



News Notes

#1065 A weekly bulletin for residents of Auroville 6 February 2025



The Swan that settles in the purity . . . born of the Truth, — itself the Truth, the Vast.
Katha Upanishad

Pondering



As there has been established on earth a mental Consciousness and Power which shapes a race of mental beings and takes up into itself all of earthly nature that is ready for the change, so now there will be established on earth a gnostic Consciousness and Power which will shape a race of gnostic spiritual beings and take up into itself all of earth-nature that is ready for this new transformation.

But before the supramental change can begin, the veil between the subliminal and the surface parts must have been already broken down; the influx, the descent will be in the entire consciousness as a whole, it will not take place partly behind a veil: the process will be no longer a concealed, obscure and ambiguous procedure but an open out flowering consciously felt and followed by the whole being in its transmutation.

The rule of the Inconscient will disappear: for the Inconscience will be changed by the outburst of the greater secret Consciousness within it, the hidden Light, into what it always was in reality, a sea of the secret Superconscience. A first formation of a gnostic consciousness and nature will be the consequence.

*The Gnostic Being
The Life Divine, Sri Aurobindo*

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House of Mother's Agenda



(The following excerpts have been taken from *Life After Life* written by Raymond Moody.)

Occultism and the Alchemy of Life and Death

Material life as we know it is not the only life. Behind embodied life there is a plane of life-consciousness with its own unique energy and properties. The occultists in every tradition of past and present have always been aware of it. There are special techniques to become aware of this life-energy behind our material processes. There are also means by which we can learn to manipulate them. This is exactly what knowledgeable Reiki masters do and some tantrics of yore used to do. By this manipulation of the inner life, one can temporarily, for a short or long period, superimpose the law of a higher plane on a lower plane. This can help in preserving youth, prolonging life, even for very long periods of time. The lamas of Tibet, the Hatha and Raja yogis of India, the Buddhist traditions and the tantrics of Nath Sampradaya have all tried to unleash this hidden force of a greater life-energy and thereby conquer disease and decay for long time. Certain Vaishnava schools have made attempts to dwell in the subtle inner body and also attempted *kayasiddhi*, specialised procedures for rejuvenating the body. And finally there have been efforts to prolong life in the body by the superimposition of another and higher dynamism of the life energy. But all these efforts as far as we know are not linked to immortality of the physical body. They are efforts at prolonging life in the physical body by *adhyaropan*, the imposition of another law, and for the moment (as long as the forced superimposition continues) dispense with the physical laws. But all this is not a conquest since the laws of the physical body do not change as such. It is not a natural possession of physical immortality. And obviously physical immortality without a corresponding purification and perfection of inner consciousness and outer nature would mean an immortalisation of man's imperfection and ignorance. The story of 'Trishancou' illustrates this well. An early king of the solar dynasty seeks to reach the home of the immortals in his physical body through the *tapa-shakti* (the power accumulated through asceticism) of Rishi Vishvamitra. The Rishi tries over and over again but fails each time since the king is essentially impure in his physical consciousness and thus is not granted entry into the immortal's world while still in his physical body. An integral purity and perfection of consciousness is a precondition for physical immortality. But short of this one can have and realise the essential immortality by discovering and living in one's soul. Is there a possibility of prolonging youth through subtler yogic means? After all we do observe that the species that live longer like the tortoise also take fewer breaths per minute. So also the heavy breathers like dogs and rabbits live relatively shorter lives. In fact a whole science of breath regulation called *pranayama* has been known since antiquity in India. Among the other effects of *pranayama*, a well-known and significant effect is prolongation of life and delaying the aging process. And finally we do also see a certain linkage between reproduction and lifespan. Most species, barring man have their lifespan limited by their reproductive capacity. That is to say, they live up to the age they can reproduce and not beyond. Human beings are an exception to this general rule as if Nature has given us a lease of life for purposes other than living only for propagating the species. But as in the case of breathing, there may be a deeper linkage between sexual reproduction and death, a subtler truth that we have yet to discover. Ayurveda does speak about brahmacharya and sexual continence as one of the means of prolonging youthfulness and vital vigour.

Pranayama and Brahmacharya

In ancient India, material existence and physical processes were seen as conterminous with the subtler ones. Thus the physical breath was seen as a means not only of bringing in oxygen but also and simultaneously as a vehicle to draw the vital-force or *prana* (also called 'chi' in Japanese). The heart was not only an organ necessary to pump blood but also a physical means to circulate the *prana* within the body. It may be noted that *prana* in this context refers to the fuel or energy used by the body and the mind for their diverse processes. If we compare the body to an engine, then *prana* is the fuel used for driving it, mind is the technology behind the motion of the wheels and the engine, whereas the driver, the man behind the steering wheel whose decisions can change the course of the engine is the secret soul within us. Thus each part has its right place and function, none can be ignored. If the engine is of a weaker make or poor design it can run only for limited purposes. So also if the fuel is not efficient energy-wise, throwing more smoke than fire and steam, it will be a poor fuel. In the human body also, this fuel or *prana* is of five types — two of poor quality used for driving the body for lower motives like eating, reproduction, anger, etc. It is the old version of *prana*, the animal *prana*, so to say. Then there is the middle *prana*, which is used for slightly more human motives like attachments, sentiments, etc. Finally we have the two upward currents of *prana* utilised for mental and higher pursuits. The lower form of *prana* that looks after the body is supplied largely through material processes whereas the higher forms are subtler. The life of an average man is governed largely by lower motives and therefore utilises the inferior fuel for driving the body. A better type of humanity with a slightly higher orientation naturally draws a better quality. But the best fuel of *prana* is drawn quite naturally by those who are turned upward in quest of a higher spiritual life. They naturally draw *prana* in its purest form. Similarly, the technology of the engine or the mind's movements and finally the experience and expertise of the driver are all important for the smooth functioning of the body. Nevertheless, the regulation of breath through *pranayama* is a psycho-physical means to increase and regulate the five currents of *prana* and balance them in the system. The physical means were nature's devices to which our body forms have got habituated and accustomed. The yogi could however do away with the outer device by learning to draw *prana* in other subtler ways and circulating it by force of will. At the same time the average human being who could not do this, that is go beyond the limits set by nature could nevertheless use this knowledge for drawing more vital energy within the body by perfecting his breath.

(to be continued next week)

Alok Pandey—*Death, Dying and Beyond*
The Ancient Debate. Towards a Vision of the Future

https://auromaa.org/death-dying-and-beyond-alok-pandey/death-dying-and-beyond-alok-pandey-appendix-iv-the-ancient-debate/#Occultism_and_the_Alchemy_of_Life_and_Death

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

PASSPORT & VISA REGISTRATION DESK

Dear Residents/ Newcomers, Former Residents' Service is now renamed Passport & Visa Registration Desk and will handle all matters related to registration requirements of foreigners. A detailed list of tasks handled by this service will soon be announced for further clarity.

In compliance with the Auroville Foundation (Residence Criteria) Standing Order 2024, all Residents are requested to contact HRS for absence from Auroville, or to fill the form available on the Auronet in the HRS page.

In addition please note that HRS may be contacted instead of the former Residents' Service for the processing of your file, which will then enable the Working Committee to issue a no-objection letter to the Office of the Secretary, Auroville Foundation for a Visa Recommendation Letter.

Chandresh, Geeta, Margarita, Torkil for FAMC

AUROVILLE THE DREAM PROGRAM



Dear Newcomers & Volunteers,
see you on 6 February, 3—5pm @ Unity Pavilion

This week we have some positive updates for you, as promised, so we hope many more of you will join. We also have a guest speaker and more. Please remember to register and stay friendly!

*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

Community News

Passing On

DONALD "DON" KELMAN

This is to inform the community that Donald "Don" Kelman (91) passed away on January 30, 2025, at his home in the Prarthana Community.

He valiantly fought dementia for several years with the support of his loved ones and a community of dear friends. He leaves behind the love of his life of 61 years, Marie-Ange, two daughters, two sons, three grandchildren, and two great-grandsons.



Obituary

Don dedicated his life to the craft of teaching and to serving his community wherever he lived. Originally from

Brooklyn, NY, he taught math and chemistry in the U.S. and Germany. Shortly after his return to the U.S., he was granted a position in Kyoto, Japan, where he studied at a traditional art restoration workshop for several years. One thing led to another, and he embarked on a career at the prestigious Doshisha University system as the head English teacher for their International High School, working with Japanese re-turnee students who had lived overseas and returned.

After retiring, he left his life in Japan, where he had lived for 30 years, and moved with his wife to Auroville in 1998 to start anew. He served in several areas, including the local library, Pour Tous (PTDC), Entry Service, and more, contributing tirelessly to the community for over 20 years before he was struck by various illnesses.

Don was a deeply social and warm-hearted person, known for the kindness and affection with which he addressed everyone. He had an incredible ability to make people feel seen and valued, greeting each person with genuine warmth and enthusiasm. Whether sharing a story, offering advice, or engaging in long conversations over a cup of coffee, he always exuded a sense of ease and camaraderie. His love for classical music was well known, and many of his friendships were built on a shared appreciation for the arts.

His dedication to the community, alongside Marie-Ange, is well known, and he will be dearly missed by his family, friends, and all whose lives he touched.

Submitted by Roy

Dear Don

I had just evoked on the Auroville website your civic consciousness, an even more prominent attribute than your love for music. You always stood for justice, equity, honesty, championing relentlessly, as appropriate of the cultured, sensitive man you were.

I spent the day in Pondy, unaware that you were crossing to the other shore; the atmosphere around the samadhi and the Ashram was very special, and so were the people. I will never forget your luminous example, how firm you stood those tragic days, unshakable, faithful to your inner truth. May Auroville shine, one day, of that same light. *Paulette*

REMEMBERING AUROCULTURE

My dear Auroculture. Now it is the 5th year of your departure. You were not only my teacher at Udavi school, but my inspiration also.

You have taught me a lot in my life. I am grateful and proud of being with you my dear.

Thanks a ton. I miss you so much.

Love, Raji



PASSING OF SHIPRA DI, from the Ashram

We regret to inform the community that Shipra Di from the Sri Aurobindo Ashram passed away this afternoon, 27th January, at 2:35 PM, in the Ashram Nursing Home.

Born in 1935, she spent her early years in Delhi and Shimla. In 1956, having completed her under-grad studies in history, she started teaching at the Mother's School—New Delhi, which is where she met Chamanlal Ji, whom she married in 1962 with the Mother's blessings. The Mother gave permission to the couple to work in Australia for some years, where Chamanlal Ji worked with CSIRO (Commonwealth Scientific and Industrial Research Organization), and Shipra Di served as a librarian.

Her visit to the Sri Aurobindo Ashram in 1968 was profound. She was entrusted by the Mother with the task of being part of the cooking team for delegates during Auroville's inauguration, and from that time she maintained a deep bond with Auroville. In 1972, she finally came to Pondicherry to stay after receiving two telegrams from the Mother inviting her to join the Ashram.

Shipra Di played a pivotal role in several organizations, including the early development of TERI Pondicherry, establishing the solar energy unit in the Ashram, and serving as a founding member of Keystone Foundation in 1993.

Shipra Di's exceptional work in documenting and disseminating research and experimentation in renewable energy earned her the reputation of being a "human Google" long before the search engine was invented. With her remarkable memory and vast network, she could effortlessly connect people to ex-students, publications, or projects, providing the exact documentation, research, or information they needed.

For over two decades, she served as the key point of contact for 'Golconde'. Architects, planners, and designers visiting the Ashram were treated to personalized tours led by her, enriched with captivating anecdotes about the building's history, along with insightful interpretations of its spatial design, materials, and architectural details. These tours inspired many visitors to feature Golconde in prestigious journals and even author monographs dedicated to the building.

While she dedicated herself to supporting the complex technical and administrative work of Chamanlal Ji, Shipra Di was cherished for her warmth, hospitality, and remarkable ability to create a welcoming environment. Her home was a hub of inspiration, where she hosted numerous distinguished personalities, including J.R.D. Tata, Eckhart Tolle, Dr. B.V. Doshi, and many more, leaving a lasting impression on all who crossed her path.

Her vibrant and nurturing spirit touched countless lives, especially students, who continued to hold her in their hearts even decades later. She was a motherly figure to many, radiating kindness, grace and unconditional love throughout her remarkable journey.

We bid a heartfelt farewell to Shipra Di.

She is now in the arms of the Mother.

Submitted by Paulette

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 Aurocards, 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

The Petals of the Matrimandir

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

- Daily 7—8am, 5—6pm.

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 Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

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*

MUSICAL OFFERING IN MATRIMANDIR

Monday, 10 February, 5:30pm

@ Matrimandir, Garden of Unexpected—Eternal youth (stone garden).

At the occasion of the next Full Moon (12 February), Nādaprem is giving a Musical Offering.

Nādaprem is a musician playing bansuri, viola, duduk, and traditionally makes musical offerings in Matrimandir almost every year, in February.



Antoine, for MM Executives

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

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

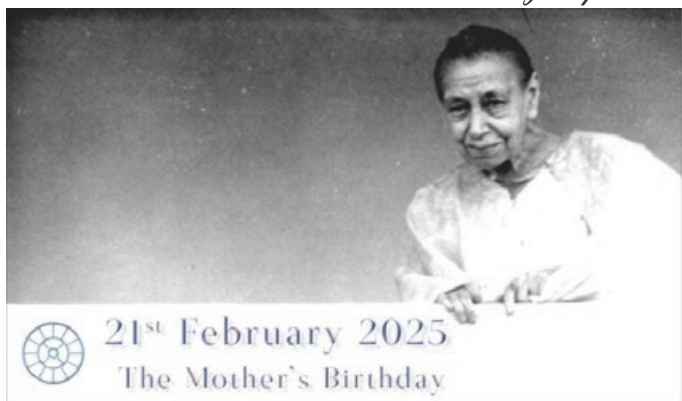
Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.



