



News Notes

#1069 A weekly bulletin for residents of Auroville 6 March 2025



His ecstasy, in one who holds it, sets into motion the two births, the human self-expression and the divine, and moves between them. Rig Veda

May the invincible rays of his intuition be there seeking immortality, pervading both the births; for by them he sets flowing in one movement human strengths and things divine. Rig Veda

Pondering



In the terrestrial formulation of Knowledge and Power, this correlation is not altogether apparent because there consciousness itself is concealed in an original Inconscience and the natural strength and rhythm of its powers in their emergence are diminished and disturbed by the discordances and the veils of the Ignorance. The Inconscient there is the original, potent and automatically effective Force, the conscious mind is only a small labouring agent; but that is because the conscious mind in us has a limited individual action and the Inconscient is an immense action of a universal concealed Consciousness: the cosmic Force, masked as a material Energy, hides from our view by its insistent materiality of process the occult fact that the working of the Inconscient is really the expression of a vast universal Life, a veiled universal Mind, a hooded Gnosis, and without these origins of itself it could have no power of action, no organising coherence.

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

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House of Mother's Agenda



(continued from last week)

And what about you? What do you have to tell me?

I have felt a change in the atmosphere.

Ah!

Oh, yes. Five or six days ago, I had a sense of something oppressive...

(Mother laughs)

Oppressive. And last night, oddly enough, at one point I saw you lying flat on the ground. Then I drew near you and asked you, "Wouldn't you like a cushion under your head?" You told me, "No, nothing." And you were lying flat on the ground...

Well, well!

What does it mean?

(Mother remains silent for a long time and does not answer)

But this notion of the "descending" Supermind, of a "permeating" Consciousness, is OUR translation.... The experience came as the experience of an eternal fact: not at all something just now taking place. That it's all the result of states of consciousness is certain (whether there is something beyond, I do not know, but at any rate I have the positive experience of that). It's movements of consciousness. Why, how?... I don't know. But looking at it from the other side, the fact that something belonging to this terrestrial region as it is has become conscious, is what gives the impression that something has "taken place".... I don't know if I can make myself understood.... I mean that this body is just the same as all the rest of the earth, but for some reason or other, it happens to have become conscious in the other way; well, that normally should be expressed in the earth consciousness as a "coming," a "descent," a "beginning".... But is it a beginning? What has "come"?... You understand, there's NOTHING but the Lord (I call it "the Lord" for the convenience of language, because otherwise...), there's nothing but the Lord, not anything else—nothing else exists. Everything takes place within Him, consciously. And we are... like grains of sand in this Infinity; only, we are the Lord with the capacity of being conscious of the Lord's consciousness. That's exactly it.

(silence)

Before that experience, when I was in the consciousness of all the sufferings and horrors of physical life, at one point something came (it didn't "say"—we are forced to use words, but all this takes place without mentalization), an impression... to translate I would say, "Aren't you afraid of going insane?..." Do you understand? (It's a translation.) So then, the body spontaneously replied, "We are ALL insane, we can't get more insane than we are!" And things instantly calmed down.

(long silence)

It's here that this consciousness is (*Mother touches Satprem's chest*). This (*gesture pointing to the mind and above*) is just light, light... (*immense gesture*). But in this body, this consciousness is here (*same gesture to the chest*). I mean the consciousness... that we are within the Lord.

I know, the consciousness that's here knows that this way of speaking is quite childish, but it prefers this childish way to one that would try to be precise and would be mental.

(Mother looks at the clock)

Oh, it's late.... I've talked a lot, bah-bah!

The Mother's Agenda, November 23, 1968

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

*With love and gratitude,
Gangalakshmi (HOMA)*

Townhall Speaks

IMPLEMENTATION

of Auroville Integrated Common Accounting, with ZOHO

Dear Aurovilians, Trustees, Executives,
Projects and Accountants.

Subject: Implementation of Auroville Integrated Common Accounting with ZOHO ERP and Integrate the Financial Services Accounts into ZOHO platform. Transition of Financial Service Operations to Bank.

As you are kindly aware that a centralised common accounting system for the Auroville Foundation Trust units and Projects is already commenced from the Financial Year 2024—25.

The Governing Board also directed the empanelled auditors and FAMC to integrate the Financial Services setup into the ZOHO Enterprise Resource Planning (ERP) platform interfacing these with services offered by Reserve Bank of India (RBI) approved bank in keeping with all necessary compliances in Corporate and personal finances, Income Tax (IT) Audits and Cyber Security.

Transition to bank is to be planned to ensure compliance with laws while providing the space for the Aurovillian experiment of collectiveness and unity in holding the assets of the community for the advantage of the community to the extent permitted by the laws of the land.

The target is:

• Individual Accounts

All individual Aurovilians to have bank accounts opened by 31 March 2025 (where they do not already have a bank account or where they want to change their bank account) and Aurovilians are to be encouraged to hold their money in bank accounts. Financial Service (FS) will transfer all the high value balances on a priority basis to their bank accounts.

FS will continue to maintain the accounts of units and community accounts. The balances in such individual Aurovillian accounts will be reduced from its current position of approx. Rs. 25.00 crores balance to reasonable value which can be justified to be advance receipts in Auroville for Aurovilians for their spending. The limit for balance for any Aurovillian's individual account could be a sum of one / two month's maintenance amount value. Funds of individual Aurovillian can be held by FS only for its spending in Auroville and no cash handling of funds need to happen from FS. The maintenance which is generally spent within Auroville units only will be credited into the FS account (subject to the limit as earlier indicated) and any amount meant for the Aurovilians to draw cash for use for other purposes could be directly credited to their bank accounts.

Monthly basis, when Maintenance is transferred to Aurovilians, any amount in excess of the aforesaid limit will be directly paid into their bank accounts and not into FS accounts.

Banks are to set up ATMs in Auroville to provide cash liquidity wherever needed to Aurovilians or others.

• Community Accounts

Community accounts will be maintained by FS as a separate account for each community account. Again, there will be a policy not to have contribution by anyone exceeding Rs.7,500 per month and total contributions by all members of the community to not exceed Rs.20 lakhs in a year. The amounts from these accounts will be paid for maintenance and other costs based on straight through processing transactions through an App/ IT Systems etc. without any manual intervention from FS.

• Unit accounts

Collective funds of Auroville units will get operated from one single bank account which will operate as a back-end infrastructure.

Software of FS will act as the front-end infrastructure providing functionalities for:

- Maintenance of Unit wise fund position out of the collective funds
- Inter unit fund transfers
- Permitting transfers from the common bank account while ensuring appropriate controls

FS will modify its software to disable the ability of recipients to withdraw money without the positive confirmation of the payer to align with current banking practices.

FS will do the needful to modify its software to enable Application Programme Interface (API) connectivity with Bank software and Zoho ERP software (where the accounting books of units will be maintained) thereby acting as a bridge between the same.

General matters

ICICI bank has been tentatively considered as the banking partner considering its IT infrastructure.

A Committee is being formed involving the Auroville Foundation, the AV Foundation Auditors, FAMC and a representative of units to get into the finer details and ensure implementation with initial phase to be done by 31st March 2025.

This is issued with the approval of the Competent Authority

B.S.Sathyanarayan, Accounts Officer, 02.03.2025

Submitted by Geeta

ATDC:

Application Announcement 06-03-2025



L'avenir d'Auroville

The following Building application has been received, and approval has been issued (feedback period ends on the 20 March 2025 and feedback shall be sent to avenir@auroville.org.in):

Children's Park at Kulai Creative Centre

- **Applicant/s:** Selvaraj Arumugam
- **Location/area:** Outside Master Plan, Kulapalayam
- **Area for which approval is sought:** 156 sq.m

Project brief: The applicant proposes to create an Outdoor Children's Park at the Kulai Creative Centre (KCC) campus, adjacent to the Auroville Bakery, in Kulapalayam. The applicant will place some basic children's play apparatus for which KCC has received donations from AVI USA. The structures are designed for physical education activities and are movable. There is no additional site area requested, the proposed installation is within the site already allocated to KCC.

Constructive feedback guidelines

Subjective and personal approval of projects from neighbours to the projects has no resonance with the ideals of Auroville where we have committed to a life guided by no desire, no preferences and no sense of ownership. This subjective "approval from the neighbours" is no longer part of the application process as this has no place in Auroville.

When we publish projects for approval, we will discard all subjective and personal feedback with respect to "neighbours choosing neighbours" or "neighbours choosing development guidelines". All other feedback is welcome and will be part of the process.

No matter the personal opinions and attachments some may have regarding some projects, we take this opportunity to invite Aurovilians to use a tone in their feedback, inspired by The Spirit of Auroville, Human Unity and Progressive Harmony.

- **For more information on the projects** contact L'avenir d'Auroville (ATDC) write to: avenir@auroville.org.in for an appointment.
Joel, Resource Person

ADMISSIONS & TERMINATIONS

Dear Volunteers of Auroville who have applied to or wish to become Newcomers & dear Newcomers, greetings from Auroville!

We are pleased to announce that the Governing Board has formed the Admissions & Terminations Scrutinising Committee (ATSC) and the Admissions & Terminations Registry (ATR), as stipulated in the Auroville Foundation (Admission and Termination of Persons in the Register of Residents) Regulations, 2023.

These regulations and the Office Order constituting the ATSC and ATR, and The Auroville Foundation (Residence Criteria) Standing Order, 2024, can be found here:

<https://auroville.org.in/article/99949>

Kindly [fill out the linked Google Form](#) so we can be informed of your situation, questions, concerns, and requirements.

As the ATR & ATSC get fully operational, we will take your process forward as soon as possible and invite you to meet us if required.

Please note that the admission of names into the Register of Residents will not be finalized for the time being, in compliance with the interim order of the Madras High Court on the Writ Petition filed by Residents challenging the new Regulations.

We are aware that many of you have been eagerly waiting for this news. We take the opportunity to wish you all the very best, especially in this momentous period, in Auroville's evolution.

We are grateful to everyone who wants to be a part of this adventure. We are happy you are here!

- You can contact us at: atr@auroville.org.in

*At the service of Truth,
ATSC and ATR teams*

*"A harmonious collaboration can change
the course of circumstances"—The Mother
Submitted by Joel*

DONATION CHANNELING GROUP (DCG)

Office Information

Dear Unit Executives & Trustees, we are happy to inform you that the Donation Channeling Group (DCG) office is situated in the SAVI office (next to HRS) above the Multimedia Center, in the Town Hall complex.

Our Public hours for receiving people are

- 10am—12pm and 2:30—4pm,
- Monday to Friday.
- We can also be reached at dcg@auroville.org.in

*Naren, Punitha, Ravindra, Sandeep
for Donation Channeling Group*

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.

