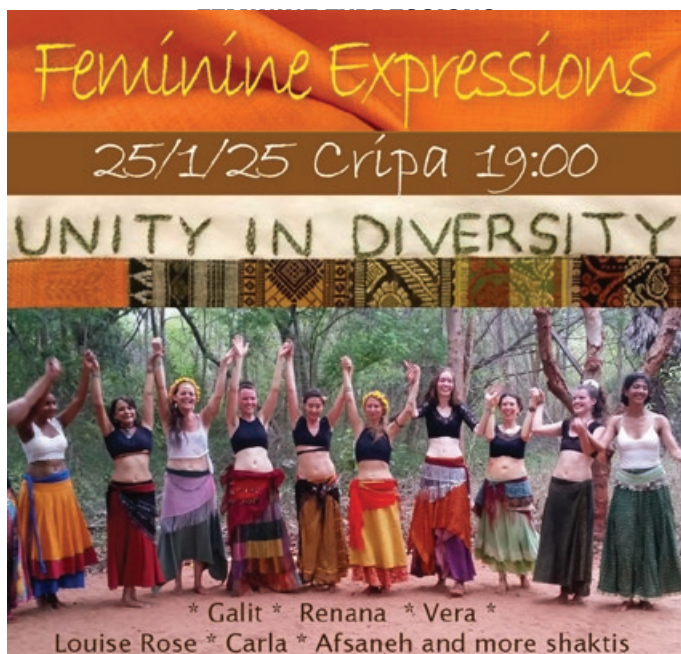
We are excited to invite the community to join us in celebrating the dawn of a new year and the vibrant Auroville Festival 2025! This is a time for unity, creativity, and spiritual connection as we come together to mark new beginnings. Be Part of the Celebration!

We invite you to participate in this joyous occasion and book your stalls in advance for various activities, including arts, crafts, food, performances and much more. Let’s create an unforgettable experience for all!

Live Counters, Chats / Pasta, Fresh juice, Chops, Healthy lunch, Open mic, Music, Dance, Games, Activity Center, Handicrafts, Handlooms, Apparel, Home decors, Cosmetics



Monisha for Bharat Nivas



An evening featuring dance along with singing and music, all performed by women for a female audience. **Galit**

Music & Art Activities

SVARAM PROGRAMS

SVARAM Sound Experience: Sound Journey

• Every Wednesday, 5:30—6:30pm @ Unity Pavilion



The Quantum-Karmic Multiverse Book Reading Satsang

• Every Thursday 5—6pm

We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of The Quantum-Karmic Multiverse. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



For details please click the link below or scan the QR Code: <https://svaram.org/the-quantum-karmic-multiverse/>

Healing Arts and Sound

• 26—31 January

Come and join us in this a 6-day series of Open Workshops which include Plants as Healers and Divine Soul Healing, Marama Roopanam and Naada Yoga, Cranial Sacral Touch, The Consciousness-Energy-Substance of the Glorious Body.



For details please click the link below or scan the QR Code: <https://svaram.org/healing-arts-and-sound/>

Aurelio and the SVARAM Team

CREEVA ACTIVITIES

- **Watercolor Landscape class** by Sathya
 - Monday, 5—7pm.
- **Figurative Drawing Session**
 - Tuesday, 5—7pm.
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30—4:30pm, Monday to Thursday. If you plan to attend at other times, please inform us in advance. Contact Abi, +91 9042058981
- **Portrait:** For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.



CREEVA Studio, Creativity Community, Auroville
sathyacolour@auroville.org.in, +91 9486145072 WA, Sathya

EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

Adult Drop-In

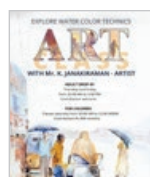
- Thursday and Friday, 10am—5pm
- Contributions welcome

Classes for Children:

- Saturday, 10am—12noon
- Monthly contribution Rs 200.

Artist: 8015362636, Office: 0413 2623576

Lisa



Dance Activities

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango
Register now: +9186376 33696

Salsa Dance

- @ New Creation dance studio
- Tuesday: Salsa class, 6:30pm
- Saturday: Workshop, 7pm

@Bakisata_dance

Embrace the Rhythm and Let Go!



Tango Dance @ CRIPA

Monday

- Beginner, 6:30—7:30pm
- Intermediate, 7:30—8:30pm

Friday

- Workshop, 6:30—7:30pm
- Open practice, 7:30—8:30pm

Contact: +91 8637633696

@Bakisata_dance



Submitted by Mani

AUROVILLE TANGO

Tango @ Harmony Hall, Bharat Nivas

New batch starts the first week of each month

- **Monday:**
7—Introduction to Tango,
8—Open Source
- **Wednesday**
7:30—Guided Practica,
8—Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

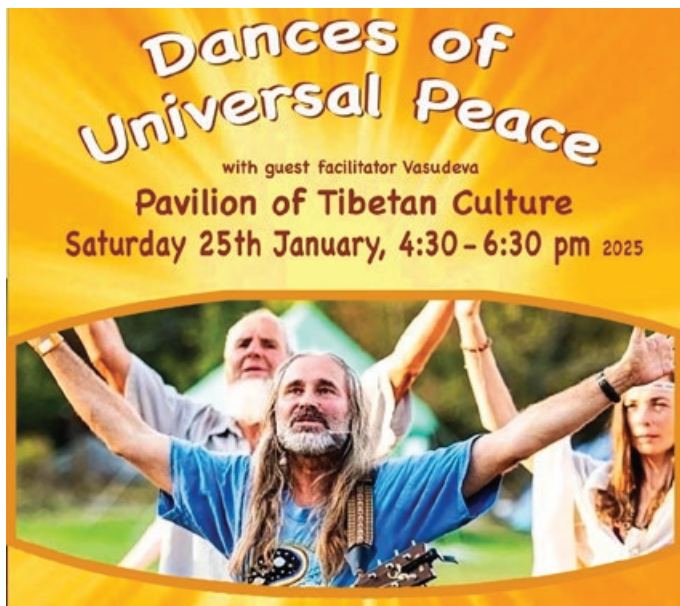
+91 9821166082, tango@auroville.org.in

Maud



DANCES OF UNIVERSAL PEACE

Saturday & Sunday, 25 & 26 January,
4:30—6:30pm @ Tibetan Pavilion



For those comfortable sitting in silent meditation, there is an **additional** session at the Tibetan Pavilion on **Sunday, 26 January, 4:30—6:30pm**, where 20 minute meditations alternate with 20 minutes of Dances of Universal Peace. *Kaia*

Sports & Martial Arts

AUROVILLE ULTIMATE FRISBEE

Tournament Update

We are thrilled to announce the results of the recently held Southeast Regionals, a key event in India's National Championship Series!

- Our senior women's team, **Crash**, brought home the **GOLD** medal! Not only that, but they also secured 2nd place in Spirit, showcasing some incredible teamwork and sportsmanship both on and off the field.



- On the men's side, the team fought hard and earned the **BRONZE** medal!

- The Junior women's team, **The Crabs**, also had a wonderful weekend playing against some of Chennai's best.

Congratulations to all teams for their fantastic performances and dedication!

Thank you to everyone who came out to support us and sponsor us. We look forward to many more exciting events ahead!

Auroville Ultimate, Uttara

KSHETRA KALARI @ ASPIRATION SPORT GROUND

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



Maneesh

THE AUROVILLE MARATHON 2025!

Greetings from The Auroville Marathon 2025!



Auroville Marathon
RUN FOR THE JOY OF RUNNING - 2025

The 15th edition of the Auroville Marathon is set to take place on **Sunday, 16 February 2025**, and we are excited to celebrate the spirit of Run for the Joy of Running! This event brings together runners and supporters from all walks of life, and we need your valuable support to make it a grand success.

Volunteers are the heart of the Auroville Marathon, and your contributions are essential to ensuring a smooth and joyful experience for all participants.

Areas where we need your support:

- **Pre-Marathon Activities:** Registration desk, race kit distribution, and route preparation.
- **On Race Day:** Hydration stations, route management, participant coordination, and first aid assistance.
- **Post-Marathon:** Clean-up drives, feedback collection, and wrap-up activities.

No prior experience is necessary—just your willingness to help and a smile to share!

How to register:

To join us as a volunteer, [please sign up using the link](#) or send an email to marathon@auroville.org.in with your name, contact details.

For any queries or additional information, feel free to contact Auroville Marathon Team at +91 8870765662.

Let's come together to celebrate health, community, and the sheer joy of running. Join us in making the 15th Auroville Marathon an unforgettable event!

*Prabhu for
Auroville Marathon Organizing Team*

AIKIDO CLASSES

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!

Adult Aikido classes

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **Wednesdays, 5:30—7pm.**
Welcome!

Children/ young students

- **Monday, Wednesday and Friday, 4—5pm.**

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

*Cristo, Rita, Surya & Philippe
for Auroville Aikido*

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

ABHAYA MARTIAL ARTS

Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**, a martial art academy recognized by the Olympic Committee.



Our regular classes for adults

- **Monday:** MMA/Grappling 5:30pm with coach Giacomo
- **Wednesday:** MMA/Grappling 5:30pm with coach Giacomo
- **Friday:** Kickboxing 5:30pm with coach Ruben

Contribution required. Be punctual, short nails. in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA

Brazilian Jiu-Jitsu classes for kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from 4—13 years old on **Tuesdays and Thursdays, 3:30—4:30pm.**

Contribution required.

Send your kids in sportswear, with a bottle of water and a big smile.

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self defence training and it has proven results in building cognitive skills and fine motor development, especially for kids.

For more information and to be part of the WA group contact +91 8448077070

Self Defence Workshop

- **25 January, 9:30am—12:30pm**
- @ Lahe by Loka, Auroville Rd, Opposite Visitor's Centre



Since the demand is constantly increasing, we are thrilled to bring a workshop in the Bioregion in collaboration with Lahe by Loka. This workshop will explore the ability to recognize predatory-victim patterns and provide training in various real-life scenarios.

Discover how to recognize predator-victim patterns, use body language to project confidence, build self-esteem for effective self-defense, master basic techniques, and practice real-life scenarios for a practical understanding.

