



# News & Notes

#1067 A weekly bulletin for residents of Auroville 20 February 2025



*Almond Blossoms—Vincent Van Gogh. February 21*

I purify earth and heaven by the Truth. His ecstasy, in one who holds it, sets into motion the two births, the human self-expression and the divine, and moves between them.

Let all accept thy will when thou art born a living god from the dry tree, that they may attain to divinity and reach by the speed of thy movements to possession of the Truth and the Immortality.

*Rig Veda*

## *Pondering*



But if there is a self-existent Reality of which our existence here is a result, then there must be a truth of that Reality which is manifesting, working itself out, evolving here, and that will be the significance of our own being and life. Whatever that Reality may be, it is something that has taken upon itself the aspect of a becoming in Time ... The significance of our existence here determines our destiny: that destiny is something that already exists in us as a necessity and a potentiality, the necessity of our being's secret and emergent reality, a truth of its potentialities that is being worked out...

*"The Divine Life", The Life Divine, Sri Aurobindo*

Imperial Maheshwari is seated in the wideness above the thinking mind and will and sublimates and greatens them into wisdom and largeness or floods with a splendor beyond them. For she is the mighty and wise One who opens us to the supramental infinities and the cosmic vastness, to the grandeur of the supreme Light, to a treasure-house of miraculous knowledge, to the measureless movement of the Mother's eternal forces.

*The Mother, Sri Aurobindo*

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# House of Mother's Agenda



I've had an interesting experience.... Not yesterday evening but the evening before, someone I won't name told me, "I am fully in the physical consciousness: no more meditations, and the Divine has become something up above, so far away...." Then, instantly, while he was speaking, the whole room FILLED with the divine Presence. "Oh," I told him, "Not up above: HERE, right here." And at that moment, EVERYTHING, the whole atmosphere... you know, the very air seemed to change into divine Presence (*Mother touches her hands, her face, her body*): you understand, everything was touched, touched, permeated, but with... above all, there was a dazzling Light, a Peace like this (*massive gesture*), a Power, and also such Sweetness... something... you felt it would be enough to melt a rock.

And it hasn't left. It has remained.

It came like that, and has remained.

And the whole night was like that—everything. Even now the two things are there: a little of the ordinary consciousness, as if mechanically, but I just have to remain still or concentrated for a second and it's there. And it's the BODY'S experience, you understand, physical, material, the body's experience: everything, absolutely everything is full, full, there's NOTHING but That, and we are like... everything is like something shriveled, you know, like dried-up bark, something dried up. You get the impression that things (not completely—superficially) have become hard, dry, and that's why they don't feel. That's why they don't feel Him, otherwise everything, but everything is NOTHING but That; you can't breathe without breathing Him, you understand; you move about, and it's within Him that you move about; you are... everything, the whole universe is within Him—but MATERIALLY, physically, physically.

It's the cure of the "drying up" that I am now seeking.

I feel it's fantastic, you understand.

And then, when I listen, It also says things; I told Him, "But then, why do people always climb up above?" And with the most extraordinary, fantastic humor: "Because they want me to be very far from their consciousness!" Things like that, but not formulated so precisely: impressions. Several times—several times I heard: "Why do they go so far away to seek what's..." (you know, the theories that have said, "It's within you")... "to seek what's everywhere?"

I didn't say it to that person, first of all because the experience wasn't a continuous thing as it now is.

And above all, there was: NO NEW RELIGIONS! No dogmas, no fixed teaching. Avoid—at any cost avoid turning it into a new religion. Because the moment it was formulated in an... elegant way that imposed itself and had a force, IT WOULD BE OVER.

You get the impression that He is everywhere, but everywhere, and there's nothing else. And we aren't aware of

it because we are... shriveled up (I don't know how to put it), dried. up. We've made (*laughing*) tremendous efforts to separate ourselves—and we've succeeded! We've succeeded, but only in our consciousness, not in the fact. In the fact, It's there. It's there. There's NOTHING but That. What we know, what we see, what we touch is as if bathing, floating within That; but it's permeable; it's permeable, absolutely: That goes through it. The sense of separateness comes from here (*Mother touches her forehead*).

Perhaps the experience came because, for several days, there had been a very great concentration to find, not exactly the why or the how, but the FACT, the fact of separateness, the fact that everything appears so stupid, so ugly.... I was assailed, assailed by kinds of living memories of all sorts of experiences (all sorts: from things read to paintings, films, and life, people, things), memories of this body, all the memories we might call "antidivine," in which the body had a sensation of repulsive or bad things, like negations of the divine Presence. It began like that. For two days I was like that, to such a point that the body was almost desperate. Then the experience came, and it hasn't moved. It hasn't moved. It came: vrrff! finished, hasn't moved. You see, experiences come and then draw back—but this hasn't moved. It's there right now. So the body is trying to be fluid (*Mother makes a gesture of spreading*), it's trying to melt; it's trying, it understands what it is. It's trying—not succeeding, obviously! (*Mother looks at her hands*) But its consciousness knows.

But that experience is having effects: some people have felt relieved all of a sudden, one or two absolutely cured. And when something goes wrong in the body, it doesn't need to ask: the trouble is set right quite naturally.

That hasn't even given the body a need to stop doing anything and to remain wholly concentrated in its experience, no: no desire, nothing. Like this: floating... floating in a luminous immensity... which is within! (*Mother laughs*) The immensity isn't only outside: it's within. It's within. This (*Mother touches her hands, this separate appearance*), you really feel it's... I don't know how to put it, but it only has reality in the deformation of the consciousness—but not the human consciousness: something that happened, something that took place in the Consciousness... (*Mother shakes her head*) I don't understand.

(silence)

(to be continued next week)

The Mother's Agenda, 23 November, 1968

<https://incarnateword.in/agenda/9/november-23-1968>

Happy birthday, Mother!

With love and gratitude,

Gangalakshmi (HOMA)

# Townhall Speaks

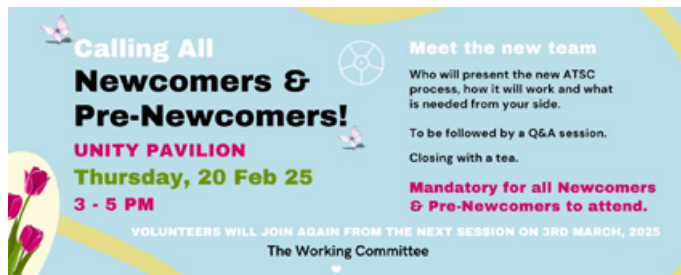
## UTILISATION CERTIFICATES to Be Signed by Auditors

All Foreign Donation beneficiaries are aware of the requirement of submission of Utilisation Certificates for each Financial Year.

Please note that henceforth all UCs, with effect from FY2024-25, have to be signed by your Auditors also before submission to Auroville Unity Fund.

*Rathinam for Auroville Unity Fund*

## CALLING ALL NEWCOMERS & PRE-NEWCOMERS! Thursday, 20 February, 3—5pm @ Unity Pavilion



Volunteers will join again from the next session on 3 March, 2025. Meet the new team who will present the new ATSC (Admissions and Terminations Scrutinizing Committee) process, how it will work and what is needed from your side. To be followed by a Q&A session. Closing with a tea.

**Mandatory for all Newcomers & Pre-Newcomers to attend.**

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

## NOTE FROM THE AUROVILLE WEB SERVICES

Dear AV registered unit holders/executives/managers, if you would like to post your web page on the auroville.org website or you need to modify the existing page, kindly fill your details in the designated Google form.

- You can [access the form by using the link](#) or scanning the QR code below.
- For minor edits, you could also contact us directly via [webcontent@au-roville.org.in](mailto:webcontent@au-roville.org.in)



*Giri, Manohar, Surya, and Abha P.  
for Auroville Web Team*

## VOLUNTEER INTRODUCTION PROGRAM (VIP) March Edition, 11—14 March

Savi is organizing a 4-day Volunteer Introduction Program from 11—14 March, 2025, designed to provide a comprehensive introduction to Auroville's various aspects, including its vision, organization, and diverse projects.

The program includes presentations by different units, interactive sessions, and site visits. It's particularly suited for new volunteers and anyone interested in deepening their understanding of Auroville and its activities.

- Registration fees, including venues, lunches, and refreshments:
  - Volunteers: Rs. 1,200
  - Guests: Rs. 1,950
- Limited to 20 participants.
- Register at: <https://forms.gle/2SmR9t2gncx3FCxC8>

For more information, contact Savi: [study@auroville.org.in](mailto:study@auroville.org.in).  
*Jeremie for Savi*

## CITY SERVICES CONTRIBUTIONS AND PAYMENTS January 2025

### Summary

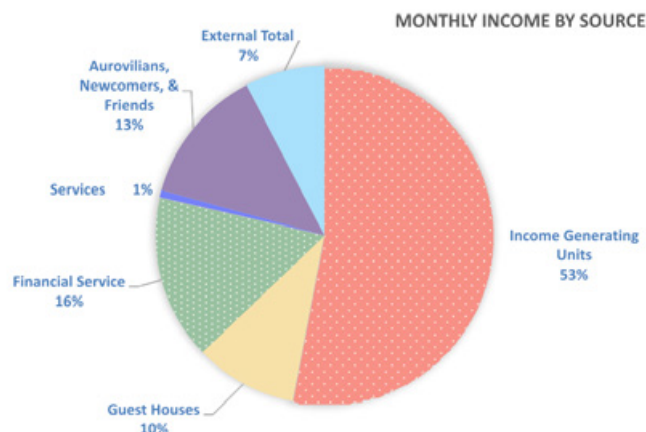
Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	14,83,98,012	—	14,83,98,012
Monthly Contributions (Int. + Ext.)	3,02,11,494	22,06,371	3,24,17,865
Total Contributions (OB+Monthly Inc.)	17,86,09,506	22,06,371	18,08,15,877
Total Payments	2,12,00,937	22,06,371	2,34,07,308
CS Ending Balance (Includes BOB)	15,74,08,570	—	15,74,08,570
<b>Monthly loss/gain</b>			<b>90,10,557</b>

### Internal Contributions

Source	Unspecified	Specified	Total
Income Generating Units	1,66,28,218	5,57,046	1,71,85,264
Guest Houses	31,84,982	4,000	31,88,982
Financial Services	43,00,000	8,06,685	51,06,685
Services	2,27,130	—	2,27,130
Aurovilians, Newcomers & Friends	34,02,193	8,38,640	42,40,833
<b>Internal Total</b>	<b>2,77,42,523</b>	<b>22,06,371</b>	<b>2,99,48,894</b>

### External Contributions

Government of India for SAIIR	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	24,68,971	—	24,68,971
<b>External Total</b>	<b>24,68,971</b>	<b>—</b>	<b>24,68,971</b>



E-versions of N&N: [Please read the full report here.](#)

Paper Version: Please read full report in the end of the issue.

*BCC Team (Angurajan, Arthi, Kalaiarasi, Kalaimathi, Kaileshvaari, Punniyakodi, Victoria)*

**ATDC:**

**Application Announcement 20-02-2025**



*L'avenir d'Auroville*

The following request has been received and approval has been issued—announced for information only:

**The walking path from the Visitors' Centre to Matrimandir Viewing Point**

- **Project Holder:** Lieve & Srimoyi
- **Location/area:** Residential Zone Sector 5—between Visitors' Center to Matrimandir
- **Project brief:** A request was received from Visitors' Center regarding the path between the Visitors' Centre and the Matrimandir Viewing Point. With the completion of the Crown Road, the applicants have requested approval to make a shorter and more straightforward route for those walking, making it more accessible and convenient for those seeking to view Matrimandir.

The original plan had always been to cut a straight line from Visitors' Centre to the Viewing Point, but at that time, it could not be executed due to some local resistance from Residents who lived around there or were managing some of the land pertaining to this area.

The proposal is that this original connection that simplifies and shortens the trajectory for the many visitors will be prepared, allowing them to walk a shorter and shaded path.

ATDC has reviewed the request and granted approval.

- For any queries, write to [avenir@auroville.org.in](mailto:avenir@auroville.org.in).  
Joel, Resource Person

**BIRTHDAY WEEK AT THE MATRIMANDIR**

**21 February 2025, The Mother's Birthday**

**Morning meditation at the Amphitheatre**

5:45—6:30am

- **Entrance from the Mahasaraswati (West) Gate only. Open from 5am**
  - Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside
  - Coming from Town Hall side: Park in front of West gate
- **All are requested to be seated by 5:40am.**
- **Access will be limited to the Amphitheatre and up to 7am only.**

*Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".*

**Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist.**

*Please do not bring your pet to the meditation.*

**Evening Program**

**Meditative Bansuri Offering of Ragas by Chandra**

- **Amphitheatre, 6pm**  
Entrance from the Office Gate at 5:30pm.  
Guests are requested to bring along their Auocard.  
Last entry for guests at 5:45pm.

**21 February, Opening of the Wealth garden**

An offering to the Mother

Wealth Garden will be open to the community on the occasion of 21 February, as an offering to the Mother on Her Birthday.

- **Flower:** Water Lily, "Wealth".
- **Mother's Comment on Wealth Garden:**  
*True wealth is what one offers to the Divine.*

**25 February 2025**

**'Divya Shakti' @ Amphitheatre, 7pm**



**An offering on the occasion of the Mother's and Auroville's birthday.**

A contemporary presentation of Dance, Music, Martial Arts and Asanas, inspired by Sri Aurobindo's vision of the Four Aspects of The Mother and 'Prayers & Meditations' by the Mother. Offered by performers from Auroville, Sri Aurobindo Ashram and elsewhere. Original orchestral music composition with artists from across India, Russia, USA, Europe, Sri Aurobindo Ashram and Auroville.