Jeremie for Savi

PROCEDURES AND GUIDELINES

for the use and allocation of an Auroville residential asset in the case of departure of an Auroville resident from Auroville or the death of an Auroville resident

1.0. Introduction

1.1. The Auroville Housing Service has the mandate of allocating housing assets that are, or become, available to residents of Auroville in accordance with relevant policies, criteria and guidelines which have been approved by the FAMC (Funds and Assets Management Committee).

1.2. This procedures and guidelines document deals with the allocation of housing assets of all types (stand-alone houses, apartments, studios, rooms in shared accommodation etc.) in the event of:

1.2.1. Residents/ newcomers leaving Auroville permanently or for an indefinite period

1.2.2. Residents/ newcomers leaving Auroville without approval from the HRS (Human Resources Service)

1.2.3. Residents/ newcomers asked to leave Auroville permanently for a defined or undefined period

1.2.4. In cases of death of a Resident/ newcomer

2.0 Leaving Auroville permanently or for an indefinite period

2.1. Auroville residents/ newcomers who intend to leave Auroville permanently or for an indefinite period shall surrender the housing asset to Auroville Housing Service along with the keys and an inventory list.

2.2. Moveable assets, including furniture and personal belongings must be dealt with by the leaving resident(s) before their departure from Auroville.

2.3. If an Auroville resident/ newcomer leaves Auroville permanently or for an indefinite period without prior approval from the HRS and without proper handover of asset to the Auroville Housing Service, the moveable assets and personal belongings of the departing resident, which have not been removed from the housing asset by the departing resident shall be used as deemed fit or disposed of by Auroville Housing Service after a period of three months notice given to the departed resident/ newcomer.

2.4. In all cases a resident/ newcomer/ child of Auroville, who has left Auroville with due permissions for a maximum period of 3 years, shall be given accommodation by the Housing Service provided they had been registered as a permanent House User with an asset prior to leaving Auroville.

3.0. Leaving Auroville without approval from the Human Resources Service

3.1. Any resident/ newcomer who is found to have left Auroville without following due procedures of obtaining approvals from the HRS, and without following the procedures for asset handover to the Housing Service, shall be liable to have their residence allocated to another resident/ newcomer after a period of three months' notice given to the residents/ newcomer in question.

3.2. The moveable assets, including furniture and personal belongings must be dealt with by the resident/ newcomer in question within the three months given.

3.3. Beyond these three months, the Auroville Housing Service shall deal with the moveable assets and personal belongings of the resident/ newcomer in question, which have not been removed from the housing asset by the resident/ newcomer, and shall be used as deemed fit or disposed of by Auroville Housing Service or by a team appointed by them and the Working Committee.

4.0. Being asked to leave Auroville permanently for a defined or undefined period

4.1. Any resident/ newcomer who has been asked to leave Auroville following due procedures shall have their residence allocated to another resident/ newcomer after a period of one month' notice given to the residents/ newcomer in question.

4.2. The moveable assets, including furniture and personal belongings must be dealt with by the resident/ newcomer in question within the one month given.

4.3. Beyond this one month, the Auroville Housing Service shall deal with the moveable assets and personal belongings of the resident/ newcomer in question, which have not been removed from the housing asset by the resident/ newcomer, and shall be used as deemed fit or disposed of by Auroville Housing Service.

5.0 In cases of death of a Resident/ newcomer

5.1. In the case of the death of an Auroville resident, Auroville Housing Service will check the occupation status of the housing asset in which the deceased had lived. If the asset is unoccupied with the deceased having been the sole occupant, a time period of three months will be given to the relatives, friends or the person(s) assigned by the deceased to clear moveable assets, including furniture and personal belongings from the housing asset. When this work is completed, the asset shall be taken over by the Auroville Housing Service for allocation to another resident/ newcomer.

5.2. Should there be no relatives, friends or person assigned by the deceased or available to take responsibility for clearing the housing asset, the Auroville Housing Service shall deal with the moveable assets and personal belongings of the deceased resident/ newcomer.

5.3. In the event that the Auroville Housing Service deals with the moveable assets and personal belongings of the deceased person, the Auroville Housing Service shall hand over the personal belongings to the beneficiaries named in the will.

5.4. If the deceased person has not left a will, the Auroville Housing Service shall deal with the moveable assets and personal belongings of the deceased resident/ newcomer and the objects shall be used as deemed fit or disposed of by Auroville Housing Service.

5.5. In case of the death of an Auroville resident/ newcomer, the housing asset remains allocated to, and can continue to be used by Auroville residents whose names have been included in the Register of Residents, which is maintained in accordance with section 18[2] of the Auroville Foundation Act (hereinafter referred to as "RoR") with whom the deceased shared the housing asset prior to his or her demise.

5.6. The housing asset that was used by a deceased Auroville resident/ newcomer will not be allocated to, and cannot be used by persons who may have lived with the deceased Auroville resident and whose names are not included in the RoR. In such cases a period not exceeding three months will be given for such person(s) to vacate the housing asset, including those registered as "Permanent Guests".

5.7. When the Auroville resident/ newcomer is deceased, his/ her child registered as Auroville child under 18, can stay on in the residential asset with his/her guardian should he/she wish to do so.

6.0 Explanations and Notes

6.1. All Auroville immovable assets, including lands and buildings are under the legal ownership of Auroville Foundation. All residents/ occupants of Auroville assets are Permissive Occupants.

6.2. An Auroville asset cannot be bequeathed to a beneficiary by the occupant of the asset.

6.3. Immovable housing assets include the building, land, collective facilities, and other integral parts of the

housing asset such as rooftop solar energy systems, in-built cupboards, fans, electrical fittings, lamps, kitchen and bathroom fittings and garden equipment.

6.4. There are housing assets where water filters, refrigerators, air conditioning, water heaters, kitchen appliances and other equipment or facilities are part of the housing asset and shall not be removed. In case of doubt, Auroville Housing Service may provide a copy of the equipment and facilities details that are an integral part of the housing asset.

6.5. Following the process which concludes with the funeral, legal and financial matters of the deceased need to be dealt with. The issuance of the death certificate can take up to a month. Presently these matters are often taken care of by family and friends with the assistance of Auroville Security Team and the Working Committee. In case the deceased has no relatives or close friends and had not assigned person/s to deal with these matters before his/her death, the Working Committee will do the needful.

6.6. Once the above is completed, the Working Committee will facilitate formalities with the embassies/consulates in the case of foreign nationals or any other legal clearances required.

6.7. The Working Committee will inform the office of the Secretary, Auroville Foundation to remove the person's name from the Register of Residents.

6.8. The Working Committee may also appoint a resource person in the case of a person without any immediate family (spouse/children) and look into bank account(s) and/or any other legal affairs of the deceased.

6.9. Once the Working Committee has processed the legalities in connection with the death, Auroville Housing Service is informed and the house re-allocation process can proceed for completion. Moving in of new residents can only take place after the asset has been cleared and Auroville Housing Service has handed over the keys to the new inhabitants.

Understanding and respecting the process

Auroville has always given the space of peace and dignity for the deceased, and their family and friends. The example set by the Farewell team is one of dignity and compassion in the practical and logistical dealing with death.

Knowing the transition families go through when the death of a family member occurs, time is given for closure and to adapt and find one's way forward in a new life situation.

It is often also a time of change and an emotionally strong situation for the immediate family who may also be aged.

Auroville Housing Service will implement its part of the transition while holding the values of Goodness, Generosity, Equality & Peace.

The Working Committee

Anu, Arun, Joseba, Partha, Selvaraj, Tine

Community News

Passing On

DANIEL PASSES

This is to inform the community of the passing of **Daniel Emdin** (Tanto/ Sri Ma). His remains have been brought to Farewell. As per his last wishes, Daniel's remains will be traveling to his hometown, Pisa, Italy. ~ OM ~

Submitted by Roy



Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

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

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

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at mmconcentration@auroville.org.in one or two days in advance.

Access to the Inner Chamber of the Matrimandir

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

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

The Inner Chamber is open to SAVI registered Volunteers:

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

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

- Any day except Tuesday & Sunday:
8—8:35am. Arrival at 7:45am at the Office Gate.

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

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

The Petals of the Matrimandir

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

- Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass.
- Visits to the Matrimandir Viewing Point are free of cost.
- Free passes can be obtained at the Auroville Visitors Centre.
- The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir

- The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org
- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

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



VISITING MATRIMANDIR with Family and Friends

Kindly note the following points regarding bringing family and close friends to the Matrimandir.

The Park of Unity

Aurovilians may bring close family and friends (maximum 3, not guests) to the Gardens:

- 9am—3:30pm.
- 4:30—6pm, with prior information to mmconcentration@auroville.org.in the latest by 11am on the day of the visit.

The Inner Chamber of Matrimandir

Aurovilians with close family and friends (max. 3, not guests):

- Monday to Saturday (Tuesday morning Closed) 8—8:35am. Arrival 7:45am at the Office Gate with prior booking to mmconcentration@auroville.org.in

Thursday Meditations at sunset with Savitri

The guests with Aurocard wanting to attend the Savitri meditation on Thursday evening in the Amphitheatre have to book by filling in the form at the address <https://bit.ly/savitri-reading>.

Antoine, for Matrimandir Executives

AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri



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

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

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **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.

Surya and Velmurugan
for Amphitheater team

Acres for Auroville

LAND FUNDRAISERS' NEWSLETTER Auroville's 57th Birthday—28 February 2025



We are happy to share our quarterly newsletter on the auspicious day of 28 February! Our newsletter continues to share the human stories behind Auroville's development—stories of ideals, aspiration, and commitment, and of the international, inter-cultural mix of Auroville's population—pioneers and newcomers, along with volunteers and long-time friends and supporters, all working to develop and manifest the Township's vision and promise!

- <https://land.auroville.org/acres-for-auroville-a4a-aurovilles-birthday-newsletter/>

1. Acres For Auroville Flier: 21—28 February 2025

The Mother wrote: ... "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." Version française and tamil in pdf.

- <https://land.auroville.org/a4a-flier-21-to-28-february-2025/>

2. LFAU Letter: 21—28 February 2025

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. Version française and tamil in pdf.

- <https://land.auroville.org/lfauletter-21-february-2025/>

3. My Auroville Journey: Community, Service, and Growth, by Navanitha

Aurovillian Navanitha was born in Nadukuppam, a nearby fishing village and both his parents joined Auroville. "Growing up in a family devoted to the ideals of Auroville, I developed an early appreciation for the values of unity, collaboration, and a sense of purpose."

- <https://land.auroville.org/my-auroville-journey-community-service-growth-by-navanitha/>

4. From Baluchistan to Auroville, by Anita

Auroville newcomer Anita was born in Baluchistan, Iran. Her life has been a quest for fusion—connecting the past and present, the traditional with the future, one culture with another. About Auroville she says: "This is a place where the boundaries between people not only dissolve but also seek connection and solidarity."