- ₹1000, limited slots. Sign up now to secure your spot!
- **Early Bird Offer:** Get 2 free MMA classes!
- **Contact:** Shivaaniat +9175500 98277

Giacomo

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic
- Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book Now: +91 8637633696

Package swimming class



Mani

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bharatnivas@auroville.org.in, office: 0413 2622253



Monisha for BN Team

GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm @ Dehashakti

Girl's football team in Dehashakti. If you like football and you want to learn, play and have fun, come and enjoy it with the other girls.

- Just contact Beber 6385635943 for more details

Beber



Bioregion & Nature Activities

THE EDIBLE WEEDS WALKS OF THE SEASON

25 January



Note the dates, register (max 10 people/walk), and come along. For each walk a convenient location within Auroville will be decided and shared w/ participants after the registration closes. Walks are guided w/ the Edible Weeds Coloring Book

- **Contribution:** Rs.500 for all, Rs. 300 for Aurovilians, NCs, SAVI-registered volunteers
- **To register:** edibleweedwalk@gmail.com or 9840936907 WA

Nina



Terrasoul Community
Permaculture - New Arboriculture

Saturdays, 8am—12pm @ Terrasoul Farm Community
Hands-on Saturday

- Introduction to Agroforestry & Food Forest, Basics of Agroforestry & Food Forests
- Tree Management, Planting, Pruning, Fertilization, Irrigation, Disease Management
- Tree Biology Essentials: Anatomy

No experience needed.

Commitment and good will are required.

- **Every Saturday, 8am—12pm**
 - Tea Break: 10:30am, closing: 12pm
- **Optional Farm Tour & Lunch:**
 - Farm Tour: 12:00—1:00 PM
 - Lunch: Tamil vegan meal (contribution required)

Juan, +91 9443434182, terrasoul@auroville.org.in

BHARAT NIVAS KALA KENDRA PATHWAY: EGAI

Invites to the Coconut shell Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville



Ready to spark your coconut creativity? Your creativity in a hands-on! Experience and learn the art of designing unique crafts made from eco friendly materials. In this workshop you create either Pendant, Earrings, Keychains, or bowls through new and unique techniques and carry your product with you as a souvenir.



What you Learn? Eco-friendly crafting, Designing techniques, Creative craftsmanship, Sustainable artistry, Hands-on Creation

Invites to the Incense Stick Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville

Master the art of aromatic creation? Awaken Your Senses with Every Stick! Experience and learn the art of making two different types of Incenses (Agarbattis and Cone shaped Incense). In this workshop you will be able to make your own best natural Incense in an easy way and carry your product with you as a souvenir.



What you Learn? Incense Crafting Basics, Agarbatti Making, Cone Incense Techniques, Natural Ingredients Usage, Hands-on Creation.

Monisha, BN Team

AUROVILLE BAMBOO CENTRE

January Program 2025

Bamboo Centre Campus Tour

Bamboo Centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

Special Bamboo Lunch for Groups in week days

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

Trainings and workshops

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

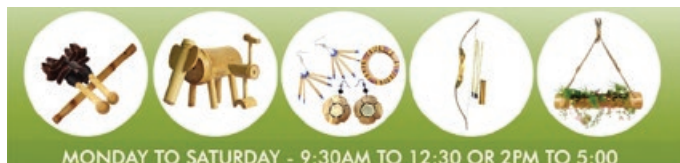
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops



- **Registration one day in advance.**
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops



MONDAY TO SATURDAY - 9:30AM TO 12:30 OR 2PM TO 5:00

- Walk-in registration available
- 10am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen and take home your own hand-made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

Upcoming Workshops—January 2025

Bamboo & Wood Furniture Workshop

- 29—31 January

BAMBOO & WOOD FURNITURE DESIGN WORKSHOP

Come and experience with The Magical Grass in Earth

"BAMBOO"



29 TO 31 - JANUARY 2025

Rs: ₹ 9000

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

For more information, special requirement, and pre-booking contact:

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- **Contact:** Voice call and WA: 8300949081
- www.aurovillebamboocentre.org

Archana
for Bamboo Centre Team

FERMENTATION, BREWING, BARISTA

Fermentation Workshop

- Every Saturday 10—11:30am

Don't be afraid of Microbes and Bacteria

Explore the art of fermentation in our engaging, hands-on sessions held every Saturday!

Whether you're a complete beginner or looking to refine your skills, this workshop will guide you through safe and effective fermentation techniques. You'll learn the foundational principles of fermentation and how to create unique, delicious fermented products at home.



From Kombucha, Beet Kvas and Wild sodas to Hot sauces and sauerkraut and pickles.

Contact matilde@marcscoffees.com for custom courses or special requests.

The booking should be done 24 hrs prior to the class for the confirmation.

For enquiry please contact: contact@marcscoffees.com, +910413 2623119 and +91 7200881291

Manual Brewing Workshop

- Saturdays, 10am—1pm. On-demand only.

Step into the CLC for a day and sharpen your manual brewing skills—or brew your first cup! Designed for both beginners and advanced brewers, this course focuses on key brewing parameters.

Our SCA Certified Baristas will guide you on topics and methods of your choice.



The booking should be done 24 hrs prior to the class for the confirmation

For enquiry please contact: contact@marcscoffees.com, +910413 2623119 and +91 7200881291

One-Day Barista Skills and Latte Art

Join our espresso intensive course to elevate your skills!

Whether you're looking to brew better espresso at home, learn milk texturing and latte art, or freshen up your skills before a job interview, this course caters to beginners and advanced learners alike. Fridays, on-demand only.

For questions, email us at contact@marcscoffees.com.

The booking should be done 24 hrs prior to the class for the confirmation

For enquiry please contact: contact@marcscoffees.com, +910413 2623119 and +91 7200881291 *Matilde*

 Explore Auroville	 Cycle Tour	 Forest Walk
 Cooking Class	 Fireside Drumming	 Folk Dance and Music
 Bamboo Workshop	 Wood Joinery Workshop	 Pottery Workshop

ENLIGHT +91 76398 10621/82700 71581/0413-2963034
enlight@auroville.org.in



MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

mohanamprogram@auroville.org.in,

Call/WA: 8300949079

Office: 10am—4pm, Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluveli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes at Mohanam Campus

1 day Advance booking of classes is necessary:



- **Cooking Class:** Learn how to cook traditional South Indian food and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
 - 3—5:30pm, Monday to Saturday
 - Sunday: 10am—12:30pm
- **Saree Workshop:** Choose a saree and Veshti from a variety of beautiful sarees and Vashtis in our library. Get your traditional south Indian look with help of our women's group members who will assist you to drape/wear the saree & Veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.
 - 10am—4pm, Monday to Saturday

Make & Take Workshop @ Mohanam Campus



- Try your hand at traditional handicrafts by joining our various art and craft workshops. Manifest your inner artist using various materials and forms through creative techniques—and take your self-made creation back home as a souvenir or thoughtful gift.

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewellery	2 hours
Dreamcatcher	2 hours

Tours inside Auroville

1 day advance booking is necessary:



- **Auroville Northwest Tour:** Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville. Hear the inspiring stories of various entrepreneurship units and the way they are carrying forward age-old traditions with modern techniques.
 - 10:30am—1pm, Monday to Saturday
- **Mohanam Campus Tour:** Come and visit Mohanam Village Heritage Centre to experience Tamil culture with all your senses. Taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.
 - 10am—4pm, Monday to Saturday

Volunteers Invitation

Join the Mohanam Team—Make a Lasting Impact!

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis!

We're looking for individuals with skills in: *Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, Word-Press Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc., Social media handling—instagram, facebook, youtube and linkedin*

Volunteering Duration

- **Short term volunteers:** Minimum 3 months
- **Long term volunteers:** Minimum 6—12 months

Language you must know: English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi.

Campus Timings: 8:30am—5pm, Monday to Saturday. We might require you to be there on Sunday in case of special programs/events.

Do you share our passion for empowering village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

Benefits of Volunteering with Mohanam: Be part of a meaningful cause. Help fulfil mother's vision of bridging auroville and villagers. Gain valuable experience and develop new skills. Work in a supportive and collaborative environment. Campus lunch and beverages

- [Submit your application through this link](#) or scan the QR code and submit your application.



Thiruvannamalai Eco & Spiritual Services

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

Balu for Mohanam Program

Looking For

Looking for a Three Wheel Bicycle

I am looking for a Three wheel bicycle for grown-ups. Either electric or manual, to rent until 23 February or eventually to buy. From a private person or shop. Any chance?

nina.meisser@gmail.com,
8925023601, Nina



Looking for Attendant

We are looking for a person (preferably French speaking, otherwise English speaking), who could attend to a French senior lady on four days per week for two hours per day. Payment available.

9787626452, 9655963914,
Mechtild for AVHS

Looking for Housesitter

Seeking Aurovilian, Newcomer or Volunteer to housesit a small single place in Auromodele from 15 March 2025 till the end of December or 15 January 2026. Looking for a super clean responsible woman. Expenses will be discussed when we meet.

+91 8807506974, Yen

Reading Glasses Exchange

I have reading glasses with the power +1.0 and am looking forward to exchanging them against the reading power of +0.75 or +0.50 if anybody has them or has spare ones, please contact me. Thank you very much in advance...

+34685673777 WA or srimala221@gmail.com

Sunny

Taxi Sharing

To Chennai Airport, Monday, 3 February

To stay Eco Friendly I am very willing to share a taxi from Auroville to Chennai Airport on Monday, 3 February 2025. Departure from Auroville Town Hall at 10pm.

Contact +34685673777 WA or srimala221@gmail.com.

Sunny

To Chennai Airport, Wednesday, 5 February

5 February, around 10pm (22.00). The flight is at 3:30am, 6 February. Contact Ursula: +41 788840548 WA, or sulabaum@gmail.com or SMS/ call +91 8870830484.

Shivaya

Available

Mixer Available

Preethi Mixer and juicer in excellent condition: 3 jar + 1 juicer.
+91 890 3910563, Ravindra

Office Spaces Available: Aurelec

- A well protected 47sqm building, opposite Aurelec, northern side, is available.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises is available.
- 35.12 sqm. space available inside Aurelec Premises.



These spaces are ideal for a workshop or office, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco), canteen and sports facilities.