- **Entrance from the Office Gate at 6:30pm.**
  - Guests are requested to bring along their Auocard.
  - **Last entry for guests at 6:45pm.**

*Community News*

*Matrimandir News & Schedules*



*Out of the infinitudes all came to her,  
Into the infinitudes sentient she spread,  
Infinity was her own natural home.*

*Nowhere she dwelt, her spirit was everywhere,  
The distant constellations wheeled round her;  
Earth saw her born, all worlds were her colonies,  
The greater worlds of life and mind were hers;  
All Nature reproduced her in its lines,  
Its movements were large copies of her own.  
She was the single self of all these selves,  
She was in them and they were all in her.*

*Savitri, Book 7, Canto 7*

**28 February 2025, Auroville's Birthday**

**Collective Meditation with Dawnfire**

5—6:30am at the Amphitheatre

- Entrance from the Mahasaraswati (West) Gate only. Open from 4—5am and after 5:45am.
  - Coming from Solar Kitchen and Visitors Center side, Park at the Second Banyan, then walk outside
  - Coming from Town Hall side: Park in front of West gate
- All are requested to come early and be seated by 4:50am.
- Please note that during the meditation, from 5—5:45am the gates will remain closed. Latecomers may join in after 5:45am. Access is limited to the Amphitheatre and up to 7am only.

*Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".*

Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist.

**Evening Program**

5:30pm at the Unity Pond.

Hindustani Classical Bansuri Recital by Jean-Christophe Followed by chantings with Gopika and Nadaka

- Entrance from the Office Gate at 5pm.
  - Guests are requested to carry their Aurocard.
  - Last entry for guests at 5:15pm.

Bonne Fête to all!

*Antoine, for Matrimandir Executives*

**LIVE STREAMING**

**the Bonfire**

28 February



Every Year on 28 February, the Matrimandir Amphitheatre glows with the sacred bonfire as we welcome Auroville's Birthday.

If you can't be here in person, don't worry—you can still be part of this special moment! As always, Auroville Radio TV will be live streaming the bonfire, so you can tune from wherever you are and feel the connection.

[Watch it live here](#)

*Sai Priya for AV Radio TV*

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

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

### AMPHITHEATRE—MATRIMANDIR

#### Meditations at sunset with Savitri

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

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



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** 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 Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Thank you.  
*Surya and Velmurugan for Amphitheater team*

### MATRIMANDIR NEEDS VOLUNTEERS

This year two events will occur in Matrimandir in February:

- **21 February: Mother's birthday**
- **28 February: Auroville's birthday**

To manage the people coming for these events, Matrimandir is in need of volunteers to help guiding the people attending the morning meditations:

- At least **10 volunteers** for the **21 February**
- At least **12 volunteers** for the **28 February**

If you are willing to contribute to these events by volunteering, please write to [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in) and give your phone number. *Antoine, Matrimandir Executives*

## Acres for Auroville

### LANDS FOR AUROVILLE UNIFIED (LFAU)

Auroville Centre for Urban Research, Administrative Area

21 February, The Mother's Birthday—28 February,  
Auroville's birthday!



Birthdays are connected with the body, with the physical appearance or manifestation on earth but behind this bodily birth, this physical appearance, there is a vaster invisible geography where the souls, the psychic beings are born. The latter dates back to immemorial times and are part and even propellers of the evolution on earth. In the context of the birth of Auroville, its body and the physical advent of Auroville took place as we know, on 28 February 1968, but in the vaster invisible geography, Auroville was born much before.

Sonia Dyne, an early friend of Auroville, wrote in a research article "The Origins of Auroville": "There are indications that the origins of Auroville, as a concept of the Mother, can be traced back to a remote past. On several occasions the Mother herself spoke of earlier incarnations in ancient Egypt. It is not surprising then that comparisons have been made between Auroville and the 'City of the Horizon' built by Amenhotep IV (Akhenaton) in Upper Egypt around 1369—75 BC. This city was remarkable in its conception and had a profound effect upon human consciousness in its place and time. The old gods of Egypt and their elaborate rituals were abolished in favour of a form of worship of the sun's disk seen as the symbol of life-giving energies that, unlike the old gods, were never represented in any human or animal shape. Like Auroville, Akhenaton's new city was dedicated to the service of Eternal Truth (Ma'at."

There is also a striking similarity between the Auroville Charter and an inscription discovered at Akhenaton's city: "Here is the place that belongs to no prince, to no god. Nobody owns it. This is everybody's place. The earth will find joy in it. Hearts will be happy in it."

More than three thousand years later, on February 7, 1968, The Mother defined the Charter of Auroville in strikingly similar terms when she wrote:

"Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole." ... "Auroville wants to be the bridge between the past and the future..."

In fact, after completing the four-point Charter of Auroville, which is regarded as a "revolution", the Mother remarked: "It is not I who wrote that. I noticed something so interesting: it comes as an imperative, there's no discussion; I write it down, I HAVE TO write, whatever I do. And then, when it's gone it's gone! Even if I try to remember, it's gone! So it is clear that it does not come from here: it comes from above."

The birth of Auroville 57 years ago was the physical manifestation of an aspiration which has been shimmering in the conscience of humanity ever since men "first began to think of individual perfection and a perfect society", to quote Sri Aurobindo's words from his 15 August message on the occasion of India's Independence.

"Acres for Auroville" (A4A) for the consolidation of Auroville's land—and all that serves the cause of Auroville,—are not just serving the physical manifestation of Auroville, but, in fact, are serving something much deeper, much more profound.

*Aryadeep, Mandakini*

Please specify your donations for "Acres For Auroville" via check or bank transfer (and online for Indian residents)::

- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: [www.land.auroville.org](http://www.land.auroville.org)

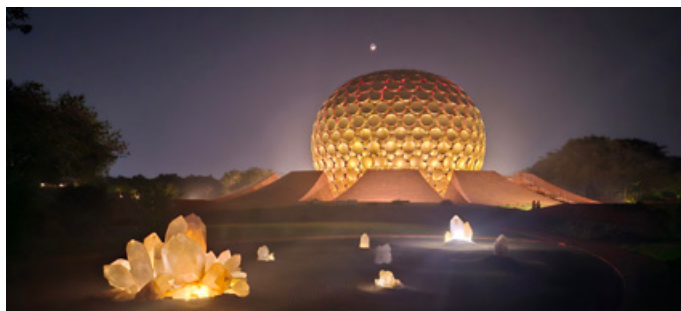
Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)



## THE ACRES FOR AUROVILLE LAND CAMPAIGN

21 February, The Mother's Birthday—28 February, Auroville's birthday week

### The Thirst for Perfection



"Perfection is ... without end and without limit, and our aspiration, or the thirst for perfection, should also be without limit. It is this that you should aspire for. In all that we do in our life or in the terrestrial existence, the entire duration of one's life should be consecrated to find this perfection.



To do as well as possible and as perfectly as possible, in the minutest details and with the right attitude, in each thing and for all works, without fail, without getting discouraged—one must try with all one's heart and persevere with the hope of finding this perfection. Then one is sure of taking a step towards the transformation ...

If we can detach ourselves and once and for all do away with our little ego, then we can find the grand cosmic harmony which upholds everything and pervades all the worlds below and above."

These words of The Mother give us an indication of the attitude to take and the goal to aspire to. May the Force, Peace, Light, and Perfection of the Matrimandir continue to illuminate us and inspire us forward on the path towards the perfection for our lives that we all seek!

A4A is in its 11<sup>th</sup> solidarity year of raising the funds to protect the Matrimandir and to consolidate the Master Plan land for Auroville's City and Greenbelt areas.

Join us for ensuring the future & securing the protection of Auroville!

- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>
- News, videos, and land information: [www.land.auroville.org](http://www.land.auroville.org)

Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)

Photo: Tine (Aurogreen)

Quotes: from "Throb of Nature", Sri Aurobindo Ashram Press, pages 25 and 38  
Aryadeep, Mandakini

## Awakening Spirit

### PONDY TRIPS ON DARSHAN DAY:

**21 February**

On Mother's birthday, the SAIER bus will

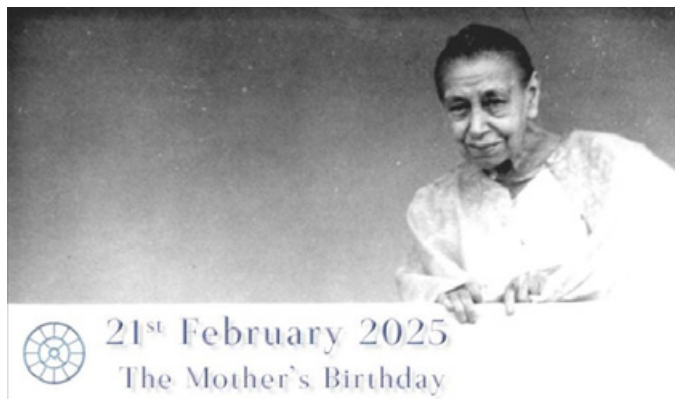
- leave from Matrimandir at 3pm via the ordinary route
- and will return from Pondy at 6pm

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.

Submitted by Paulette

## MOTHER'S BIRTHDAY, 21 FEBRUARY



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.

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

### 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

### LABORATORY OF EVOLUTION LIBRARY



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

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

Kalyani

**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

**Films: Mondays 4pm in the Sangam Hall**

- **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.

This impressive and informative documentary on building the Matrimandir shows archival footage of the early stages of the construction and the Foundation Stone ceremony, gives more comprehensive coverage of the final stages of this Divine project, and includes interviews with some of the builders.

The construction of Matrimandir represents a special aspect of the growth of Auroville and its soul.

On 14 August 1970, the Mother gave the following message: "The Matrimandir wants to be the symbol of the Divine's answer to man's aspiration for perfection. Union with the Divine manifesting in a progressive human unity." She added: "The Matrimandir wants to be the symbol of the Universal Mother according to Sri Aurobindo's teaching."

The Foundation Stone of the Matrimandir was laid on the Mother's birthday on 21 February 1971. On that day, the Mother's message was: "Let the Matrimandir be the living symbol of Auroville's aspiration for the Divine."

The video is also available on the AuroMaa website and YouTube under the title **Building Matrimandir 1971—2008**

- <https://www.youtube.com/watch?v=NIB1RVgeqFc>

**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—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.

- **Saturday, 22 February**  
4—5pm, @ Sangam Hall, Savitri Bhavan

**What is Deeper Body Work?**

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



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

**Source**

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

**About Facilitator**

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

**Dhanalakshmi & Margrit**  
for Savitri Bhavan

**MOTHER'S FLOWER GARDEN**

Near Solar Kitchen, Auroville  
**Invitation for celebratory programs on The Bases of Spiritual Life**



Friday, 21 February

- 10:30—11:30am: "The Secret of the Flowers" talk by Narad
- 5—6pm: Veena Recital by Aurohansadhvani Art Centre

Saturday, 22 February

- 5—6pm: Organic Music by Svaram friends

Sunday, 23 February

- 7:30—8:30am: Explore the garden with Narad

Thursday, 27 February

- 5—6pm: Sitar Recital by Basab Sen & Shashwat Parih

Friday, 28 February

- 10:15—11:15am: "The Bases of Spiritual Life" talk by Alok Pandey

Email: [mothersflowergarden@auroville.org.in](mailto:mothersflowergarden@auroville.org.in)

Naren and Rabi for the MFG Team

**VEDIC ASTROLOGY IN THE LIGHT OF INTEGRAL YOGA**

21 February, 4—5pm

Register here: [allthingsvedic.in/webinars](http://allthingsvedic.in/webinars)

Megha



**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



[kshetram2014@auroville.org.in](mailto:kshetram2014@auroville.org.in)

**THE MOTHER'S SYMBOL IN MULTIPLE LANGUAGES**

- Available for reading and download:  
<https://auroville.org/page/the-mother-s-symbol>

Over the years, the Mother's symbol and Her Powers has been translated into 46 languages, including the four languages of Auroville, i.e. Tamil, French, Sanskrit and English, as well as indigenous languages and those used across the world, including Afrikaans, Amharic, Arabic, Assamese, Bahasa Indonesia, Bulgarian, Chinese, Croatian, Czech, Danish, Dutch, Esperanto, German, Gujarati, Hebrew, Hindi, Hungarian, Italian, Japanese, Kannada, Korean, Lithuanian, Macedonian, Malayalam, Marathi, Nepali, Niugini Pisin, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Spanish, Swahili, Swedish, Telugu, Tibetan, Ukrainian, Urdu.

The longer file with quotes for each of Her Powers are currently available in seven languages: Chinese, English, French, Italian, Nepali, Spanish, Tamil.

- **Have it in your language?**

If your language is not on the lists above, would you like to have it translated into your mother tongue and/or other language(s) of proficiency by volunteering yourself or recommending someone else?