- <https://land.auroville.org/from-baluchistan-to-auroville-by-anita/>

5. Art for Land Exhibition on Flowers & Their Meanings, by Auroville & Ashram Artists

On 2 February the Unity Pavilion hosted the inauguration of the Art for Land February 2025 exhibition—ongoing till 30 March. The Mother assigned deep symbolic meanings to various blooms for Auroville, and this exhibition honors this theme plus the work of Hasi Grandcolas.

- <https://land.auroville.org/art-for-land-exhibition-february-2025/>

6. Inaugurating our A4A New Year's Card & Calendar 2025

Our New Year's card is an opportunity to share something of the spirit of Auroville and the futuristic vision of Sri Aurobindo and the Mother among Auroville's worldwide friends. This year, Zech, an Auroville poet and philosopher from the Philippines, inaugurated our 2025 card!

- <https://land.auroville.org/inaugurating-our-a4a-new-year-card-2025/>

7. Solidarity for Safeguarding the Auroville Area

One of the ways well-wishers of the A4A campaign show their solidarity is by gifting us their literary, artistic, or scholarly publications. In recent months, we have received such four inspiring original works meant to be shared. If you wish to receive any of them, simply send your request to: lfau@auroville.org.in

- <https://land.auroville.org/solidarity-for-safeguarding-the-auroville-area/>

8. Inspiring Quotes from Sri Aurobindo's "The Human Cycle"

"Modern society has discovered a new principle of survival, progress, but the aim of that progress it has never discovered... Only in its new turn inwards, towards a greater subjectivity now only beginning, is there a better hope; for... the real truth of man is to be found in his soul..."

- <https://land.auroville.org/inspiring-quotes-the-human-cycle/>

We sincerely thank all the donors, artists, and supporters who have made our 11 years of land progress possible—160 once-missing Master Plan acres are now part of Auroville thanks to this dynamic collective collaboration! May we continue together till the job of Auroville's land consolidation is done!

- **Contact:** lfau@auroville.org.in and +91 413 2622657
- **Donating:**
 - <https://land.auroville.org/new-banking-information/>
 - <https://land.auroville.org/>

Mandakini

ART FOR LAND 2025

Exhibitions:

Flowers by Hasi & The Spirit of Auroville

ongoing till 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

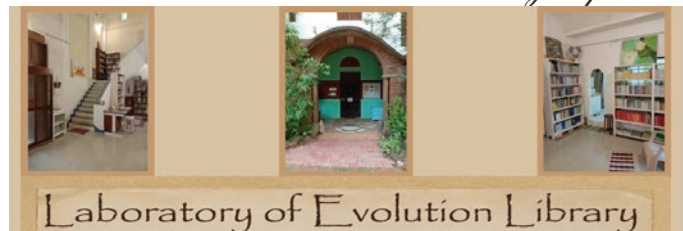
of the Sri Aurobindo Ashram, who has dedicated much of his life to sharing The Mother's insights on flowers.

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

Awakening Spirit



Laboratory of Evolution Library

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, MARCH 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, 'Homage to The Mother':** A painting exhibition by Aghni.
 - 5—21 March, 2025
 - Inauguration: Wednesday, 5 March, 10am

Films

Mondays, 4pm @ Sangam Hall

- **March 10: The Yoga of the Earth.** Extracts from About Savitri—with reading and comments by The Mother and paintings by Huta. A meditative film produced by Savitri Bhavan in 2016. *Duration: 32min.*

For the project *About Savitri* from 1968-1970, Huta recorded the Mother's reading and her commentaries on lines of Sri Aurobindo's *Savitri* from Book One, *The Book of Beginnings*, and illustrated them by her paintings. The Mother saw all the paintings and approved them.

The passages for this film about Canto One, *The Symbol Dawn*, have been chosen to help us understand the process of the Yoga that has been going on for the earth since it was created, and which has reached a new stage with the advent of the Supramental through the intervention of Sri Aurobindo and the Mother.

In her commentaries, the Mother speaks about an ancient tradition which describes creation as done by first four emanations of the Supreme Mother: *Consciousness and Consciousness in Light, Bliss, Truth, and Life.*

In the sense and the feeling of their supreme Power, they cut connection with their Origin and became independent. And then, these emanations, being separated from their Origin, entered into darkness. As a result, *Consciousness and Consciousness in Light* went down towards Unconsciousness, *Bliss* turned into Suffering, *Truth* into Falsehood, and *Life* into Death. This happened after they came down into the vital level. And the creation had become obscure, unconscious, lifeless, inscient, and blind.

When this was seen, it was decided that some second emanations, the Gods, would be sent to repair the mistakes of the first ones provided with powers to support the divine plan for a creation full of joy and light.

Through the mediation of the Gods and the intervention of Avatars, consciousness and consciousness in light, life, and material creation have been slowly evolving towards a more divine life.

Concept by Shraddhavan, Vladimir and Peter, with audio restoration and programming by Holger, and harmonium music by the Mother. A production of Savitri Bhavan, Auroville for Havyavahana Trust, Pondicherry.

The beautiful publications *About Savitri*, Part I-IV, are out of stock and will be reprinted.

But on AuroMaa's website the Mother's commentaries are available in audio, video, and the transcription.

Link: <https://auromaa.org/about-savitri-the-mothers-commentary/>

- **March 17: Interview of Shraddhavan—Responses to Questions about Auroville.** Filmed by a Russian TV Crew on April 3, 2013. Shraddhavan speaks about her entry into Auroville in 1970, the Matrimandir, and about Savitri—the Supreme revelation of Sri Aurobindo's Vision. *Duration: 54min.*
- **March 24: The Quest of Truth and Sanatan Dharma.** Pariksinh Singh and Partho converse about the Quest of Truth and Sanatan Dharma, the eternal law and life itself, at the Jaipur Literature Festival 2024. *Duration: 46min.*
- **March 31: Sri Aurobindo's Uttarpara Speech.** Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. *Duration: 33min.*

Full Moon Gathering

Thursday, 13 March, 7:15—8:15pm in front of Sri Aurobindo's statue

Regular Activities

- **Sundays 10:30—12noon:** *Savitri Study Circle* led by Larry Seidlitz
- **Mondays 3—4pm:** *The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine* led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **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
- **Thursdays 4—5:30pm:** Reading *Savitri* in Russian with Anatoli
- **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

Dhanalakshmi & Margrit for Savitri Bhavan

Death, Dying, and Beyond: The Science and Spirituality of Death

Le livre: *La Mort, Mourir, Et Au-Delà La Science et la Spiritualité de la Mort* de Alok Pandey, MD est de nouveau disponible à Savitri Bhavan, Il ya une 20 de copies en Français.

Bienvenue à Tous avec Joie toujours...

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.**

GangaLakshmi for House of Mother's Agenda

Homage to the Mother

An exhibition of paintings inspired by Sri Aurobindo's writings at Savitri Bhavan, Auroville

- **5—21 March, 9—5 daily (Sundays closed)**
- **Inauguration on 5 March, Wednesday, 10am**



The painter is Aghni (he is the founder of Centro Sri Aurobindo e Mère—Italy and he has been exploring Sri Aurobindo's writings through paintings for more than 30 years).

There will be 4 sections:

- 15 paintings on canvas inspired by lines of "Savitri", Book 2
- 41 paintings inspired by "The Mother"
- 41 paintings inspired by "The Object of our Yoga"
- 15 drawings inspired by different writings of Sri Aurobindo that illustrate the parts and planes of the being

Everyone is welcome

Dhanalakshmi for Savitri Bhavan

Doing Deeper Body Work

- **Saturdays, 8 & 22 March, 4—5pm @ Sangam Hall**

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



- **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 for Savitri Bhavan

Deven

Monisha for BN Team

Education

SHORES OF LIGHT (SHOL)

Week 2—Exploration of inner realms,

Sunday, 9 March, 10am, Kalpana Community Office

Please bring your children too for this action oriented fun filled session (for all age groups)

Uma Melin

STARTUP TAMILNADU ENTREPRENEURSHIP PROGRAM Sparks New Initiatives in Auroville

The 1 March event @ Unity Pavilion brought together a vibrant mix of participants—from experts in insurance and telecom to innovators in AI, mobile applications, and creative start-ups. The inspiring session not only showcased diverse entrepreneurial ideas but also reinforced Auroville's commitment to collective service over personal profit. With generous support from Unity Pavilion, Ilaingarkal Education Centre, Flourish, and Talam, the program has set the stage for regular meetups. These sessions will focus on social entrepreneurship and compliance support for start-ups in nearby villages, fueling further growth of our unique ecosystem.

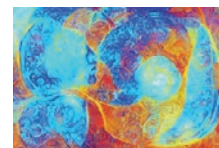
Stay tuned for more updates on our upcoming initiatives that continue to blend innovation with Auroville's higher purpose. Feel free to reach out to me by email or WhatsApp if you would like to be part of it.

sivakumar@auroville.org.in, +919486340513 WA, Sivakumar

INTEGRAL MATHEMATICS:

A Journey of Insight and Inspiration

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.



Sankhya Philosophy by Kapila Muni

"System of Sixty"—Part 1. Ignorance and Disabilities

• Friday, 28 March, 5pm @ Sangam Hall of Savitri Bhavan
Everyone is welcome.

Facilitated by Team Enlight and Savitri Bhavan

Snehal

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
தையல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர கட்டுவன் வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 st Grade to 9 th Grade
கராத்தே KARATE	MONDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
ஹிப்-ஹாப் நடனம் HIP-HOP DANCE	TUESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
சிலம்பம் SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பரத நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒவியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

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

VISUAL MATHEMATICS CLASSES

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

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

Snehal, +91 9529673687 WA

AUROVILLE LIBRARY

Our Reading Circles

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

Auroville Library Contacts and Timings

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

Laura

TUITION CLASSES AVAILABLE

- Tuition classes available from 1st to 12th grade level in all subjects.
- Crash course available for 10th and 12th grade level.
- For further information contact ashree@aurville.org in/ 8270512606 WA only. *Ashwini*

VASTU DARSHANA—AN INDIC PERSPECTIVE

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
Radhika & Shivangi

Youth Initiative

KARAOKE PIZZA NIGHT

Friday, 7 March, 7—10pm @ Youth Center

YouthLink & Youth Centre are thrilled to extend its warm invitation to you for an exciting Karaoke Pizza Night.

Join us for an unforgettable evening where you can sing your heart out while relishing on delicious pizza.

Whether you believe you have the voice of a professional or you're just a shower singer, this event is tailor-made for everyone to come together, have a blast, and foster a sense of togetherness within our community. Don't forget to bring your favorite song to share with us!

Looking forward to seeing you there!