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

Office Space Available: Auromode

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



Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or pandian@auroville.org.in
Pandian for Auromode

Help Needed

FINANCIAL HELP FOR GIUSEPPE

We turn to you again for financial help for Giuseppe, an old Aurovilian without personal resources.

- His Indian Stay Visa fees of Rs 16500 have to be paid within next week, and we have no funds for it.
- We also need support to pay the caregivers that are looking after him from morning 6am till evening 7pm. (Rs 35,000—40,000 per month) We have presently not a single Rupee left on the Financial Service account.

Any amount is hugely appreciated.

Giuseppe's Financial Service Account is FS acc. 102518
With much gratitude and best wishes for the New Year,

Enrica and Shivaya,
+91 9840031935, +91 9489601312

CAREGIVERS/ PRESENCE FOR GIUSEPPE

- We are looking for 1 or 2 people (Aurovilians, Newcomers, volunteers) to take up the early afternoon shift from 1—3pm, preferably 6 days a week.
- We also often need a person that steps in when one of the caregivers is not able to attend.
- Additionally on Saturday and Sunday presence is necessary and often we lack people.

Please contact Enrica, +91 98400 31935 *Shivaya*

Honorary Voluntary

VOLUNTEERING @ ECOSERVICE

Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs.



**Tuesday mornings
is a dedicated time that all
are welcome to randomly drop in**

for some onsite sorting and other activities, to look around or whatever.

- For regular volunteering, special projects or needs, please call first. **B for Ecoservice**

GAU SEVA

at Sadhana Forest!



Your heartfelt service is needed at the Sadhana Forest Gashala!

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,
8525038274WA or call 8122274924
**The Sadhana Forest team,
Aviram**

**KCC: LOOKING FOR IDEAS, INFORMATION,
Materials, Stories, Links, Physical
Or Online Support**

Dear Ones, we are doing a great preparation and work plans towards "Integral Activities on Mother's Qualities" and very gladly looking for some *ideas, information, materials, stories, links, physical or online support for working on to create some children books with pictures and stories, calendars, gardening work, craft, stitching, games, and many more*. Please reach out to us on how you wish to be part of it. Students above 5 to 13 also can participate in this programme.



- **Monday to Saturday,
11am—1pm & 2—4pm**

For registration, please write to...

- kulaicreativecentre@auroville.org.in
- WA: +91 8608473385/ 9843195290

Selva for KCC

Help Offered

ASSISTANCE TO AMERICAN

Social Security retirees and applicants

Greetings, I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system. Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated. Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. Put Auroville/SSA as the subject line of your email. I will be in Auroville till mid-April but can also respond remotely once back in the US.

Gary

Work Opportunities

IT MATTERS ART GALLERY: JOB OFFER

February 2025 onwards

Timings & contribution:

- 1:30—6pm, 4.5 hour shifts,
Monday, Thursday, Friday, Saturday, Sunday,
From December to April
- **From May to November**, we will be closed on Tuesdays, Wednesdays and Sundays

The contribution will be based on working hours and calculated according to the Auroville Maintenance.

Skills:

Good command of English (speaking & writing), write emails and coordinate with people in proper English, understand the basics of accounting, like to interact with people.

Be interested in arts, be interested in sales, be open to multi-tasking, be focused and efficient, proactive profile, can handle computer work and social media.

Job description:

We are looking for someone who is open to do many different tasks. These tasks include:

Taking the role of a Manager and help the gallery to flourish, Shop keeping, welcoming people in the gallery, giving relevant information, cashing in any sales from the shop or activities/ workshops/ café.

Coordinating with our accounting office, creating excel tools for inventory, contracts etc. Coordination/ facilitation for activities and workshops and events. Suggesting events or fun activities,

Creating communication content such as posters on Canva, taking photos during activities, insta posts, managing social media etc

We want to open a small café, so in the beginning you'll need to be ready to take orders, waiter snacks and drinks

Coordinating with external people for cleaning or repair/ maintenance work in the gallery, Open to new tasks if needed, Closing the shutters and taking in chairs every evening (sometimes moving tables is also required).

You're welcome to propose initiatives that interests you and that would benefit the gallery

Our team will take the time to explain everything to you, we will be a total of 4 or 5 people, but most of your shifts you will be alone and autonomous

- **If you are interested**, please contact us through email: itmatters@auroville.org.in

Bhakti & Sandra

KINDERGARTEN HEAD

@ Mohanam, Auroville

Join our team at Mohanam, Auroville, as a dedicated Kindergarten Head. We're seeking a passionate educator to lead our thriving kindergarten program.

Responsibilities:

Curate current curricular, Manage teachers, Ensure student well-being, Manage resources, Collaborate with parents, Report and documentation

Qualifications:

Master's degree in early childhood education or B.Ed, 3+ years experience, Strong leadership, communication, and organization skills, Passion for child development.

Apply now: mohanameducation@auroville.org.in

Submitted by Balu

Foods, Goods & Services

BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter

Medicinal Herbal Nursery Counter
Green and Clean Land
 From 14th January 2025
 09:30 am - 04:00 pm
Venue: Bharat Nivas Cafe,
 Bharat Nivas, Auroville

Green and Clean Land: Indoor and Outdoor Plants for your House and Garden. Your journey into holistic wellness begins here! Nourishing and preserving bio-diversity for environment protection in collaboration with Martuvam Healing Forest.

We warmly invite you to bring Auroville's native plants from your garden to showcase at our nursery counter. Together, let us share the beauty and benefits of these plants with humanity.

Offer your contributions with a minimal donation and become a part of this collective effort to promote nature's gift for a better tomorrow. Let's grow and give, together!

Souvenir Outlet



Monisha

PIZZAWALE @ VÉRITÉ

Saturday, 25 January, 6—8pm

We are excited to invite you!

- FS, Auocard, Credit/Debit and Mobile Pay are accepted.
- No cash.

Submitted by Chetana, Shilpi, Darren & our team

TASTE OF YOGA VÉRITÉ CAFÉ

Vérité
VEGAN CAFE
TASTE OF YOGA
 Raw | Gluten-free | No added sugar

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

Monday to Saturday
08:30 - 16:30
 Vérité Integral Learning Center

Anandhi for Verite Programming

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee
 Rs.99

Submitted by Shiva



LIVING ROOM CAFÉ

8am—4pm, closed on Wednesdays

Opposite the Auroville Library

All are welcome to enjoy delicious meals and coffee in a cozy and inviting atmosphere at The Living Room Cafe, located opposite the Auroville Library. We are now serving breakfast and lunch to Aurovilians, Newcomers, Volunteers, and Guests every day of the week except Wednesdays.



We look forward to serving you!

Debo for The Living Room Cafe Team

THE SPROUT TIMINGS

Daily, 7am—4pm



Monica for The Sprout team,
www.thesprout.in

AUROMODE TANTO:

Friday Discount Dining

Dear All, we are happy to announce that we will be having a 50% discount for dining on every Friday for Aurovilians.

Our timings: Monday to Saturday

- **Lunch:** 12—3:30pm
- **Dinner:** 6—9pm
- We are also available on Dropzy for deliveries.



We are closed on Sundays.

You can call or WA us at 7448811088.

Pavithra

FOODLINK

Market open every day

FOODLINK MARKET
 Fruits, vegetables, milk & eggs from Auroville farms

Monday—Saturday,
 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Auocard and UPI.

- **For more info,** call/ WA +91 83002 68804 or pass by.
- [FoodLink basket order form here](#)
- e-mail us at foodlink@auroville.org.in or WA us on +91 8300268804

Nidhin and Aumurto,
 FoodLink

HEMPLANET:

Explore the Benefits of Hemp!

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



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

GASTRONOMICA: FRESH FLAVORS EVERY DAY!

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches. We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more. Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!



- **Monday to Saturday:** 9am—7pm
Sunday: 10am—3pm
- **Location:** right opposite Auroville Bakery, Kuilapalayam
- **Contact:** +91 70102 883943 *Daive*

ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFÉ

Bharat Nivas Café has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20.



Please, come and enjoy, welcome to Bharat Nivas café.
Arabinda for Bharat Nivas team

NOTE FROM THE FREE STORE

We kindly request everyone to utilize the **Nandini Tailoring section for personal repair work**. The Free Store will only handle repairs for clothes intended for exchange.



Timings

- **Mondays—Saturdays:** 9am—12:30pm
- **Tuesdays and Thursdays:** 2:30—4:30pm
At Her service, Kamala for the Free Store Team

REDUCED-PRICE MAROMA PRODUCTS

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is:



- **Located in the Maroma Campus in Aspiration**
- **Open 9am—5pm, Monday—Saturday.** *Jesse*



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in *Lakshmi for UTS*



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.
Rajesh I.T.S.

SUNRISE TAXI SERVICE

SUNRISE TAXI SERVICE
Book A Taxi 24/7
+91 9843880591
Office: (0413) 2220591, 2220592
Office cell: 8610915429
sunrisetaxi@auroville.org.in
www.aurovillesunrisetaxi.in

Sathish

SHARED TRANSPORT SERVICE

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



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

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

Contact: 8098776644/ 9442566256, its@auroville.org.in
Rajesh.D for Shared Transport Service

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B for Qutee Electric Scooter Service

RAPID CARE SERVICES

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



Services offered

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

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

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money. **Contact us for all your procurement needs:** surabhisupplies@auroville.org.in

+91 98438 46458 WA, Phone, Iyyappan

RUPAVATHI JOY ACTIVITIES

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 from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine

Cooking class: Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage & Tailoring

We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm. This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact :
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

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



Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

INSIDE INDIA

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India. From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals? Count on us.



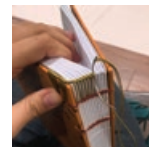
Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Saturday.
- He's available on landline 2623030 or via mobile/WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com.
- Yes Ganesh will be present on Saturdays too

Olivier for Inside India Team

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulilapalayam.



8940648542, Michel

Poetry

THE DAYS GET SO DENSE

The days get so dense and intense
That breathing is a breakthrough
A feat to honour and celebrate.

With joyful Gratitude, Anandi Z.

SWIFT AND SPECIAL SOUND

There is a swift and special sound
That coming out of idle thought withdrawn
Strikes all knowledge into heart, though dry,
As with a white hot branding iron
And leaves it blazing like a fire.