- Please write to Anandi Zhang  
 at [symbol-in-translation@auroville.org.in](mailto:symbol-in-translation@auroville.org.in)

Anandi Zhang

Monisha for BN Team

*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
சைப்பர் செயல்பாடு TALORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 <sup>st</sup> Grade to 9 <sup>th</sup> 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
பாரத நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒவியம் மற்றும் சைவிலை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in) OR [kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)  
WhatsApp: + 91-86084 73385 / 9843195290      website: [www.kulaicreativecentre.org](http://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).

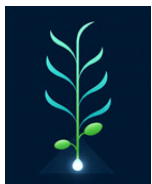
**Timeline**

- 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](mailto:centredart@auroville.org.in) to receive the participants kits. Marco

**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*

**TUITION CLASSES AVAILABLE**

- Tuition classes available from 1<sup>st</sup> to 12<sup>th</sup> grade level in all subjects.
- Crash course available for 10<sup>th</sup> and 12<sup>th</sup> grade level.
- For further information contact [ashree@auroville.org.in](mailto:ashree@auroville.org.in) / 8270512606 WA only.

*Ashwini*

**IMPACT STARTUP ACADEMY**

Next cohort starts Monday, 24 February

Sharing details about a 5-week online course offered by [build3.org](http://build3.org) which guides entrepreneurs to build startups/ products/ services that tackle important societal challenges and are self-sustainable.



Some of us in Auroville are intending to participate in their next cohort starting from 24 February, 2025 with an intention of reviewing the course's relevance and value to Auroville and also exploring a possibility of co-creating with them a course with Integral Yoga sadhana as the foundation.

- If this interests you to explore together, contact Deven on [flourish@auroville.org.in](mailto:flourish@auroville.org.in)
- Next cohort starting on 24 February, 2025 (Monday)
- For more details, visit [impactstartupacademy.com](http://impactstartupacademy.com)

*Deven*

**VISUAL MATHEMATICS CLASSES**

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

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

*Snehal,*  
+91 9529673687 WA

**TREK PRESENTATION**

Thursday, 20 February, 5pm  
@ SAIIR Conference Hall

A few of us from Auroville, youth and adults, had the opportunity to venture out on a trek in the Darjeeling district, the foothills of the Himalayas. We'll be presenting the experience of our adventure to the community. We invite you to come hear our stories and see our photos.

*Ashwin*

**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](mailto: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*

## STARTUP TAMILNADU:

### Entrepreneurship Program

1 March, 9:30am—12:30pm @ Unity Pavilion

We are happy to invite aspiring entrepreneurs to a Startup Tamilnadu—Entrepreneurship Program on 1 March, 2025, from 9:30am to 12:30pm at Unity Pavilion, Auroville. This session will provide valuable insights into government and non-government support schemes, mentorship, and feasibility studies for startups.

**Who Can Join?** The only prerequisite is to have one concrete startup idea.

**Language:** Bilingual (Tamil & English) to cater to the needs of our diverse community and neighboring villages.

#### How to Register?

This program has limited capacity (20 participants only) and registrations will be considered on a first-come, first-served basis. Participants can send the following details via email, WhatsApp, or by filling out the Google Form:

- Full Name, Phone Number (WhatsApp enabled)
- Primary Startup Idea or Business Focus
- [sangili@auroville.org.in](mailto:sangili@auroville.org.in), +91 9486340513 WA
- [Fill the form](#)

There is no program fee, and based on participation, we may organize a series of such programs in the future.

Looking forward to an engaging and impactful session!

Sivakumar

## WISDOM OF VASTU

### through an Experiential Workshop

13—16 March, 9am—5pm, @ Bharat Nivas



3½ days workshop on vAstu, one of the oldest living systems of Architecture that ties space, energy and design.

Immerse in the timeless wisdom of vAstu through an experiential workshop that explores the connection between space, energy, and design. Guided by experienced practitioners, this journey blends tradition with contemporary insights.

Whether you are a design enthusiast, architect, or seeker of holistic living, join us to gain new perspectives on creating harmonious spaces.

- For more details, scan the QR code
- Facilitators: Ar. Radhika Soni, Ar. Shivangi Gadia
- Key Sessions (Online): Ar. Sashikala Ananth

[bhagavatedesigns@gmail.com](mailto:bhagavatedesigns@gmail.com)

Radhika & Shivangi

## Books

### BOOK READING WITH THE AUTHOR: SARUJ

26 February, 7:30 pm @ Pitanga



**Saruj**—Imagine, there is no money anymore is a fiction, a love story set in a future where there is neither money nor barter, no borders, no governments, no police forces, and no wars—a society striving for total freedom.

Saruj ('Empathy' in Sanskrit) was born on the day money was abolished. She grew up in a communal living environment in the Pyrenees and has spent over a third of her life traveling the world on foot as a nomad. She is an idealist and stands for freedom.

Kevalam ('Alone' in Sanskrit) is the last son of an ultra-wealthy patriarch, who believed, as money started losing its significance, that the emerging money-free society would just be a short episode.

Therefore, he built an isolated settlement for himself and his family, completely cut off from the outside world. His son was told that the outside world was a place of violence and chaos.

The story begins when the patriarch dies. Kevalam, just 18 years old, leave the settlement for the first time. But on his first day outside he causes an accident—and meets Saruj.

Helena



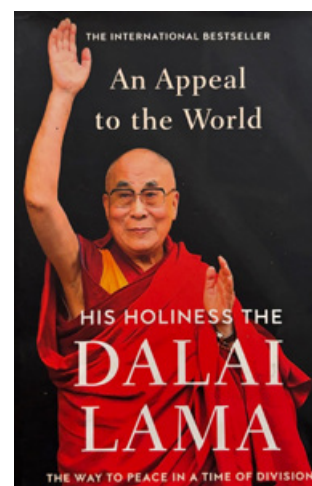
### AN EVENING READING @ TIBETAN PAVILION

Fridays, 4:30—5:30pm @ Pavilion of Tibetan Culture

The Tibetan Pavilion is conducting a reading session on Fridays. We are starting the session with a book *An Appeal to the World*.

Upon completion of this book, other books with connection to Tibet and Tibetan Culture and Buddhist thought will follow.

Each session will consist of reading a chapter followed by a mode for led discussions on the topics covered. It is expected that individuals will keep an open mind and be open to sharing their own personal thoughts on the topics covered.



Submitted by Kalsang

## Health Care

### 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](mailto:sharmisharmila653@gmail.com), 9585944210 WA

Sharmi

### 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

### 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](mailto:madhiazhagan014@gmail.com)

### BHAVANI:

#### Awesome Caretaker

I would like to bring to your attention a special person who served tirelessly for close to 4 years by my father, *Donald Kelman*, who recently passed away due to complications with Dementia (Alzheimer's).

This individual endured both my parent's emotional outbursts, health issues and much more. She learned to cook wonderful vegetable puree soups, picked up many English phrases, became good at dealing with cleaning and caring for a bed-ridden patient, and rarely complained about working 16 to 18 hour shifts for weeks and months.

She is one of the hardest working, honest, extremely dedicated person I have known in a while. Her name is **Bhavani**, and we appreciated her VERY much.

You are welcome to reach out to AVHS (Auroville Health Service) to inquire about hiring her for long-term care.

Nadja

### ICARE TONOMETER ACQUIRED

We extend our heartfelt gratitude to our donors and AVI USA for supporting Aurokiya in acquiring a Rs 3.5 Lakhs **iCare Tonometer**, a crucial instrument for measuring **Intraocular pressure (IOP)**. This marks a significant step in our mission of **preventive and promotive eye care**, aiding in the early detection and prevention of glaucoma—an irreversible blindness condition known as the *silent thief of sight*.



With this addition, alongside our AI-assisted retina imaging device for detecting diabetic retinopathy and other retinal issues, we strengthen our **preventive care model**. We encourage all residents and community members to utilize these screening tools for better eye health. A key advantage of these portable devices is their flexibility, they can be used for **home visits** for those in need.

Additionally, as part of our **Eye Care on Wheels** initiative, we will deploy them in our **Bioregion Screening Program** to reach underserved communities to ensure comprehensive eye examination. This effort aligns with the **UN's Vision of Eye Care for All** as we strive to eliminate preventable blindness in Auroville and Bioregion and achieve eye care for all by 2030.

- **Support Aurokiya** in our mission to make eye care accessible to all! Ac No: **251595**

Aurosugan for Aurokiya

### 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](mailto:auroshruthi@auroville.org.in)

Submitted by Sruthi

### 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](mailto:aurodent@auroville.org.in)



Jayasutha for Aurodent

**SANTÉ SERVICES**



**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**

<b>Doctor Consultation</b> Currently unavailable	<b>Nurse Care</b> Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
<b>Ayurveda</b> with Dr. Berengere: Tuesday/ Wednesday/ Friday	<b>Integrative Psychotherapy</b> with Juan Andres: Monday to Friday
<b>Acupuncture</b> with Andres: Monday to Friday	<b>Homeopathy</b> with Michael: Monday/ Wednesday/ Saturday
<b>Physiotherapy &amp; Massage</b> with Galina: Monday to Friday	<b>Midwifery &amp; GYN Care</b> with Paula: Monday & Wednesday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena— <a href="mailto:adminsante@auroville.org.in">inquiry email: adminsante@auroville.org.in</a>	<b>Soundbed Session</b> 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](mailto:sante@auroville.org.in), <http://sante.auroville.org.in>

**AUROKIYA: SPECIAL DISCOUNTS**

On the special occasion of The Mother's Birthday, 21 February, and Auroville's Birthday, 28 February, Aurokiya is delighted to offer a week filled with special discounts on spectacles followed by a free comprehensive eye camp with expert doctors' advice to promote better vision and eye health for all!

Join us in celebrating this special week by prioritizing your eye health and well-being. Spread the word and bring your family and friends!



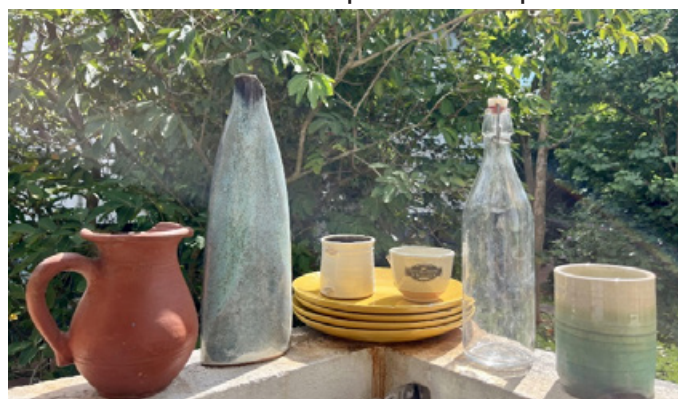
- Comprehensive Eye Check-up**—Free vision screening, Blood Sugar, and Blood Pressure testing with eye expert consultation
- Special Discounts on Spectacles**—Avail exclusive offers on eyewear
- Discount on Glasses Sale: 21—28 February, 9am—5pm
- Free Eye Camp: 1 March, 9am—1pm

Aurosugan for Aurokiya

*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

*Animal Care*

**JOIN THE ULTIMATE PUPPY PARTY @ Auroville Dog Shelter! 1 & 2 March**

Dear Aurovilians, dog lovers and friends!

Mark your calendars for 1 and 2 March because the Second Annual Puppy Fair is back, and it's going to be bigger and better than ever! We're on a mission to find loving homes for our adorable pups and raise funds to sterilize 1,000 dogs. But we can't do it without YOU!



**What's the Scoop?**

- Puppy Playtime:** Cuddle, play, and maybe even adopt your new best friend.
- Live Music & Art:** Got talent? Bring it on! We have a stage for you!
- Fun & Games:** Host or join in on exciting activities for kids and adults alike
- Organise:** Donate your time and energy and help us to make this event a celebration of love

**How Can You Help?**

We're looking for volunteers to share their time, energy, and love. Whether you're a musician, artist, game enthusiast, or just someone who wants to make a difference, we need you!

**Ready to Jump In?**

Shoot a message to Arthur at 812225266 WA and let's make this event unforgettable!

Let's come together, have a blast, and make a real impact in our furry friends' lives. See you at the Auroville Dog Shelter.

Arthur for Dog Shelter

*International*

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**

The Pavillon de France presents

**BOOK PRESENTATION:**

**Prendre soin de soi avec l'Ayurveda**

by Bérengère ("Dr. Be"), In French

Monday, 24 February, 5pm  
@ Pavillon de France

The French Pavilion is pleased to invite you to a presentation of the newly released book *Prendre soin de soi avec l'Ayurveda* by Bérengère, "Dr. Be", who is a doctor of Ayurveda in Auroville, in French.



**Vivekan**

The French Pavilion presents

**AUROVILLE, LES PAROLES DE MÈRE, TOME 1**

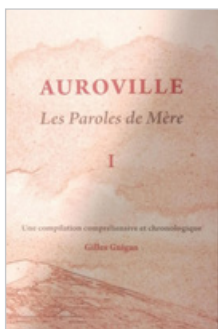
Book release and presentation by Gilles Guigan, in French

Friday, 21 February, 5pm @ at Pavillon de France

We are delighted to announce the release of Gilles Guigan's book, *Auroville—les Paroles de Mère, Tome 1*.

Join us for a special presentation in the presence of the author himself. Gilles will take us on a journey through his meticulous work, where he has carefully compiled and arranged the Mother's conversations, messages, and notes on Auroville in a comprehensive and chronological way, offering valuable insight into their original context. We warmly invite you to be part of this enriching exchange.