Gautam



AVATAR MINI COURSE

Saturday, 15 March, 9am—12:30pm

@ Youth Space, Center field

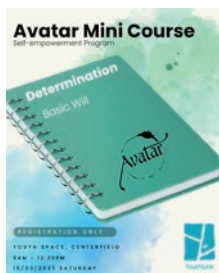
This is one of the introductory courses for the self-empowerment program Avatar.

We will explore the non-physical quality that makes choices and decisions, controls motion and attention, creates and perseveres – human will.

It is designed to help you discover and realize more about yourself through guided exploration. This program involves reading the instructions from a booklet and engaging in practical exercises.

- Facilitator: Jisung
- For the smooth operation of the program, please arrive before 9am.
- [Register via the link!](#)

Chaha for Youthlink



NVC PRACTICE SESSIONS

Thursdays, 4:30—6:45pm
@ Youth Space, Center Field

We are excited to start the third practice session with Vega!

Please sign up using the application form at the bottom of the message! YouthLink would like to invite you for NVC Practice sessions, Facilitated by Vega (CNVC-certified trainer).

NVC is a communication tool that helps us connect from our heart. This tool can enhance connection and understanding and make us aware so we can have choice from the conscious space.

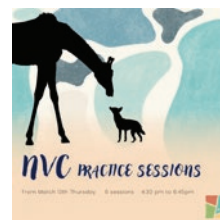
During this workshop you will learn to practice basic principles of Nonviolent Communication and explore different ways of connecting oneself and others from the heart.

- 13 March—17 April, every Thursday, 6 sessions.

It is subject to change depending on the facilitator's circumstances.

- Practice sessions for those with basic NVC experience, for deeper understanding and daily application.
- We will prioritize those who can attend all 6 sessions first. If there are any remaining spots, we will get other participants.
- [Registration form](#)

Jisung for Youthlink



HUMAN PERMACULTURE



Friday, 7 March, 5—6:30pm
@ SAIER Seminar Hall

Human Permaculture aims to restore balance in our lives simply by reconnecting us to our natural talents. It first encourages the personal growth of each individual before expanding into the social sphere. By supporting the group, we are allowing everyone to elevate their consciousness. The goal is to establish fluidity in human exchanges, building together a life guided by collective intuition.

- We have a QR Code on the poster for a free online test to discover your talents and purpose. So that when you come to the seminar, have some basic information about human permaculture.

Facilitated by Bernard and Mathilde

If any of the participants who have registered for any events, programs and workshops are not able to come after the registration, please inform us in advance so that we can give your spot to someone else who is interested.

Chahat for Youthlink

Books

BOOK LAUNCH BY B

Saturday, 8 March, 3pm @ It Matters

New book in town!
Being by B. Sullivan.

Book launch:
Presentation, reading and cake!

Bhakti

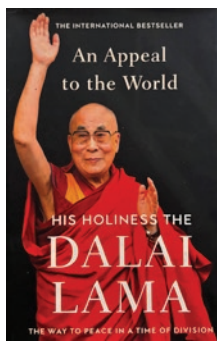


AN EVENING READING @ TIBETAN PAVILION

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 moderated 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

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

ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovillian who was born and brought up in Auroville.

I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

Services provided:

- Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advise, Geriatric care, Myofascial massage (Back and neck), Head and neck massage

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

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

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

Submitted by Sruthi

SANTÉ SERVICES



Schedule

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

Doctor Consultation with Dr. Gunashree & Dr. Sana: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya, Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: TOS
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Midwifery & GYN Care with Paula: As per availability
Bio-Well Assessment (Evaluation of your well-being) with Helena— inquiry email: adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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

Dasha for Santé Services, sante@auroville.org.in, <http://sante.auroville.org.in>

AURODENT DENTAL CLINIC:



A dental crown protects and restores damaged teeth, improving strength, function, and appearance. It prevents further decay, supports teeth after root canal treatment, and ensures long-term durability. Proper crown placement enhances both oral health and confidence in your smile.

Offer Details:

- Open to all Aurovilians and Guests
- Valid until March 31, 2025

Working Hours:

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

For Appointments:

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

Jayasutha for Aurodent

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

**MONTHLY TRANSPARENCY REPORT
February 2025**

Overview

- New admissions: 15 (422 since April 2023)
- Rabies confirmed case: 0
- Adoptions and Releases: 20
- Vaccinations administered: 10
- ABC shelter dog sterilizations: 41
- Deworming: approx. 30 puppies



**AUROVILLE
DOG SHELTER**

Emergency Situation: FAMC Blocking Donations, Auroville Dog Shelter in Crisis

Following Cyclone Fengal, which destroyed the already deteriorated infrastructure of the shelter in December, a successful Donatekart fundraiser, supported by one of our partner organisations, "People for Animals," raised funds for essential repairs, food, and medicine for the Auroville Dog Shelter.

In late December, Donatekart transferred Rs 11.5 lakhs to the Unity Fund after submitting all necessary documentation and signing an MoU to comply with government and AV regulations in terms of transparency and compliance. However, FAMC has blocked these funds for weeks, citing a nonexistent or non-updated Auroville policy regarding third-party donations, despite other Auroville units successfully receiving such donations for many years. FAMC's compliance officer, Margarita, falsely claimed the shelter had been the sole recipient of Donatekart/Milaap funds since February 2024. This is untrue, and Unity Fund confirmed that several other AV Units and activities have successfully fundraise through third-party platforms and received their donations through DCG. Only the Auroville Dog Shelter had been singled out and targeted in a discriminatory way.

During a meeting with high-level auditors, our executive and manager were informed that the FAMC's concerns regarding third-party donations are not specific to the Auroville Dog Shelter. The auditors clarified that FAMC needs to develop a comprehensive policy addressing the use of such platforms across all Auroville units and activities. They stated, "Raising funds through such portals have many issues, and this is an organizational decision to set up a suitable process and conditions for how fundraising will be done. As auditors, it is not for us to decide on these issues. We can only comment on appropriateness from compliance and control perspectives when a policy and process is put in place for the same. Accordingly, I am requesting that you take this up with FAMC or other appropriate level internally to determine on this." Essentially, the auditors emphasized that the responsibility for creating a clear policy lies with FAMC, and until such a policy is established, the Auroville Dog Shelter, along with all other units and activities that receive donations through third-party platforms like Milaap, Donatekart, Reach for the Stars, GoFundMe etc., remains in a state of uncertainty.

This blockage in crucial donations has plunged the shelter into a severe crisis.

With funds depleting in two weeks, we face imminent inability to provide food, medicine, or services, endangering the lives of our canine population and Auroville's safety. BCC only provides Rs. 50,000 per month, which is not even close to covering our monthly running costs of Rs 3.5 lakhs. A petition signed by 800 supporters to increase their funding has so far been ignored. The Auroville Dog Shelter was told by FAMC that they have to fundraise to survive. We did, but now FAMC is withholding the funds, which is causing the shelter to experience existential problems. This emergency situation, endangering the lives of animals in our care and the safety of AV residents and visitors, forces us to inform the Department of Animal Husbandry and the AWBI.

As a result of the decision by FAMC to halt our donations, we had to:

- Terminated half of our animal care staff, employing only half of the staff required according to the Animal Welfare Board of India.
- Halted all sterilizations, jeopardizing our commitment to the Department of Animal Husbandry and our 1000-dog sterilization program.
- Become unable to pay a Rs 1.3 lakh vaccination invoice which was due on 1 March, risking animal and human health as we are unable to vaccinate animals despite Auroville having been declared a rabies outbreak area.
- Stopped all repair and upgrade work and dismissed all temporary workers and helpers. Due to a lack of building permission, we had purchased second-hand shipping containers and turned them into an urgently needed puppy house, a rescue, and an ABC kennel. This needed space extension cannot be completed due to the blockage of funds.

We urgently demand:

- Immediate release of the blocked funds.
- FAMC to develop clear, consistent policies for third-party donations, applicable to all Auroville units, in full compliance with Indian law and Auroville regulations.

The shelter's survival and the well-being of Auroville's dog population and the safety of residents, visitors, and guests are at stake.

Expenditures

- **Animal Food:** In February, we fed our dogs 1.7 tons of rice, 2 tons of chicken, and 600 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh.
- **Staff Costs:** Total staff costs for this month for our workers paid animal care staff, 3 veterinarians (surgery team), and volunteers were approximately 1.5 lakh
- **Medical Costs:** Medicines purchased in this month. Unpaid bill of Rs. 1.3 lakhs for medicines still open
- **Infrastructure Improvements:** We have almost completed our extension in the form of 3 containers. A detailed overview of the expenses will be published soon due to a lack of staff and time at the moment

Project "Sterilising 1000 Dogs in 1 Year" halted

Due to the blocking of our donations, we had to take the tough decision to halt all sterilisations for the time being as we are unable to pay our surgeons and purchase the necessary medicine. The Department of Animal Husbandry has been informed about the seriousness of the situation the shelter is facing. We apologize for the problems this decision is causing and hope that the issue can be resolved soon so we can try to restart our sterilisation project

Puppy Fair 2025

In a short note, we want to thank everyone for their immense contribution to make our annual "Puppy Fair" a sounding success. Several puppies and adult dogs have found new forever homes, and lots of animal care organisations, social media influencers, well-wishers, supporters, and animal lovers have enjoyed our event.

*Tine, Arthur, Mar for
Auroville Dog Shelter Team*

International

The International Zone Pavilions present

CANTARES DEL ALMA

Wednesday, 12 March, 7pm
@ Pavillon de France, opposite Visitor Centre

An evening of zambas, tonadas and other soulful Argentine folk songs.

- **Pablo Gignoli,**
Bandoneon
- **Shalini Sekhar,**
Voice



Submitted by Sekhar

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

FROM THE UNIVERSE TO CONSCIOUSNESS:

Exploring the Links Between Science & Perception

A presentation and discussion by Emmanuel Rollinde,
In French

Monday, 10 March, 5pm @ Pavillon de France

Humanity has always sought to understand the world around it. How have our scientific models evolved from geocentrism to heliocentrism, and eventually to the discovery of exoplanets? Through an immersion in the scientific process, we will revisit this intellectual journey by learning about the human planetarium, a sensory approach to feeling the movement of celestial bodies.



But is our understanding of the world solely based on reason? By exploring embodied cognition, we will examine how our thinking is deeply connected to our perception and interaction with the environment. We will open the discussion on the place of humans in the universe and the bridges between science and spirituality.

Emmanuel Rollinde, professor at CY Cergy Paris Université, specializes in science education research and astronomy.

Vivekan

Theatre, Music & Arts

OPEN ART STUDIO HUFREESH DUMASIA

14 March—15 March @ Aurelec, Auroville



Step Into the World of Art & Energy

Join me for an immersive **Open Studio Experience**, where colors, textures, and cosmic energy come to life!