Then there is nothing

Touch of hand

Or gaze of eye

Or throb of heart

Does not perceive as flawless

And entirely right.

So though I talk or eat or sleep

Or sit in idle thought withdrawn

Somewhere within

An ear new-shape is ever-cocked

For that swift sound.

Maggi Lidchi-Grassi

ZECH'S WEEKLY POST

Preparing for the Divine Manifestation

(A snippet of last week's missed post) The first and last word for the aspiring receptive is Surrender or Bhakti to the Supreme, the One and Only Eternal and Infinite Source, the Supreme Divine Consciousness-Force, until Total Identification is achieved in Spirit and Matter. 100 %

To read in full please click the link below or scan the QR Code:

<https://zechjoya.blogspot.com/2025/01/preparing-for-divine-manifestation.html>



No Playing Field No Play

As in any competitive sports activity, single and especially multi-player, how can you play without a playing field?

And with those the simple Goal: Victory

Of course you have to sweat it out and do your best to get that. Otherwise you'll just be clobbered again and again by the winning player(s) who obviously worked harder that allowed them to endure and overpower you. Anyway, experience is the best teacher. No pain no gain.

Same with Life and the same with Auroville, the Play itself and the Playing Field with all sorts of Players, concentrated to hasten and intensify the Great Cosmic Game, in which the Vision-Goal is Victory over the past that seeks to endure. Unless you develop enough skills and power, the Divine Manifestation of the new apex species the Supramental being and the Life Divine will not happen, and the unsatisfactory and at times obnoxious yet still relatively powerful old ego-bound mental-animal human world will persist to exist. How much more can you take of the cruelty and brutality of the old world before you decide to take decisive action and arise from your stiffness as if stoned?

Here's a tip and a hack from the Kalki Avatar Sri Aurobindo and the Mother, who envisioned and created this most special Revolutionary Playing Field that is aptly termed the City of Dawn of the New World:

Team up with the most skillful player with the Absolute Knowledge and Power: the Supreme Divine Mother Maha-Shakti Herself. With Her by your side it's going to be the easiest and most joyful ride towards Victory.

Sri Aurobindo has fully revealed who She is and the Mother even had Her Temple the Matrimandir built as a massive Symbol and Reminder to all aspiring Victors who to truly side with to reach Hero Warrior Victor status. And with an extra mention of the full support of the awakened players of Bharat Mata the best Life Coach and Guru of the World.

A sure-win Team. What else can you ask for?

"If we would realise a higher formation or status of being, then it is still through Her, through the Divine Shakti, the Consciousness-Force of the Spirit that it has to be done; our surrender must be to the Divine Being through the Divine Mother: for it is towards or into the Supreme Nature that our ascension has to take place and it can only be done by the Supramental Shakti taking up our mentality and transforming it into Her Supramentality."

<https://incarnateword.in/cwsa/21/brahman-purusha-ishwara-maya-prakriti-shakti>

And with that Divine Discovery and Support of the True and Absolute a not just hope but an indomitable and fiery Aspiration emerges with the Certitude of Victory even in the midst of and despite the most back-breaking challenges:

"But something has happened in the world's history which

allows us to hope that a selected few in humanity, a small number of beings, perhaps, are ready to be transformed into pure gold and that they will be able to manifest strength without violence, heroism without destruction and courage without catastrophe.

But in the very next paragraph Sri Aurobindo gives the answer: "If man could once consent to be spiritualised." If only the individual could consent to be spiritualised... could consent."

<https://incarnateword.in/cwm/09/27-march-1957>

"And even this unification which already demands a return to the Spirit behind things, is not enough; there must be added to it a Vision of the Future, the Goal towards which humanity is moving, the future realisation of the world, that last "spiritual revolution" Sri Aurobindo speaks about, which will open a New Age, that is, the Supramental Revolution."

<https://incarnateword.in/cwm/09/3-april-1957>

We consciously and courageously continue on... towards Victory!

Om Namo Bhagavate

(For readers on the printed paper version, please scan the QR Code to access the online copy and linked references.)

Zech, 2025.01.21

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

DOOMSDAY

The Doomsday sentiment, stories and "signs" seem to be lurking somewhere in human consciousness, appearing and reappearing in some mysterious, mischievous patterns. Like everyone, I have been through tough times, and yet I never really buy-in the "Doomsday", not the 2012, nor the current or under-current scenarios.



Once, when I mused upon the word "history", it came to me that it's "his story", not mine. It lightened my heart and I smiled and laughed, at the human follies and beauties, at the play, at the occasions offered for us to grow.

Sometime after, the idea of the following design came. No explanation needed, as it is up to each one to "get" it, or not, or "see" it in one's own way.

Anandi Zhang

AUROVILLE RADIO TV

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



Last published podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.478](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep.126.](#) (Literature)
- [Soul Tracks S.6, Ep.8—Dhani Returns!](#) (Music)
- [Seeking Our Inner Being Group Discussion in Tamil—Ep. 1](#) (Spirituality)

Last Youtube Video

- [Auroville Singing Festival 2024—Day 1/ Full Video](#)

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

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

Peace and love

**Sai Priya
for Auroville RadioTV**

Classes, Workshops & Healing Arts

WORLD GAME FOR ADULTS:



Create, Explore with the World Game in Auroville

We offer an opportunity to be creative, to be able to express our own individuality and our unique, living soul. Tradition of Auroville since its creation, the world game is used as a tool to “know oneself”, this being the core of all learning.

Click to know more:

- [Adults](#)
- [Children](#)

Details:

- Duration: 1,5 to 2-Hour Sessions are on appointment.
- Individual session or together with a good friend.
- Price per session: Rs1500; for 3 sessions: Rs3500
- Discounts available for Aurovilians, Newcomers and Savi Volunteers.
- The session can be done in English, Francais, Espanol, Nederlans

To book an appointment: Contact Elena
+32491259966 WA, marin.avila.elena@gmail.com

Aikya

MOVING FORWARD

With Vision, Mission, and Life Purpose

1 & 2 February, Saturday & Sunday, 9am—5pm
@ Tibetan Pavilion



This workshop invites you to explore and clarify your vision, mission, and life purpose using the transformative framework of Nonviolent Communication (NVC). Through reflective exercises, dialogue, and needs-based exploration, you’ll connect with what truly matters to you, aligning your actions with your deepest values.

- [Registration form](#)
- **Inquiry:** [dancingtree.smile@gmail.com/](mailto:dancingtree.smile@gmail.com) 8531012459

Submitted by Vega

MINDFULNESS OFFERINGS IN JANUARY WITH HELEN

Miksang, mindful photography exploration in the forest

- **Tuesday, 21 January, 4—6pm**
@ Revelation Forest

Miksang means ‘Good Eye’ in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true. It is a practice to align our eye, mind and heart together in a single moment. It can help you open more fully to the present and see the ordinary magic of the world erupt in front of you.



- **Booking is required.** To register WA Helen on 7094753054 or visit innersightav.org

Mindfulness Kindfulness, half day retreat

- **Saturday, 25 January, 9:15am—12:30pm**
@ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.

This session blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion.

Participants will have the choice of practicing in a seated position or lying. It is suitable for all—those new to meditation and experienced meditators looking to deepen their practice.

- **Booking is required.** To register WA Helen on 7094753054 or visit innersightav.org

Weekly Mindfulness Practice Session

- **Tuesdays, 7:15—8am @ Maloka Hall, Anitya**

Join for this weekly guided mindfulness practice. No need to book, just turn up.

- For details on location etc. WA Helen on 7094753054

Mindfulness for Stress Reduction—1 week course

- **Monday, 3 February—Saturday, 8 February**
Monday—Friday, 7:15—9:15am & Saturday, 9am—3:30pm
- **@ Creativity Hall of Light**

The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its health & well-being benefits. It synthesises ancient Eastern spiritual practices and wisdom with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.



The MBSR course has been found to improve participants’ ability to cope with the stresses and chaos of everyday life—creating space to respond more consciously. Through a gentle, kind curiosity participants discover their patterns of stress reactivity and explore the possibility of making healthier choices to support improved wellbeing.

The course can help with anxiety, depression, management of chronic pain, diabetes, blood sugar levels & menopausal symptoms. It can also improve emotional regulation, increase focus, and plant inner seeds of kindness & resilience.

The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovillian and qualified MBSR teacher.

- **Pre-registration is required.** Please contact Helen on 7094753054 WA to book or see innersightav.org

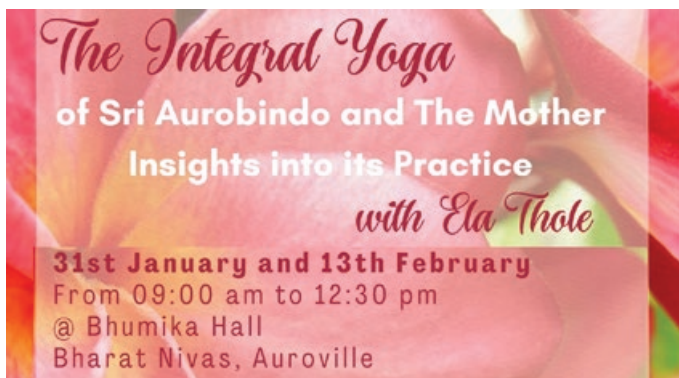
Helen

Inside India Presents

THE INTEGRAL YOGA

31 January and 13 February

9am–12:30pm @Bhumika Hall, Bharat Nivas



Contact us to book your spot! Contributions apply.

tours@insideindiauroville.com

+91 413-2622047, +91 8524953784

Office No. 2, Kalpana, Olivier



- Reconnect with your true self: Engage body and breath to step into deeper awareness and authentic freedom.
- Explore the hidden layers of your emotions and release what holds you back.
- Expect a mix of intensities: sweaty, edgy, fast, slow, dense, and light—each moment invites deep transformation.
- Discover the profound link between your body, emotions and communication in this workshop. Combining the principles of Nonviolent Communication (NVC) with body based practices, we'll explore how to connect authentically with ourselves and others. Through guided exercises, movement, and reflective practices, you'll learn to identify and express your feelings and needs while releasing physical tension that may hold unspoken emotions.

All are welcome

• [Registration link](#)

Inquiry: dancingtree.smile@gmail.com

• 9650826622/ 8531012459

Vega

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.