- **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 Auocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance, or the very day before 11am. Please bring your Auocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Thank you.

Surya and Velmurugan
for Amphitheater team

Awakening Spirit



To celebrate the Mother's Birthday, the Sri Aurobindo Ashram will open the Mother's Room on 21 February for a Darshan. Everyone is welcome to visit the Mother's Room. Below we share with you the options and guidelines for attending the Darshan:

Room Darshan Options on 21 February

- **Early Morning Darshan (No tokens required):** Join the general Darshan queue from 4am onwards. No tokens will be needed until the meditation at the Samadhi begins.
- **Post-Meditation Darshan (Tokens required):** From 6:40am onwards tokens will be required for entry.
- **Tokens** can be collected at the booth near the Ashram Post Office.

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

Afternoon Darshan for Auroville Residents

Residents of Auroville can pre-register for afternoon time slots (12 to 3.30pm) at Pitanga in advance. Registration details are provided below.

- To facilitate the Darshan visits after 6:40am, the Ashram will distribute tokens.
- Volunteers and Guests of Auroville may collect their tokens directly from the Ashram on the day itself.
- Aurovilians and Newcomers can pre-register for a token at Pitanga, Samasti, during the timings mentioned below.

Registration timings for residents

- **Monday, 10 February, and Tuesday, 11 February**
 - Morning: 9am—12pm
 - Afternoon: 3pm—5pm

Important Notes

- Please come in person to register your token. If you are not known to the organisers, please identify yourself as a resident.
- If you are unable to register personally, please send a representative with a written request stating the name(s) and number of tokens required.
- Unfortunately, we cannot accommodate requests made via email, WA, or telephone. Sorry for the inconvenience.

Collection of registered tokens

- **Wednesday, 19 February, and Thursday, 20 February**
 - Morning: 9am—12pm
 - Afternoon: 3pm—5pm

Tokens that are not collected by 5pm on the 20th will be given to persons on the waiting list.

Transportation

The Darshan day falls on a Friday. Please check the News & Notes next week for updates regarding the SAIER bus transport.

We are deeply grateful to the Sri Aurobindo Ashram for their continued collaboration with Auroville in facilitating these Darshan days.

Andrea for Pitanga's team

PONDY TRIPS ON DARSHAN DAY:

21 February

On Mother's birthday, the SAIER bus will

- leave from Matrimandir at 3pm via the ordinary route
- and will return from Pondy at 6pm

to allow those willing to use AV's collective transport the visit of Mother's room. Tokens are required, see Pitanga's arrangements.


This is not a commercial bus and the offer is for Aurovilians, newcomers and volunteers wishing to have darshan in Mother room.

Paulette

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



BHARAT NIVAS

Scan for Location



SAVITRI BHAVAN SCHEDULE, FEBRUARY 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
- **A special Exhibition Illustrating Savitri**
The Mother's Work with Huta



- **February 10—28, 2025**
- **Inauguration on Monday, 10 February, 10am**

Films: Mondays 4pm in the Sangam Hall

- **February 10: Interview with Sri Kireet Joshi in 2013.** Kireet Joshi shares his experiences of regular meetings with The Mother from 18.5.1969 until 8.3.1973 in an interview by Christine. Duration: 43min.

In this interview by Christine, Kireet Joshi (1931-2014) shares his feelings and unique experiences of working for the Mother and when meeting with her regularly on Sundays.

He met the Mother for the first time in 1952 and went every day to the tennis ground where she played tennis. He got a feeling that when she was playing with the ball, she was playing with the whole universe. After leaving Pondicherry and being back at his place, he saw the Mother everywhere for seven days.

In 1956, Kireet Joshi came to the Sri Aurobindo Ashram to reside there permanently. He worked in the Ashram Press, the Ashram Library, and then at the Centre of Education. There, his first task was to write a letter to the Prime Minister of India about the Centre of Education and ask for support. The Mother liked the letter and had it printed in the Ashram Bulletin. He studied Sri Aurobindo in-depth before he came for good to the Ashram and thus mastered his philosophy of education. In 1959, the Mother named the Ashram school "Sri Aurobindo International Centre of Education", and until today it has served as a field for experiment and research in education. Experimenting with integral and free education marked the beginning of Kireet Joshi's work with the Mother. Pavitra became the 'post office' between him and the Mother. Twice a day he met Pavitra, and Pavitra brought Kireet Joshi's questions to the Mother. In 1969, Pavitra left his body, and shortly after, at the samadhi of Sri Aurobindo, Champaklal happily informed Kireet that the Mother would like to see him every Sunday in the morning. These Sunday meetings lasted from 18.5.1969 until 30.3.1973.

He prepared well for these meetings and asked the Mother many questions about the Centre of Education, about Sri Aurobindo's Action, and Auroville. She would assume the attitude of concentrated listening and her answer would come immediately. She never seemed to be in a hurry. When he spoke, she heard it perfectly, and she replied precisely to each of his questions.

The atmosphere of these meetings was comfortable, easy, and full of love. It was the most joyous time of his life, a golden time in the presence of the Divine Mother.

Professor Kireet Joshi dedicated his whole life to writing and publishing on the theory and practice of an all-round development and education of body, mind, and soul, and

the Integral Yoga of Sri Aurobindo and The Mother. He was actively involved in altering the Indian educational system. He also established the Sri Aurobindo International Institute of Educational Research (SAIER) at Auroville, and in 1999—2004 he was the chairman of the Auroville Foundation. He always believed in the bright future of Auroville.

This interview given on 15 March 2013 in Pondicherry was one of the last interviews of Kireet Joshi. It is available on the Olivier Barot's YouTube channel under the title: *Interview Sri Kireet Joshi*. [Link is here](#).

- **February 17: The One Whom We Adore as The Mother.** An audio-visual presentation by the Sri Aurobindo Archives on The Mother's life from childhood onwards, her trainings, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **February 24: Building Matrimandir—Labour of Love 1971—2008.** The Matrimandir is the soul of Auroville; the documentary shows the dedicated work and construction. Duration: 52min.

Full Moon Gathering

- **Wednesday, 12 February, 7:15—8:15pm** in front of Sri Aurobindo's statue

Regular Activities

- A new class has been started from February
Thursdays 4-5.30pm: Reading *Savitri* in Russian with Anatoli
- **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
- **Tuesdays 4:30—6:30pm:** *Savitri* Satsang followed by OM Choir led by Narad
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **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

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.

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*



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*

TWO-PART LECTURES

by Marc Auburn on Reincarnation

We are very happy to announce a two-part lecture with Marc Auburn on the theme of "Reincarnation" on:

- Sunday, 9 February, 9am—1pm @ Savitri Bhavan. Theme: Reincarnation and Past-Life Memories—An In-Depth Exploration and
- Sunday, 16 February, 9am—1pm @ Hotel Shenbaga in Pondicherry. Theme: The Process of Reincarnation and How We Grow Across Lives

Although the two lectures are related, one can attend any one of them independently of the other. The best would be to attend both.

Details as below

Marc Auburn is an internationally renowned author, coach and blogger. He attributes his dramatic success as a businessman to the psi abilities that developed from his early childhood. His first book "0,001%, The Experience of Reality" documenting his out-of-body (OBE) journeys and his psi experiences was reprinted six times in 10 years in French and shot him into public prominence as a leading exponent and facilitator for conscious OBE. Its English translation was released last year in 2024.

His latest book "Tempest" will be released on the days of these talks.

Topics covered in these talks include:

- The nature of past life memories
- The transition at the time of "death"
- Life in other worlds in between the lives on Earth
- The mechanism of reincarnation (how the subtle body connects to the physical, etc)
- How the soul chooses the material for its personality
- How one can access the Akashic memories of a location (Marc has actually experienced the dinosaurs and describes them...)
- And much more....

The talks will be interspersed with Q&A interactions with the audience. There will be a break in between.

First lecture: Sunday, February 9, 2025 at Savitri Bhavan, Auroville.

Second lecture: Sunday, 16 February 16, @ Shenbaga Hotel & Convention Centre, 432 Mahatma Gandhi Rd, Pondicherry.

As you enter the hotel, the parking is on the right and the convention centre is on the left. Use the lift to go to the Onyx Hall.

Schedule for both: Please be seated by 8:50am, as the program will begin at 9am sharp.

Participation: Free and open to all. No need for prior registration.

More about Marc Auburn:

- **Website:** marcauburn.com/
- **Facebook:** www.facebook.com/marc.auburn.official/
- **Youtube:** <http://www.youtube.com/@MarcAuburn>

Profile:

Marc Auburn was 4 years old when he clearly understood that earthly human beings live in a deep dream-state. He still remembers the moment when he said, "I'll be right back" to his friends of the higher worlds just before he took birth. His own memory is continuous, but he quickly became aware that oblivion is the rule for the human mind.

Most of the terrestrial humans don't know that they are light beings provisionally incarnated. They lose themselves in religious things, extravagant beliefs. They strangely ignore that they leave the physical body during the night, which is so natural to him, and such a wonderful experience!

Nobody seems to know it, so we cannot talk about it either: "Don't wake up this world!"

In his early teens he set out to reformat his ego, master his mind, and freely explore the nature of Reality. No book, no teacher, no guide, no drug, no fasting, no conscious breathing, no yoga, no rituals, no spiritual community, no devotion. Just Consciousness and Memory, and loneliness in the dream of this world.

Marc experienced a flood of phenomena: the ability to see the aura and energy fields, telepathy, precognition, very detailed memories of past lives on planet Earth (including twice in India) and on other planets. He quickly understood that thoughts are not produced by the brain and come essentially from something outside of us—something referred to by Sri Aurobindo also.

As an adult, he embarked on a career in large international companies where he quickly rose through the ranks. Helped by his psi and out-of-body travel abilities, he consistently provided outstanding results. Starting from the lowest, he rose quickly to the top 0.1% of French incomes.

Outside the inner circle of the family, he remained silent on the weird stuff.

Then he founded his own companies.

2013—Marc published his first book in French: "0,001%, L'Expérience de la Réalité", which quickly became a best-seller, and chose the pseudonym Marc Auburn to serenely continue the management of his business.

2017—He decided to devote himself entirely to communication and teaching. His training programs are not inspired by any model, any tradition nor earthly book, they are only based on personal experiences (more than 10,000 Journeys out of the body during this lifetime), and the Memory of eternity.

Sometimes there is a convergence with earthly practices, one of which led to the encounter with Sraddhalu Ranade and the teachings of Sri Aurobindo.

No longer remaining silent, Marc contributes to waking up this world even if it is a tiny drop of water poured into the ocean.

Submitted by Manoj

BRAHMANASPATI KSHETRAM



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of February 2025

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

Every Thursday 6:00 - 6:30pm
Meditation

6th & 20th Thursday 6:30 - 7.30pm, reading
“The Mother’s Questions & Answers- Vol-7”
in English

12th, Wednesday at 6:30pm full moon, reciting
Sri Aurobindo’s Gayatri Mantra for 30min

21st, Friday at 6pm, **The Mother’s Birthday,**
Meditation

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

Location 

kshetram2014@auroville.org.in

Rajan

Auroville Matters



ANNUAL GENERAL ASSEMBLY

of the Auroville International (AVI) centres and Liaisons

Monday, 10 February, 2—5pm @ Tibetan Pavilion
Aurovilians, Volunteers, friends of Auroville are welcomed to meet them and listen to their presentations. **Vani**

“Nothing but a radical change of Consciousness can deliver the world from its present obscurity.” The Mother

“Courage their armour, Faith their sword, they must walk. Heroes and soldiers of the army of Light.” Sri Aurobindo

Education



KUILAI CREATIVE CENTRE
(A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)

Follow us 

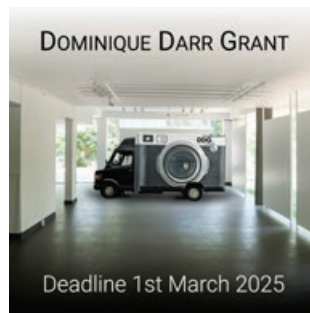
செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
கையால் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர அபிவிருத்தி வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 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
புத்த நாடகம் 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
ஓவியம் 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: + 91-96084 73385 / 9843195290 website: www.kulaicreativecentre.org

DOMINIQUE DARR GRANT 2025

Deadline 1 March 2025

The aim of DD grant is to offer the opportunity to showcase young Aurovilians’ talent at Centre d’Art in August 2025.



- **Grant Info:** Funding for an exhibition at Centre d’Art in August 2025
- **Eligibility:** Open to Aurovilians from 14 to 30 years old
- **Prize:** Funds for exhibition production, equipment, stipend
- **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

To apply please send an email to centredart@auroville.org.in to receive the participants kits. **Marco**

YUVABE EDUCATION’S BRIDGE PROGRAM

Starting 17 February



Corporate Sustainability

Bridge Program by Yuvabe Education Starts 17th February, 2025

Scan to Join WhatsApp Group 

Yuvabe Education’s Bridge Program is launching a 3-month Corporate Sustainability course in Auroville starting 17 February, 2025. Gain hands-on experience in GHG accounting, circular economy, ESG, and decarbonisation through real-world projects and expert-led sessions. The top 5 students earn a paid internship with Yuvabe.

- Interested? Reach out for details. We’d love to connect!