- Explore my latest abstract paintings—each piece a reflection of the unseen forces that shape our universe. Feel the energy, connect with the art, and discover the stories woven into every brushstroke.
- Meet the Artist
- Exclusive Art Pieces
- **Drop in anytime between 10am—5pm**

Come, be inspired, and let the art speak to you!

Hufreesh



OF BEAUTY AND CONSOLATION:

A Photo Exhibition by Lisbeth

7—25 March
@ Pitanga

Opening:
Friday, 7 March, 4pm

Andrea

ARTIFICIAL BRAINCANDY

by Philipp Klinnert

7—26 March, Tuesday—Friday, 2—5:30pm

Saturday, 10—12:30 & 2—5:30

@ Centre d'Art, Citadine

Opening on Friday, 7 March, 4:30pm

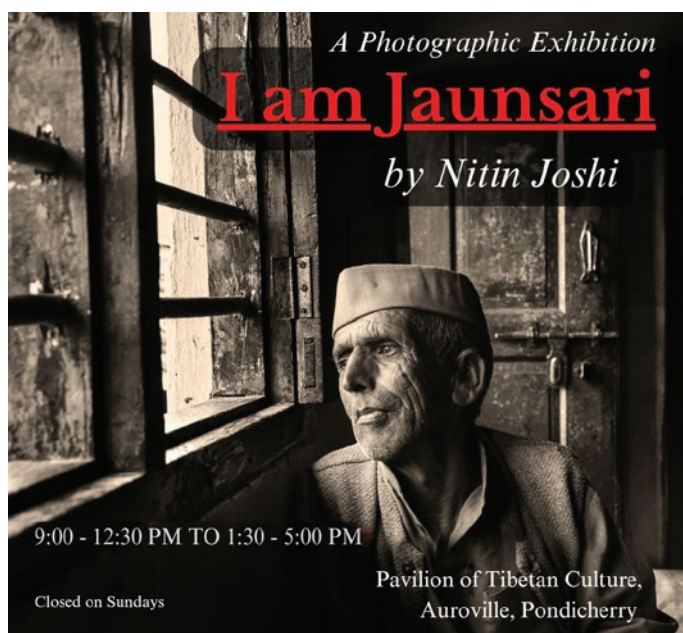
This exhibition is the result of the two month long Centre d'Art residency program enacted by the Berlin-based artist Philipp Klinnert. It reflects the subjective experience of Auroville and its people through the artist's practice and research.



The Artist presents a series of multi-layered drawings that explore the complex ways in which we interpret and fill our perceptions with meaning, language, and symbols to understand ourselves and the world. Driven by improvisation and intuition, the artist captures the contradictions inherent in our experiences—how we blend memories, ideas, and future concepts with the immediacy of the present. Using a variety of pens and pencils, including half-empty ones, the process reflects the diversity and inherent lack in our individual and collective ways of existing.

Marco

PHOTOGRAPHIC EXHIBITION: I AM JAUNSARI



Submitted by Kalsang

Arpanaa presents

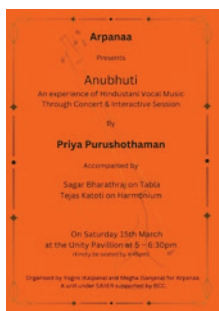
ANUBHUTI

Saturday, 15 March, 5—6:30pm
@ Unity Pavillion

An experience of Hindustani Vocal Music through concert & interactive session by Priya Purushothaman accompanied by Sagar Bharathraj on tabla, Tejas Katoti on harmonium

• Kindly be seated by 4:45pm

Organised by Yogini (Kalpana) and Megha (Sanjana) for Arpanaa, a unit under SAIER supported by BCC.



Yogini and Megha for Arpanaa

BHARAT NIVAS PRESENTS

Melting



Panchadeva



Monisha for BN Team

EXHIBITION @ AURELEC: MAHA KUMBH 2025



Franz

Festivals

AUROVILLE TANGO FESTIVAL #12

It is that time of year again when close to 200 dancers, musicians and artists from across India and beyond gather in Auroville to meet, and learn together the dance that is Argentine Tango. Whereas the greater part of the event caters to dancers having already begun their journeys, we wish each year to offer something to the rest of Auroville.

This year we invite you to:

Tango Malhar

Indian Tango Film Screening

95 mins, Marathi with English subtitles

- Saturday, 8 March, 4pm, MMC, Townhall
- Followed by Q&A with Director

A moving tale of art, class, and identity, Tango Malhar explores the universal longing for connection. Malhar, a rickshaw driver, stumbles into the world of Argentine Tango, torn between his conservative roots and an elite dance community.

Directed by Saya Date, written by Manish Dharmani & Saya Date, with original tango music by Udayan Kanade, with the love and support from Pune Tango Community.

Maud for Tango Festival Team



Hibiscus Art Village Presents

DEEP DAWN:

International Women's Day Special



7 March, 7pm @ Sudha's Kitchen, Sve Dame
Elena for Hibiscus Art Village

Music & Art Activities

SVARAM PROGRAMS

SVARAM Sound Journey

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



SVARAM Sound Journey

- @ Kala Kendra, Bharat Nivas
- Daily, 2:30—3:30pm

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



Integral Sound Studies and Practices 2025—26

- 10—15 March, Module 1

For details please click the link below or scan the QR Code:

<https://svaram.org/integral-sonic-studies-and-practices-2025-26/>



Sonorium Wellness Training 2025

- 17—22 March

For details please click the link below or scan the QR Code:

<https://svaram.org/sonorium-wellness-training-2025/>



Sound Journey Facilitation Training 2025

- 7—12 April

For details please click the link below or scan the QR Code: <https://svaram.org/sound-journey-training-2025/>

For order enquiries: email to svaram@auroville.org.in
For programs, workshops, Soundbaths and group visits: email to svaramprograms@auroville.org.in

Aurelio
and the SVARAM Team

PHOTO CIRCLE MEETS AGAIN

Friday, 14 March, 5pm

@ Centre d'Art Multimedia Room, Citadines



Photo Circle meets again. The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images. You are all welcome. **Marco**

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

Thanks to the vision of The Mother and Sri Aurobindo
21, 22, 23 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 +91 8300387288 WA Bianca.
- Registration is mandatory.

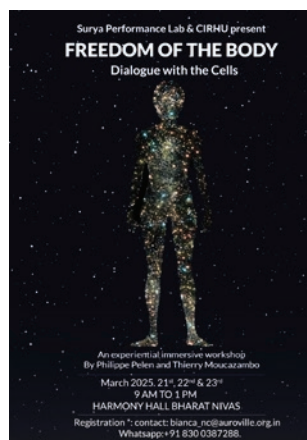
"...All the cells of the body were a thirst for that Light which wants to manifest". The Mother

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 and Thierry for Surya Performance Lab
8903869078



EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

Adult Drop-In

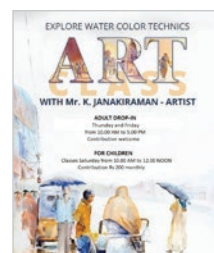
- Thursday and Friday, 10am—5pm
- Contributions welcome

Classes for Children:

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

Artist: 8015362636,
Office: 0413 2623576

Lisa



CREEVA ACTIVITIES

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



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

Dance Activities

DANCE CLASSES BY MANI

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

Salsa Dance

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

@Bakisata_dance

Embrace the Rhythm and Let Go!



Tango Dance @ CRIPA

- Monday
 - Beginner, 6:30—7:30pm
 - Intermediate, 7:30—8:30pm
 - Friday
 - Workshop, 6:30—7:30pm
 - Open practice, 7:30—8:30pm
- Contact: +91 8637633696



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 Practice 8—Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

+91 9821166082

tango@auroville.org.in



Maud

Sports & Martial Arts

BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

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



Monisha for BN Team

HEARTFELT THANKS FOR YOUR SUPPORT at the 15th Auroville Marathon

We are pleased to share that the 15th edition of the Auroville Marathon held on February 16, 2025 was a resounding success! This achievement would not have been possible without each and every one of you. Your dedication, support and active participation played a pivotal role in making the event such a memorable experience.



Whether you were part of the organizing team, volunteers or participants, your contributions helped bring this event to life. Everyone perceived your support, encouragement, and goodness, and it made a significant difference in the marathon's outcome. We truly appreciate the time, effort, and resources you dedicated to making this event special.

The entire marathon team would like to extend our heartfelt thanks for your unwavering support and encouragement. Your commitment to this event has strengthened our resolve to continue organizing such meaningful and community-driven experiences.

Looking ahead, we are excited about the future and the milestones we will achieve together. We look forward to your continued support as we build even more successful events in the years to come.

Once again, thank you for being a part of this incredible journey. Your participation and enthusiasm were invaluable to us.

For your information, we will provide the event's financial facts in the following week.

Prabhu for Auroville Marathon Organising Team.

25th ANNIVERSARY of the Auroville Horse Show

5—16 March

@ Red Earth Riding School

The event timings

6:30—9:30am

3:30—6:30pm

Kalivaradhan for Red Earth Riding School



SWIMMING CLASS

Swim to Serenity: Waves of Strength!

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

@watersport_mani

Book now: +91 8637633696

Package swimming class



Mani

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

◦ Monday to Saturday

All are welcome!

Submitted by Satyakam

ABHAYA MARTIAL ARTS

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



Our regular classes for adults

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

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

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

Brazilian Jiu-Jitsu classes for kids!

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

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

Contribution required.

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

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self 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**

AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter.



The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!

Adult Aikido classes

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

Children/ young students

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

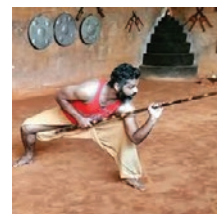
Contact for more info and registration

- budokan@auroville.org.in
 - 8300643963 WA, Philippe G.
 - 9952812843 WA, N. Murugan
- Cristo, Rita, Surya & Philippe for Auroville Aikido*

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

GIRLS' FUTSAL FOOTBALL CLUB

Tuesday and Friday 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.

- Age group 15+ only.
- Contact Beber 6385635943 for details

Beber



Bioregion & Nature Activities



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**



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

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

- **Every Wednesday, 4—6pm: The walk will take place on Wednesday, 12 March, 4—6pm**
- **Meeting point** in front of Auroville Library to take you to a special location
- Very small groups, **please register** sending a message to this number: +32491259966 WA
- **Contribution:** Between 600 and 1000Rs depending on what you can give
- **Good to know:** Carry your water, have a mode of transport, come open hearted.