Megha for Auromode SPA

AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm

@ Hall Of Light, Creativity Community

with Dave & Prem Shakti

This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.



Register now here: <https://tinyurl.com/ARAuroville>. Dave

SITARA MUNAY-KI YOGA

Sitara: Meditation—Yin Yoga—Sound Journey

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

This is a drop-in class, offered on donation.

Sitara has been living in Auroville for 22 years. Over time, she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see

- <https://sitaramunay-kiyoga.org/sitara/>

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



Sitara Munay-Ki: Sacred Sound Journey to find your Mission

- Every Monday, 5—6pm, @ Hall of Light, Creativity

Only on registration: +393288181300 WA

- gp@auroville.org.in



Munay-Ki: Surya Kriya & Tibetans Rites

- Wednesdays, 11:30am—1pm @ New Creation Studio
- Fridays, 10:30am—12pm @ Hall of Light in Creativity

Original combination of ancient yogic and shamanic practices.



Note: Suggested donations: ₹600 for Guests, on donations for Aurovilians.

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

Check sitaramunay-kiyoga.org for all our activities!

Sitara & Giovanni Munay-Ki

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

Treatments	Therapist, When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe, Monday to Saturday, by Appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana, Monday to Saturday, by Appointment only: 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti, (English & French), Monday to Saturday, by Appointment only: 0413 2623767, antarcalli@yahoo.fr
Integral Regression therapy, integral reiki healing, Breathwork—the holotropic way	Niyati Thakkar, Monday to Sunday, by Appointment only: 7041391995, niyatithakkar2112@gmail.com
Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity, helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines)	Olesya, by Appointment only: +9159052743, olesya@auroville.org.in
Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice	Shruti, by Appointment only: +917904769496, auroshruthi@auroville.org.in

Services

Services	Description	Contact Details
Aurokiya	Eye care center	Monday & Saturday, 9am–12:30pm, 1:30–5pm, 8012305151, aurokiya@auroville.org.in
Maatram	Psychological & Emotional consultation	By Appointment, 9159052743, maatram@auroville.org.in
Convalescence Facility	Post-surgical and care facility (for Aurovilians only—max. stays 3 weeks)	Please contact Arka, 0413 2623799, arka@auroville.org.in
Emergency Services	Ambulance & emergency service	9442224680, ambulance@auroville.org.in
Swasty	Homeopathic consultation	By Appointment: 9428429642, aditivva@auroville.org.in
Health & Healing Trust	Administration office	Health & Healing Trust healthhealingtrust@auroville.org.in

Classes

Classes	Teachers	When
Pilates	Teresa, (TOS)	Tuesday & Thursday, 7:30–8:30am, Friday 5:30–6:30pm, by Appointment only: 7867998952
Iyengar yoga	Olesya	Wednesday & Saturday, 6:30–8am, Monday, Thursday, Saturday, 5–6:30pm, or by Appointment: 9159052743
Eye yoga and wellness Retreat	Aurosugan & Priyanka	Monday to Sunday: 7–8am, by Appointment only, 8012305151/ 9704258709

Ramana, Arka

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

- By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.



- By performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

Contact 9385428400 call/ WA to book your session today! Donation Based *Submitted by Isha*

INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



- To help you rediscover yourself, gain clarity, live authentically and more
- Dave invites you to (re)connect to your innermost nature and let presence lead
- 1:1 coaching plans in-person and online tailored to your needs

Are you feeling stuck? Looking for a renewed purpose?

Life is an incredible journey, unfolding one chapter at a time. In some moments, it's natural to feel stuck or lost, or longing for a new direction.

I'm here to support those ready to go deeper—beyond the surface—courageously exploring what's emerging and navigating roadblocks with presence and authenticity.

Through a transformative approach inspired by **Internal Family Systems (IFS)**, **Focusing**, and the **Diamond Approach**, we'll uncover your innermost self and help you get unstuck and move forward with clarity and purpose.

Dave (JOI Anitya),
WA: +44 7564119728

AUROMODE YOGA SPACE

Aurothaima—Hospitality Trust

Yoga Schedule—January 2025

Pre-registrations is a must for all the program through Email or WA. Write to us to know more about the fees structure and other details:

- balaganesh.siva@gmail.com
- +91 98926 99804 WA only



Evening Vinyasa Flow Yoga with Bala

- Every day of the week Except Wednesday, 5:30—7pm

Vinyasa Flow yoga emphasizes the co-ordination of breath and movement, creating a dynamic and fluid practice. This style links various yoga poses together in a seamless sequence, building a continuous flow of postures that energizes the body and calms the mind. Whether you're a beginner or an experienced yogi, Vinyasa Flow classes adapt to your level, offering the perfect balance of intensity and mindfulness.



Meet Balaganesh Siva: With 10 years of yoga experience, Bala is passionate about sharing the transformative power of yoga. His classes are designed to create harmony between breath, body, and mind while helping you achieve your wellness goals.

Gentle Hatha/ Yin Yoga with Cora

- Tuesday to Sunday (No classes on Mondays)
- 9:30—10:45am

Discover the transformative power of Gentle Hatha Yoga with Cora, a nurturing practice that emphasizes mindfulness, alignment, and accessibility. In this class, props like blocks, straps, and bolsters are used to:

- Support your body in achieving proper alignment.
- Enhance flexibility and deepen your stretches.
- Encourage relaxation and reduce stress.

Perfect for beginners, seniors, or anyone seeking a gentle yet effective yoga experience, Cora's classes focus on creating a safe and welcoming environment where you can connect with your breath, body, and mind.

Whether you're recovering from an injury, managing stress, or simply looking for a calming practice, this class offers the tools and guidance to support your wellness journey.

Come as you are, and leave feeling renewed!.

Harmony of Sound, Vibration, Marma Head Massage

- By Appointment

Experience a unique and deeply relaxing therapy session combining sound healing, vibration techniques, and marma head massage. These ancient practices help balance energy, relieve stress, and restore harmony to mind and body. Book your appointment for a personalized session.

10 days—100-Hour Yoga Teacher Training Course (Intensive)

- 10—19 February, 6:30—9am & 3:30—7pm

Join a unique 10-day retreat combining yoga practice, philosophy, and cultural exploration in the serene environment of Auroville.

Program Highlights:

- **Daily Yoga Sessions:** Morning and evening Vinyasa Flow.
- **Philosophy & Chanting:** Learn the Yoga Sutras, Kirtan, and Mantras.
- **Gentle Hatha:** Practice with props for deeper support.
- **Explore Auroville:** Visit community projects and experience this beautiful part of the world
- **Certification:** Earn a 100-hour Yoga Teacher Training Certificate from Yoga Alliance

22 days—200-Hour Yoga Teacher Training Course (Intensive)

- 3—24 March, 6:30—9am & 3:30—7pm

This intensive 200-hour Yoga Teacher Training Course (TTC) is designed for aspiring yoga teachers and dedicated practitioners looking to deepen their practice. The course covers Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

- Yoga Philosophy of Patanjali and other texts.
- Sequencing skills, anatomy, subtle anatomy, mantra chanting, mudras
- Asana Analysis & modification with props
- Introduction to Kalaripayatu, Animal flow, Sound healing, Karma Yoga and more.
- Not just Asanas, but a complete lifestyle experience in the International town of Auroville.
- Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.
- Internationally recognised Yoga Alliance, USA accredited Certification.

28 days—300-Hour Yoga Teacher Training Course (Intensive)

- 3—31 March, 6:30—9am & 3:30—7pm

A 300-hour Yoga Teacher Training (YTT) is an advanced program designed for individuals who have completed a foundational 200-hour YTT and wish to deepen their practice and teaching skills.



This training delves into advanced aspects of yoga, including intricate asanas, comprehensive anatomy, philosophy, and refined teaching methodologies. It emphasizes the development of specialized teaching techniques, enabling instructors to cater to diverse student needs and enhance their professional expertise. Upon completion, participants often achieve a 500-hour certification, reflecting a higher level of proficiency in yoga instruction.

- Internationally recognised Yoga Alliance, USA accredited Certification.

Find us:

- [Yoga Shala](#)
- [Auromode Apartments](#)

Submitted by Balu

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

- **Thursdays, 9am,**
Drop-in class
- **Fridays, 5pm,**
Regular class



Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Sonia

serendipityauroville@gmail.com,
+91 8940288090



Program January 2025

Drop-In Classes, join without prior registration!

Mondays	
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4–5pm	Doing No-Thing Consciously with Mike
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30–8:45am	Self Practice with Rachel
9–10:30am	Hatha Yoga with Priyamvada
4–5:15pm	Yoga: Restore & Relax with Flowrina
5:30–7pm	Antigymnastique® with Francesca F
Wednesdays	
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30–9am	Yoga: Chakra Conditioning with Flowrina
9–10:30am	Hatha Yoga with Priyamvada
4:30–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
6:45–8am	Pranayama with François & Namrita, For former “The Art of Living” course participants
7:30–9am	Asanas mixed level with Rachel
8:30–10am	Yoga Therapy with Gala
4:30–5:30pm	Readings of The Life Divine with Balvinder
5:15–6:15pm	Feldenkrais with Shari
5:30–6:45pm	Vinyasa Flow Yoga with Dinagar
Saturdays	
7:30–8:45am	Yoga: Prana Flow Conditioning with Flowrina
8–9:30am	Breathing & Mudras with Gala, starts 1 February
9–10:30am	Asanas intermediate level with Rachel
11am–12:30pm	Kundalini Yoga with Bel
2:30–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

Classes

by prior registration

- **Art Therapy with Gala**
 - Thursdays, 3–5pm for adults
 - Fridays, 3–5pm for families

Youth Activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

- **Asanas for Teenagers with Lisbeth**
 - Mondays, Wednesdays, 4pm–5:15pm
 - These classes are for the teenagers from AV schools.
- **Yoga for children, from 9 yrs. +, with Gala**
 - Saturdays 10am–11am, last class 25 January
- **Energy games for children, 9 yrs. +, with Gala**
 - Saturdays 11am–12pm

Healing Space, by appointment

- Acupuncture by Heidi S.
- Antigymnastique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Technique by Anne H.
- Shamanic Healing by Auromira
- Shiatsu by Patricia G. (for Auroville residents only)
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

Breathing & Mudras with Gala

A weekly class about breathing techniques and meditation mudras.