For More details:

- Visit Website: <https://www.yuvabe.com/sustainability>
- Contact: 9677604467/ bridge@yuvabe.com

Follow Us on Social Media:

- Instagram: [instagram.com/yuvabe.auroville](https://www.instagram.com/yuvabe.auroville)
- Facebook: [facebook.com/yuvabe.auroville](https://www.facebook.com/yuvabe.auroville)
- LinkedIn: [linkedin.com/company/yuvabe](https://www.linkedin.com/company/yuvabe)
- YouTube: [youtube.com/@yuvabe.auroville](https://www.youtube.com/@yuvabe.auroville)

Abilash

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 thrung parent support for this activity and we would like to show our heartfelt gratitude to each one of them.

Snehal,
+91 9529673687 WA

UDAVI SCHOOL PHYSICAL DEMONSTRATION

14 February, 4:30pm

On behalf of Udavi School students and teachers, we are happy to invite you for a program on 'physical Demonstration'. It is going to take place on the 14 February at 4:30pm. Please come to the sports ground. See you there.

Davasely, Udavi School team

GEN AI GROUP DISCUSSION

22 February, 10—11am (likely to run longer)

@ Auroville Online Store, Aurosarjan Complex (next to Miniature)



Join us for a lively discussion on the latest advancements in generative AI. We'll explore recent developments shaping the future, including models like DeepSeek-R1 and O3-Mini, capabilities such as multi-modality, and applications like agents and deep research.

Al Majumdar

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.

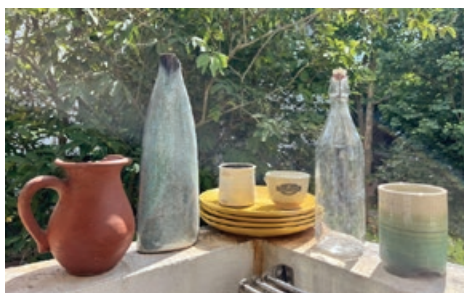
Laura

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

HEALTH FUND: PLEASE SUBMIT MEDICALS BILLS

Dear Health Fund Members,

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from April 2024 onwards. If you have any laying around that is.

We need them before the 27 March 2025! That is our last working day for the month of March. **Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!**

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

Stephen



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



ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovilian 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 advise, Geriatric care, Myofascial massage (Back and neck), Head and neck massage

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

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**

SPRING AND LIVER SUPPORT with Ayurveda and healthy plants



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) where the sun becomes stronger and sap the energy we regenerated during monsoon and early winter.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, frontal dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

Kapha characteristics (guna) are cold, heavy, oily, sticky, dense, stable (imbalanced, it changes to stagnant). To rebalance Kapha, we need to give the opposite characteristics: hot/warm, light, dry, mobile and fluid/liquid in the food (to stimulate the digestive power Agni) and the activities to decongest Kapha and to help the liver to remove the stagnation:

With the food:

- **Most beneficial:** Fasting a day a week
- Eat warm, cooked, easy to digest with predominantly bitter, astringent and spicy tastes
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, steamed green salads, lettuce, rucola, spinach), artichokes, ash-gourd, beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good source of sweet taste:** in the cereals (amaranth, barley, buckwheat, red rice, millets, dry oats), in the fruits (pomegranate, apple, dry apricot or raisin, chiku, papaya, grape, pear, figues)
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or cold pressed sesame/olive/sunflower oils
- **Beverages:** herbal teas (chamomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, warm and spiced soya milk, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla,

Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey

- **Liver support:** Bhumyamalaki (Keezhanelli) decoction—20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch**

Daily routine:

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Shower or bath with warm water
- Keep body warm (especially at night)
- Physical exercise: min 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

Wishing you a cheerful Vasanta

On-going Ayurvedic classes

@ Santé Clinic every Monday

- **2pm** for the ayurvedic basic principles and
- **3:15pm** for the reading of Ashtanga Hrudaya by Vagbhata.

For more information

- please contact me on 9489505691 WA

Be @ Santé Clinic

AURODENT DENTAL CLINIC:

February Special Offer @ Aurodent!

Brighten Your Smile This February!



We're offering an exclusive 20% OFF on Scaling & Teeth Whitening Advanced Care for a Sparkling Smile. Gentle & Professional Service. High-Standard Dental Treatment

Offer Details: Open to all Aurovilians and Guests

Valid: until February 28, 2025

Working Hours:

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

For Appointments:

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

Jayasutha for Aurodent



HOME CARE AVAILABLE

I have finished my professional course in nursing (B. Sc nursing)/ I am offering nursing care at your home. I have 3 years experience in home care nursing.

The services like health monitoring, personal care assistance, companionship, medication, injection, all kind of procedures, baby care, elder care.

- sharmisharmila653@gmail.com, 9585944210 WA

Sharmi



Schedule, February 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 Currently unavailable	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Berengere: 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	Midwifery & GYN Care with Paula: Monday & Wednesday
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>

Books

BOOK PRESENTATION EVENT @ SANTÉ

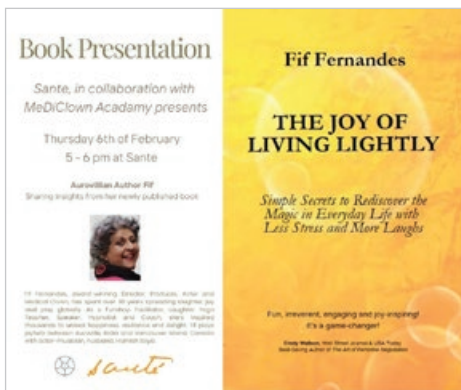
In collaboration with MeDiClown Academy

Thursday, 6 February, 5—6pm @ Santé

Aurovillian author Fif is sharing insights from her newly published book.

Fit Fernandes, award-winning Director, Praducar, Actor and Medical Clown, has spent over 30 years spreading laughter, joy and play globally. As a Funshop Facilitator, Laughter Yoga Teacher, Speaker, Hypnotist and Coach, she's inspired thousands to unlock happiness, resilience and delight. Fif plays joyfully between Auroville, India and Vancouver Island, Canada with actor-musician husband Hamish Boyd.

Dasha



Animal Care

**DOG SHELTER MONTHLY TRANSPARENCY REPORT
January 2025**

Overview

- New admissions: 26 (407 since April 2023)
- Rabies confirmed case: 0
- Adoptions and Releases: 10
- Vaccinations administered: 50
- ABC shelter dog sterilizations: 43
- Deworming: approx. 50

Donations & Urgent Concern Over Donation Restrictions

In January, we received Rs. 623,182 in our FS account, which includes Rs. 50,000 from BCC and USD 6,418 from the successful AVI USA matching campaign. Additionally, Rs. 92,700 was received in our bank account through direct donations.

However, to our great shock and concern, the Donation Channeling Group (DCG) on orders of FAMC blocked all incoming donations from Donatekart, citing that auditors have raised concerns over donations collected through third-party fundraising platforms. This decision affects not only our shelter but also many units in Auroville, whose survival depends on these essential contributions. The ban applies to platforms such as Donatekart, Milaap, and even AVI, an organization founded by The Mother to support Auroville. Following discussions with the Auditor General, it was agreed that a policy meeting must take place soon to address this critical issue and find a resolution that ensures the continued flow of much-needed support for Auroville's projects.

Expenditures

Animal Food: In January we fed our dogs 1.8 tons of rice, 2 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh. Donatekart has donated in kind 520 kg of pedigree dry food and 630 pouches of wet food.

Staff Costs: Total staff costs for this month for our workers paid animal care staff, 3 veterinarians (surgery team), and volunteers were Rs. 210.783

Medical Costs: Medicines purchased in this month cost us Rs. 26844

Infrastructure Improvements: This month we have finished our Serenity House and Hope Gardens which is now home to 40 happy dogs. To be able to increase the number of sterilizations we have upgraded our ABC area to get more space with the cost of Rs 132.022. Our surgery room has received a professional light, a second operation table, UPS battery backup, and running water which cost us all together Rs. 127.000

Project "Sterilising 1000 Dogs in 1 Year"

Despite the many challenges we face and the limited support from Auroville authorities, who continue to provide only Rs. 50,000 per month, we remain fully committed to our ambitious goal of sterilizing 1,000 dogs in just one year. This effort will have a profound impact on controlling the stray animal population and reducing suffering in Auroville and the surrounding villages. To make this possible, we have expanded our ABC kennels from 7 to 13 and aim to reach 21 by the end of February. Additionally, our surgery room has been upgraded to exceed government standards, enabling us to increase sterilizations from 16 last month to 43 this month. Our next milestone is to reach 80 sterilizations per month, bringing us closer to making long-term change a reality.

Serious Incident of a Mob Attack at the Auroville Dog Shelter

On 30 January, a serious and alarming incident took place at the Auroville Dog Shelter when a mob of 20 to 25 angry villagers stormed the shelter, led by a neighbor with a history of violence against animals. This individual had previously attacked and injured one of our shelter dogs in December and was responsible for the poisoning of four dogs last year.

The mob demanded an immediate halt to the shelter's ongoing fence repairs and threatened the shelter manager, Arthur, staff members, and workers with violence if they did not comply. Additionally, they insisted that the Auroville Foundation relocate the shelter away from their village and into central Auroville. The underlying motive behind this demand appears to be financial, as the villagers who own land adjacent to the shelter expect land values to rise if the shelter is removed, especially with the upcoming construction of the VIP road leading to the Visitors' Centre.

Despite being physically attacked, Arthur and the shelter team remained peaceful, choosing dialogue over confrontation, and assured the mob that their concerns would be conveyed to Auroville authorities.

Auroville Security was immediately alerted, and after consultation with the Auroville Foundation, an FIR (First Information Report) was filed due to the serious threats made against the lives of the shelter team members.

Update—No Update—on the Future of Auroville Dog Shelter

After weeks of waiting, Dr. Seetharaman finally granted a brief meeting to discuss the future of the Auroville Dog Shelter. During the meeting, he assured the safety of the shelter team following the recent mob attack, promising that a special police officer would be assigned to protect the shelter. However, despite the fact that the funds for constructing the new Auroville Dog Shelter have been withheld for over a year, no progress has been made in releasing the funds or issuing the building permission for the new shelter at RERS.

The current location is far too small to accommodate 300 dogs, and with the VIP road construction planned in the area, continuing operations at this site are becoming increasingly unsustainable. The ongoing delays are causing immense hardship and suffering for the animals, as the old shelter continues to deteriorate.

We remain hopeful that this standstill, which has now lasted 1.5 years, will soon be resolved so that construction can finally begin, providing a safe and sustainable home for Auroville's street dogs.

Tine, Arthur, Mar for Auroville Dog Shelter Team

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*

International

AUROVILLE AND THE QUESTION OF SPIRITUALITY

An exploration by Rémi Astruc

En Français: Vendredi, 7 Février, à 17h

In English: Monday, 10 February, 5pm

@ Pavillon de France (opp. Visitor Centre)



"Spirituality" is a word that has become ambiguous. Widely overused, it now refers to very different practices, sometimes incompatible with one another. This has led to numerous misunderstandings and controversies surrounding the city, from its founding in the 1960s to the present day, where we witness attempts to "correct" what some perceive as deviations from the spiritual vocation of the City of Dawn. To fully understand the stakes of these questions and conflicts, it is crucial to return to Sri Aurobindo's particular conception of spirituality, as it shaped the way the Mother envisioned the city and the mission entrusted to it. So, what defines spirituality in Auroville? Can we confidently assert that it is a spiritual city?

Rémi Astruc is a professor at CY, Paris-Cergy University, and a member of the Institut Universitaire de France. For the past four years, he has been visiting Auroville to better understand various aspects of the city and attempt to grasp the uniqueness of the Aurovilian adventure.

Vivekan

The French Pavilion presents

LA MÈRE RACONTE (THE MOTHER TELLS)

French Practice

from classes given by the Mother at the Ashram

Every Thursday, 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 5:30pm.

Each workshop consists of reading a text in French, understanding its vocabulary and discussing its meaning collectively. For the 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

L'AUBERGE DES MOTS

Wednesday, 12 February, 4:30pm
@ Pavillon de France

Do you enjoy telling stories and listening to them? Then don't hesitate! Come to the French Pavilion on Wednesday at 4:30pm. Stories will be drawn at random, and everyone will have their say.

See you soon, Mireille, French storyteller
Contact: +33618709157

The Pavillon de France presents:

LA POÉSIE DU QUOTIDIEN

A photographic presentation by Nadia Loury, In French
Wednesday, 12 February, 5pm
@ Centre d'Art, Citadines



In the 1980s, Nadia Loury was a member of the Auroville community, still a "big family" of about 500 inhabitants. From moment to moment, Nadia's camera caught the situations and events that were so revealing of the daily life that she then shared with her fellow Aurovilians.

This "being there" explains the naturalness and spontaneity of her photographs, the variety of situations, and the fraternity and poetry that her shots reveal.

A visual testimony to life in that rough and pioneering context, Nadia's photos chronicle and share the sweetness, joy, mutual support, and energy of that community united in aspiration to live the Human Unity that The Mother desired.

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

Acres for Auroville

**ART FOR LAND 2025 EXHIBITION:
Flowers by Hasi & The Spirit of Auroville**
2 February—30 March

Art has the power to transcend individual experiences, creating spaces for connection, reflection, and shared transformation. The Art for Land 2025 exhibition, showing from 2 February to 30 March, 2025, invites visitors to engage with the intersection of creativity, spirituality, and collective purpose. This celebration of Auroville's ideals reflects the power of art to unite and inspire, drawing upon the themes of nature, growth, and unity that lie at the heart of the Auroville's vision.