The book is available at the bookstore (Auroville Papers) at the Visitors' Center, at Auroville Press in Aspiration, and at Freeland.



**Vivekan**

The Pavillon de France presents:

**THE FASCINATING WORLD OF THE COMPAGNONS**

**des Devoirs: From Yesterday to Today**

Saturday, 1 March, 6pm, at Pavillon de France

A presentation and discussion with Nathalie Schmitt, museum lecturer, and an Aurovilian Artisan who experienced Compagnonnage firsthand, *in French*



As Notre-Dame de Paris reopens, the French Pavilion invites you to a unique talk and discussion exploring the fascinating world of the Compagnons des Devoirs and the Tour de France, a time-honored training system that has spanned centuries.

More than just an apprenticeship, compagnonnage is a community and a technical and professional training society built on travel, mobility, the sharing of knowledge, and transmission. It embodies fundamental values: solidarity, fraternity, excellence, and a deep love for craftsmanship. At its core lies an ideal: a passion for beauty and the art of mastering one's trade.

An Aurovilian artisan who has experienced compagnonnage firsthand will be there to share her journey and insights.

Open to all—young people are especially welcome!

**Vivekan**

The French Pavilion presents

**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**

The French Pavilion presents

**EARTH, A UNIQUE PLANET IN THE UNIVERSE?**

A conference by Dr. Hubert Whitechurch, in French

Saturday, 22 February, 5pm @ Cinema Paradiso

What is it made of? How old is it? How did it form within the solar system? What is the origin of the atmosphere and water? How did life on Earth begin? Is there life elsewhere in the universe? These are just some of the questions that science continues to explore. We will discuss the history of these concepts and the current state of knowledge in response to these questions.



**Hubert Whitechurch**, Emeritus Professor at the School and Observatory of Earth Sciences at the University of Strasbourg, is a specialist in Plate Tectonics. His primary fieldwork has taken him to the mountains of Greece, Turkey, Cyprus, Syria, Iran, and as far as Oman.

• Conference in French.

**Vivekan**



*Acres for Auroville Arts*

**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*

**LEONARDO DE DONNO: IMPROVISATIONS IN PROGRESS**



After the last performance in CRIPA on 2 February, Leonardo De Donno is offering another solo piano concert on the 23<sup>rd</sup> with his free improvisations as well as compositions extracted from his two albums (available online).

Leonardo



Submitted by Kalsang

**petals** Works made at recent Maroma ceramic residency

The Petals of Matrimandir

22nd Feb '25  
Visitors Centre,  
Auroville  
11 am to 6.30 pm

Margherita Grasselli  
Neha Kudchadkar  
Nikita Rudrappa  
Stella Gallas  
Supriya Menon Meneghetti  
Viviana Di Leo

With a performance at 5pm  
Styled by Tobetwo

The show continues at Maroma from Monday 24th February

Submitted by Supriya

Centre d’Art, Citadines

**A BIRD’S SONG—HOME AWAY FROM HOME**

by Mario D’Souza, 7—27 February

- 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



Andrea



Franz

### CHENNAI PHOTO BIENNALE

#### Private Curated Walkthrough: 1 March 2025

It Matters in collaboration with the Chennai Photo Biennale are organising a private curated walkthrough of the CPB-4<sup>th</sup> edition exhibitions on 1 March 2025.

Please let us know by 24 Monday if you want to join us.

- It Matters will book a transport from Auroville leaving at 8am to Chennai and come back around 8pm in the evening. Transportation charges will apply.

If interested please write to: [itmatters@auroville.org.in](mailto:itmatters@auroville.org.in)

- The program can be seen at <https://chennaiphotobiennale.foundation/cpb4>

Looking forward to sharing this experience with you!

#### List of some exhibitions:

- **Kaana Katral:** Learning to see! (Graduate students' work from Dr. MGR Janaki College of Arts and Science for women & Tamilnadu Government MGR Film and Television Institute) @ VR Chennai
- **Hey! Exhibition:** An exhibition of work by individuals with disabilities & neurodivergence @ VR Chennai
- **The Unseen Archive:** Celebrating Lakshmikantan—Five decades on sets of Tamil Cinema @ Thiruvanmiyur MRTS Park
- **Love and Light—A site on Infinite Possibilities:** Sunil Gupta Retrospective @ Government Museum, Egmore
- **What Makes Me Click!:** A showcase of children's photography from around the world curated by Chennai Photo Biennale and Children's Photography Archive @ Government Museum, Egmore
- **Alt:** Analog: Contemporary perspectives from our dark-room residents @ Forum Art Gallery

Bhakti & Sandra



## Festivals

# Auroville Festival 2025

Supported by Ministry of Culture, Government of India

	bookmyshow QR Code Scan for Ticket	<b>INSTANCES OF MYTHICAL INCARNATION</b> Bharathanatyam Dance offering by Triveni Kala Kendra 07:00 pm 23rd February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR Code Scan for Ticket	<b>GLOBAL TIRUKKURAL CONCERT</b> Tamil, English, Urdu, Italian, French, German, Latin by Dr. R. Padmasani & Abinav Sridharan 07:00 pm 25th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR Code Scan for Ticket	<b>SHIVALAYA'S SHIVARATRI</b> by Rajeswari Sadassivam 07:00 pm 26th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR Code Scan for Ticket	<b>KANNAGI</b> A Kalanigram Production 07:00 pm 27th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	All are Welcome QR Code Scan for Location	<b>MANGALA ISAI</b> Nadaswara thavil Isai Kachery by Dr. Sri K. Kaliyamurthy and team 10:00 am - 11:00 am 28th February 2025 Venue: SAWCHU, Bharat Nivas, Auroville
	bookmyshow QR Code Scan for Ticket	<b>UNITY - RESONANCES</b> by SVARAM and Friends 06:00 pm - 07:00 pm 28th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville
	bookmyshow QR Code Scan for Ticket	<b>BHARATANATYAM</b> by Krupa Ravi 07:15 pm 28th February 2025 Venue: Sri Aurobindo Auditorium, Bharat Nivas, Auroville



28 February, 10am @ Unity Pavilion

Regeneration from Within by GEN Bharat's Regenerative Travel Caravan. True transformation begins from the journey within moving from ego to eco. GEN Bharat (Global Ecovillage Network—Bharat) presents a healing circle on inner and outer regeneration, connecting personal growth with regenerative community living. 25 Caravan travellers from diverse cultures—rassroots to global—have been traveling together all of February across the country through 9 Eco Communities seeking, sharing and serving. Come join us to cultivate humility in relationships, collaboration for courageous action, being unity in diversity—absolutely essential for resilience and revival of ecosystems, communities, and personal well-being.

Amena Bal, Trustee, Global Ecovillage Network

*Music & Art Activities*

**FREEDOM OF THE BODY:  
Dialogue with the Cells**

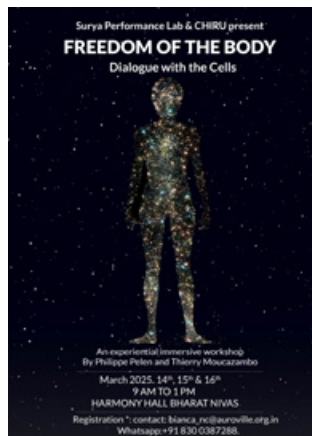
Thanks to the vision of The Mother and Sri Aurobindo  
14, 15, 16 March, 9am—1pm  
@ Harmony Hall, Bharat Nivas

Please come at 8:45am

An experiential immersive workshop  
designed and guided  
by Philippe Pelen and Thierry Moucazambo  
from Surya Performance Lab

A path to follow from the mind to the heart and from the heart to the body, through deep relaxation, frequencies, meditation, Pranayama, yoga, visualization, and a spontaneous natural dance. A joyful experience for the transformation of the body.

This workshop is open to all: Aurovilians, newcomers, volunteers and guests who want to discover and experiment with cellular consciousness. It is also open to participants who have attended previous workshops and want to experience deeper inner practice. Each workshop offers a different experience.



The theme of this workshop is Joy, Ananda in the cells.

- **Contribution:** Aurovilians, Newcomers, Volunteers: Rs. 1500, Guests: Rs. 5000
- **Contact, registration:** [bianca\\_nc@auroville.org.in](mailto:bianca_nc@auroville.org.in) +91 8300387288 WA Bianca.
- Registration is mandatory.

*"...All the cells of the body were a thirst for that Light which wants to manifest". The Mother*

For better integration and understanding, it is essential to follow the 3 days of immersive, experiential events.

Each participant should wear light, flexible clothing suitable for movement and bring a yoga mat or towel.

*"Every cell of our being is a sacred temple where divinity resides and personal transformation begins by honouring this sacred presence within us."—The Mother*

**Philippe Pelen and Thierry Moucazambo**

They are dancers, performers, choreographers, directors and energy healers from Réunion Island, a multicultural French island in the Indian Ocean, where they founded the Talipot theatre. Coming from an island with memories of slavery and colonization, they developed a methodology, a process they called "decolonization of the body, of the cells, of the imagination and the mind."

Their exploration of the actor-dancer's body has organically evolved into a transformative energy healing. They teach their method in different universities around the world, in different spiritual and artistic groups. They have also lectured at UNESCO, created and directed 34 shows and performed in 83 countries with artists from all over the world.

Inspired by the teachings of Sri Aurobindo and The Mother, they are deeply into the Yoga of the Cells and dialogue with cells. They have been trained by Bhaga from the Auroville Laboratory of Evolution, by Barbara, and different mentors, scientists in the world and many special First people leaders in South Africa, New Caledonia, and Australia. In Auroville, they founded the Surya Performance Lab and created many shows.

**Philippe and Thierry for Surya Performance Lab**  
8903869078

**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

**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

**A SOUND SANCTUARY FOR THE SOUL**

I am in Auroville with my Körper Tampura, a beautiful string instrument that brings deep peace and relaxation. Its gentle vibrations create a space where you can simply be, without words. Just sound, presence, and soothing resonance.



I offer free or donation-based sessions for anyone who feels the need to rest, release, or just simply receive this sonic embrace. If this calls to you, reach out. I'd love to share this moment of stillness with you.

Jorhito, +49 15510017585 WA

**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](mailto:sathyacolour@auroville.org.in), +91 9486145072 WA, Sathya

*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



Mani

**AUROVILLE 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



Maud

[tango@auroville.org.in](mailto:tango@auroville.org.in)

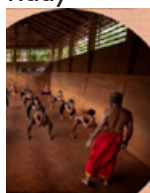
*Sports & Martial Arts*

**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](mailto:bharatnivas@auroville.org.in), office: 0413 2622253



Monisha for BN Team

For Registration

**AUROVILLE CYCLOTHON 2025**  
 Cycle for the Joy of Cycling

**2nd MARCH 2025**

25Kms | 50Kms | 100Kms

**Participants Deliverables**  
 T-shirt  
 Certificates  
 BIB  
 Finisher medal  
 Refreshment on race day  
 Venue  
 Certitude, Auroville

Raju for Auroville Cyclothon Team

**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 sports-wear 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 e 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  
 Giacomo

**KALPANA GYM**

Kalpana Gym is open 7—9am & 5—8pm  
 ◦ Monday to Saturday

All are welcome!

Submitted by Satyakam

## SELF DEFENSE WORKSHOP

22 February, 8—11am

After a very successful first Self Defense Workshop, Abhaya Martial Arts Academy is happy to offer a second one.

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

Rs1000, limited slots, sign up now to secure your spot!

Early Bird Offer: Get 1 free

MMA class!

Contact Shivaani at +9175500 98277

Lahe by Loka, Auroville Rd, Opposite Visitor's Centre  
For regular and private classes, and to organize more workshops, please contact us here:

- <https://abhayauroville.wordpress.com/>

Giacomo for Abhaya



## 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

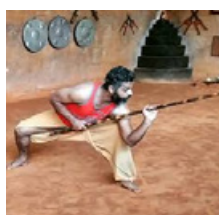
- [budokan@auroville.org.in](mailto:budokan@auroville.org.in)
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

Cristo, Rita, Surya & Philippe  
for Auroville Aikido

## 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

## 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

## AUROVILLE BADMINTON TOURNAMENT

@ Dehashakti

1 March, Saturday, 5—9pm and 2, Sunday, 4—9pm

### Category

1. Parents and Child/  
Teacher and Student  
Under 14 ages
2. Women's Doubles
3. Men's Doubles (Intermediate)
4. Men's Doubles (Advanced)

### Open to

1. All volunteers in Auroville.
2. Certitude, Dehashakti,  
New Creation badminton  
members.
3. All Students of Auroville.

Contact 8754959033

Chuna Lee



## GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm

@ Dehashakti

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

- Just contact Beber 6385635943  
for more details



Beber

## Bioregion & Nature Activities

### NATURE IMMERSION, FOREST THERAPY and Emotional Liberation

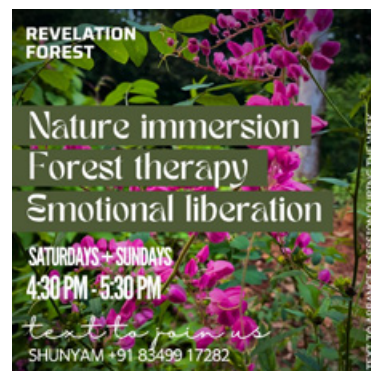
Saturday & Sunday,  
22 & 23 February, 4:30—5:30pm  
@ Revelation Forest, Auroville

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



**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](mailto:terrasoul@auroville.org.in)

**JOIN THE EDIBLE WEEDS WALKS OF THE SEASON!**

**Edible Weeds**  
Walks of the Season are Here

NOTE THE DATES, REGISTER (MAX 10 PEOPLE/WALK), AND COME ALONG!  
TIMING: 7:30AM TO 8:30AM

For each walk a convenient location within Auroville will be decided and shared w/ participants after the registration closes

WALKS ARE GUIDED W/ THE EDIBLE WEEDS COLORING BOOK ON THESE DATES:

25 January	1 February	15 March	5 April
	8 February	22 March	12 April
	15 February	29 March	

Contribution:  
Rs.500 for all, Rs. 300 for Aurovilians, NCs, SAVI-registered volunteers.