- Saturdays, 8–9.30am, Starts 1 February

This class invites everyone with interest in learning breathing techniques in combination with meditative mudras. The class is open to all level of practitioners.

Shamanic Healing by Auromira

- For appointments, please contact Pitanga

Shamanic healing is an ancient practice that reconnects us with the wisdom of our soul and the healing power of nature. By addressing the energetic roots of imbalance, shamanic healing supports enhanced well-being, clarity and a deeper connection with yourself and purpose.

Auromira, a naturopathic doctor and shamanic practitioner with over 20 years of experience in health and wellness, offers an integrative and supportive approach. Her practice is fully inclusive and trauma informed, all are welcome!

Yoga classes with Flowrina

- **Prenatal Yoga circle:**
 - Mondays 10:30am–12:30pm

A safe place for pregnant ladies to come together: to exercise and practice different techniques that are meant to tone, release and relax body and mind, share prenatal/postnatal experiences, find support, direction, guidance, and community.

Practices: Yoga asanas, modified for your specific need/trimester, breath work, sound work, mantra chanting, Nidra Yoga practices, guided meditation meant to connect with your body and your baby, other prenatal practices.

Note: If you want to participate in this class, please contact Flowrina before WhatsApp +40740185768. It is better to get to know you a little bit and learn about are your expectations before you are coming to class.

- **Yoga: Chakra Conditioning:**
 - Thursdays 7:30am–9am, drop-in class for all levels.

Main focus is to bring awareness and vitality into the main energy points (chakras) through different pranayama, asana, mantra or other yoga techniques. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

• Yoga: Restore & Relax:

- Tuesdays 4pm—5:15pm and Thursdays, 5:30pm—7pm

This is a drop-in class for all levels. Main focus is to connect, release and relax through correct posture, alignment of the body, restorative asanas, conscious breath and deep relaxation.

• Yoga: Prana Flow Conditioning:

- Saturdays 7:30am—9am, drop-in class for all levels.

Main focus is to find the right balance of Vitality and Strength through different breath work practices and body work movements. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

- We welcome Florina Padurau from Romania, volunteering with us in her capacity as a certified and experienced yoga teacher. In Auroville her name will be Flowrina.

Workshops

Pranayama Course—The Art of Living Part 1 with François & Namrita

- Wednesday, 19—Saturday, 22 February
- Daily, 6:30—8:30am, 4 days, registration required.

The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.



- Please come in loose, comfortable clothing and on empty stomach. Attendance on all 4 days is compulsory.

Workshop “Introduction into Yoga Therapy” with Nadia Akcadurak

- Ongoing: Thursday, 30 & Friday, 31 January
- 9—11am and 3—4:30pm,
- Daily 2 classes: 3.5 hours daily

For more information, please contact Pitanga.

While this course provides an introduction, it is crucial to recognize that the art and science of yoga therapy requires dedicated, ongoing training and practice.

Workshop “Kolam Yoga Foundation Course” with Grace Gitadelila

Kolam Yoga is an ancient training syllabus for the physical body, mind and spirit.



The course offers in 12 sessions a systematic practice through the drawing and dancing of Kolam which cultivates an expanding perception of our world and a deeper understanding of its underlying fundamental Universal laws.

The ultimate aim of Kolam Yoga is one of self-development and self-realization.

The course has started but participants can still join for some class modules. For registration, please contact Pitanga.

- Contribution: Rs. 1,500/- per day. Discount rates are available for Aurovilians, Newcomers and SAVI registered volunteers.
- For further information contact Grace +91 8072449091.
- <https://www.kolamyoga.com>, [Introduction video](#)

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless. If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!

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

It Matters

Schedule from 23 January to 2 February

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
 - **Info:** [@auroville.curated](https://auroville.curated)
- All activities are: Rs./600 for guests and Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers. Discount vouchers available, only for weekly activities, not for workshops.
- **Workshop pre registrations:**
 - itmatters@auroville.org.in, or +91 9344087925 WA

Date	Activity
23 January, Thursday, 4:15—5:15pm	Funky Munky Laughter with Ancolie Dove
27 January, Monday, 4:30—5:30pm	Science of Meditation with Matthias
30 January, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
1 February, Saturday, 9:30—10:30am	Tai Chi Detox with Kaarthikeyan Kirubhakaran
2 February, Sunday, 3—04:30pm	Unveiling the Yoga Teachings of Bhagavad Gita with Radhekrishna
Date	Workshops in January
25 January, Saturday, 3—5pm	Catharsis and Harmonious Living (Choose Better You) with Akira, Rs./900

**Pre-registration for Workshops is mandatory/ 50% discount for Aurovilians and SAVI volunteers*

Bhakti & Sandra

CRANIO-SACRAL SESSIONS

Dear Community, I am giving free Cranio-sacral sessions for Aurovilians and Volunteers from now until around mid of February. For anyone interested please write to me on simoniverse@gmail.com, on +43 6801603829 WA, or message/call +91 8580972590.



Simon



A Healing Journey Through Movement

We warmly invite you to experience our transformative Cosmic Dance Wave, where the ancient art of healing merges with the freedom of dance. This unique journey guides you through four Divine energies:

- **Earth Energy—Mahasaraswati:** Ground yourself and connect to your physical light body and call in Divine manifestation
- **Water Energy—Mahalakshmi:** Leave your emotional baggage behind and flow into love, beauty and abundance
- **Fire Energy—Mahakali:** Find your true inner power and transform anger and fear through dynamic expression
- **Air Energy—Maheswari:** Clear your mental patterns and move into higher consciousness and create a Divine reality

Through this sacred practice, you'll experience:

Deep healing across physical, emotional, vibrational, and mental planes, Elevation of your personal frequency, Connection to states of wholeness and higher consciousness. Integration of body, mind, and spirit

Sandyra

QUIET HEALING CENTER



Liquid Flow Essence with Dariya & Daniel

- 25—31 January, 8:45am—6pm, 50 hours

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Auroville, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.

This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work. Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

- **Prerequisites:** Watsu & OBA Basic

Oceanic Bodywork—Fire & Earth Intro with Nirvano

- 27—28 January, 8:45am—6:30pm, 15 hours

Body Rhythm & Loving Touch. An introduction to Oceanic Bodywork® Fire & Earth. Immerse yourself in the rhythmic heartbeat of your body, enveloped in the loving atmosphere of healing hands. Experience the relaxation and enjoyment of massaging and being massaged with scented oil.

This introduction focuses on learning the simple massage and breathing techniques of Oceanic Bodywork Fire & Earth, along with an introduction to aromatherapy and incense, and group singing & dancing. Guided meditations and awareness exercises will accompany the journey. No previous knowledge of massage and bodywork is required.

- **Please bring** two sheets that can become oily, wear comfortable clothing for dance and active meditations and for oily, and sarong or lungi.

Prana Yoga Immersion Classes with Ananda

- 31 January—6 February, 7—8:30am

Prana is the universal life energy. Yoga is tuning body-mind-spirit into wholeness. Prana Yoga Immersion classes are based on Hatha Yoga, Pranayama, Meditation & Siddha.



Through conscious postures, breathing, movement & stillness you will open and tune your self-enhancing, transforming, and healing energy flow to rejuvenate your body-mind-spirit, build your immunity, enrich your self-healing, enhance your sensitivity and perception, expand your awareness, and open higher states of consciousness.

In this training, you will learn, practice and experience: warmup & asana sequences for a healthy body, spine & energy flow; basic & advanced Pranayama practices & awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness & meditations; modern science of respiratory, nervous and lymphatic systems; and inner science of energy: Nadi, Vayu, Chakra, Mudras, Bandhas.

Holistic Reflexology Training with Ananda

- 31 January—6 February, 9am—5pm

Holistic Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.



This training is for anyone who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with people through healing touch, wants to share love and healing touch with family/ friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and want to make it more effective and effortless.

- A **certificate** will be provided on successful completion of this training.

Cosmic Child with Nirvano

- 1—6 February, 8:45am—6:30pm, 50 hours

The prenatal phase and birth have a profound influence on your entire life. They shape your most important attitudes and impact your life patterns and relationships. The desire to experience original unity with the universe remains, bringing inner peace as the feeling of separation fades. In moments of surrender and unconditional love, you become one again, a flowing part of the whole.



The Cosmic Child process focuses on a meditative experience rather than learning new techniques. The challenge is in the “being” rather than “doing.” On this inner journey of discovery, you encounter yourself. Through reflex movements, aquatic body waves, and embryonic positions, you dive deeper into memories of your birth, prenatal phase, conception, and beyond, experiencing a space of deep inner stillness. Water work and gentle exercises open hidden inner spaces within your subconscious. The warm water and the loving presence of the water family accompany you through this intensive process.

- **Prerequisites:** OBA 2

Watsu® Yoga Round with Roberto & Ellie

- 7 February, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken, and celebrate the energy of your being. When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!



- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Anatomy for Aquatic Bodyworkers with Gianni & Prashanth

• 8—13 February, 8:45am—6:30pm, 50 hours

A basic knowledge of anatomy is essential for any aquatic bodywork practitioner. This 6-day course offers both theoretical and hands-on learning about anatomy relevant to Watsu and focuses on planes and axes of movements, joint mechanics, physiology, metabolism, and on muscles and their lengthening.

Theory and practice will take place on land and in water. Through massages and specific exercises, you will learn the functions of various body structures and their applications in Watsu.

About one-third of the course is dedicated to theory, one-third to land-based practice, and one-third to effective applications in water.

• **Prerequisites:** Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

Shiatsu for Watsu® with Petra & Ulrike

• 8—13 February, 8:45am—6:30pm, 50 hours

Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.



About 60% of this course is on land, during which you will learn a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) along with some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu or 50 hours of Tantsu, another modality of land-based bodywork.

• **Prerequisites:** Watsu 1 or equivalent course.

Watsu® & OBA Basic with Dariya

• 14—18 February, 8:45am—6pm, 31 hours

Watsu & OBA session offers an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind in a flow unique to each client.



In Watsu Basic, during which the receiver's face remains always on the surface, you will learn the qualities and body mechanics required to work with someone in water. During the OBA Basic part you will bring your receiver under water (with a nose clip), thereby offering a unique experience. In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

• **Prerequisites:** no previous experience required.