Central to the exhibition is 'Flowers by Hasi', a vibrant tribute to the late Hasi Grandcolas. Hasi, a dedicated sadhika and artist, captures the spiritual essence of flowers like Peonies, Roses, Sunflowers, and Tulips. Each painting invites viewers to explore the deeper symbolism of nature's blooms as expressions of spiritual nourishment. Through her work, visitors are reminded of the connection between art, nature, and spirit. The art serves not only as personal expression but also as a collective offering, with proceeds supporting Auroville's land consolidation efforts and the city's growth.

The complimenting 'The Spirit of Auroville' exhibition showcases artworks from 1971—73 by Sri Aurobindo Ashram artists, inspired by flowers chosen by The Mother for Auroville, each symbolizing qualities like unity and aspiration. Recent contributions of flower paintings by Dilip Patel are included. Presented in four languages, the exhibition reflects Auroville's multicultural ethos and invites a universal understanding of its mission. It is guided by Richard Pearson of the Sri Aurobindo Ashram, who has dedicated much of his life to sharing The Mother's insights on flowers.



Let the stories, spiritual insights, and vibrant creations of Art for Land 2025 lead you on a transformative journey of beauty and unity. Together, we celebrate the profound power that emerges when creativity aligns with a collective vision for a more harmonious world. Join us in celebrating the vision of Auroville.

Anita for Unity Pavilion Team

Theatre, Music & Arts

**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



EXHIBITION @ AURELEC MAHA KUMBH 2025



Franz

THE AUROVILLE CHOIR

Presents songs on Hope

Saturday, 15 and Sunday, 16 February

7:30pm @ CRIPA, All are welcome!

We request everyone to park their cars and motor bikes on the Gaia Frisbee field. Cycles will be allowed to park inside CRIPA area. To access the field, turn left on the road to Gaia.

We would appreciate that no motorized vehicles use the access between Kalabhumi and Gaia (via CRIPA) during the concerts. Thank you for your understanding and support.



Nuria

Rolf

Centre d'Art, Citadines

A BIRD'S SONG—HOME AWAY FROM HOME

by Mario D'Souza, 7—27 February

- Opening on Friday 7 February at 4:30
 - Tuesday—Friday 2—5:30
 - Saturday 10—12:30, 2—5:30
 - Guided visits on Saturdays at 10:30

With his iconic playfulness and vibrant use of colours, Mario d'Souza aims at creating a *sur mesure* decor, transforming traditional Indian patterns and everyday objects into a graphic pop installation.

The motif no longer has a scale, at times nestling in an embroidery, invading space, limitless, it can be found at the bend of a piece of furniture, painted on a window, or sometimes, stripped to its essence, it becomes the source of inspiration from which emerges a vivid creation.

The installation—bridging the distinction between art and craftsmanship—is a celebration of a community made up of a variety of objects. The artist, with his talent for assembling and linking diverse worlds, is able to create harmony while illuminating differences.

The relationship between Mario d'Souza and Auroville started in 2019 through an art residency program at La Petite Maison Auroville. Centre d'Art is thrilled to have him back and host his new exhibition.



Marco

Festivals

Auroville Festival 2025

Supported by Ministry of Culture, Government of India

	bookmyshow QR code Scan for Ticket	PANCHADEVA The Five Elements of The Supreme Divine The First Production of Bharat Nivas 07:00 pm 15 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	All are Welcome QR code Scan for Location	CHANTING & BHAJAN by Mollika Ganguly and Team Auroshakti 06:00 pm 16 th February 2025 Venue: SAWCHIU, Bharat Nivas, Auroville
	All are Welcome QR code Scan for Location	MANGALA ISAI Nadaswara Itavil isai Kachery by Dr. Sri K. Kaliyamurthy and team 09:30 am - 10:30 am 21 st February 2025 Venue: SAWCHIU, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	INSTANCES OF MYTHICAL INCARNATION Dharathanayam Dance offering by Triveni Kala Kendra 07:00 pm 23 rd February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	GLOBAL TIRUKKURAL CONCERT Tamil, English, urdu, Italian, French, German, Latin by Dr. R. Padmasani & Abinav Sridharan 07:00 pm 25 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	SHIVALAYA'S SHIVARATRI by Rajeswari Sadassivam 07:00 pm 26 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	KANNAGI A Kalarigam Production 07:00 pm 27 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	UNITY - RESONANCES by SVARHAM and Friends 06:00 pm - 07:00 pm 28 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR code Scan for Ticket	BHARATANATYAM by Krupa Ravi 07:15 pm 28 th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville

Auroville Marathon Market 2025



15 & 16 February 2025

Inviting all the creative thinkers, Artists, Makers, Designers & Units of Auroville to participate in the Marathon Market happening on the 15 & 16 February 2025.

Auroville Units and Activities, book your stall now!
EGAI team will assist you

Kindly contact us:

- marathonmarket@auroville.org.in
- +919791896488 WA only
- Limited space, First come priority.

Anand and Team
 for Auroville Marathon Market

Music & Art Activities

SVARAM PROGRAMS

SVARAM Sound Experience: Sound Journey

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

Contact No.: +91 93601 23054 (WA)



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/>

Gong Playing

- 26—27 February

Learn how to play the Gong for fun, meditation, well-being and musicality in a transformative 2-day experiential workshop.

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



Sound Journey @ Bharat Nivas

- 2pm, @ Kala Kendra, Bharat Nivas

Group sessions every day

- For details please click the link below or scan the QR Code: <https://svaram.org/sound-journey-bharat-nivas/>



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

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu



13, 14, 15 February

@ Centre d'Art Gallery, Citadines, Auroville

Program & Timings:

- **Thursday, 13 February, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 14 February, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 15 February, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

The workshop fee for Guests: Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

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


Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 9159355809 WA.

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

Sergey, Centre d'Art

THE CHEKHOV WORK

A Workshop on Michael Chekhov Acting Technique



THE CHEKHOV WORK
A WORKSHOP ON MICHAEL CHEKHOV ACTING TECHNIQUE
For Actors, Performers and Artists

WITH **SHIVAM PAREKH**
ACTOR | DIRECTOR | CHEKHOV TEACHER
FTII ALUMNUS

Date: 13th Feb to 16th Feb
Time: 8:30 AM to 1 PM
Venue: Cripa, Auroville

A 4-day introductory workshop on a powerful and liberating acting technique. Explore the art of transformation through a dynamic psycho-physical approach.

SCAN FOR REGISTRATION/DETAILS
+91 9377557073



The workshop invites you to express, create, and embody your imagination in a supportive and immersive environment.

About the Facilitator Shivam Parekh

(FTII Alumnus/ Chekhov Teacher (Level 2—under certified, MICHA, USA))

Shivam Parekh is an actor, theatre director, and acting coach with over 15 years of experience in theatre and film. A graduate of the Film and Television Institute of India (FTII), Pune, he has acted in feature films such as Mitron, Builder Boys, and Chabutro, as well as in various web series and theatre productions.

Shivam has been exploring, studying, and working with the Michael Chekhov technique for 10 years and is currently in the final year of teacher training certification with the Michael Chekhov Association (MICHA, USA) as part of a three-year program. He has also had the privilege of learning directly from legendary Chekhov teachers, including Lenard Petit and Joana Merlin (Chekhov's direct student and MICHA founder).

Shivam collaborates with artists in Mumbai and Ahmedabad to create and devise plays. His recent works include Odd One In, a devised adaptation of Jonathan Livingston Seagull, and Lights Out by Manjula Padmanabhan. He also conducts workshops for actors, blending the Michael Chekhov technique with other complementary approaches to help actors unlock their creative potential and deliver transformative, truthful performances.

Shivam has been learning Kalaripayattu at Kalarigram since last few months.

A Short Note about Michael Chekhov Technique

Michael Chekhov developed an acting technique, a 'psycho-physical approach', in which transformation, working with impulse, imagination and inner and outer gesture are central. It offers clear and practical tools in working with imagination, feelings and atmosphere.

Chekhov's technique is a completely imaginative approach to experiencing the truth of the moment. According to Chekhov, the work of the actor is to create an inner event which is an actual experience occurring in real time within the actor. This inner event as it is being experienced by the actor is witnessed by the audience as an outward expression related to the contextual moment of the play. This event and the ability to create it belong to what Michael Chekhov calls the Creative Individuality of the actor, and is not directly tied to his personality. This Creative Individuality allows the artist actor to use parts of themselves that are not just the smaller, meaner more banal elements that make up their daily life, but rather parts of their unconscious, where dwell more universal and archetypal images.

— Michael Chekhov Acting Studio (New York)

Jill, 9486416173

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



PHOTO CIRCLE MEETS AGAIN

Friday, 14 February, 5pm

@ Centre d'Art multimedia room, Citadines



The Photocircle brings together Auroville's photographers.

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

Anyone can bring and screen a small selection of images.

You are all welcome!

Marco

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—Improvers
- **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

Sports & Martial Arts

AUROVILLE CYCLOTHON

Online registration for the Auroville Cyclothon 2025 as the 2nd edition started this year, scheduled for Sunday, 2 March, is open.



- If you plan to join this edition of the Auroville Cyclothon, we invite you to register via the following link: <https://www.aurovillecyclothon.com/>.
- Please note that registration remains open until **24 February**, Noon.

The organizing team is dedicated to ensuring a safe and injury-free ride for all registered participants. We strongly encourage comprehensive training for the ride and wish you an exceptional experience at Auroville and its bioregion.

Murali, Prabhu and Raju for Auroville Cyclothon Team

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!

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

AUROVILLE BADMINTON TOURNAMENT

Schedule



Under 10 & 14 Sub Junior Girls - 30 th Jan	4 th Feb - Men's Doubles Cat - B1
Under 10 & 14 Sub Junior Boys - 31 st Jan	5 th Feb - Men's Doubles Cat - B2
Junior Girls - 1 st Feb	6 th Feb - Men's Doubles Cat - A1
Junior Boys - 2 nd Feb	7 th Feb - Men's Doubles Cat - A2
Women's Doubles - 3 rd Feb	8 th Feb - Super senior (above 45)
9th Feb - Finals	

📍 Certitude Badminton Court

Organized with YouthLink, Auroville. WhatsApp / Call to Register 97511 10018 / 94436 17098

Bharathy for Certitude Badminton

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

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

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

Submitted by Giacomo

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

Submitted by Beber

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 262253



Monisha for BN Team

Bioregion & Nature Activities

Register Now: edibleweedwalk@gmail.com, 9840936907 WA *Nina*

TERRASOUL COMMUNITY



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—1pm
 - Lunch: Tamil vegan meal (contribution required)
- Juan, +91 9443434182, terrasoul@auroville.org.in*

BEING-NATURE-BEING-FOREST

Walk in Presence with Aikya

Having lived for almost 30 years in Auroville, I got to feel the rhythm and subtleties of the forest. And still now, every time, there is something new to discover in the outside nature or in my inside nature.

The forest helps me to consciously slow down, and helps in refining my senses.

If I then open to the living wisdom of Nature, a subtle air almost, a Presence of the living, I feel myself, my body bathing in a conscious light of joy and beauty.

I now offer this re-connection to others, to you

- **When?** Every Monday, 4—6pm
- **Where?** Meeting point in front of Auroville Library to take you to a special location
- **How?** Very small groups, **please register** sending a message to this number: +32491259966 WA
- **Contribution?** Between 400 and 1000Rs depending on what you can give
- **Good to know:** Carry your water, have a mode of transport, come open hearted.

To know more go to my website: <https://spiritandnature.org>

Elena



NATURE IMMERSION,

Forest Therapy and Emotional Liberation

Saturday & Sunday, 8 & 9 February, 4—5pm

@ Revelation Forest, Auroville

Reconnect with nature with all your senses and emotions. Be present to it all. Ground yourself, listen deeply, and embrace the healing power of the wild. Release emotions, sync with nature's rhythm, and find renewal.

Let the forest guide you to clarity, peace, and a deeper connection with yourself.

- Contributions welcome
- Text Shunyam to join us +918349917282

Carolyn Rebecca for Révélation



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, FEBRUARY

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

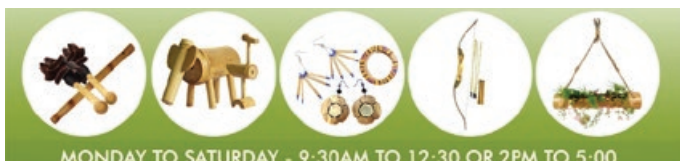
One-Day, Make and Take Workshops



- 9am—12:30pm, 1:30—5pm
- 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
- 9am—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.
 - 10am—12:30pm or 2:30pm—5pm
- **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—February 2025

Bamboo Reinforcement Workshop

- 13—15 February, 9am—5pm



This workshop focuses on Bamboo reinforcement technique from bamboo and various natural materials.

The Bamboo Reinforcement workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Yurt Workshop

- 19 and 20 February, 9am—5pm

This workshop focuses on Bamboo Yurt building construction from bamboo and various natural materials.

The Bamboo Yurt workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.



Bamboo Joineries Workshop

- 21 and 22 February, 9am—5pm



The Bamboo joineries workshop is a 2 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and various joineries technique.

Bamboo Joineries workshop will take place over 2 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



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.

Auroville Bioregional Experience with Mohanam

Tours

<p>Munnur and Perumukkal</p>	<p>Village Temple</p>	<p>Kaluvell Tank Visit</p>
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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 @ Mohanam Campus

1 day Advance booking of classes is necessary:



Activity	Time	Description
Cooking Class	Monday to Saturday, 10am—12:30pm	Learn to cook traditional South Indian food and snacks.
Saree Draping	Monday to Saturday, 10am—4pm	Learn how to drape a saree and model your look in an optional photoshoot.
Siddhar Ongara Five Elements Chanting	Every Saturday, 3:30—4:30pm	Chanting calms the mind, boosts energy, and fosters inner peace—join our class to experience its transformative power.