To register e-mail [edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com) or WhatsApp: 98409 36907

Register Now:  
[edibleweedwalk@gmail.com](mailto:edibleweedwalk@gmail.com), 9840936907 WA

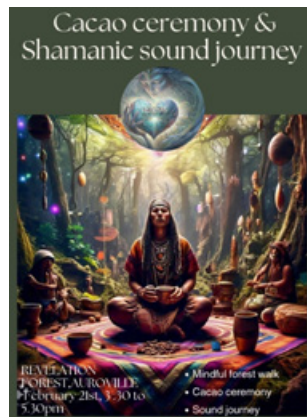
Nina

**CACAO CEREMONY AND SHAMANIC JOURNEY**

Friday, 21 February, 3:30—5:30pm  
@ Revelation Forest, Auroville

Enter into a sacred journey with Mama Cocoa, with frequencies from sacred instruments and other dimensions that will transport your soul into peace, your heart into joy and mind into complete bliss.

- **Forest Walk:** The forest will clear our auras and ground us for the ceremony.
- **Cacao Ceremony:** Gather around the altar for a sacred cacao ceremony, invoking the wisdom and love of Mama Cacao.
- **Shamanic Sound Journey:** Our sound healers will transport you to realms of deep relaxation and inner harmony.



Contribution based

Registration: Kundhavi Devi, 9360748665

Carolyn Rebecca for Révélation

**BEING-NATURE-BEING-FOREST**

Walk in Presence with Aikya every Monday, 4—6pm

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>

Aikya

**EARTH INSTITUTE: TRAINING COURSE**

**CSEB Intensive : 24th Feb - 01st March**



CSEB = Compressed Stabilised Earth Blocks  
AVD = Arches, Vaults and Domes

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](mailto:info@earth-auroville.com).
- **Contact:** +91 9159225078, +91 0413 2623330/ 2623064
- **Registrations:** <https://registration.earth-auroville.com/>

T. Ayyappan

## 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.

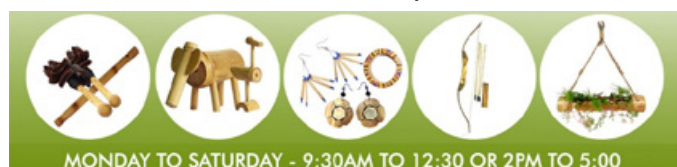
### Daily, Make and Take Hands-on Workshops Experiences

#### 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



- 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 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](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto: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](http://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](mailto: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 inside Auroville

**Auroville Northwest Tour**

**Mohanam Campus Tour**

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluvveli 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

### Classes and Workshops

#### Cooking Class

3:00pm - 5:30pm  
Monday - Saturday;  
10:00am - 12:30pm  
Sunday

Learn how to cook traditional South Indian food and snacks

#### Saree Workshop

10:00am - 4:00pm  
Monday - Saturday

Learn the art of saree wearing and model your look in an optional photoshoot

\*One day advance booking necessary

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 Workshops

Pottery Making

Kolam Mandala Painting

Candle Making

...and more, including Traditional leaf craft, bamboo jewellery, and dream catchers. Manifest your inner artist and try your hand at traditional handicrafts

\*One day advance booking necessary

Incense Making

Soap Making

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



## COFFEE LEARNING COMMUNITY

### Manual Brewing Workshop

- @ the Coffee Learning Community

Step into the CLC for a day and sharpen your manual brewing skills—or brew your first cup! Designed for both beginners and advanced brewers, this course focuses on key brewing parameters. Our SCA Certified Baristas will guide you on topics and methods of your choice.



- On-demand only.
- The booking should be done 24 hrs prior to the class for the confirmation.
- For enquiry:
  - [contact@marcscoffees.com](mailto:contact@marcscoffees.com)
  - +91 0413 2623119 ph. and +91 7200881291

### Coffee Cupping Session

- Every Saturday, 10am—12pm
- @ the Coffee Learning Community

Discover the art of savouring specialty coffees through cupping sessions at the Coffee Learning Community (located above Marc's Cafe).



No prior experience is necessary; we will guide you through each step, teaching you how to discern the subtle nuances in the sensory experience.

The session lasts for two hours, beginning with an introduction to the flavour wheel and instructions on how to utilise the cupping sheet.

We'll cover the fundamentals of cupping and guide you in describing the distinctive attributes of the coffees.

As a bonus, you'll receive a complimentary packet of Marc's latest nano lot.

**Note:** Kindly refrain from wearing any perfume or other fragrances.

- For enquiry:
  - [contact@marcscoffees.com](mailto:contact@marcscoffees.com)
  - +91 0413 2623119 ph. and +91 7200881291

### Foundations of Speciality Coffee

- 3—7 March, 2 more seats available

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:
  - [contact@marcscoffees.com](mailto:contact@marcscoffees.com)
  - +91 0413 2623119 ph.
  - +91 7200881291



Matilde

## ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

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

Arun, Anand and Balaji for Enlight Team

### Looking For

#### Looking for a Second Hand Ladies Cycle

I'm looking for a second hand ladies cycle, medium size, in good condition. If you have one, contact Jivatman by phone 2622412 or email [jivatman@auroville.org.in](mailto:jivatman@auroville.org.in)



Jivatman

#### 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 Housitting

I am looking for a house sitting from Mid March or a bit later, for a minimum of 2 months. I am extremely clean, passionate about gardening and I teach yoga. This is the 3<sup>rd</sup> year I come and stay in Auroville.

Marina, +393273995849WA

#### 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](mailto:manohar@auroville.org.in) or 9486416179 phone/ WA.

Manohar

### Lost and Found

#### A striped blue and black 4cm stone

A striped blue and black 4 cm stone somewhere in Auroville. If you find it, please return it to Tim 2622381 home, or 2622296 office. A substantial 4-figure reward will be given to the finder!

Tim

#### Lost Cell Phone

I've lost my cell phone! It's in a cream cover and has my bank card inside. If anyone has found it PLEASE contact the Samarpan guest house at 04132623515/ +91 9489359239, [samarpangh@gmail.com](mailto:samarpangh@gmail.com)

Erica Fjastad

*Available*

**Electric Cycle and Ladies Cycle Available**

We would like to sell: Battery cycle for men and a 2.6 gear ladies cycle. Both are in good condition.

- For other details contact Hari 9443001756, Sagadevan 9442300735 (at Auroville Transport Service).  
*Hari & Suriya*

**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](mailto:adps@auroville.org.in).

*Submitted by 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](mailto:pandian@auroville.org.in) *Pandian*

*Honorary Voluntary*

**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](mailto:kulaicreativecentre@auroville.org.in)
- WA: +91 8608473385/ 9843195290 *Selva for KCC*

**GAU SEVA AT SADHANA FOREST!**



Your heartfelt service is needed at the Sadhana Forest Gashala!

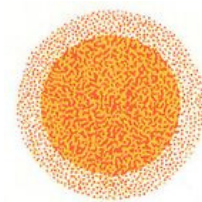
You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924  
*The Sadhana Forest team, Aviram*

**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](mailto:saiier@auroville.org.in) with the subject line "Volunteer for Collective Programs"  
*Nilima*

**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*

*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](mailto: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.

*Submitted by 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](mailto:mohanameducation@auroville.org.in)

*Submitted by Balu*

## ECO FEMME IS LOOKING FOR

### A Sales Team lead!

Would you like to join our Sales team, as Team lead? We are looking for a full-time member.

#### Skills and experience required:

- Proven ability to inspire, lead, and manage a team while balancing strategy, execution, and continuous improvement.
- Strong team player, able to work effectively with cross-functional departments.
- A strategic thinker who is motivated by achieving goals and delivering exceptional outcomes.
- Ability to find innovative solutions and adapt to evolving challenges.
- Proficiency in data analysis to inform decisions and drive sales strategy.
- Comfortable with Google Workspace and its suite of tools.

### An International Sales Coordinator!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

#### Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

#### Details

- **We are based** in Auroshilpam. **Starting date:** Immediate
- For more detailed information and applications, please write to [maha@ecofemme.org](mailto:maha@ecofemme.org) with your updated CV. Looking forward to hearing from you!

Maha, +91 7094278777

## 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](http://www.thegreensilkroad.com) and [www.raddiscotton.com](http://www.raddiscotton.com))

Then we want to meet you!

Please contact us

- [socent@auroville.org.in](mailto: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](mailto: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>

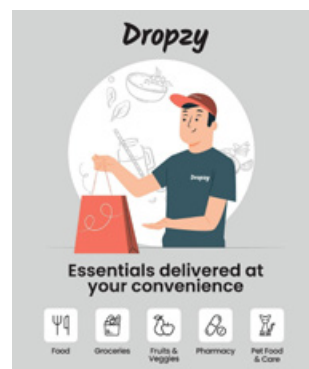
#### iPhone Browser Version

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

#### Desktop

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

Sathish



## BHARAT NIVAS PATHWAY

### Medicinal Herbal Nursery Counter



Medicinal Herbal Nursery Counter  
Green and Clean Land



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



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

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

**Monday to Saturday**  
**08:30 - 16:30**

Vérité Integral Learning Center

Kathir for Vérité Programming

### SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee  
Rs.99

Submitted by Shiva

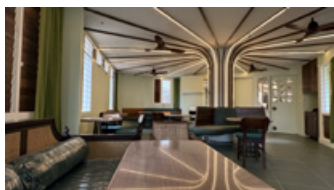


### LIVING ROOM CAFÉ

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.

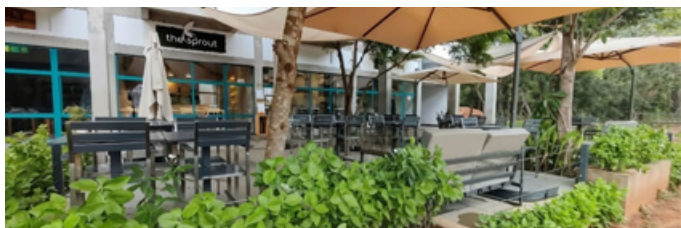


We look forward to serving you!

Debo for The Living Room Cafe Team

### THE SPROUT TIMINGS

Daily, 7am—4pm



Monica for The Sprout team,  
[www.thesprout.in](http://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.



Submitted by Pavithra

### 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



### KINDNESS KITCHEN: SUNDAY, 23 FEBRUARY

10 am: Learning & Preparing, 1 pm: Lunch

Come learn, cook, eat, laugh, chat and make heart bonds with like-minded people.

#### Menu (Vegan)

- Vada Pav—A soft & crispy spiced potato dumpling (Vada) in a soft bun (Pav)
- Ussal—Sprouted lentils in a fiery usal masala
- Varan Bhaat—Plain lentil stew with soft plain rice

Hosted at the home of Nirmala & Naresh, Pushpanjali, Kottakarai, Bioregion Auroville

- To RSVP: [fill this form](#) or +91 9223379171 WA

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



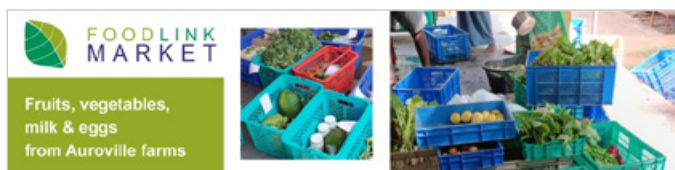
### HEMPLANET: EXPLORE THE BENEFITS OF HEMP!

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, Aurocard and UPI.

- For more info, call/ WA +91 83002 68804 or pass by. Isabella for FoodLink

**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

**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.



**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*

**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*



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](mailto: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](mailto:its@auroville.org.in)

*Rajesh.D*

*for Shared Transport Service*

### QUTEE ELECTRIC SCOOTER SERVICE

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



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

- You may call Qutee 9443372418/WA 9092637055 or email [govindaraj@auroville.org.in](mailto: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:** [surabisupplies@auroville.org.in](mailto:surabisupplies@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](mailto:rapidcare@auroville.org.in)
  - Secondary Email: [rcsrapidcareservice@gmail.com](mailto: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.