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

Elena



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

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

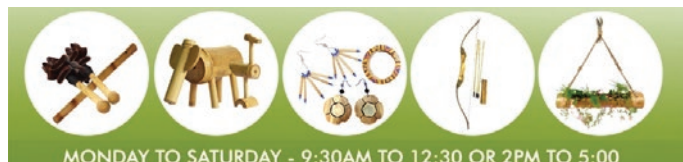
One-Day, Make and Take Workshops

MONDAY TO SATURDAY 09:00AM TO 05:00PM - 1 DAY



- 9am—12:30pm, 1:30—5pm
- Registration one day in advance.
- **Furniture Workshop:** This immersive learning experience that offers the opportunity to learn the fundamentals of furniture construction and then make and take the furniture piece back home. This unique workshop will take place under the guidance of an expert.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo Centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo Centre and take home your own hand made giraffe at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops



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

- Walk-in registration available
- 9am—12:30pm or 2:30pm—5pm
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo Centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional/ folk instruments at our centre from professional craftsmen and take home your own hand-made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
 - 10am—12:30pm or 2:30pm—5pm
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo Centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.

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

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

Archana for Bamboo Centre Team

MOHANAM PROGRAM

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

mohanamprogram@auroville.org.in



MOHANAM PROGRAM

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

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

Classes @ Mohanam Campus

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

FERMENTATION WORKSHOPS

Every Saturday 10—11:30am

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

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



- The booking should be done 24 hrs prior to the class for the confirmation
- For enquiry please contact: contact@marcscoffees.com +91 0413 2623119 and +91 7200881291. *Mathide*

ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

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

ENLIGHT

Arun, Anand and Balaji for Enlight Team

Looking For

Looking for Housitting: Marina

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 3rd year I come and stay in Auroville.

Marina, +393273995849WA

Looking for a Single Mattress and a Coffee Table

I'm moving to Kailash and I'm looking for a single mattress and a coffee table. If you have and you don't need it, please contact me 7548858621, Luna



Looking for a Home Amidst Nature

We are an Indian couple from Bangalore, seeking a home surrounded by greenery and trees for at least a year (or longer). We're looking for a 2BHK, either furnished or unfurnished, that aligns with our holistic lifestyle, as I primarily do my healing work from home.

I'm a psychotherapist specializing in personal therapy and group well-being sessions, integrating somatic and art therapy with NLP, inner child work, and trauma healing. Our family also includes two beloved dogs.

If you have or know of a beautiful home that matches our vision, we'd love to hear from you!

Shereen, 9589238004 WA,
shereen@bestinu.in

Looking for Housesitter: Yen

Seeking Aurovilian, Newcomer or Volunteer to housesit a small single place in Auromodele from 15 March 2025 till the end of December or 15 January 2026. Looking for a super clean responsible woman. Expenses will be discussed when we meet. +91 8807506974, Yen

Available

Mountain Bike Available

Brand new (just 2 1/2 months) mountain bike for sale, due to an body injury so I cannot use it. Hercules Top-gear Mountain Bike A27 R1 with 21 gears and front suspension and a number of accessories. Invoice is available and has 18 + months guarantee. It is used only 2 times covering approx: 3,5 km and is in top condition and very suitable for in fact any age. Request price is: Rs 12000



8489754404, Surya

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.

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

Pandian

Taxi

To Chennai Airport, 8 March, around noon

I am looking for someone to share a taxi from Auroville to Chennai Airport on 8 March leaving around noon.

+49 155100 17585 WA, Jorhito

From Chennai Airport, 8 March, 3:15pm

Another shared taxi is for 8 March, from Chennai Airport to Auroville, pick up in Chennai around 3:15pm.

+393273995849 WA, Marina

To Chennai Airport, 10 March, 3:30pm

I'm looking for someone to share a taxi from Auroville to Chennai Airport on 10 March, leaving from Auroville at 3:30pm sharp in the afternoon.

+91 9634424066, Mehul

To Chennai Airport, 23 March, 9pm

To stay ECO Friendly I am very willing to share a taxi from Auroville to Chennai airport on Sunday, 23 March. Departure from Auroville Town Hall at 9pm.

+34685673777 WA, srimaa221@gmail.com, Sunny

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
- WA: +91 8608473385/ 9843195290

Selva for KCC

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

VOLUNTEERS

for AV School Students Collective Programs

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

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

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

Nilima

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



Work Opportunities

JOB OPENINGS AT THE LIVING ROOM CAFE

We're seeking passionate and talented individuals for waiter/ waitress positions. Aurovillians and Newcomers from the bio-region are to join our team at The Living Room Cafe!

- Contact: tlr@auroville.org.in, +919786368727

Debo for TLR

LIVE EDGE FURNITURE MAKING

We offer an opportunity to be highly creative in a small team. At TreeCare we are passionate about giving a second life to trees that had to be cut for various reasons. If this resonates with you, come work with us.



We work with untreated, air-dried, and solid wood, designing and building unique live-edge furniture and lifestyle products.

- **Work hours and commitment:** A daily commitment of 6 hours for a minimum of 2 months is required. However, we encourage a duration of at least 6 months.
- **Prior Experience:** Any training or education in working with wood, Treecare.

9443737945,
creations@treecareindia.com
Tina for Auroville unit Treecare

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 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 and www.raddiscotton.com)

Then we want to meet you!

Please contact us

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

IT MATTERS ART GALLERY: JOB OFFER

Timings & contribution:

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

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

Skills:

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

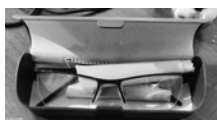
Be interested in arts, be interested in sales, be open to multi-tasking, be focused and efficient, proactive profile, can handle computer work and social media.

itmatters@auroville.org.in,
Bhakti & Sandra

Lost and Found

Spectacle Found in a blue case from Aurokiya

A spectacle in a blue case from Aurokiya was found at Transition School. It is now available for pickup at Aurokiya. You can collect it any day at 9am—5:30pm or contact +91 94488005685 for further assistance.



Aurosugan

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

PLENTY TANTO BREAKFAST

We are serving breakfast at Plenty Tanto in front of Tanto.



Daniele

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

TASTE OF YOGA

Vérité Café

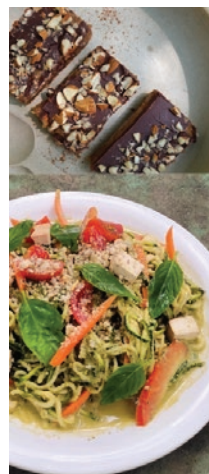


VEGAN CAFE
TASTE OF YOGA

Raw | Gluten-free | No added sugar

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

Monday to Saturday
08:30 - 16:30



Vérité Integral Learning Center

Kathir for 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: UPDATED TIMINGS

All are welcome to enjoy delicious meals and coffee in a cozy and inviting atmosphere at The Living Room Cafe, opposite the Auroville Library.



We now serve breakfast, lunch, and dinner to Aurovilians, Newcomers, Volunteers, and Guests every day except Wednesdays.

Hours of Operation:

- 8am—9pm, closed on 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

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

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, Kulapalayam
- **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.

FREE STORE

Our operating hours are:

- **Monday—Saturday:** 9am—12:30pm
- **Tuesday & Thursday:** 2:30—4:30pm



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!

Kamala for the Free Store Team

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



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
A Unit of Auroville Foundation

Book A Taxi 24/7

 **+91 9843880591**

Office: **(0413) 2220591, 2220592**
Office cell: **8610915429**
sunrisetaxi@auroville.org.in
www.aurovillesunrisetaxi.in



Sathish



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

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

SHARED TRANSPORT SERVICE

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



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

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

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

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine

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

Thai Massage & Tailoring

We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

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

Rupavathi

RAPID CARE SERVICES

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



Services offered

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

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

Balaji & Arun

QUTEE ELECTRIC SCOOTER SERVICE

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

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

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

Govindaraj & B for Qutee Electric Scooter Service

SURABHI SUPPLIES

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



+91 9843846458 WA, Phone, Iyyappan

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

Submitted by Bala

INSIDE INDIA



We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India.

From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals?

Count on us.

Get in Touch with Mr. Ganesh, Your Travel Consultant

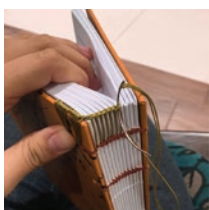
- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Saturday.
- He's available on landline 2623030 or via mobile/ WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com.
- Yes Ganesh will be present on Saturdays too.

*Olivier
for Inside India Team*

BOOK BINDING

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

8940648542, Michel



Poetry

THESE TEARS

*I said God was a name,
That he was not. What utter rot!
He tapped me on the shoulder
And I grew even bolder:
You are the outworn superstition
Of some idiotic mysticism.
He said: "Look. I am everywhere."
I managed all things to outstare.
He took me in His tender arms.
I fought: I'll not be taken by your charms!
He then entered my breast.
These tears must tell you all the rest.
Maggi Lidchi-Grassi, "Seeds"*

A BOUNDLESS MOMENT

*He halted in the wind, and —what was that
Far in the maples, pale, but not a ghost?
He stood there bringing March against his thought,
And yet too ready to believe the most.*

*"Oh, that's the Paradise-in-bloom," I said;
And truly it was fair enough for flowers
had we but in us to assume in march
Such white luxuriance of May for ours.*

*We stood a moment so in a strange world,
Myself as one his own pretense deceives;
And then I said the truth (and we moved on).
A young beech clinging to its last year's leaves.*

Robert Frost

THE SUN RISES

*The sun rises.
My spirit
Follows suit.
The sun sets.
My spirit rises
Still.
Not a mimic,
It follows
Its own path.*

*With joyful Gratitude,
Anandi Z*

Voices & Notes

HUMILITY AND STRENGTH

To keep us grounded while aspiring, preparing for and working consciously to hasten a Heaven on Earth:

"320—Governments, societies, kings, police, judges, institutions, churches, laws, customs, armies are temporary necessities imposed on us for a few groups of centuries because God has concealed His face from us. When it appears to us again in its truth and beauty, then in that light they will vanish.

321—The anarchic is the true divine state of man in the end as in the beginning; but in between it would lead us straight to the devil and his kingdom.

The Anarchic state is the self-government of each individual. And it will be the perfect government only when each one becomes conscious of the inner Divine and obeys Him and Him alone."

Sri Aurobindo and the Mother

<https://incarnateword.in/cwm/10/aphorism-320-321>

Here is the [PowerPoint presentation](#) from 26 February 2025 gathering at Savitri Bhavan with the theme of Humility and Strength. We began with this:

*Spare some moments
Within the Supreme Silence
Of our fundamental Oneness
Stay here awhile
Observing the marvel
Of our shared existence*



Note: for readers of the printed version, please scan the QR Code or visit the site below to access the links.