Make & Take Workshop @ Mohanam Campus



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

Balu for Mohanam Program

WORLD OF SPECIALITY COFFEE



This is a holistic introduction to the world of specialty coffee, exploring its many aspects, rather than solely the final product.

We will be tasting and exploring some of the

best international and Indian coffees during this week!

- **Classes will take place** from 10am—1pm and 3—5pm.
- 6 modules, 1 final assessment and five days of everything coffee!
- For enquiry please contact: contact@marcscoffees.com
Phone : +91 0413 2623119 and +91 7200881291



Matilde for Coffee Ideas!

We are thrilled to invite you to embark on an exciting journey with us to explore the untapped potential of our Earth through interactive workshops! This unique adventure promises to be an enriching experience, full of discovery and learning. Limited seats are available on a first-come, first-served basis. Don't miss out—register now and become part of our vibrant community!

- For more details: info@earth-auroville.com.
- **Contact:** +91 9159225078, +91 0413 2623330/ 2623064
- **Registrations are open:** <https://registration.earth-auroville.com/> T. Ayyappan



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

Looking For

Looking for a Three Wheel Bicycle

I am looking for a 3-Wheel-Bicycle for adults, electric or not, for rent. From private or shop.

Thanks for tips or offers.

nina.meisser@gmail.com,
8925023601, Nina



Seeking House Sitting Opportunity

My son, Calys (11), and I, Solen Mukhande, long-term guests of Auroville, are returning for the third time. We have already spent a total of 18 months here and are eager to continue immersing ourselves in the community, studying, researching, and fostering connections between Auroville and the Institute of Indigenous Knowledge, which is subtly built upon an integral vision of evolution.

We love silence, nature, harmonious thinking, and creative vibrations. We are currently looking for house-sitting opportunities from early February to early May, with a flexible budget.

- **Contact:** Auroville Dental Centre reception
0413 2622265 or 2622007 **Submitted by Meera**

Looking for Housesitter

Seeking Aurovillian, 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

**Looking for a Housing/
House Sitting Opportunity**

My Beloved Community, I'm Shaheen, a confirmed newcomer, looking for a house/ house sitting opportunity—preferably with some nature/ garden space around. I live with my well-behaved calico cat, Bikki, who is quiet, friendly and irresistible! I'm single, a non-smoker, and maintain a fairly clean. I'd be happy to help take care of the space and assist with any necessary repair.

If you know of any available houses or opportunities, please feel free to reach out to me at +91 8056058269 or shaheen_nc@auroville.org.in

Shaheen

Looking for a MiniDV Video Camera

I am looking for a video-camera (Sony, Canon or so) that works with mini-DV video cassettes. If you have one laying somewhere, as now they are obsolete, I'd be happy to buy it. It must be working, of course.



Please contact me by email at: manohar@auroville.org.in or 9486416179 phone/ WA. **Manohar**

Bombay Chair Wanted

The artist Mario D'Souza is going to set up his exhibition in Centre d'Art from Tuesday, 4 to Thursday, 6 February. For the installation he's looking for:

- A wooden antique chair similar to the picture
- An assistant who can help him installing the exhibition (contribution available)



- Contact +33 664495122, Mario D'Souza

Marco

Available

Mixer Available

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

Office Spaces Available: Aurelec

35.12 sqm. space available inside Aurelec Premises. This space is ideal for workshop or storage, with generator back-up, 24 hours security, parking, high speed fibre 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**

Office Space Available: Auromode

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



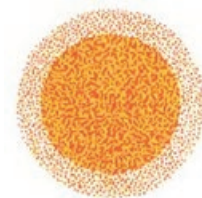
Contact Mr. Pandian at Auromode in person, +91 9943390391 or pandian@auroville.org.in **Pandian**

Honorary Voluntary

VOLUNTEERS

for AV School Students Collective Programs

This is an opportunity to learn about the Auroville schooling and interact with our teachers in designing learning experiences aligned with the principles of Integral Education. We are looking for support in organising collective programs for students and teachers.



You will work with a team at SAIER on projects that are designed to meet collective goals and aspirations of Auroville education. Join us as we weave threads that connect our different schools in an experiment of Human Unity.

Write to us at saiier@auroville.org.in with the subject line "Volunteer for Collective Programs"

Nilima

VOLUNTEERS FOR AUROVILLE FESTIVAL



The Auroville Festival is an eight day long event from Mother's birthday on the 21st to Auroville's birthday on 28 February. The festival offers a perspective on various aspects of Auroville through the lens of Humility. One of the qualities of Mother's symbol. Her 12 qualities are an apt reminder, as to why we are here.

We invite everyone in Auroville and outside to become a part of the festival. The festival is planned and managed by AWARE—a unit under Auroville Service Trust.

If you wish to volunteer or participate in any of the event, please write to festival@auroville.org.in or festivalauroville@gmail.com.

- For more information, please visit: www.awareauroville.com/AF25.

Anita for Auroville Festival Team

KULAI CREATIVE CENTER

Is 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

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 Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,
8525038274WA or call 8122274924
The Sadhana Forest team, Aviram

Taxi Sharing

Auroville to Tiruvannamalai, 9 February

Want to share a taxi from Auroville to Tiruvannamalai on 9 February. Wali +43 6802199955 WA. *Walpurgis*

Help Needed

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*

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

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

FUNDRAISER AND MARKET

Development Manager

For The Green Silk Road
Regenerative Agriculture Program

The Green Silk Road helps people travelling to and from Auroville reduce their footprint by using public transport instead of aeroplanes, but we do much more than that. We connect like minded projects we meet along the way, building on Auroville's expertise and experience.

One such project is a regenerative agriculture collaboration between farmers in India and Turkiye. We facilitate exchange of knowledge and skills among communities of practice and help with supply chain development. We start with cotton, but will soon expand from fibre to food (coffee, nuts, fruits, spices, oils).

To grow this program we are looking for professionals with solid management experience and excellent communication skills.

- Are you good at relationship building and grant writing?
- Are you good at project management? Can you keep an overview of multiple moving parts, but also zoom in on urgent time sensitive writing when needed?
- Do you believe in what we do? (see more on our website www.thegreensilkroad.com and www.raddiscotton.com)

Then we want to meet you!

Please contact us

- socent@auroville.org.in
- + 91 9943820241 WA, Gijs Spoor

Gijs

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.

itmatters@auroville.org.in,
Bhakti & Sandra

Foods, Goods & Services

DOWNLOAD OR ACCESS DROPZY APP

Android

- <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version

- <https://app.dropzy.in/public/dropzy>

Desktop

- <https://app.dropzy.in/public/dropzy/desktop-version>

Sathish



BHARAT NIVAS PATHWAY

Medicinal Herbal Nursery Counter



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

TASTE OF YOGA VÉRITÉ CAFÉ

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

Kathir for Verité 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

KINDNESS KITCHEN WORKSHOP: KIDS SPECIAL

Get ready to cook up some kindness!

Join our upcoming Kindness Kitchen workshop, where kids and adults will team up to learn and prepare delicious, easy-to-make dishes.

Share in the joy of cooking and serving nutritious, love-filled meals together. And honestly, what's better than making memories over a lovely home-cooked meal?



• **Sunday, 9 February 2025**

- 11am: Learning & Preparing Food
- 1pm: Lunch
- 2pm: Craft from Waste Plastic by Satya
- **Menu:** Cookies & Crackers, Dry Fruit Laddoos, Marinara Pasta (Red Sauce), Vegetable Fried Rice, Hibiscus Lemonade
- **Hosted** at the home of Nirmala & Naresh @ Pushpanjali, Kottakarai, Bioregion Auroville.
- [To RSVP fill this form](#) or call on +91 9082486890

Kindness Kitchen is an experiment in generosity and heart-felt connections. No prices, no strings attached. Guests are invited to contribute from the heart, not for what they received, but for those who come after.

Nirmala Naresh

ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly. Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.



- We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates.
- Please scan the QR code to join the group or [follow this link](#).



Madhuri for Annapurna Farm

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 70102883943 Davide

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. Davide

FOODLINK MARKET IS OPEN EVERY DAY



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. Isabella for FoodLink

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

A MATRIGOLD PRODUCTION UNIT VISIT

Every Thursday at 3pm

Every Thursday at 3pm and on appointment for groups. You can listen to Birgitta telling the amazing founding story of Matrigold and explaining about the unique Gold-in-Glass technology, which was developed for the Matrimandir. She will also talk about the beneficial impact which pure gold has on a human body and you can get a glimpse of our jewellery production.

This visit is also a chance to explore and buy some of the single pieces hiding in our treasure cupboards, if you come earlier or stay on after.

Birgitta for Matrigold, Sanjana Community, first building, residential zone

Please call +91 413 2622458, if you have trouble finding us.



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

FREE STORE

We at the Free Store are in need of **unused display stands for clothes and hangers** to help us organize and present the clothing we receive. If you have any to spare, we would greatly appreciate it if you could drop them off at the store during our working hours.



Our operating hours are:

- **Mondays—Saturdays:** 9am—12:30pm
- **Tuesdays and Thursdays:** 2:30—4:30pm

Additionally, we kindly request that all items/clothes be dropped off only during our working hours. Please do not leave anything outside when we are closed.

Your support helps us continue serving the community, and we truly appreciate your generosity!

At Her service, Kamala for the Free Store Team

ECO FEMME CIRCLE:

Reconnect with your Inner Cycle

Saturday, 8 February, 10:30am—1:30pm

@ Auroville (details shared upon registration)

Join us in this **embodiment workshop** to reconnect with the rhythms of nature, the elements within, and your inner cycles in this dynamic embodiment workshop. Through elemental practices, guided meditations, and creative explorations, we'll discover practical ways to embrace the four phases of the menstrual cycle and bring balance into your life.



Even if you don't menstruate, you are still connected to these cycles. Understanding them can deepen your connection with your wife, daughter, sister, or lover. Everyone's presence matters and is deeply valued.

- To register, email us at learn@ecofemme.org.

*Mila & Merve
for the Eco Femme team*



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
A Unit of Auroville Foundation

**Book
A Taxi 24/7**

+91 9843880591

Office: (0413) 2220591, 2220592

Office cell: 8610915429

sunrisetaxi@auroville.org.in

www.aurovillesunrisetaxi.in



Sathish



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

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*

FREE SERVICE CAMP FOR E-LUNA EVENT

Friday, 14 February, 10am @ Kinisi, CSR Campus
For Aurovilians and Newcomers only

With the help of Kinetic Green, Kinisi is organising a free service camp.

You can bring your electric scooter to our Kinisi workshop on the CSR campus on Friday, 14 February, between 10am and 4pm.



During the service camp experts will offer free service to all existing e-luna.

Please email us with details at kinisi@auroville.org.in before 10 February, so we can order spare parts in advance. Parts will be charged, and diagnostics, labour and servicing will be free. All are welcome!

Debo

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

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*

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**

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.

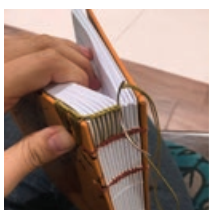
- For any of the above services, contact :
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

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



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

Poetry

ALL THE NUMBER GAMES

All the number games
 Make us
 Mere numbers
 That don't count.
 Are we acutely aware
 Or number still?
 With joyful Gratitude, Anandi Z.

HOW MANY STORIES AMONG THE STARS

How many stories among the stars.
 The boats come in. The boats go out.
 Now to see what wasn't seen before.
 We stay up all night again to scan
 the sky from our deck above the bay.
 How slow the constellations spin.
 Invincible heroes. Unrequited loves—
 until, it seems, we've lost all count.
 Soon we'll go, too. Star, therefore, to start.
 A cargo freighter pulls across the waters.
 We can tell from the placement of the lights,
 the slow procession of it all. And so, it's dawn.
 Did I say invincible? I mean invisible.

David Baker

AUROVILLE RADIO TV

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



Last published podcasts

- [Marlenka: First Interview with Pavitra](#) (Literature)
- [Seeking Our Inner Being Group Discussion with Youthlink-Ep.3](#) (Spirituality)
- [Soul Tracks S.6, Ep. 9: Namu!](#) (Music)
- [Soulful Beginnings with Monique—Ep.2 “Embracing the Journey-An Overview from Pregnancy to Postpartum”](#) (Health and Wellness)
- [Seeking Our Inner Being Group Discussion with Youthlink-Ep.2](#) (Spirituality)

Last Youtube Videos

- [Nate Hagens explaining Marvin Harris’ Cultural Materialism](#)
- [Soulful Beginnings with Monique—Ep.1 “From India to the World—A Vision for Birthing”](#)
- [Seeking Our Inner Being Group Discussion in French—Ep. 2](#) (translated in English)
- [Seeking Our Inner Being Group Discussion in French—Ep. 2](#)

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

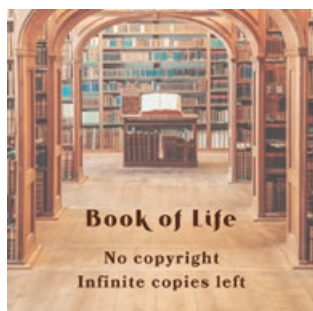
For more information write to radio@auroville.org.in

Peace and love

Sai Priya for Auroville RadioTV

BOOK OF LIFE

I have been a bookworm since childhood. It did not come from my family or school environment that nurtured the interest. It seems to have come as part of the package of who I am, or who I was in previous lives. And, I naturally tune to “incarnation”, not as a story, a belief or a lingering dose of self-illusion, but as a simple fact.



I love the feel and smell of books, and used to be drawn to the bookshelf whenever I entered someone’s house.

Later on, I developed a love for the spices in a kitchen, for the colours and smells in the market, for the curls, curves and creative expressions in nature and in humans.