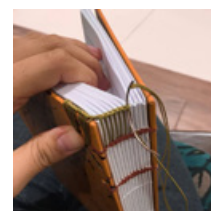
- For any of the above services, contact :
- 8098845200 WA/ ph., [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

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](mailto:sarvamcomputers@auroville.org.in)

Submitted by Bala



inside india  
DREAMS & MEMORIES

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](mailto:ticketing@insideindiaauroville.com).
- Yes Ganesh will be present on Saturdays too

Olivier  
for Inside India Team

Poetry

BLUE BIRD

I am the bird of God in His blue;  
Divinely high and clear  
I sing the notes of the sweet and the true  
For the god's and the seraph's ear.  
I rise like a fire from the mortal's earth  
Into a griefless sky  
And drop in the suffering soil of his birth  
Fire-seeds of ecstasy.  
My pinions soar beyond Time and Space  
Into unfading Light;  
I bring the bliss of the Eternal's face  
And the boon of the Spirit's sight.  
I measure the worlds with my ruby eyes;  
I have perched on Wisdom's tree  
Thronged with the blossoms of Paradise  
By the streams of Eternity.  
Nothing is hid from my burning heart;  
My mind is shoreless and still;  
My song is rapture's mystic art,  
My flight immortal will.

Sri Aurobindo

A GREY FOG

A grey fog  
Forerunner  
Of a very sunny day  
With joyful Gratitude,  
Anandi Z

Voices & Notes

AUROVILLE RADIO TV

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



Last published podcasts

- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.482](#) (Integral Yoga)
- [Soulful Beginnings with Monique—Ep.3 “Strengthening the foundation: Relationship before pregnancy”](#) (Health and Wellness)
- [Marlenka’s weekly Offering—Ep.129](#) (Literature)
- [Exploring Education in Arts, Animation and Film-making—Ep. 43. “The State of Art Today”](#) (Arts and Culture)
- [Seeking Our Inner Being Group Discussion in Italian, Ep. 1](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.481](#) (Integral Yoga)

Last Youtube Videos

- [Auroville Singing Festival 2024 Day 2 | Full Video](#)
- [Full Moon Musical Offering in Matrimandir by Nādaprem](#)
- [Soulful Beginnings with Monique Ep.2](#)

...and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Sai Priya for Auroville RadioTV

LIVE VEIL EVIL

I'm equally surprised, as perhaps you will do, at how revealing it is. For the revelation, I'm deeply grateful. Sharing it may help shed light on the whole unfolding story of Creation. Who knows?

The word evil seems to be both a taboo and a rampantly over-used word, especially in children's stories, certain genres of dramas, religious & spiritual individuals and circles. And then, there is the veil that covers up the Truth, Light and Beauty of the Being, the process of unveiling and living out what is seen as the Reality, which is the exact opposite of the evil.

What do you see in these words? What do they reveal to you? Where are you in your process, at this moment, during this period?

I'm not just into word play. I'm not just asking you. I'm talking to myself in the mirror, and yes, to you, my many mirrors.

Anandi Zhang

**Disclaimer:** The idea of these three words evil, veil, live being put together in this form came on its own. It is not my creation, nor do I claim any copyright for it.

RE-MEMBERED

As the lost Divine Sparks  
We search here, there, everywhere  
Looking for a way back home  
To the Divine Love and Life  
That we seem to have forgotten.  
Along the way we meet each other,  
As family, friends and lovers,  
False and part truth guides,  
Formidable foes and allies,  
Until for some Divine Grace  
Amidst a raging storm of tears  
We finally meet Her,  
The Supreme Divine Mother,  
And in Her loving embrace  
She whispers, “At last my child,  
You have re-membered.”  
Now safely protected by Her,  
With courage as Her Hero Warrior,  
We embark on the Epic Quest  
For true and total freedom,  
Also for all Her other children  
In the Ignorance still bound,  
Needing a City of Dawn  
As a living dynamic symbol  
Acting as a collective contagion,  
A Cradle for the Life Divine.

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

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



"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.

Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine."—The Mother

<https://auroville.org/page/a-true-aurovilian>

Zech . Auroville . 2025.01.24  
<https://zechjoya.blogspot.com/>

### AUROVILLE THE CITY OF DAWN 3: Governance

Governance in Auroville seems impossible, it's probably because of ignorance, but I say it's because we don't have the structure Mother foresees for Auroville. We are all in our own way doing what we think best. There are many individuals truly capable of action.

Ignorant we are anyways: vested interests, lack of communication skills, not accepting leadership (because generally it is so conservative in its workings in Auroville). With the politics that follows, people become either obedient servants with less initiative, or they stay away, whereas they should be empowered and feel inspired. Or people do things just enough to make it look good enough on paper. It attracts laziness, unattractiveness, and manipulative behavior.

We don't bring in the fluid system proposed by Mother. People think they know better or feel powerless. We need to work for Auroville, not for individuals in groups, who don't or can't share their vision to the public. The sharing to the public can only happen with the proper structure, otherwise the delusional democratic insanity kicks in and all is delayed. Again. And people who can make things happen fade away, again.

We have groups, and have the feeling, (be it true or not) that: 'Something is going on', 'Who is doing what?'. People waste their time trying to figure out what is behind the scenes. We get gossip, lobbyism, and delays. Again. People believe they are doing their best, however it's in a system that is not what Mother wanted for Auroville.

Instead, we will have individuals doing the works and sharing the working vision with the city so that people know what plans are made, and can then offer help for any possible improvement, and not for power play.

The only 'group' we should have is the one of **Intuitive Intelligence (InIn)**.

People don't need to be 'realised' to join. Maybe to have lived here a bit longer, be willing to undergo a continuous process in experiencing intuitive intelligence and alignment to the ideals of Auroville, and trying to understand the City life. They are here to sit on the purple pillow and guide, inspire, absorb.

The leadership will have authority to make decisions. No groups, we will have individuals taking up different aspects of works for the City. They are management roles in administration if you will, though I prefer to call them **Rivers**. The difference here is that leadership will be at the service of the teams working under them, not tyrannical. The **InIn** will have the authority to change the leadership if needed.

The issue with present day organizations, companies or ashrams is the notion of control that is there for its own sake. An ashram might want people not to think about anything except yoga and have less responsibility and less initiative. An ashram or organization is not an international City like Auroville.

Both **InIn** and **Rivers** will be facilitated in their workings by a constant facilitation/coaching of sorts. Call this Lila (= Divine Play), facilitating a decluttering, honesty, transparency, good energy, communication and an atmosphere of progress.

The **Lila** is to become part of our working and administrative culture. No more undercurrents please thank you.

We will then have leadership that has responsibility and authority.

Rules will be easily adapted, changed or thrown out. Rules of India are there and to be respected. In Auroville all other rules are meant for efficiency, and harmony in works. We will know who is responsible for what, and who to go to for things.

Then we could have a **Round Table**, where the **Rivers** may join sometimes in works. This will also have **Lila** because leadership people are often skilled in their work, but not necessarily good leaders. They are often alpha and power oriented, and they need to become more conscious leaders, at the service of their teams, to inspire and empower. To learn together. And have constant interaction and realignment from the **InIn** to the Ideals.

Basically we will facilitate a society where we learn to be with the other more consciously. Let people make decisions and develop honesty in the collective.

- **Intuitive Intelligence Group (InIn)**
- **Rivers,**
- **Round table,**
- **Lila (Divine play)**

Some might say, we are not ready. But what if the fluid structure is meant for us to learn. It will help not to fall into this machinery of *tamas* and abuse, but to collectively live differently, just as the physical Galaxy design of the City will.

And the **GB** and **Foundation** need to help us start this.

Simple, actually. We have the people to do this: our many power alpha people/yogis are to be of use in doing works, not politics. Give them a task and it will be done, instead of steering things they don't understand, or withdrawing (being burned out by working in the groups). We have many good action oriented people in Auroville.

The **River's'** functions, as what Mother gave:... (I am sure this can be elaborated by some who know more, and perhaps Mother gave a more complete list) :

**Administration, Coordination, Collection of funds, Promotion of industries, Technical management, Agriculture, Marketing management, Town planning, Legal matters.**

Mother appointed individuals to be head of each, not groups.

Let's simply try to do what Mother foresees. The city will be, and grow to the Ideals from within. The Spirit within and the Spirit without. The song of the Divine chanted from both infinity and individuality.

This means, practically, to constantly try to re-align the different aspects of governance to the Ideals. At the moment this would be mainly concerning the building and beginnings of running the town. We then let people be, let it flow, let more people occupy new housing projects. These should have priority with fundraising, the Lines of Goodwill and *Cirhu* for example. To support people and the gradual alignment to the Ideals. Creativity and business shall grow. Money shall come in more, and slowly in strength, and when we have a bigger population (10000 perhaps), to be able to move to a no money economy, and have basic needs covered for all, while still growing. In beauty, productivity and creativity, not *tamas*, bureaucratic despotisms and the mediocre.

With the **Lila** (facilitation of honesty, communication and good works), there are quite a few ways to try this, for example working with the 12 qualities. The point is that we facilitate honesty, decluttering, and inviting all to participate. By guiding, inspiring, reasoning, by feeling.....

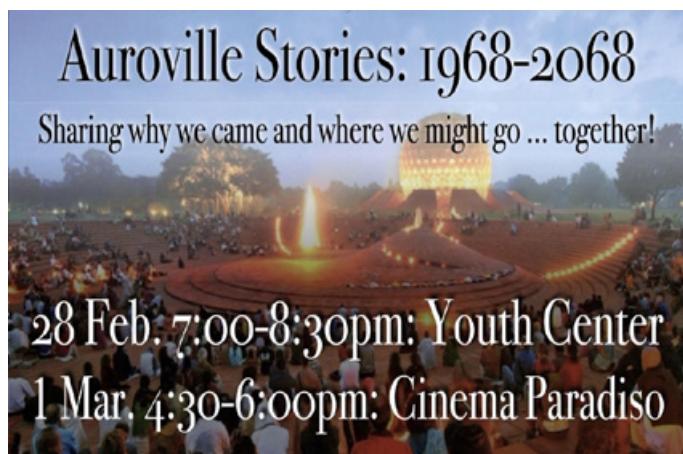
We need another, fluid system. If anything, the **Foundation** is here to help us with this. To get it on the rails so one day we won't need the **Foundation** anymore. I believe that this is their role. To know that Auroville will grow from within.

We need to overcome, not destroy. Less intervention and less rules. What a beautiful thing.

Happy to serve, constantly realigning to the Ideals and help people. The openness is what is important, and to let people get on with the work. And have faith in the Presence, that is so palpable here in Auroville.

Hans, Transformation





Mark your calendars for two storytelling events where community members and other friends will share meaningful memories and hopeful dreams about our journey together in Auroville. Many have been crafting their short stories to tell—either live or recorded.

If you would like to join the lineup, please contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or +1 9783941711 WA.

Daniel Greenberg, [www.ic.org](http://www.ic.org)

*Classes, Workshops & Healing Arts*

Spirit & Nature Facilitated by Aikya

# WORLD GAME

FOR ADULTS AND CHILDREN

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, Nederlans.

To book an appointment: Contact Elena +32491259966 WA, [marin.avila.elena@gmail.com](mailto:marin.avila.elena@gmail.com). Aikya

**AUROMODE SPA**

**Offers Cosmetology Services**

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



Meha for Auromode SPA

**AN EXPERIENTIAL SATYANANDA YOGA PROGRAM in Auroville**



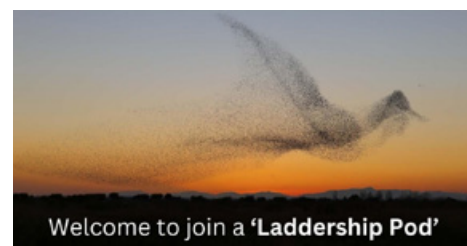
Satyananda Yoga Centre, @ Sawchu Hall, Bharath Nivas Saturday, 22 February, 9am—12noon

<https://www.syctchennai.com/satyananda-yoga-auroville/>

Monisha, BN Team

**LADDERSHIP POD**

I'm happy to share with you about an online 'Laddership Pod' run by ServiceSpace in which I participated a few years ago and it was quite a transformative experience. I've also participated in the updated version more recently.



What really moved me was not just the 'content' but also the 'context' of co-creating a kind and non-judgmental space which allows diverse perspectives to lovingly co-exist and creating an environment where we support and bring out the best in each other.

- I'd encourage you to check it out on: <https://pod.servicespace.org/apply/laddership25>

Welcome to join the next cohort from 2 to 23 March if it resonates and you can give 10—15 hours per week for it.

For Auroville participants, along with a few volunteers I would be happy to hold space for in-person meet-ups for a deeper connection. Also, feel free to share it with someone whom you feel might be interested in this. The entire program is offered in the spirit of gift

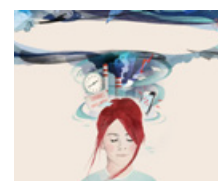
Grace and Gratitude, Deven

**MINDFULNESS OFFERINGS**

**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.

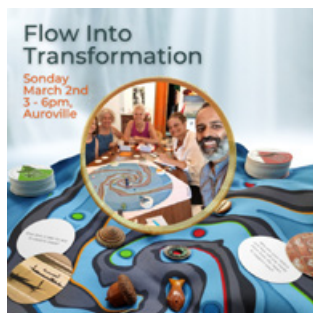
- Booking is required. To register contact Helen on 7094753054 WA or visit [innersightav.org](http://innersightav.org).

Helen

## FLOW INTO TRANSFORMATION

Sunday, 2 March, 3—6pm, in Auroville

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 is LOVE,

Host: Sandhya. Venue will be revealed after registration

Register: [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or +91 9443619403 WA.