Zech, Auroville, 2025.02.27
<https://zechjoya.blogspot.com/>



AUROVILLE RADIO TV

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



Last published podcasts

- [Soulful Beginnings with Monique—Ep.4 “Conscious Conception: Planning for Pregnancy”](#) (Health and Wellness)
- [Exploring Education in Arts, Animation and Film-making—Ep.44 “The Principles of Animation—Concluded”](#) (Arts and Culture)
- [Cosmic Inner Weather Report—Ep. 1: Gifts from the Christmas Cauldron](#) (Conversations)
- [Marlenka: Second Interview with Pavitra](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.483](#) (Integral Yoga)

Latest Youtube videos

- [Unity Resonances—An Immersive Sound Concert by SVARAM | Sri Aurobindo Auditorium, Auroville](#)
- [Soulful Beginnings with Monique—Ep.3 “Strengthening the Foundation: Relationship before Pregnancy”](#)

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

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

Sai Priya for Auroville RadioTV

NOT JUST WORD PLAY

One day a few years ago, there came a chance encounter with a booklet — *The Inner Attitude: everything depends upon it*. I read it avidly, once, twice, thrice...many times in my heart and mind, translated, shared, imbibed, and practiced it.



Although no “body” has a final say on this “matter” that everyone will agree, I can safely share from my experiences and observations that everything does depend on the inner attitude; one can take and shift a trillion attitudes on exactly the same “thing”, the same “person”, the same “fact” and the unfolding processes and results will differ.

That makes life so varied, wavy and unpredictable; that explains our jarring and/or cherished diversity; that points the way back to our dynamic, essential oneness.

More than a hundred miles to traverse, still... Shall we remain steady and still somewhere in us and smile on?

The altitude lures us to ascend that high. What attitude helps, in your experience?

Anandi Zhang

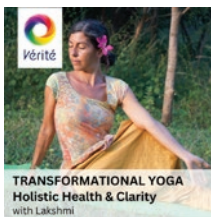
Classes, Workshops & Healing Arts

TRANSFORMATIONAL YOGA

Tuesdays, 9:15am, Wednesdays, 10:45am @ Vérité

Start your day with positivity and balance

Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life.



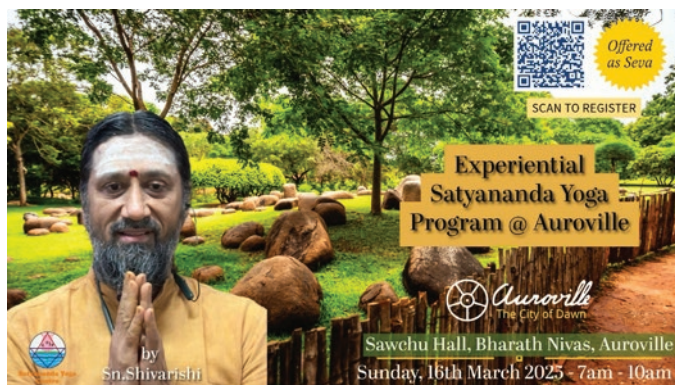
Enjoy your inner discovery. Join me for a Transformative Experience on Tuesdays and Wednesdays morning! Breathe, stretch, and awaken your body and mind! See you on the mat!

Lakshmi, +918489764602

lakshmiprem369@gmail.com

EXPERIENTIAL SATYANANDA YOGA PROGRAM

March 16, 7—10am @ Sawchu, Bharat Nivas



We would like to inform you that the Experiential Satyananda yoga program conducted by Sn Shivarishi is rescheduled to March 16, 2025.

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

No charges are collected from the participants for the event, as it is offered as Seva to the people of Auroville.

Please register for the program and engage yourself in a retreat for the body and mind.

Dr Soundarya for SYC, Monisha, BN Team

ECSTATIC RHYTHMS

Thursdays, 10am—1pm @ Revelation Forest

Embark on a transformative journey, integrating Dance, Voice, and Breath: a unique workshop designed to awaken your authentic self through the harmonious fusion of movement, vocal exploration, and breathwork.



What to Expect:

- **Dynamic Movement:** Engage in free-form dance sessions that liberate your body, allowing you to connect deeply with your inner rhythm and release stored energies.
- **Vocal Activation:** Participate in vocal exercises and sound aimed at unlocking your true voice, enhancing self-expression, and fostering emotional release.
- **Breathwork:** Learn and practice various breathwork methods to center your mind, reduce stress, and cultivate a profound sense of inner peace.

Space is limited! Register to:

- Lakshmi +918489764602
- Lakshmiprem369@gmail.com

Submitted by Lakshmi

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

UNLOCK YOUR LIFE PURPOSE:



A Human Permaculture Workshop
Starting Friday, 14 March, 4pm—6:30pm
@ Anitya Community, Auroville

Join us for a transformative 2.5-day workshop where you'll gain clarity, tools, and insights to navigate life's transitions with confidence! Workshop with Bernard Alonso we will start with a session open to all:

- **Friday, 14 March, 4pm—6:30pm**

And continue for those who want to go deeper:

- **Saturday & Sunday, March 15—16**
Full day, lunch included

What you'll gain:

- Identify your unique strengths & purpose
- Design a personalized roadmap for your future
- Learn Human Permaculture principles for a fulfilling life
- Engage in hands-on, collaborative learning

Limited spots available, pre-registration and contribution required!

[More info and registration](#)

More details: www.permaculturehumaineinternationale.org

Share this with anyone seeking clarity, change, and inspiration!
Mathilde for the JOI Anitya team



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](#)

Facilitated by Aikya or Elena

- **Duration:** 1,5 Sessions are on appointment.
- Individual session or together with a good friend.
- **Price for 1 person:** Rs 1500; for 2 people: Rs 2000.
- **Discounts** available for Aurovilians, Newcomers and Savi Volunteers.
- The session can be done in English, Francais, Espanol, Nederlans.

To book an appointment:

- +32491259966 WA, spiritandnature@auroville.org.in.
Elena

THE ANATOMY OF CONFLICT:
An Introduction to Heart Weaving
15 March, 9:30am—5:30pm
@ Hall of Harmony, Bharat Nivas



We warmly invite you to a one day workshop on recognising and transforming unconscious voices/patterns within ourselves, that further division and conflict. We'll attempt this through an embodied exploration of the film The 12 Angry Men. This will also be an introduction to the Heart Weaving process in Auroville. There will be opportunities to be a part of other workshops very soon for those attending this introduction.

It's open to Aurovilians, New Comers and long-term Volunteers only. Participation for the whole duration is necessary. No contributions required.

- **For registrations, please contact:**
heartweaving.auroville@gmail.com
or +91 9489527893 WA only

Shivaya for the Heart Weaver group

MINDFULNESS KINDFULNESS
Half Day Retreat With Helen

Saturday, 22 March, 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:

- 7094753054 WA Helen or visit innersightav.org

Helen

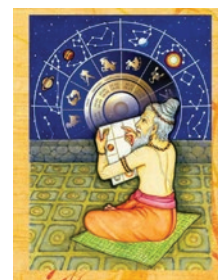
VEDIC ASTROLOGY WEBINARS

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

- Debunking common myths about Vedic Astrology, **20 March @ 6:30pm IST**
- The best Vedic Astrology software, **30 March @ 6:30pm IST**
- Astronomy behind Indian festivals, **10 April @ 6:30pm IST**
- Coming together of Science and Spirituality, **17 April @ 6:30pm IST**

For more details and registration please click on the link:

- allthingsvedic.in/webinars



Vikram Devatha,
+91 9843948288

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 re-alization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing, and learn Fundamentals, Principles and Universal Laws of energy healing.



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

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

Sandhya

FLOWER BODY WORK

Whispering of the Flowers



One on one Flower Essence Medicine consultations, provided in both Ceremonial and Clinical settings, inspired by *Flower Bodywork™*, *Findhorn Flower Essences™* and *Mothers Significances of the Flowers*. I will guide you on your journey of Flower dieta, including the ingestible essence tincture, tea, & holistic integration; using Naturopathy methods.

Womb Blossoming Therapeutic Sessions



Flower Bodywork with the aid of *Mothers Significances*, *Flower Essences* and the *Music of the Plants Device* uses somatic, sound & touch therapy to connect voice, heart and womb by **Louise Rose**, Naturopath, Sound Therapist, Doula-in-training.

Sessions available

- online worldwide &
- in person in Auroville @ Anitya Community with **Louise Rose**, poetry and voice facilitator

Contact: +91 7305373562 WA or

- Instagram @[sisterhoodoffherose](#)

Louise Rose

SITARA MUNAY-KI YOGA

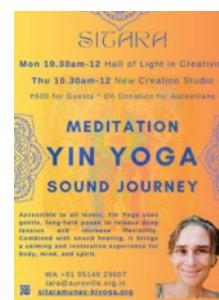
Sitara: Meditation—Yin Yoga—Sound Journey

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

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

Sitara has been living in Auroville for 22 years. Over time, she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see <https://sitaramunay-kiyoga.org/sitara/>

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



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

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

Only on registration: +393288181300 WA

- gp@auroville.org.in

Munay-Ki: Surya Kriya & Tibetans Rites

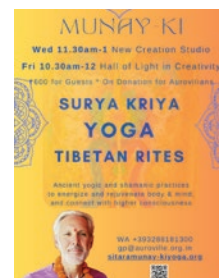
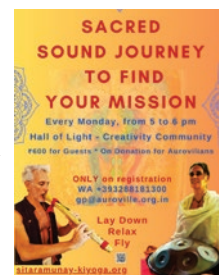
- Wednesdays, 11:30am—1pm @ New Creation Studio
- Fridays, 10:30am—12pm @ Hall of Light in Creativity

Original combination of ancient yogic and shamanic practices.

Note: Suggested donations: Rs600 for Guests, on donations for Aurovilians.

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

Sitara & Giovanni Munay-Ki



AUROMODE SPA

Offers Cosmetology Services

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



Meha for Auromode SPA

SHAKTI WITH ELA THOLE

An exploration of the Shakti in her traditional aspects and her central role in the Integral Yoga

9 March, 9—12:30pm @ Inside India Office, Kalpana

The significance of Shakti in the Integral Yoga of Sri Aurobindo. Contact us to book your spot!

Fixed Contributions, Aurovilians Free

tours@insideindiaauroville.com

+91 413 2622047, +91 8524953838 WA only

Office No. 2, Kalpana, Auroville, Opposite Auroville Library. Olivier

ARKA WELLNESS CENTER**March Program**arka@auroville.org.in, 0413 2623799**Treatments**

Barbara: Yoga of Mother and Sri Aurobindo, Healing and Awareness on all levels (physical, vital, emotional, mental and psychic), Mother's Flower Medicine (vibrational remedy), Individual Sessions and Groupwork, Psychosomatic Therapy and Breath Therapy, Consciousness/ Energy/ Body Work based on Integral yoga

- Only by Appointment, baritam@auroville.org.in

Pepe: Body Logic, Soft Massage, Deep Tissue Massage.