Life seems to be expanding... And I am lured into the “real” world that often seems a stage for illusory plays, a stage that puts the actors in the limelight, and conveys the subtle messages of the Director-cum-Playwright, time and again, so that we really “get” it.

Enough many times, I feel inclined to retreat from the stage and be cozily sheltered in my bookward.

Enough many times, I feel like rewriting and redirecting the plays, or exit and start afresh.

And as I witness and play more roles in seemingly different plays of essentially the same vein, there grows in me a tenderness for the players and the One behind the scene. It is an ongoing fermentation process.

So, naturally, here it comes:

Book of Life

No copyright

Infinite copies left

*With joyful Gratitude,
Anandi Zhang*

LEST WE FORGET...

The Mother used to go for walks in a famous park of Paris which had huge ancient trees in it. The Mother meditated under one such tree. One day while She was meditating these trees came to Her to tell Her of their sorrow. It had been decided to chop some of them down. The trees complained to Her in their language. We could never imagine that such things could happen.

The Mother did not like trees and plants to be cut down or leaves, flowers and fruits plucked without reason. Trees would go and complain to the Mother. The famous Banyan tree in the centre of Auroville came one day to the Mother to express its grief. So the Mother sent a sadhak to Auroville to find out what was wrong with this tree. When the sadhak arrived there he saw an axe had been stuck into the tree. He at once removed it and returned to the Mother to inform Her about it. There are innumerable such stories that reflect this deep friendship between the Mother and trees.

Source: <https://incarnatetword.in/mtalks/moments-eternal/the-mothers-close-rapport-with-plants-flowers-and-trees>

Jasmin, AuroOrchard

SHARING YOUR SPIRITUAL JOURNEY

In Your Own Words

In “A Dream”, the Mother envisioned a universal place on Earth that would transcend national boundaries, where sincere individuals could live freely as world citizens under the sole authority of supreme Truth. In this place of harmony, human energies would be directed toward overcoming limitations and suffering, with spiritual growth and progress taking priority over material pleasures and desires.



Around the world, countless individuals are striving to manifest this dream into reality, whether or not they are connected to the Mother and Auroville. You might be one of those people and perhaps would like to share your experience.

An interview will offer an opportunity to connect with others through your unique spiritual experience. By sharing your personal journey, you’ll help listeners and viewers recognize familiar aspects of their own quest. Your story, with its moments of discovery and growth, can create meaningful connections and show others they’re part of a larger spiritual community. While each person’s path is unique, the common threads we share remind us that all spiritual journeys ultimately lead to the same divine connection.

The questions that would frame our interview would be the following:

- How do you personally relate to Mother’s Dream?
- Do you think that this statement could apply to any community in the world?
- Could you give some context of your current work and kindly explain to which extent it’s useful to your community and the world?
- Could you please tell us how you feel guided in your life and how it manifests practically in your work and daily routine?
- Did you have any significant insights in your life that have led you to become who you are today?
- On the contrary, are there any specific challenges that might hinder your spiritual journey and how you possibly overcome them in the practice of your work?

If you are not familiar with English, this interview will happen in your own mother-tongue!

Please, write to innerbeing.auroville@gmail.com if this call resonates with you. I thank you for your valuable participation, for the benefit of the world.

Dan for the Inner being Team

<https://innerbeing.world>,

<https://www.youtube.com/@SeekingourInnerBeing>

**FROM SPIRITUAL REFRESHER
to Living Together**

Those who have put forward the idea of a “Spiritual Refresher program” given at regular intervals to Auroville Residents have either—at worst—not read Sri Aurobindo’s works, or—at best—have only read them superficially. The thought of Mother and Sri Aurobindo cannot be taught in a didactic, scholastic or catechistic way. The force that emanates from their words and writings is deposited within us in the silence of the mind and heart, when the receptacle is ready to receive it. When I first read a major work by Sri Aurobindo (The Synthesis of Yoga) in 1970, I could feel the power of the words pouring out with great peace into my whole being. I could mentally understand the meaning of the sentences, but that’s not the most important thing, what’s important is the contact with the transforming consciousness of Sri Aurobindo or Mother, which flows through their words and then does its own work in us—we just have to let it act. This can only happen in a personal relationship, not in a classroom or lecture hall, and certainly not in a spiritual re-education workshop run by Aurobindonian pseudo-priests dressed in white.

Sri Aurobindo and Mother always warned, even in the ashram, against the temptation of certain disciples to turn their teachings into a religion. Spirituality, yes. Religion, no! Religion is all about indoctrination and enrolment, severe and authoritarian. Spirituality can only flourish in conditions of complete freedom. Even if the source of the initial message was pure and luminous, almost all religions have subsequently diluted this message, turning it into an instrument of domination for the benefit of an oligarchy. And religion almost always ends up as nothing more than an amalgam of mechanical rites and empty, pointless pious similes. Spirituality, on the other hand, develops and blossoms in free discovery and inner joy.

Auroville is not an ashram, and its founder made it clear that the only condition for becoming an Auroville resident was goodwill. A number of Aurovilians first came to Auroville by chance, many having never read the writings of Sri Aurobindo or Mother beforehand, but the atmosphere of Auroville itself has induced many to read and study their works in more depth. Others are natural karmayogins and pursue their spiritual path through the consecration of their work. In any case, if you can’t stand the pressure of the force-energy that bathes Auroville, you can’t stay there and will eventually leave.

This unfortunate initiative—which is anything but refreshing—is imbued with provocative overtones, and is also accompanied by the announcement of a new Human Resources Department, as well as a battery of directives issued in a stern, reproving tone. A change of vocabulary doesn’t necessarily lead to a change of reality, especially when the new name is borrowed from multinational corporations, where this department is generally the most hated, the people in charge being mostly accountants and technocrats with far more affinity for statistics and profit curves than for human beings.

As for the rules, if we examine them closely and set aside their imperative tone, we have to admit that most of them have in fact always existed—but have not always been respected. Everyone knows, for example, that an Aurovillian undertakes to stay and work in Auroville. If one is absent, one must provide a reason—medical, family or professional—within the framework of and for the benefit of the Unit in which one works. Everyone has also agreed that the property in which they live is the property of Auroville. You can’t do as you please with it, rent it out to guests, or house friends and family without permission, as some have been known to do. And what if it was this laxity—or even “je-m’en-foutisme”—that had called for this severity of tone, as a clumsy and probably counter-productive response to the hope of putting things back in order and in their place?

In the current state of humanity in general and Auroville in particular, logical, humane, simple and clear rules ensure a certain order, thus fostering harmonious living together

in the community. However, people need to take responsibility and discipline themselves to follow these rules, without always trying to get around them. On the other hand, if new directives are continually issued and changed arbitrarily and suddenly at the whim of those in charge, this can only create stress and frustration, and can only lead to widespread confusion and disorder.

Without rules, we can only speak of non-divine anarchy. Divine Anarchy, which Mother has evoked as an ideal of collective management, is not yet on the agenda, and can only be implemented by supramentalised beings, or at least by the vast majority of citizens centred on and guided by their spiritual or psychic being. If we remain, as we do today, hopelessly on the mental plane, everyone thinks they hold the truth and will be right against all odds. This fatal trap leads people to turn against each other and use confrontation as the only means of communication. No harmony can emerge from this state of things.

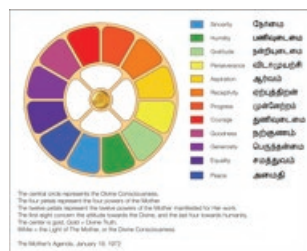
Impermanence has always been the norm in the world, and we’re discovering with anguish that today everything is increasingly unpredictable and unstable. Since it’s an illusion to believe in any kind of security outside ourselves, it’s time to remember that the true bedrock of stability lies within us, in the heart chakra, where the Divine has deposited its immortal presence. In any case, nothing is ever lost, and all life is lived. For those who remain, the Great Adventure continues. For the others, they are enriched by the gift of experiences accumulated on this blessed soil, and will retain eternal gratitude for it, from life to life. The Divine Mother is behind all the events and happenings we encounter and, despite appearances and opposing winds, we must remain confident and certain that She knows better than we do what is best for our individual and collective development. Isn’t that the one and only purpose of our presence in this world: Progress?

Pragna & Shaktiprem

**FEBRUARY 2025 MANTRA:
Equality or Samatā**

Vanakkam Team Auroville

We continue with our common Vision-Goal¹ for continued growth and progress through Works or Action, our Karma Yoga in the integrated Jnana-Bhakti-Karma Yogas of the Integral Supramental Yoga², for the spiritual and material well-being of all.



“At first you endure, then out of endurance comes perfect equality, and out of perfect equality comes ecstasy.”

“Someone who knows how to smile in all circumstances is very close to true equality of soul.”

“You should constantly keep good will and love in your heart and let them pour out on all with tranquility and equality.”

“Arjuna wanted not to stand for either side, to refuse any action of hostility even against assailants; Sri Krishna, who insisted so much on samatā, strongly rebuked his attitude and insisted equally on his fighting the adversary. “Have samatā,” he said, “and seeing clearly the Truth, fight.”³

Sri Aurobindo and the Mother

And that Truth that we are fighting for is the Supramental Truth that is our Common Vision-Goal, the crystal clear Core Ideal of the Aims and Principles¹ of Auroville this City of Dawn of the New Supramental World.

“Earth is the chosen place of mightiest souls; Earth is the heroic spirit’s battlefield, The forge where the Archmason shapes his works.”⁴



"I am coming to the conclusion that there must be a great power (a transforming power, probably) in the extreme tension of circumstances.

Let me explain myself: ..."⁵

In the Sunlit Path of Bhakti as willing servitors and Hero Warriors for the Life Divine on Earth We invoke the Supreme Divine Mother MahaShakti and offer to Her all the lingering shadows and darkneses of the past for transformation or dissolution.

¹ <https://incarnateword.in/cwm/13/aims-and-principles>

² <https://incarnateword.in/cwm/08/2-may-1956>

³ <https://incarnateword.in/cwsa/29/equality-the-chief-support>

⁴ <https://incarnateword.in/cwsa/34/the-eternal-day-the-souls-choice-and-the-supreme-consummation>

⁵ <https://incarnateword.in/agenda/04/october-19-1963>

Note: for readers on the printed paper version, please scan the QR Code to access the online copy and linked referenes.

Zech, 2025.02.03,
<https://zechjoya.blogspot.com/>

AUROVILLE THE CITY OF DAWN, 1

The circumstances today in Auroville are due to the ongoing NO against the building of the City according to the Galaxy plan that Mother gave.

This ongoing NO is playing out in ALL levels of society and aspects of Auroville. EVERYONE and all 'sides' are part of this No.

We do all kinds of things, except organize and prepare for the building of the town. We have ideas, opinions, plans. We act, thinking we do right, whereas all we do is continue the NO. Diversion and delay. Just as always.

It is in the delaying, the not thinking about, lack of faith in building the town that we are in this big mix of everything...

Sure there are roads. Sure there is some greenery and housing. There is Matrimandir. Sure there are promises. Again new faces with beliefs and motivations. And different groups and on all sides.

We all bear responsibility. All energies go everywhere except to build. Of course I hear the resounding NO again. Already, in the split second, from all sides. Well then, go on, continue. Everyone playing out their own little world, living out their own yoga of sorts. Must be of some use. I guess.

The City is our common ground. It is our body.

Let's focus on that, the thing we have in common. Let all else take second place or even let many other things go. This can help us to get out of these circumstances that lead to more nightmare and delay of the inevitable: the City of Auroville.

Hans, Transformation

Classes, Workshops & Healing Arts

WEBINARS RELATED TO VEDIC ASTROLOGY

I'm offering a series of free webinars related to Vedic Astrology over the next few months.

- **21 February:** Vedic astrology in the light of Integral Yoga
- **28 February:** Understanding the birth chart of Auroville
- **8 March:** Science and Spirituality
- **18 March:** Debunking Myths
- **30 March:** Review of different software available in Astrology
- **10 April:** Astronomy behind Indian festivals



For more details and registration please click on the link allthingsvedic.in/webinars

Vikram Devatha, +91 9843948288

Facilitated by
Aikya

An invitation to believe in the future and create a new world

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](#) or [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, Nederlands.

To book an appointment: Contact Elena

+32491259966 WA, marin.avila.elena@gmail.com

Aikya

BORN FREE

5 days: Monday, 10—Friday, 14 February 2025

1 hour daily: 12:45pm—1:45pm

Discover how you can deconstruct the Beliefs that keep you from living your best life and our Purpose.

- Are you stuck?
- In any area of your life?
- Always short of money?
- In an unhappy relationship?
- At a job you aren't growing in?



Big dreams that seem to keep moving into the horizon?

Come and discover the preliminaries of manifestation, and create a life YOU choose!

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division, Her mentor Bob Proctor is to this day the leading Teacher of Self-Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.

- **Conditions:** Prior registration required. Cashless contribution requested from non-Aurovilians.

Sabine

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday **only by appointment call or WA:** 9443635114.



Megha for Auromode SPA

MINDFULNESS OFFERINGS IN FEBRUARY WITH HELEN

Miksang: Mindful photography exploration in the forest

- **Tuesday, 18 February, 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 contact Helen on 7094753054 WA or visit inersightav.org.

Mindfulness Kindfulness—half day retreat

- **Saturday, 22 February, 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 contact Helen on 7094753054 WA or visit inersightav.org.