Sandhya

## BODY IN LIGHT:

### Energy Healing Workshop

7—9 March, 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](mailto: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



## THE INTEGRAL YOGA

of Sri Aurobindo and The Mother

Insights into its philosophical base and its practice with Ela Thole

23 February, 9:30am—12:30pm & 2—5pm



@ Inside India Office Kalpana, Auroville

Contact us to book your spot! Fixed Contributions apply Aurovilians are welcome for free

[tours@insideindiaauroville.com](mailto:tours@insideindiaauroville.com)

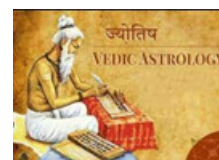
+91 413 2622047, +91 8524953838 WA only

Office No. 2, Kalpana, Auroville Olivier

## 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](http://allthingsvedic.in/webinars)

Vikram Devatha, +91 9843948288

## LIFE-STYLE RESET RETREAT

7—9 March @ Tanto Beach, Auroville

Feeling low on energy, stuck in unhealthy habits, or noticing signs of aging creeping in? Frustrated by weight fluctuations? Redesign your daily routine and unlock your full energy!

Our Lifestyle Re-set Retreat provides practical and holistic tools to help you achieve peak energy levels and empower you to live a purposeful life at your full potential.

With our 3 lifestyle, fitness and yoga instructors, you will:

- Learn wholesome daily habits to elevate your energy, maintain it & skillfully utilize it,
- Experience health & wellness through calisthenics, yoga, meditation, breath work,
- Explore techniques to enhance your joy, longevity and overall wellness,
- Schedule customizable routines to fit your lifestyle and goals.

If you want to make a clear, actionable plan with us and maintain these changes at home even after the retreat, join us on this transformational journey!

Contact for more details

- Rekha +91 9945611011 or
- Laure +33695651135.

Submitted by Laure

**ARKA WELLNESS CENTER**

**February Program**

[arka@auroville.org.in](mailto: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, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Integral Regression therapy, integral reiki healing, Breathwork—the holotropic way	Niyati Thakkar, Monday to Sunday, by Appointment only: 7041391995, <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a>
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, <a href="mailto:olesya@auroville.org.in">olesya@auroville.org.in</a>
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, <a href="mailto:auroshruthi@auroville.org.in">auroshruthi@auroville.org.in</a>

**Services**

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

**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**

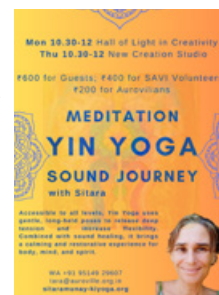
- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

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](mailto: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

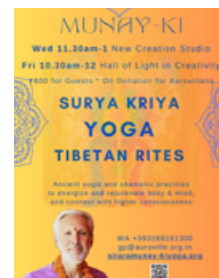
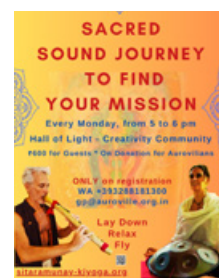
Original combination of ancient yogic and shamanic practices.

**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](http://sitaramunay-kiyoga.org) for all our activities!

Sitara & Giovanni Munay-Ki



## CHANTING IN MOVEMENT

### Shlokas on the Mahashakties



**BHARATH NIVAS**  
KYYR BITE - Udupi, Karnataka  
The Studio of Arts, Kerala

Workshop timings over 4 sessions  
10am to 12pm @ Progress Hall Bharath Nivas

Saturday 15th Feb '25 Mahestwari	Sunday 16th Feb '25 MahaKali
Saturday 22nd Feb'25 MahaLakshmi	Sunday 23rd Feb'25 MahaSaraswati

Contribution for each session per person  
Visitors: 2,000INR - Aurovillians: 2000INR

Workshop curated & conducted by Poojarini Chowdhury  
Nrityasangeet artist,  
director of Redfeet Dancestudio

WhatsApp: +91 9430194147  
www.youtube.com/@redfeetdancestudio9500

Discover ancient Vedic shlokas in Sanskrit along with movements inspired by Indian classical dance. Learn how to chant and dance together and express the powerful meanings of the spiritual poems. Performed on original music compositions.

#### Workshop timings over last 2 sessions

10am—12pm @ Progress Hall Bharath Nivas

- Saturday 22 February: MahaLakshmi
- Sunday 23 February: MahaSaraswati

Contribution for each session per person.

Visitors: Rs 2000, Aurovillians: Rs 200

Workshop curated & conducted by Poojarini Chowdhury, Nrityasangeet artist, director of Redfeet Dancestudio.

918438194147 WA

[www.youtube.com/@redfeetdancestudio9500](http://www.youtube.com/@redfeetdancestudio9500)

Submitted by Monisha

## AUROMODE YOGA SPACE

### Aurothaima—Hospitality Trust

Pre-registrations is a must for all the program through e-mail or WA, to know more about the fees structure and other details: [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), +91 9892699804 WA only



#### Evening Vinyasa Flow Yoga with Bala

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

Vinyasa Flow yoga emphasizes the coordination 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 Karalakattai & Kalaripayatu

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

Inspired by the ancient martial art forms of Kalaripayattu and Karalakatti, 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.

#### 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.

#### 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



**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
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
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 Flowrina
8am–9:30am	Breathing & Mudras with Gala, not on 22/02
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. The youth activities will **pause from 20 February** for term break and **resume on 3 March**.

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

**New Activities**

- **Breathing & Mudras with Gala**

A weekly class about breathing techniques and meditation mudras.

- Saturdays, 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 “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](mailto:info@pitanga.in), Andrea for Pitanga Team

## It Matters

### Schedule from 20 to 26 February

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@auroville.curated](https://www.auroville.org.in/@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](mailto:itmatters@auroville.org.in), or +91 9344087925 WA

Date	Activity
20 February, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
21 February, Friday, 3—4pm	Abundance & Psychology with Matthias
24 February, Monday, 4:30—5:30pm	Science of Meditation with Matthias
27 February, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
28 February, Friday, 3—4pm	Abundance & Psychology with Matthias
Date	Workshops in February
21 February, Friday, 10—12pm	Journaling Through Relationships (Express & Evolve) with Dr.Mamta, Rs./900
22 February, Saturday 3—5pm	Tools and Secrets of the Integral Yoga (Holistic Well-Being) with B Sullivan, Rs./500
26 February, Wednesday 10am—1pm	Hands-on with the Artist with Mario D'Souza, Rs./900

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

*Bhakti & Sandra*

### CRANIO-SACRAL SESSIONS

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



*Simon*

### 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*

### 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](mailto:serendipityauroville@gmail.com),  
+91 8940288090

### 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:** Reach 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*

## QUIET HEALING CENTER

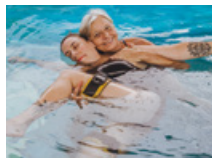


### Watsu® 1 with Petra

- 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.

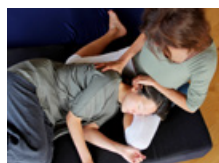
By the end of this course, you will have learnt the complete Watsu 1 sequence for further practice sessions till you feel ready to move on to Watsu 2.

- **Prerequisites:** no previous experience required

### Tantsu® 1 with Keli

- 1—6 March, 8:45am—6:30pm, 50 hours

Tantsu was developed by Harold Dull in the same year he conceived Watsu with the intent to bring on land the same principles as provided in Watsu. The basic principles of Zen Shiatsu are further amplified in Tantsu, where a person is totally contained in a whole-body holding position, called Tantsu Cradle. A Tantsu session includes passive stretching, use of Shiatsu pressure points, spontaneous movements of the body, and non-verbal communication.



In this course, you will learn different cradles for providing a safe container, while moving and stretching your partner in sync with the breath. As a receiver, you will enjoy the Tantsu benefits through the gentleness and deep connection that each position creates. We will also practice active meditation, breathing exercises, and free dance movements. Tantsu is for anyone who wants to deepen body-communication through being present and the quality of "touch".

In short, Watsu's qualities of presence in the moment, unconditional holding, and loving care are brought onto land, thereby creating sensations of deep contentment and safe relaxation. As such, Tantsu offers an opportunity to open the door to a new level of wellness and healing.

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

### Watsu® Yoga Round with Roberto & Ellie

- 7 March, 3—6:30pm, 3.5 hours

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.



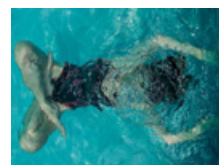
When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

### Watsu® & Breathing with Dariya

- 8—9 March, 8:45am—6:30pm, 15 hours

A 2-day journey of exploring and discovering your breath and its applications in Watsu. In this course, you will learn to integrate the practice of Watsu qualities and explore the power of working with your receiver's breath.



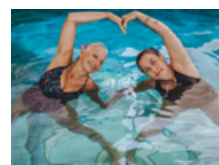
Several topics will be discussed, including the link between breathing and yourself as a giver, as well as your energetic connection with the receiver. You will also gain an understanding of the anatomical basis of our respiratory system to better grasp its functioning.

- **Prerequisites:** Watsu Basic.

### Woga® Instructor Training Course (ITC) with Petra & Pooja

- 10—15 March, 8:45am—6:30pm, 42 hours

During this course, you will gain a fundamental understanding of Woga, enabling you to harness the benefits of yoga in shallow, warm water. The program includes learning a diverse range of Woga exercises, as well as receiving didactic resources for conducting Woga classes or integrating Woga into your aquatic fitness classes.



The course covers:

- an introduction to yoga philosophy, encompassing the concepts and principles of Hatha Yoga and Pranayama;
- theoretical knowledge of the physical properties pertaining to water;
- effective methodological and teaching strategies for planning Woga classes.

After successful completion of this course, you will be certified as a professional Woga® Instructor.

- **Prerequisites:** Woga® 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

### Tantsu® 2 with Keli

- 10—15 March, 8:45am—6:30pm, 50 hours

This training is a further step in the Tantsu learning process, during which you will explore additional cradles and practice how to adapt a session to individual needs. Tantsu is usually performed on the ground, on a futon or a soft support. Creativity, intuition and deep listening are some of the qualities to which you will have access to experience the "Free Flow" on land and to deepen the qualities of being present in the moment, unconditional holding and loving care.



- **Prerequisites:** Tantsu 1.

Guido for Quiet,  
+91 9488084966,  
[www.quiethealingcenter.info/](http://www.quiethealingcenter.info/)  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)



**VÉRITÉ**

**Events—February 2025**

Please contact Vérité @ 0413 2622045,  
2622606, 9363624083  
or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://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
	Creative Voice Sound Healing	5–6:30pm	Lola
Fridays	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, 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**

**Food is Medicine: Lifestyle Health Daily Practices**

- Friday, 21 February, 2–4pm, with Parvathi

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

**Prana & Mantra: The Journey Within with Swetha Shri**

- Saturday, 22 February, 9:15am–12pm

A gentle introduction to *prāṇāyāmsa* (yogic breathwork) and mantra (sacred sound). You will learn simple yoga postures to ease into stillness and tools to integrate calm into your daily life.

**Face & Eye Yoga with Mamta**

- Saturday, 22 February, 2–4:30pm

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

**Ananda & Nidra: Joyful Relaxation with Swetha Shri**

- Friday, 28 February, 2–4:30pm

A playful and relaxing session that includes laughter yoga to uplift your mood, gentle stretches to relax your body and a guided yoga Nidra journey for deep rest. Learn practical tips to release stress and bring joy and rest into your daily routine.

Anandhi  
for Vérité programming

**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



## 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](mailto:lakshmiprem369@gmail.com)

Offered under Abhaya, Lakshmi

## 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](http://www.innersightav.org) or contact Kardash on 9940934875 WA.

Kardash

## 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.

- **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.

Bel



## Languages

### LEARN

### English and Hindi

- Learn spoken/ written English and Hindi language for fluency and confidence!
- For more information contact Ashwini: 8270512606.

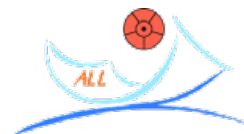
Ashwini, Aspiration

## NEWS FROM

Auroville Language Lab, 20 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](mailto: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](mailto:tomatis@aurovillelanguagelab.org) or call 0413 2622467 or 3509932.

### Courses

#### French with Jean Francois

##### 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 and Wednesday, 4:30—5:30pm

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

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

### NEW!

#### Spoken Hindi for Beginners with Ashwini

- Tuesday, Thursday and Friday 4:30—5:30pm starting 18 February.

Brush up your language proficiency with this 12-hours Hindi crash course. We will fast-track our way to acquiring an essential vocabulary for everyday conversations using techniques to speak effectively and confidently. This will be supplemented with quick and widely applicable grammar tips.

### Conversational Tamil (pre-intermediate) with Saravanan

- Starting 4 March, Tuesdays and Fridays, 9:30—10:30am.

Especially suitable for those who have gone through a beginner level, this course will help you apply the fundamentals acquired earlier while gaining confidence in conversational Tamil. Our fun, interactive lessons and supportive environment will make it easy and enjoyable.

### Beginner Spanish Course with Mila

- Mondays and Wednesdays, 2:30—4pm, starting 3 March.

This comprehensive beginner Spanish course, led by our veteran instructor Mila, is designed to equip you with the fundamental skills needed to understand and speak Spanish. Over the course of three months (36 hours), you will delve into essential grammar, vocabulary, and pronunciation, enabling you to engage in basic conversations and navigate everyday situations in Spanish. Whether you're planning a trip to a Spanish-speaking country or simply want to expand your language skills, this course offers a supportive and immersive learning environment to kick-start your Spanish language journey.