Guido for Quiet, +91 9488084966,
www.quieth healingcenter.info/
quiet@auroville.org.in

SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

JOURNEY TO INNER PEACE:

Free Yoga Classes in Anitya Community

Located in the peaceful environment of Auroville's Centerfield, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.



Yoga for All: Experience Connection and Calm in Anitya

• Sunday, 12 January—Thursday, 6 February

We will be offering free classes in the serene setting of the Anitya community. These offerings are an invitation to relax, recharge, and rediscover balance.

Hatha Yoga Classes

Reconnect with yourself through gentle stretches, mindful breathing, and deep relaxation. These sessions are designed for all levels, whether you are new to yoga or an experienced practitioner. Each class is an opportunity to build strength, improve flexibility, and cultivate inner peace.

Schedule:

- Sundays, 10—11 am (12, 19, 26 January, 2 February)
- Mondays, 5—6pm (13, 20, 27 January, 3 February)
- Thursdays, 5—6pm (16, 23, 30 January, 6 February)
- Saturdays, 5—6pm (18, 25 January, 1 February)

Parent-Child Yoga

Share the joy of yoga with your little ones! These sessions are specially crafted to create a playful and nurturing environment where parents and children can bond, move, and relax together. It's a wonderful way to introduce mindfulness and balance to your family's routine. Starting at (±) 4 years old with a parent. Children from 7+ can join alone.

Schedule:

- Thursdays, 3:30—4:30pm, (16, 23, 30 January, 6 February)

Details and Venue

- **Location:** Maloka Hall, Anitya Community (follow the signs after Center gh/ Serendipity)
- **Fees:** All classes are free, but donations to support the space are warmly appreciated.

For more information contact Mathilde by WhatsApp messages: +91 7094058699

We look forward to welcoming you to this transformative experience!

Mathilde
for the JOI Anitya team

VÉRITÉ, JANUARY

Please contact Vérité @ 0413 2622045,
2622606, 9363624083
or programming@verite.in, www.verite.in



Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Transformational Yoga	9:15—10:15am	Lakshmi
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga (begins January 8)	5—6pm	Andres
	Cosmic Dance Wave: A Healing Journey through Movement	5—6:30pm	Sandyra
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Yin Yoga: Deep Tissue Release	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Yoga Asana: Deep Stretch & Relaxation	5—6pm	Radha
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation	7:30am—8:30am	Radhika
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Strengthen & Align Yoga	7:30—8:30am	Dev
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Auromira	Shamanic Naturopathic Healing
Dev	Personalized Yoga Sessions
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology

Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Integrated Energy Healing & Holistic Foot Reflexology

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 24 January	Master Class: Yoga to Enhance Strength & Flexibility	9:15am—12pm	Dev
Saturday, 25 January	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
	Food is Medicine: Lifestyle Health Daily Practices	2—4pm	Parvathi
	Special Event: Pizza Pop-Up	6—8pm	Chetana & Radha
Friday, 31 January	Harness Your Inner Strengths: A Self-Awareness Journey	9:15am—12pm	Lakshmi

Workshops

Master Class: Yoga to Enhance Strength and Flexibility with Dev: Friday, 24 January, 9:15am—12pm

A blend of yogic strength, flexibility and relaxation techniques to rejuvenate body, mind and spirit. We explore the dynamic interplay between expansion & contraction, fluidity & structure, and breath & movement, allowing us to experience the feeling of being in each posture, rather than just achieving a posture. Feelings of stress and anxiety can diminish as we develop a sense of space and balance.

Releasing Fear & Anxiety with Pranayama with Lakshmi: Saturday, 25 January, 9:15 am—12pm

Learn a 'kriya' (a set of cleansing, purifying breathing practices) specifically designed to promote the healthy flow of prana (life force) to the liver, spleen and kidneys, the key organs of the body that, according to Yogic science, are directly related to the experience of stress, anger and anxiety. This sequence can powerfully transform your practice and help to release fear, reduce anxiety, and clear emotional blockages.

Food is Medicine: Lifestyle Health Daily Practices with Parvathi: Saturday, January 25, 2—4pm

Learn about your body's constitution (Tridosa) & the plants, foods, spices & lifestyle practices that benefit your particular constitution & help prevent health complications. Parvathi shares her knowledge of traditional herbal healing practices through herbal cooking sessions, emphasizing the idea that food can be medicine. She will also demonstrate the proper way to prepare decoction/ infusion teas.

Special Event: Pizza Pop-Up

- Saturday, 25 January, 6—8pm

Harness Your Inner Strengths: A Self-Awareness Journey w/ Lakshmi: Friday, 31 January, 9:15am—12pm

Through practices that incorporate the power of the voice, conscious breath, embodied movement, and healthy boundaries, we discover the innate strengths and tools needed for deeper self-awareness and growth. These practical techniques align body, mind and spirit, helping us cultivate resilience and awaken our true potential journey to a life with greater clarity, purpose, balance and fulfilment.

Anandhi & Aparna for Vérité programming

LEELA THERAPY

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.



Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

- **Please note:** for Aurovilians, Newcomers and SAVI volunteers contribution is of own choice.
- Leela therapy is offered by Kardash in **person or on-line**.
- For more details see www.innersightav.org or contact Kardash on 9940934875 WA. Kardash

DISCOVER A SPIRITUAL JOURNEY With a Sencha Style Tea Ceremony

During this unique experience you will also explore the healing aspects of the tea of your choice. Awareness is key—you must allow the tea to infuse the body with its optimal effects. This is a “once-in-a-lifetime” experience that will completely change your perspective on 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). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.
- **Venue:** To be decided, the ceremony can be conducted at your place of residence as well.
- Possibility to **buy the tea** after our session.
- Sessions are **donation-based** with the flow of Generosity. +91 9385428400 Call/ WA, Isha

EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5pm @ Hall of Light, Creativity,

Elevate your spirit and awaken your inner energy through the transformative practices of breath, movement, and meditation. Kundalini yoga offers numerous benefits:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health. **Mental Clarity** Regular practice can improve focus, reduce stress, and promote emotional well-being, leading to a calm and centered mind.

Spiritual Growth: Kundalini Yoga can help you connect with your inner self, expand consciousness, and experience a sense of deeper purpose and meaning.

- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** ₹350 for guests ₹150 Savi volunteers
- **Contact:** +91 7598892065 WA Bel
Bel, a certified kundalini yoga teacher.



Languages

LEARN ENGLISH & HINDI One-on-One Sessions!

- Spoken & written skills, grammar focused, for all levels
- Customized to YOUR goals, flexible scheduling
- Real-life practice, fast progress
- For more information contact Ashwini 8270512606/ ashree@auroville.org.in

Ashwini

NEWS FROM Auroville Language Lab, 23 January, 2025



Tomatis

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguagelab.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance.

- Send an email to tomatis@aurovillelanguagelab.org.

Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

- Resonance, the book!
Check it out at <https://books.aurovillelanguagelab.org>
- To enquire or register: tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

Courses

Private and group classes for English

Rupam: Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.

Vismai: offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual's level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

New! Beginner English with Ashwini:

- Monday, Wednesday and Friday, 4:30—5:30pm

Ashwini will take on a new group of students and work through her proven English lesson plans that she has been giving for over a decade.

Head on over to the Lab's online form and complete your registration now so that we can keep you posted! <https://aurovillelanguagelab.org/registration/>

New! Poetry for Beginners with Vismai

• Tuesdays & Fridays, 4—5pm

This six-week course will explore the work of six poets from around the world, spanning diverse timelines chosen for their distinctive style, voice, and influence. Each session will feature close readings of selected poems, an exploration of poetic craft, and writing prompts inspired by the featured poet. Designed to be an immersive experience, the course is ideal for those new to poetry. Prior registration is mandatory.

Italian—Beginner Level

Our long time Italian teacher Karuna, with years of experience would love to start a new class. So, if you've been thinking about starting or getting back into learning Italian, please do register your interest online.

<https://aurovillelanguagelab.org/registration/>

Film Shows

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

Current Schedule of Classes as of 23 January

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	11m–12pm	Tuesday & Thursday
	Creative Writing	9:30–10:30am	Monday & Wednesday
	Learn English through theatre	11am–12pm	Monday & Wednesday
	Beginner English	4:30–5:30pm	Monday, Wednesday & Friday Starting 22 January
French	Beginner (16 hours)	4:30–5:30pm	February, TBA
	Conversation—Intermediate	2:30–3:30pm	February, TBA
	Conversation—Pre-Intermediate	11am–12:30pm	February, TBA
Poetry	Beginner (6 weeks)	4–5pm	January end, TBA
Tamil	Tuesday & Friday	9:30–10:30am	February, TBA
German	Level A1 Beginner	5–6:30pm	Part II, February, Monday, Tuesday & Friday
Spanish	Beginner	2:30–3:30pm	February, TBA Monday & Wednesday
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

Reminder about our free Evening Programs

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

- **Mondays:** French with Coco and Gaspard
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30—6:30pm
- **Thursdays:** Amy will be back on 4 February to facilitate the English conversation meet-up (then every other week). We are looking for one more anchor to host one more meet-up for English.
- **Fridays:** We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5 to 6pm is open for people to offer their language

We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5—6pm is open for people to offer their language. Big thanks to Darren for his time and presence for English the last few months, and to Isabelle and Patricia for French.

Communication with the Lab

- For language-related matters: +91 9843030355WA.
- For Tomatis please use the 0413 3509932.

Louis
for Auroville Language Lab

Cinema

ECO FILM CLUB:

Every Friday at Sadhana Forest

Schedule of Events

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



Friday, 24 January

The Lost Elephants of Timbuktu

40 Minutes/ English/ 2001/ Produced by BBC Natural World David Attenborough narrates this documentary following young research student Anne Orlando as she sets out on an unforgettable adventure, hoping to solve the mysteries surrounding a herd of elephants that inhabit the desert south of the fabled city of Timbuktu.

Submitted by Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
27 January 2025 to 2 February 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/ beverage to be taken inside the hall.