Mindfulness Practice session (11 & 18 Feb only)

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

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

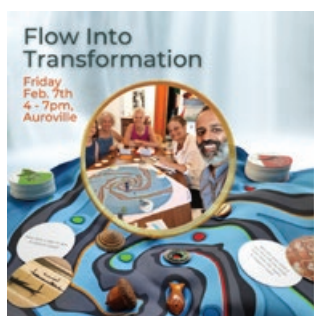
- For details on location etc. contact Helen, 7094753054 WA

Helen

FLOW INTO TRANSFORMATION

Friday, 7 February, 4—7pm @ Verité

Is there a question that is burning inside you? The Flow Game is a powerful tool used across the world to transform stuckness. Within every challenge, there lies a transformative potential. Bring a question that's alive in your heart. Discover your way to greater flow with life and connect with higher guidance, through the spirit of ease, joy and playfulness.



The Flow Game is played around a special board inspired by the 7 directions found across multiple cultures. The players are invited to connect to infinite wisdom of the Universe. The game enables you to go deep into your own inquiry, while getting new insights through collective wisdom.

- **In-Person** in Auroville
- **Theme:** What is my authentic role in these times of transformation?
- **Host:** Sandhya
- **Register now:** contact@auroville-jiva.com, or +91 9443619403 WA.

Sandhya

BODY IN LIGHT:

Energy Healing Workshop

14—16 February, Friday to Sunday, 9am—5pm

@ Pavilion of Tibetan Culture

Do you want to step into the harmonious frequency of the universe?

3 Days of radical Self-empowerment:

- Discover your Divinity
- Awaken the Goddess within

We explore with joy the 3 paths to ascension:

- Heal old pains, patterns and programming
- Align to your Divine Essence
- Tune into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing, and learn Fundamentals, Principles and Universal Laws of energy healing.



More information: <https://bit.ly/bodyinlight-workshop>

Register: contact@auroville-jiva.com, or +91 9443619403 WA.

Sandhya

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.

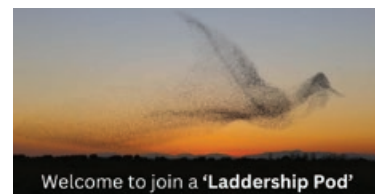


- Register now here: <https://tinyurl.com/ARAuroville>.

Dave

LADDERSHIP POD

Laddership Pod is a global peer-learning lab run by ServiceSpace for values-driven change-makers. Over three weeks, participants immerse in an online "head-hands-heart"



journey in the nuances of leading with inner transformation, gift ecology, design thinking, and incubating an offering of service.

It's an online program and Auroville participants can also meet in-person for a deeper connection.

- For online Pod details and registration visit: pod.servicespace.org
- For Auroville meetup, contact Deven on: flourish@auroville.org.in
- Laddership Pod is starting on 16 February, 2025

Deven

ARKA WELLNESS CENTER

February 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	Pshychological & 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
Svasti	Homeopathic consultation	By Appointment: 9428429642, adititva@auroville.org.in
Health & Healing Trust	Administration office	Health & Healing Trust healthhealingtrust@auroville.org.in

Classes

Classes	Teachers	When
Pilates	Teresa	Tuesday & Thursday, 7:30–8:30am, Friday 5:30–6:30pm, by Appointment only: 7867998952
Iyengar yoga	Olesya	Monday, 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
Hatha Yoga	Priyamvada	Monday, 8–9am, Friday, 7:30–8:30am by Appointment 9486261640

Ramana, Arka

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

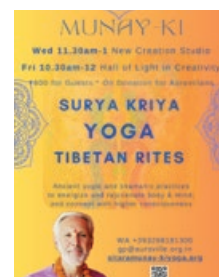
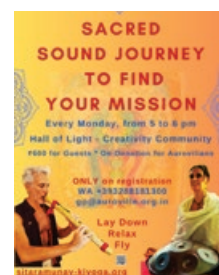
Original combination of ancient yogic and shamanic practices.

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



AUROMODE YOGA SPACE

Aurothaima—Hospitality Trust

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!

Mobility with Karlakattai & Kalaripayatu

- Monday, Wednesday & Friday, 11am—12noon

Inspired by the ancient martial art forms of Kalaripayattu and Karlakatti, contemporary styles of yoga, and the modern movement practice of Animal Flow, this class offers a comprehensive approach to fitness. Our sessions are designed to improve overall fitness, strength, endurance, and flexibility.

Bala, a seasoned practitioner of these mixed modalities, will guide you through an hour-long exploration and fusion of these traditions to create a unique style of body conditioning aimed at enhancing your overall health and happiness. Join us to transform your body and mind through this innovative fusion of time-honored practices.

Yoga Nidra—Theory & Practice

- 6, 7 & 8 February, 11am—1pm

Yoga Nidra, also known as Yogic Sleep, is a state of consciousness between waking and sleeping, where profound relaxation and rejuvenation occur. Through guided meditation and deep relaxation techniques, you will explore inner tranquility and unlock your innate potential for healing and self-discovery.

About teacher: We will be guided by Rukmini—Dancer, Kalaripayatu practitioner completed her Yoga Nidra TTC from Bihar school of Yoga and taught this practice for many years in India & abroad.

Kirtan Evening with Cora & Sanan

- 9 February, 4—5pm

Join us for an evening of chanting the names of divine & mantras in call & response style chanting.

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:

- Second Floor Hive Building, Auromode Apartmets
- [Yoga Shala, Auromode Apartments](#)

Balu

INTEGRAL UNFOLDMENT
Life Coaching (Aletheia Coaching School)

Integral Unfoldment
 PRESENCE-BASED LIFE COACHING



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.

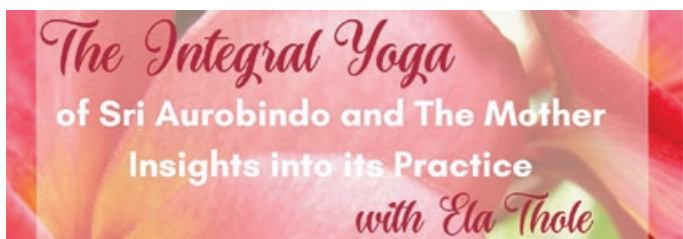
Through a transformative approach inspired by **Internal Family Systems (IFS)**, **Focusing**, and the **Diamond Approach**, we'll uncover your innermost self and help you get unstuck and move forward with clarity and purpose.

Dave (JOI Anitya), +44 7564119728 WA

Inside India Presents
THE INTEGRAL YOGA

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

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

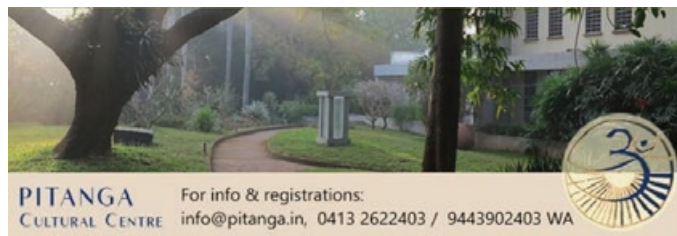
- **Thursdays, 9am,** Drop-in class
- **Fridays, 5pm,** Regular class

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 February 2025

We are closed on 28 February!

Important notice

Each year, from January to March, we experience a high demand for our activities. Each class has a limited number of spots to ensure a comfortable and safe learning experience for all participants. The size of the class may vary according to the room and activity.

To help us manage this, we kindly ask that you arrive a few minutes before your class begins and check in at the reception desk. Our team will inform you if there's space available or if the class has reached its capacity. For our drop-in classes, spaces are allocated on a first-come, first-served basis.

We appreciate your cooperation in helping us create a positive and enjoyable learning environment for everyone.

Drop-In Classes, join without prior registration!

Mondays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel
9am–10:30am	Hatha Yoga with Priyamvada
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F.
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
9am–10:30am	Hatha Yoga with Priyamvada
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays closed on 28/2	
6:45am–8am	Pranayama with François & Namrita, For former "The Art of Living" course participants
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
5:15pm–6:15pm	Feldenkrais with Shari, not on 21/2
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar

Saturdays	
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flow-rina
8am–9:30am	Breathing & Mudras with Gala
9am–10:30am	Asanas intermediate level with Rachel
11:00am–12:30pm	Kundalini Yoga with Bel
2:30pm–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4pm–5pm	Odissi Classical Dance, a beginners' class especially for children, with Agila, assisted by Rekha

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.
- **Energy games for children, 9 yrs. +, with Gala**
 - Saturdays 10–11am

Classes—By Prior Registration

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

Healing Space—By Appointment

- Acupuncture by Heidi S.
- Antigymanstique® 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 Auomira
- 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 8am–9:30am

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

Workshops

Workshop “Born Free” with Ange Sabine Blanchflower. A Five-Day Transformative Workshop

- Monday, 10—Friday, 15 February
- Daily, 12:45–1:45pm, for 5 days
- Bonus session on Monday, 17 February
- Registration required.

Ange invites, “Discover how you can deconstruct the Beliefs that keep you from living your best life and your Purpose.”

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division. Her mentor Bob Proctor is to this day the leading Teacher of Self Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.



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

- Wednesday, 19–Saturday, 22 February
- Daily 6:30–8:30am, for 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 “Kolam Yoga Foundation Course” with Grace Gitadelila

- Weekly twice:
Tuesdays & Thursdays, 10am–1pm
till 27 February



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 in January but participants can 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:

- Website: <https://www.kolamyoga.com>
- Introduction video: <https://youtu.be/IErbDiGJvTA>
- Contact Grace: +91 8072449091

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

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

It Matters

Schedule from 6—16 February

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@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
6 February, Thursday, 4.30—5:30pm	Funky Munky Laughter with Ancolie Dove
7 February, Friday, 3—4pm	Abundance & Psychology with Matthias
9 February, Sunday, 3—4:30pm	Unveiling the Yoga Teachings of Bhagavad Gita with Radhekrishna
10 February, Monday, 4.30—5:30pm	Science of Meditation with Matthias
13 February, Thursday, 4.30—5:30pm	Funky Munky Laughter with Ancolie Dove
14 February, Friday, 3—4pm	Abundance & Psychology with Matthias
16 February, Sunday, 3—4:30pm	Unveiling the Yoga Teachings of Bhagavad Gita with Radhekrishna
Date	Workshops in February
8 February, Saturday, 2—4pm	Relieve your anxiety (Become Bindaas) with Pranav—Rs./900
14 February, Friday, 10—12pm	Dating Mantra (Ethos & Ethics) with Akira—Rs./900

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

Bhakti & Sandra

QUIET HEALING CENTER



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.

Birenda Massage Course with Jean Louis & Siv-acoumar

• 17—22 February, 9am—5pm, 36 hours

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.



Manual and certificate upon completion of the course!

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

Woga® (Yoga in Water) 1 & 2 with Petra

• 19—20 February, 8:45am—5pm, 12 hours

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



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

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

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

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

Watsu® 2 with Dariya

• 21—26 February, 8:45am—6pm, 50 hours

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position and how to incorporate them in your practice sessions. You will also study the meridians and acupressure points, which are relevant in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move. Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to play with energy and further explore this amazing water therapy.

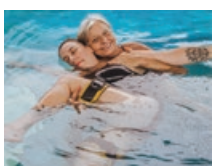


• **Prerequisites:** Watsu 1

Watsu® 1 with Petra

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

Created by Harold Dull in the 1980s, Watsu is given in a warm water pool (ideally 35°C) and known as the mother of all other aquatic bodywork modalities.



In this 50-hour course, you will first learn the basic movements and positions of Watsu. Then, you will connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions. At the same time, you will practise basic qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what it means to be held for yourself and others.

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

• **Prerequisites:** no previous experience required

Guido for Quiet, +91 9488084966,
www.quiethealingcenter.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

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.

Submitted by Simon

COSMIC DANCE WAVE:



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

Sandhya

VÉRITÉ

Events—February 2025

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

or programming@verite.in, www.verite.in



Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Yogic Breathing Techniques for Opening the Lungs	9:15–10:15am	Mani
	Hatha Vinyasa Yoga	5–6pm	Andres
	Deep Sound Bath	5–6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30–8:30am	Mani
	Transformational Yoga	9:15–10:15am	Lakshmi
	Yoga Breath & Meditation Practice	5–6pm	Mamta
	Dance of the Chakras	5–6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Yoga to Energize the Joints	9:15–10:15am	Mani
	Hatha Vinyasa Yoga	5–6pm	Andres
	Cosmic Dance Wave: a Healing Journey through Movement	5–6:30pm	Sandyra
Thursdays	Yoga for Happy Hips	7:30–8:30am	Dev
	Yin Yoga: Deep Tissue Release (no class February 20 & 27)	9:15am–10:15am	Radhika
	Open Heart Space Meditation	3:30–4:30pm	Samrat
	Deep Sound Bath	5–6pm	Satyayuga
Fridays	Creative Voice Sound Healing	5–6:30pm	Lola
	Pranayama & Meditation (no class February 28)	7:30–8:30am	Radhika
	Hatha Vinyasa Yoga	5–6pm	Andres
	Free Flow Dance & Movement (no class February 7)	5–6:30pm	Vega
Saturdays	Yoga for Happy Hips	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
Dev	Personalized Yoga Sessions
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 7 February	Yoga for Lower Back Pain	9:15am–12pm	Dev
Friday, 7 February	Pawanamuktasana Series: Energize the Joints	2–4:30pm	Mani
Saturday, 8 February	Introduction to Shamanic Practices	9:15am–12:15pm	Auromira
Saturday, 8 February	Awareness Through the Body: Explorations	9:15am–12pm	Amir
Saturday, 8 February	Face & Eye Yoga	2–4:30pm	Mamta
Saturday, 8 February	Food is Medicine: Remedies for Health Issues	2–4pm	Parvathi
Friday, 14 February	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Friday–Sunday, 14–16 February	Conscious Relating (3-day workshop)	9:15am–4:45pm	Ananda
Saturday, 15 February	Master Class: Sivananda Yoga	9:15am–12pm	Mani
Friday, 21 February	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi
Saturday, 22 February	Prana & Mantra: The Journey Within	9:15am–12pm	Swetha Shri
Saturday, 22 February	Face & Eye Yoga	2–4:30pm	Mamta
Friday, 28 February	Ananda & Nidra: Joyful Relaxation	2–4:30pm	Swetha Shri

Workshops

Yoga for Lower Back Pain with Dev

- Friday, 7 February, 9:15am—12pm

This guided series includes gentle poses, breathing techniques, and relaxation methods to alleviate back pain, improve posture, and enhance range of motion and overall well-being. You'll learn about the causes of back pain and how yoga can help, with personalized attention and modifications to suit your needs. A comprehensive handout will be provided for continued practice at home.