### Poetry for Beginners with Vismai

- Tuesdays & Fridays, 4—5pm

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

### Italian—Beginner Level

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

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

### Film Shows:

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

### 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.

### Current Schedule of Classes as of 20 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	Conversational pre-intermediate (24 hours)	9:30–10:30am	Tuesday and Friday, Starting 4 March
German	Level A1 Beginner	5–6:30pm	Part II—TBA
Spanish	Beginner	2:30–4pm	Monday & Wednesday, Starting 3 March
Hindi	Spoken Beginner (12 hours)	4:30–5:30 pm	Tuesday, Thursday and Friday, Started 18 February
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

### Communication with the Lab

Service through our BSNL phone numbers:

- 2623661 (Lab) and
- 2622467 (Tomatis).
- **For language-related matters** you can also use +91 9843030355WA.
- **For Tomatis** please use 0413 3509932.

Mita, Mano, Louis & Vismai  
for Auroville Language Lab





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**24 February—2 March 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, 24 February, 8pm**  
**Kacher Manush (Love Hurts)**

India, 2022, Writer-Dir. Pathikrit Basu w/ Dev, Prasenjit Chatterjee, Ishaa Saha, and others, Drama-Thiller, 135mins, Bengali w/ English subtitles, Rated: NR (R)

In this gripping drama, realtor Jay is pulled back into a dangerous world by his former partner-in-crime, Rohan, who reappears with a menacing message. Jay must also contend with his ruthless crime-lord brother, Vikram, who is hot on his trail. Caught between his haunting past and uncertain future, Jay confronts long-buried secrets and makes life-changing decisions. With escalating stakes and every twist, the suspenseful journey keeps viewers on edge. Will Jay outsmart his adversaries or be ensnared by his past?

**Potpourri—Tuesday, 25 February, 8pm**  
**Bei Qing Cheng Shi (A City of Sadness)**

Taiwan, 1989, Dir. Hsiao-Hsien Hou w/ Tony Leung Chiu-wai, Shu-Fen Hsin, Sung-Young Chen, and others, Drama-History, 157mins, Mandarin-Min Nan-Japanese-Cantonese-Shanghainese w/ English subtitles, Rated: NR (R)

This landmark (and long) depiction is set at a time following Japan's withdrawal from Taiwan in 1945. It tells the story of how the Lin brothers navigate the turbulent transition. Eldest brother Wen-heung faces local gangster threats, Wen-sun goes missing, and war-scarred Wen-leung is institutionalized. Deaf-mute photographer Wen-ching, the youngest, stands against the newly established Kuomintang government from China.

**Selection—Wednesday, 26 February, 8pm**  
**Den Skyldige (The Guilty)**

Denmark, 2018, Writer-Dir. Gustav Möller w/ Jakob Cedergren, Jessica Dinnage, Omar Shargawi, and others, CopDrama-Thriller, 85mins, Danish w/ English subtitles, Rated: R

Alarm dispatcher Asger Holm answers an emergency call from a kidnapped woman. When the call is suddenly disconnected, the search for the woman and her kidnapper begins. With the phone as his only tool, Asger enters a race against time to save the endangered woman. But soon he realizes that he is dealing with a crime that is far bigger than he first thought.

**Interesting—Thursday, 27 February, 8pm**  
**Movie Pass, Movie Crash**

USA, 2023, Dir. Muta'Ali w/ Mich Lowe, Nathan McAlone, Sydney Weinshel, and others, Documentary-Drama, 96mins, English-German w/ English subtitles, Rated: NR (PG-13)

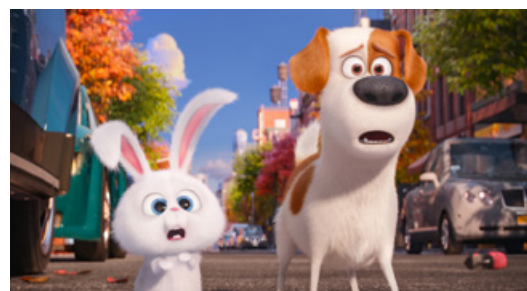
This film chronicles the rise and fall of a movie subscription service, detailing how external investors led to its financial collapse and subsequent investigations. It explores the startup's ambitious vision, the challenges faced by its founders, and the events that ultimately led to its demise. The film provides an in-depth look at the company's journey and the impact of its innovative yet unsustainable business model.

**International—Saturday, 1 March, 8pm**  
**Cunk On Life**

UK, 2024, Dir. Al Campbell w/ Diane Morgan, Douglas Hedley, Rupert Sheldrake, and others, Mockumentary-Parody, 71mins, English w/ English subtitles, Rated: NR (PG-13)

This film is part of a series where Philomena Cunk, an ill-informed investigative reporter, humorously explores life's biggest questions. Through her unique blend of wit and misguided observations, she tackles topics from the origins of the universe to artificial intelligence, interviewing experts along the way. Her satirical journey makes complex subjects accessible and entertaining for all—while making it totally uninformative.

**Children's Matinee—Sunday, 2 March, 4pm**  
**The Secret Life of Pets**



USA-France-Japan, 2016, Dir. Chris Renaud w/ Louis C.K., Eric Stonestreet, Kevin Hart, and others, Animation-Adventure, 86mins, English w/ English subtitles, Rated: PG

In a Manhattan apartment building, Max's life as a favorite pet is turned upside-down, when his owner brings home sloppy mongrel Duke. They must put their quarrels aside when they learn that adorable white bunny Snowball is building an army of lost pets determined to wreak revenge.

**David Lean Film Festival @ Ciné-Club**  
**Ciné-Club Sunday, 2 March, 8pm**  
**Ryan's Daughter (2nd Part)**

USA, 1970, Dir. David Lean w/ Robert Mitchum, Sara Miles, and others, Drama-Romance, 89 mins, English w/ English subtitles, Rated: R

Some criticized the film as an attempt to negate the legacy of the 1916 Easter Rising and the subsequent Irish War of Independence in relation to the eruption of "the Troubles" in Northern Ireland around the time of the film's release.

*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](mailto: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](mailto:mmcauditorium@auroville.org.in)*

**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, 21 February**

**Planet Earth: Mountains**

2017/ 49min/ Alastair Fothergill & Mark Linfield

Mountains are the most prominent products of the immense forces which shape the living planet: tectonic drift, volcanic activity and erosion by wind, water, frost and precipitation. We see how wildlife adapts to the harsh, often extreme conditions in various types of mountain ranges.

*Aviram*



**MIDDLE EAST MINI FILM FESTIVAL**

@ MMC Auditorium (Town Hall) on Friday, 21 February

@ Aurofilm Studio (Kalabhum) on Saturday, 22 & Sunday, 23 February

Aurofilm, a sub-unit of SAIER, is happy to announce its Mini Film Festival focusing on films from the Middle East countries. **Note:** studio in Kalabhum can accommodate maximum 30 attendees.



**Friday, 21 February, @ Cinema Paradiso**  
**19:30 THE SEED OF THE SACRED FIG**

(Persian: *دباعم ریچنا یهناد*) Directed by Mohammad Rasoulof, Iran, Germany, France, 2024

With: Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani

**Synopsis:** Investigating judge Iman grapples with paranoia amid political unrest in Tehran. When his gun vanishes, he suspects his wife and daughters, imposing draconian measures that strain family ties as societal rules crumble. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were violently suppressed by Iranian authorities. *Original Persian version with EST.* Duration: 2h48'

**Saturday, 22 February, Aurofilm Studio (Kalabhum):**

**3pm: BAB AZIZ** (English: The Prince that contemplated his soul)

Directed by Nacer Khemir, Iran, Tunisia, 2005

With: Parviz Shahinkhou, Maryam Hamid Hossein, Panahi Nessim Khaloul

**Synopsis:** The story of a blind dervish and his spirited granddaughter, Ishtar. Together they wander the desert in search of a great reunion of dervishes that takes place just once every thirty years. With faith as their only guide, the two journey for days through the expansive, barren landscape. *Original Tunisian, Arabic and Persian version with EST.* Duration: 1h38'

**5pm: WEST BEIRUT** (French: *À l'abri les enfants*, Arabic: *توري ب*)

Directed by Ziad Doueiri, Lebanon, 1998

With: Rami Doueiri Mohamad, Chamas Rola Al Amin

**Synopsis:** In April, 1975, civil war breaks out; Beirut is partitioned along a Moslem-Christian line Tarek is in high school, making Super 8 movies with his friend, Omar. At first the war is a lark: school has closed, the violence is fascinating, getting from West to East is a game. His mother wants to leave; his father refuses. Family tensions rise. As he comes of age, the war moves inexorably from adventure to tragedy. *Original Arabic and French version with EST.* Duration: 1h45'

**Sunday, 23 February @ Aurofilm Studio (Kalabhum):**

**3pm I STILL HIDE TO SMOKE** (French: *À mon âge je me cache encore pour fumer*)

Directed by Rayhana Obermeyer, France, Greece, Algeria, 2016. With: Hiam Abbass, Fadila Belkebla, Nadia Kaci

**Synopsis:** Fatima, a strong-minded woman, is the lead masseuse of a hammam in Algiers. This is 1995 and the situation is tense in the capital. The day ahead promises to be hectic for all, and for Fatima in particular. Already, while walking to her place of work, she is the distant witness of a terrorist attack. At the hammam, Fatima should feel better, but the atmosphere proves electric in her small enclosed world, she has great difficulty in maintaining order. *Original Arabic version with EST.* Duration: 1h30'

**5pm THEEB** (English: Wolf, Arabic: *بيذ*)

Directed by Najji Abu Nowar, Jordan, UK, 2014

With: Jacir Eid Al-Hwietat, Hussein Salameh Al-Sweilhiyeen, Hassan Mutlag Al-Maraiyeh

**Synopsis:** In the Ottoman province of Hijaz during World War I, a young Bedouin boy experiences a greatly hastened coming-of-age as he embarks on a perilous desert journey to guide a British officer to his secret destination.

Premiered in the Horizons section at the 71st Venice International Film Festival in 2014, Awarded for Best Director. Won several other awards and nominations all over the World.

*Original version in Hejazi, Arabic and English languages with EST.* Duration: 1h40'

**AUROFILM PRESENTS @ MMC AUDITORIUM, TH**

**Friday, 21 February, 7:30pm**

*Special screening: as part of the Middle East Mini Film Festival that Aurofilm presents on the weekend of February 21 to 23*

**"The Seed of the Sacred Fig"**

(Persian: *دباعم ریچنا یهناد*). Directed by Mohammad Rasoulof, Iran, Germany, France 2024

With: Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani

**Synopsis:** Its story centers on Iman, an investigating judge in the Revolutionary Court in Tehran, who grapples with paranoia as nationwide political protests due to the death of a young woman intensify and his gun mysteriously dis-

appears, making him distrust his wife and daughters. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were violently suppressed by Iranian authorities. Shot in secret under the Iranian totalitarian regime, "this film is as much a political and feminist pamphlet as a relentless thriller, coupled with a sharp study of the family unit. A powerful and necessary work"



The film was nominated for the Palme d'Or, winning the Special Jury Prize of the 77<sup>th</sup> Cannes Film Festival. Also at the 97<sup>th</sup> Academy Awards, it was nominated for Best International Feature Film. Original Persian version with English subtitles. Duration: 2h48'

- **Note:** There will be no film show on Friday, 28 February. We wish you a concentrated Birthday week.
- **Note:** Contributions are very welcome!  
Aurofilm Collection Acc. No. **252658**

Susana and Aurofilm team

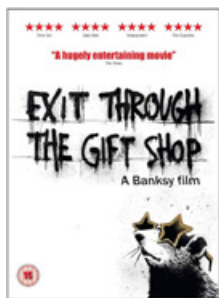
**CENTRE D'ART, CITADINES PRESENTS: NEW MOON MOVIE**

Friday 28 February at 5pm in the Multimedia room

Every New Moon Day, Art movie screening at Centre d'Art, Citadines. This month it will happen on Friday, 28 February at 5pm in the Multimedia room.

**Exit Through the Gift Shop, by Banksy, 2010, 87min**

Exit Through the Gift Shop is a 2010 British documentary film directed by street artist Banksy. It tells the story of Thierry Guetta, a French immigrant in Los Angeles who, over the course of several years, filmed a host of street artists at work, including Shepard Fairey and Banksy, but failed to do anything with the footage. Eventually, Banksy decided to use the footage to make a documentary, which includes new footage depicting Guetta's rise to fame as the artist "Mr. Brainwash".



Since its release, there has been extensive debate over whether the film is a genuine documentary or a mockumentary. When asked if the film was real, Banksy simply replied, "Yes." **Everybody is welcome.** Marco



About N&N

**NEWS AND NOTES GUIDELINES**

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

Roy & Katia (AgniJata), News & Notes, Media Centre, Townhall, [NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)

*Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in)



**Auroville TO PONDICHERRY**

Monday to Saturday	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen —Roundabout	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35



**Pondicherry TO AUROVILLE**

Monday to Saturday	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Roundabout	8:34	12:50	18:44
Town hall—Main Parking	8:38	12:54	18:48
Vérité Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

*Emergency Services*

**Ambulance (24/ 7): Auroville—9442224680**

- PIMS—0413 2656271

**Security (24/ 7):**

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

**Health:**

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

**Mental health 24/ 7 support:**

- Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/ 7): 108**