Indian—Monday 27 January, 8pm
Roopanthara (Metamorphosis)

India, 2023, Writer-Dir. Mithilesh Edavalath w/ Raj B. Shetty, Hanumakka, Jaishankar Aryar, and others. Drama-Fantasy, 124mins, Kannada w/ English subtitles, Rated: PG-13

Every worm at least once in its lifetime gets an opportunity to transform itself into a butterfly. But the road to transformation is painful. Will the worm decide to continue existing as a worm, or will it choose to break its cocoon? This tale follows an old man named Rajan who is held at gunpoint in a highly polluted dystopian world where clean water, air, and human beings are a rarity. Rajan has no escape except for his storytelling skills. A celebrated debut film by the director. Must watch!

Potpourri—Tuesday 28 January, 8pm
Selvi Boylum Al Yazmalim (The Girl with the Red Scarf)

Turkey, 1977, Dir. Atif Yilmaz w/ Türkan Soray, Kadir Inanir, Ahmet Mekin, and others, Drama-Romance, 90mins, Turkish w/ English subtitles, Rated: NR (PG-13)

Story of a dilemma between a woman's love and her logic. Asya, a young girl with a strict mother, meets Ilyas, who is a womanizer city man, and they quickly fall in love. They get over the hardships and have a happy marriage. However, after he helps a man one night, Ilyas' life changes forever and he leaves Asya and their son for another woman and doesn't come back.

Selection—Wednesday 29 January, 8pm
Subarashiki Sekai (Under the Open Sky)

Japan, 2020, Writer-Dir. Miwa Nishikawa w/ Kôji Yakusho, Seiji Rokkaku, Yukiya Kitamura, and others, Crime-Drama, 126mins, Japanese w/ English subtitles, Rated: NR (R)

A middle-aged former yakuza is released from prison after thirteen years where he was placed for murder. He is struggling to adapt to society and freedom, find a job and communicate normally, but he is also preoccupied by the quest for his mother from whom he was separated as a child. He finds allies in his search for his parent and a place in mainstream society, but the process is not seamless or smooth.

Interesting—Thursday 30 January, 8pm
Wild Wild Space

USA, 2024, Dir. Ross Kauffman w/ Chris Kemp, Ashlee Vance, Jonathan McDowell, and others, Documentary, 93mins, English w/ English subtitles, Rated: NR (PG)

Two visionary companies, Astra and Rocket Lab, are locked in a thrilling race to conquer space. Their founders, driven by rivalry and ambition, are deploying cutting-edge satellites to revolutionize Low Earth Orbit. As they challenge industry giants and push the boundaries of technology, every launch brings us closer to a new era of space exploration.

International—Saturday, 1 February, 8pm
Freud's Last Session

Ireland-UK-USA, 2023, Writer-Dir. Matt Brown w/ Anthony Hopkins, Mathew Goode, Live Lisa Fries, and others, Drama, 110mins, English-German-Hebrew w/ English subtitles, Rated: PG-13

Set on the eve of WWII and towards the end of his life, Freud's Last Session sees Freud (Hopkins) invite iconic author C.S. Lewis for a debate over the existence of God. Exploring Freud's unique relationship with his lesbian daughter Anna and Lewis' unconventional romance with his best friend's mother, the film interweaves past, present and fantasy, bursting from the confines of Freud's study on a dynamic journey.

Children's Matinee—Sunday, 2 February, 4pm
Mufasa: The Lion King

USA-Canada, 2024, Dir. Barry Jenkins w/ Aaron Pierre, Kelvin Harrison Jr., Tiffany Boone, and others, Animal-Adventure, 118mins, English w/ English subtitles, Rated: PG

Mufasa, a young lion cub separated from his parents by a flood, finds himself rescued by another cub named Taka. They form a strong bond despite their differing backgrounds, but their friendship is tested when a threat to their pride forces them to confront their pasts and determine their true loyalties.

David Lean Film Festival @ Ciné-Club
Ciné-Club Sunday 2 February, 8pm
Lawrence of Arabia (2nd Part)

UK, 1962, Dir. David Lean, w/ Peter O'Toole, Omar Sharif, and others, Adventure-War, 90 mins, English w/ English subtitles, Rated: R

The film was nominated for ten Oscars at the 35th Academy Awards in 1963, winning seven including Best Picture and Best Director. Widely regarded as one of the greatest films ever made.

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 kindly email us at mmcauditorium@auroville.org.in.

Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

Nina,
MMC/ CP Group Account# 105106₂
mmcauditorium@auroville.org.in

CENTRE D'ART, CITADINES PRESENTS

@ the Multimedia room

New Moon Movie:**All the Beauty and the Bloodshed**

by Laura Poitras, 2022, 100 min.

- **Wednesday, 29 January, 5pm**

Every New Moon Day, Art movie screening.

Fearless documentary filmmaker Laura Poitras's career-long pursuit of truth and justice finds powerful expression in an epic story of art, activism, and survival.

Made in collaboration with renowned artist Nan Goldin, *All the Beauty and the Bloodshed* entwines the mission of PAIN—an advocacy group she founded to raise awareness about the billionaire Sackler family's integral role in the ongoing crisis of opioid overdoses—with an intimate journey through Goldin's life, from her rebellious adolescence and immersion in New York City's thriving underground art scene to her personal experiences of addiction and the AIDS epidemic. Through it all, her indelible photographs and candid reflections on memory and trauma reveal her unyielding solidarity with marginalized communities that refuse to remain silent.

**French Documentary:****Le Martyre Des Sept Moines De Tibhirine**

2012, French Version, 75 min.

Documentary by Malik Ait-Aoudia (Algeria) et Séverine Labat (France)

- **Thursday, 30 January, 5pm**
- **Séverine LABAT**, co-director of the movie, will be present at the screening.

The 1996 kidnapping and murder of seven Catholic monks in Algeria is not only a tragic story, but also serves as a sad prediction of things to come.

For the first time, with the rigor of a criminal investigation, based on verifiable facts and exclusive testimonies repeatedly corroborated by heads of the GIA (Groupe islamique armé), senior officers of the Algerian army, members of French and Algerian governments and members of the intelligence services on both sides of the Mediterranean, "*Le martyre des sept moines de Tibhirine*" reveals the underside of a drama that continues to haunt the world's conscience.

Séverine Labat is a CNRS researcher and a film-maker. She studied political science, and since 1997 has worked at the Paris branch of the CNRS/ CADIS as a specialist in urban violence in France, in the Arab World (Algeria, Palestine), and human migration. In 2003 she won the FIGRA Best Investigation Award for co-directing the film "*Vol AF 8969, Paris-Alger: histoire secrète d'un détournement*".

Marco

**AUROFILM**

Presents @ Multimedia Centre Auditorium, Town Hall

Friday, 24 January, 8pm**"While at War"**(Original title: *Mientras dure la guerra*)

Directed by Alejandro Amenábar, Spain, Argentina, 2019

With: Karra Elejalde, Eduard Fernández, Santi Prego

Synopsis: During the Spanish coup of July 1936, Nationalist troops occupied Salamanca. When the insurrection of the military junta led by Francisco Franco breaks out, the prestigious writer, philosopher and rector of Salamanca University, Miguel de Unamuno, speaks out in favour of the coup, which he believes will restore order to a country ruled by socialists and communists. But little by little, the insurrection becomes the Spanish Civil War, and the republic tends to be suppressed. Unamuno watches helplessly as his friends and collaborators are murdered. Gradually, he questions his political position in the face of the fascist excesses of the nationalists... *While at War*, a title that has much to do with the frame of military negotiations in Salamanca Spain, the generals appoint Franco as head of government for the duration of the war. But what really happened was that Franco ruled the country for almost 40 years!

It is the seventh film by film director Alejandro Amenábar, well known for the success of *Thesis*, *Open Your Eyes*, *The Others* and *The Sea Inside*. "*While at War*" won the award for best international film at the Haifa Film Festival, and many other nominations in the Goya Awards 2020.

Original Spanish version with English subtitles. Duration: 1h47'

**Friday, 31 January, 8pm****"Kondura" (The Sage from the Sea)**

Directed by Shyam Benegal, India, 1978

With: Anant Nag, Nirmala, Siddesh

Aurofilm once again pays tribute to the recently passed away of the prominent Indian filmmaker "*Shyam Benegal*" and presents one of his feature films "*Kondura*" based on the novel of the same name by Marathi writer, Chintamani T. Khanolkar.

Synopsis: *Kondura* blends profound philosophical inquiries with poignant storytelling. The story unfolds in a coastal village, where Parshuram, a young Brahmin, encounters a mythical sage named Kondura. Blessed with a boon and a mystical herb on the condition of celibacy, Parshuram returns home to become a spiritual guide, claiming to channel divine will through his wife, Ansooya. However, his misguided interpretation of divine messages leads to a tragic chain of events... Through Parshuram's journey, Benegal intricately examines themes of faith, the misinterpretation of divine will, and the devastating consequences of blind belief.

Original Hindi version with English subtitles. Duration: 2h17'

- **Note: Contributions are very welcome!**
Aurofilm Collection Acc. No. **252658**

Susana and Aurofilm team



Accessible Auroville Public Bus



Auroville TO PONDICHERRY

	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

	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

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 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

About N&N

NEWS AND NOTES

Guidelines



Hard deadline for submissions:

- Tuesday 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

Disclaimer:

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. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Visiting hours:

- Monday & Tuesday, 10am—12pm.

Roy & Katia (AgniJata),
News & Notes, Media Centre, TH,
NewsAndNotes@auroville.org.in

Auroville Festival 2025

Supported by Ministry of Culture, Government of India

Panchadeva

PANCHADEVA

07:00 pm
15th February 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Indian Classical Dance,
Drama and Music



Scan for Ticket

Chanting & Bhajan

CHANTING & BHAJAN
by
Mollika Ganguly and Team Auroshakti

06:00 pm
16th February 2025
Venue:
SAWCHU,
Bharat Nivas, Auroville




Scan for Location

Bharatanatyam

BHARATANATYAM
by
Krupa Ravi

07:00 pm
21st February 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville




Scan for Location

Mangala Isai

MANGALA ISAI
Nadaswara Thavali Isai Kacheri
by
Dr. Sri K. Kaliyamurthy and team

09:30 am - 10:30 am
21st February 2025
Venue:
SAWCHU,
Bharat Nivas, Auroville




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