Pawanamuktasana Series: Energize the Joints with Mani

- Friday, 7 February, 2—4:30pm

A structured series focusing on gently and safely moving the joints, from the toes to the neck, to help release energy blockages and reduce stiffness and muscular tension. The practice enhances circulation and range of motion, supporting a balanced flow of prana (vital energy) throughout the body, which is often experienced as an increase in energy level and a sense of lightness in the body-mind.

Introduction to Shamanic Practices with Auromira

- Saturday, 8 February, 9:15am—12:15pm

Explore the ancient practice of shamanic journeying—a powerful tool reconnecting us to Nature for healing, guidance, and self-discovery. Whether you're a complete beginner or an experienced practitioner, you'll gain practical insights to deepen your self-inquiry practice. This highly experiential workshop includes guided meditative live drum journeys, along with a step-by-step approach to ensuring a successful and safe practice. You'll leave with a deeper understanding of shamanic practices and the tools to continue your journey with clarity and confidence.

Awareness Through the Body: Explorations w/ Amir

• Saturday, 8 February, 9:15am—12pm

Explore a variety of themes and objectives from ATB practices. An eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga, ATB facilitates a space for introspection, reconnecting with oneself, nurturing presence and inner discovery.

Face & Eye Yoga with Mamta

• Saturday, 8 February, 2pm—4:30pm

Learn self-massage techniques to release tension in the facial area, stimulate blood circulation & improve the efficiency of our sense organs.

Food is Medicine: Remedies for Health Issues with Parvathi

• Saturday, 8 February, 2—4pm

Learn how to use food as a natural remedy for common health concerns. Discover targeted nutrition strategies and healing foods that can help manage conditions like inflammation, digestive issues, hormonal imbalances, and more. Gain insights on restoring gut health, reducing symptoms, and creating personalized dietary plans to support your body's healing processes.

Master Class: Yoga to Enhance Strength & Flexibility with Dev

• Friday, 14 February, 9:15 am—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.

Conscious Relating (3-day workshop) with Ananda

• Friday to Sunday, 14—16 February, 9:15am—4:45pm

Learn tools to nurture relationships with love and presence, and processes that support relationships to grow, express and share gifts. Includes experiential awareness exercises, active and passive meditations, inner science, and more.

Master Class: Sivananda Yoga with Mani

• Saturday, 15 February, 9:15am—12pm

The session begins with basic breathing and pranayama practices and continues with sun salutations and the 12 classical Sivananda hatha yoga poses. The asana sequence is designed to massage and rejuvenate the entire spine, freeing the flow of prana. Between asanas, there is time for relaxation. This rhythmic alternation between effort and relaxation allows a re-patterning of the nervous system, enhancing the ease and effectiveness of the final guided relaxation.

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, 5—6:30pm @ Hall of Light, Creativity,

Saturdays, 11am—12:30pm @ Pitanga

Kundalini Yoga is an ancient form of yoga that combines movement, breath, sound, and meditation to bring the practitioner into a balanced and harmonious state of being.

The unique combination of repetitive movements followed by periods of stillness in Kundalini Yoga sets it apart from other forms of yoga practice.

The skillful integration of these elements helps re-educate the nervous system, allowing it to relax deeply and enabling participants to experience an elevated state of well-being.

Other key benefits of this powerful practice include:

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, a certified kundalini yoga teacher.

Submitted by Bel

Languages

LEARN ENGLISH AND HINDI

- Tuition classes from 1st to 12th class level available for all subjects.
- Crash course available for 10th and 12th class level.

For further information contact ashree@auroville.org.in/ 8270512606 WA only.

- Learn to speak fluent English and Hindi language in 3 months!

For more information contact Ashwini: 8270512606.

Ashwini, Aspiration

**NEWS FROM
Auroville Language Lab, 6 February, 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.

New! Courses

French with Jean Francois

Beginner French

This 16-hour course is for those who want to discover the French language. The classes are highly interactive, delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you will be able to make simple sentences useful to interaction, and talk about your work, hobbies, daily life, etc., in a simple way.

- This course starts on 5 February.
- Classes take place on Mondays and on Wednesday, 4:30—5:30pm.

French Conversation (Pre-Intermediate level)

This 16-hour course is for those with a little knowledge of French who are not yet comfortable conversing in French. This course will focus on day-to-day topics and will be a good mix of grammar, interactive verbal as well as written exercises. By the end of the course, students will be able to communicate in the present, past and future tenses. Students can join the class at any time.

- Classes take place on Tuesdays and on Thursdays,
- 2—3pm, from 6 February.

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.

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/>

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/>

**Current Schedule of Classes
as of 6 February**

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	10:30–11:30am	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	Starting 5 February
	Conversation—Pre-Intermediate (16 hours)	2–3pm	Starting 6 February
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—TBA
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

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.

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 6 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

Service through our BSNL phone numbers 2623661 (Lab) and 2622467 (Tomatis) has been recently restored.

- For language-related matters, you can also use +91 9843030355WA.
- For Tomatis please use the 0413 3509932 number.

Mita, Mano, Louis & Vismai
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, 7 February

Amazing Animals With Unusual Superpowers

41 Minutes/ 2017

This documentary highlights animals with incredible abilities, from the basilisk lizard running on water to the chameleon's rapid tongue and color changes. It showcases unique adaptations like spider monkeys' tree-swinging and paradise tree snakes' aerial flight, illustrating nature's remarkable engineering in action.

Aviram



Aurofilm Presents @ Multimedia Centre Auditorium, TH

Friday, 7 February, 8pm

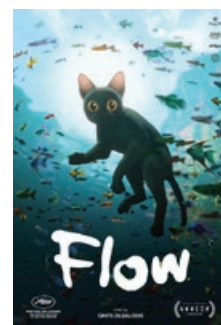
Flow (Latvian: Straume)

Directed by Gints Zilbalodis, Latvia, France, Belgium, 2024

Music by Gints Zilbalodis & Rihards Zajupe

Production companies: Dream Well Studio, Sacrebleu Productions, Take Five

Overview: An unprecedented independent 3D animated film by Latvian film director Gints Zilbalodis and written by Zilbalodis and Matīss Kaža. The film is notable for being completely rendered on the free and open-source software Blender and containing No dialogue.



Synopsis: Flow follows a courageous cat after his home is devastated by a great flood. Teaming up with a capybara, a lemur, a bird, and a dog to navigate a boat in search of dry land, they must rely on trust, courage, and wits to survive the perils of a newly aquatic planet. From the boundless imagination of the award-winning Gints Zilbalodis (*Away*) comes a thrilling animated spectacle as well as a profound meditation on the fragility of the environment and the spirit of friendship and community... The film had its world premiere at the Un Certain Regard section of the 2024 Cannes Film Festival, where it received critical acclaim. It won numerous film and animation awards, becoming the first Latvian film to be considered for multiple awards and nominations from major ceremonies. 3D Animation film with No dialogue. Duration: 1h25'—For all ages!

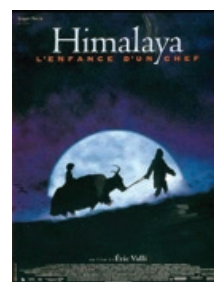
Friday, 14 February, 8pm

Himalaya (Nepali: हिमालय)

Directed by Éric Valli, France, Nepal, 1999

Music by: Bruno Coulais

Synopsis: Set against the backdrop of the Nepalese Himalayas. At an altitude of five thousand meters in the remote mountain region of Dolpa, and tells the story of villagers who take a caravan of yaks across the mountains, carrying rock salt from the high plateau down to the lowlands to trade for grain. The old chief Tinklé, whose eldest son (Lhapka) has just died inexplicably, refuses to let the young Karma lead the yak caravan, whom he accuses of being responsible for his son's death. Defying the shaman's oracles and Tinklé's anger, Karma raises the caravan, before the ritual date, followed by the young people of the village... This acclaimed film depicts the life style of the upper Dolpo people of the mid western uphills of Nepal and also their traditional customs. The extreme environment of the Himalayas is magnificently contrasted to the delicacy of humanity and the beauty of Tibetan culture.



It was the first Nepalese film to be nominated in the Best Foreign Film category at the 72nd Academy Awards.

Original Dolpo, Nepali version with English subtitles. Duration: 1h48'

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

Susana and Aurofilm team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
10—16 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 10 February, 8pm
Sillu Karuppatti (Piece of Palm Jaggery)

India, 2019, Writer-Dir. Halitha Shammem w/ Samuthirakani, Sunaina Yella, Manikandan K., and others, Drama-Romance, 153mins, Tamil w/ English subtitles, Rated: NR (PG)

This anthology film interweaves four romantic narratives set in distinct stages of life: teenage years, old age, post-marriage, and young adulthood. Each story delves into different facets of love, showcasing the beauty and complexity of relationships. The teenage years story captures the innocence and intensity of first love. The old age narrative explores the deep bond formed over decades. The post-marriage tale deals with the adjustments and compromises of newlyweds. The young adulthood segment highlights the balance between ambition and romance. It received several accolades, with praise particularly for its nuanced portrayal of emotions and its ability to resonate across different age groups.

Potpourri—Tuesday 11 February, 8pm
Z

France-Algeria, 1969, Dir. Costa-Gavras w/ Yves Montand, Irene Papas, Jean-Louis Trintignant, and others, Political-Crime-Thriller, 127mins, French-Russian-English w/ English subtitles, Rated: PG

In a right-wing military-led country, a pacifist organization's leader, the deputy, is murdered during an anti-military rally, staged to appear as an accident. A determined magistrate, along with a photojournalist, seeks the truth amidst political corruption and deceit. This classic film, celebrated for its powerful narrative and gripping suspense, has garnered critical acclaim and numerous awards. *Don't miss!*

Selection—Wednesday 12 February, 8pm
The Secret Path

USA, 1999, Dir. Bruce Pittman w/ Della Reese, Crystal Bernard, Madeline Zima, and others, Biography-Drama, 120mins, English w/ English subtitles, Rated: NR (PG-13)

Based on Rose Mary Evans' autobiography, in the film Jo-Ann, a young girl born out of wedlock and abused by her maternal grandfather, finally finds happiness when she is with an older Black couple. Her mother, who has no idea who her daughter's father is, tries to overcome the family's problems, but she is constantly beaten back by her controlling father.

Interesting—Thursday 13 February, 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. *Rescheduled from an earlier date.*

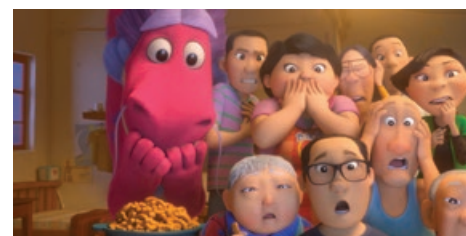
International—Saturday, 15 February, 8pm
The Piano Lesson

USA, 2024, writer-Dir. Malcolm Washington w/ Samuel L. Jackson, John David Washington, Danielle Deadwyler, and others, Drama-Music, 127mins, English w/ English subtitles, Rated: PG-13

The Charles family debates the fate of their heirloom piano, carved by an enslaved ancestor. Boy Willie, a sharecropper, wants to sell it to buy the land where their ancestors were enslaved. His sister, Berniece, insists on keeping the piano, which bears the faces of their great-grandfather's wife and son. Their differing views reveal deep family and historical tensions. *A must see!*

Children's Matinee—Sunday, 16 February, 4pm
Wish Dragon

China - USA - Thailand-Czech Republic, 2021, Writer-Dir. Chris Appelhans w/ Jimmy Wong, John Cho, Constance Wu, and others, ComputerAnimation-Adventure, 98mins English w/ English subtitles, Rated: PG



Din, a poor college student who reunites with his childhood friend Lina after discovering a magical dragon named Long who can grant wishes. As Din uses his wishes to reconnect with Lina, he learns that true happiness isn't found in wealth but in meaningful relationships.

David Lean Film Festival @ Ciné-Club
Ciné-Club Sunday 16 February, 8pm
Doctor Zhivago (2nd Part)

UK-Italy, 1965, Dir. David Lean, w/ Omar Sharif, Julie Christie, and others, Adventure-War, 85 mins, English w/ English subtitles, Rated: R

Based on the 1957 novel by Boris Pasternak. The story is set in Russia during World War I and the Russian Civil War. Although immensely popular in the West, Pasternak's book was banned in the Soviet Union for decades. As the film could not be made there, it was instead filmed mostly in Spain.

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# 105106,
mmcauditorium@auroville.org.in

Accessible Auroville Public Bus

About N&N



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

**NEWS AND NOTES
Guidelines**

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

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. 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

Hard deadline for submissions:

- Tuesday 3pm



Max size of the poster:

- Width 9.5cm x Height 4cm

We maintain the right not to publish posters that are bigger than that or have text too small to be read in printer version or to publish them cut, or in icon size, or reformatted in a best way to fit the style of the newspaper.

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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:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

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