- Monday to Saturday, by appointment +91 9943410987

Silvana: Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage

- Monday to Saturday, by appointment only +91 9047654157

Antarjyoti: Psychospiritual Introspective Tarot Reading (English & French), Deconditioning Self Inquiry

- Monday to Saturday, by appointment only 0413 2623767, antarcalli@yahoo.fr

Niyati Thakkar: Integral Regression therapy, Integral reiki healing, Holotropic technique breathwork

- Monday to Sunday, by appointment only +91 7041391995, niyatiithakkar2112@gmail.com
narayani-nc@auroville.org.in

Olesya: 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)

- By appointment only, +91 9159052743
olesya@auroville.org.in

Shruti: Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice

- By appointment only, +91 7904769496
auroshruthi@auroville.org.in

Classes

Damien: Acroyoga

- By appointment only, +91 9047722740

Teresa: Pilates

- Tuesday & Thursday, 7:30—8:30am
- Friday, 5:30—6:30pm
- By appointment only, +91 7867998952

Olesya: Iyengar Yoga

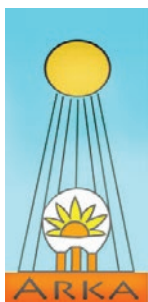
- Monday, Wednesday, Saturday, 6:30—8am
- Monday, Thursday, Saturday, 5—6:30pm
- Or by appointment: +91 9159052743

Aurosugan & Priyanka: Eye Yoga And Wellness Retreat

- Monday to Sunday: 7—8am
- By appointment only, +91 8012305151/ 9704258709

Priyamvada: Hatha Yoga

- Monday: 8—9am, Friday: 7:30—8:30am
- By appointment, +91 9486261640

**Services**

Aurokiya: Eye Care Center

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

Maatram: Psychological & Psychiatric Consultation

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

Convalescence Facility: Post-Surgical and Care Facility

- For Aurovilians only, Max. stays 3 weeks
- Please contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & Emergency Service

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

Svasti: Homeopathic Consultation

- By appointment: +91 9428429642
adiitva@auroville.org.in

Health & Healing Trust: Administration Office

- Health & Healing Trust
healthhealingtrust@auroville.org.in Ramana, Arka

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, +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.

**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.

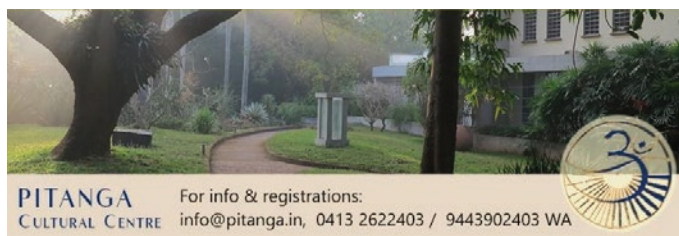
Come as you are, and leave feeling renewed!

Kirtan Evening

- Sunday, 9 March, 3:30—5pm

Come immerse yourself in the power of sacred chants of mantras and uplifting melodies. An evening of devotion, music, and community get together, where voices merge in harmony and hearts open in joy. No experience needed—just bring your presence and an open heart.

Find us: Second Floor Hive Building, Auromode Apartments: [Yoga Shala](#), [Auromode Apartments](#). Balu



Program March 2025

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
7:30am–8:30am	Hatha Yoga with Priyamvada
10am–12pm	Kolam Yoga with Grace
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
5:15pm–6:15pm	Feldenkrais with Veronique D.
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
4pm–5:15pm	Healthy Pelvic Floor with Flowrina, for women only
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
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 7/3
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 8/3
9am–10:30am	Asanas intermediate level with Rachel, not on 1/3
11:00am–12:30pm	Kundalini Yoga with Bel, not on 8/3
4pm–5pm	Odissi Classical Dance, a beginners' class especially for children, with Agila, assisted by Rekha

Youth Activities

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

- **Asanas for Teenagers with Lisbeth**
 - Mondays, Wednesdays, 4—5:15pm

These classes are for the teenagers from AV schools.

- **Energy games for children, 9 yrs. +, with Gala**
 - Saturdays, 10am—11pm, not on 8/3

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)
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

- **Healthy Pelvic Floor with Flowrina**
 - Thursdays 4pm—5:15pm, starts 6 March
 - For women only

A weekly drop-in class about the maintenance and health of the pelvic floor.

Just like a house needs a strong foundation, our bodies rely on a well-aligned pelvic floor for stability and health. This class is designed to bring awareness and care to this essential part of our body.

Through interactive and practical sessions, we'll explore exercises to strengthen and relax the pelvic floor as needed. Inspired by yoga and pelvic floor gymnastics, the class will offer valuable techniques for long-term wellbeing.

Open to women of all ages and levels, including pregnant and postnatal participants. Prevention is key—start caring for your foundation now.

Flowrina invites: “I’m here to guide and support you on this journey.”

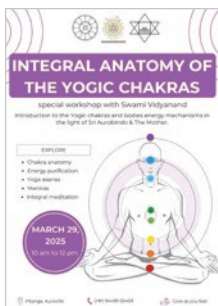
- **Breathing & Mudras with Gala**
 - **Saturdays 8—9:30am**

A weekly class about breathing techniques and meditation mudras. 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

- **Integral Anatomy of the Yogic Chakras**
 - Saturday, 29 March, 10am—12pm @ Pitanga

Workshop “Integral Anatomy of the Yogic Chakras” with Swami Vidyanand, founder and spiritual head of SriMa International School of Transformational Yoga® and the Founder and President of Yoga Alliance International® (YAI), World Yoga Federation® and Meditation Alliance International® (MAI) spread over all continents.



- Registration requested as places are limited
- Contribution is voluntary.

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

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

It Matters

Schedule from 7 to 16 March
 Weekly Activities—A/C Room

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

Date	Activity
7 March, Friday, 3—4pm	Abundance & Psychology with Matthias
9 March, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias
13 March, Thursday, 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
14 March, Friday, 3—4pm	Abundance & Psychology with Matthias
16 March, Sunday, 2:30—3:30pm	Integral Yoga Psychology with Matthias

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

Bhakti & Sandra

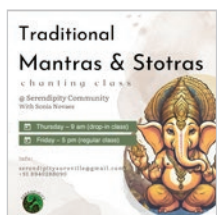
TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

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

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



Sonia, serendipityauroville@gmail.com,
 +91 8940288090

LIFE-STYLE RESET RETREAT

7—9 March @ Tanto Beach, Auroville

Feeling low on energy, stuck in unhealthy habits, or noticing signs of aging? It's time to hit reset!



Join us for a transformative retreat designed to reprogram your daily routine and boost your vitality to get closer to your ideal future self. Learn micro changes and practical hacks to unlock peak energy levels and live with intention. Plus, enjoy **two weeks of personalized follow-up** for lasting results!

What You'll Experience?

- **Holistic wellness hacks** for lasting wellness habits,
- **Yoga, meditation & breathwork** to enhance vitality,
- **Calisthenics & mobility training** for strength, flexibility & energy.

Contact for more details

- Rekha +91 9945611011 WA or
- Laure +33695651135 WA.

Submitted by Laure

INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



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

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

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

Dave (JOI Anitya), +44 7564119728 WA

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

COSMIC DANCE WAVE:**A Healing Journey Through Movement**

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

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

Through this sacred practice, you'll experience:

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

QUIET HEALING CENTER**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.



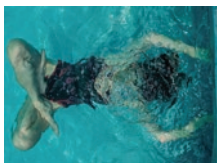
When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

Watsu® & Breathing with Dariya

- 8—9 March, 8:45am—6:00pm, 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.

Ayurvedic Marma Massage Course with Sivacoumar

- 17—22 March, 9am—5pm, 36 hours

Marma massage is an ancient Ayurvedic technique that focuses on stimulating the 107 vital energy points (Marmas) in the body. These points, when activated, can influence the physical, mental, and emotional aspects of well-being. By applying gentle pressure and specific massage techniques, you can release blocked energy, reduce stress, enhance circulation, and promote overall health.



This 36-hour Ayurvedic Marma massage course is designed for both beginners and experienced practitioners who wish to deepen their understanding of Ayurveda and its therapeutic applications. This course will guide you through the foundational principles of Ayurveda, the identification and significance of Marma points, and hands-on training in Marma massage techniques.

Certificate will be provided upon successful completion of the course.

Prerequisites: no previous experience required.

Lomi Lomi Heartwork: Basic Hawaiian Massage Training with Claudia

- 24—29 March, 40 hours, see timings below

Discover the art of Lomi Lomi Heartwork, a deeply nurturing and flowing bodywork practice rooted in the ancient Hawaiian tradition. This 40-hour intensive training offers a transformative journey into the heart of touch, rhythmic movement, and heartfelt connection. The Heartwork technique is performed using the hands as an instrument of the heart to relax and restore balance to body, mind and spirit.

**Timings**

- Monday: 2—5pm
- Tuesday, Wednesday, Thursday: 9am—12:30pm & 3—6pm
- Friday: 8:30am—8:30pm (intense practice day!)
- Saturday: 9am—12:30pm & 3—6pm

Liquid Flow Deepening with Dariya & Daniel

- 24—30 March, 8:45am—6pm, 50 hours

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



Though Liquid Flow Deepening offers some new material and variations of already known movements, it is basically about refining what is already there. In addition, you'll learn connecting deeper through working with the breath, sequencing your session, and finding your own combinations and adjustments according to your personal abilities and circumstances—away from right or wrong or perfect—to accommodate different sizes, shapes, and body types. You'll also be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

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

- **Prerequisites:** Liquid Flow Essence and Liquid Flow Essence Integration Day.

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

VÉRITÉ EVENTS MARCH 2025

Please contact Vérité
@ 0413 2622045, 2622606,
9363624083

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



Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogic Breathing Techniques for Opening the Lungs	9:15—10:15am	Mani
	Hatha Vinyasa Yoga (no class on 31 March)	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Creative Voice Sound Healing	3:30—4:30pm	Lola
	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
	Transformational Yoga	10:45—11:45am	Lakshmi
	Parent Child Yoga	3:30—4:30pm	Swetha Shri
	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 on 13 March)	9:15—10:15am	Radhika
	Hatha Yoga: Breath, Movement, & Inner Balance	10:45—11:45am	Swetha Shri
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Peace with Pranayama	5—6pm	Mamta
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation (no class on 14 March)	7:30—8:30am	Radhika
	Hatha Vinyasa Yoga (no class on 28 March)	5—6pm	Andres
	Free Flow Dance & Movement	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
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Holistic Rebalancing Massage

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 7 March	Yoga for Lower Back Pain	9:15—12pm	Dev
Saturday, 8 March	Master Class: Sivananda Yoga	9:15am—12pm	Mani
	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 14 March	Master Class: Sivananda Yoga	9:15am—12pm	Mani
	Ananda & Nidra: Joyful Relaxation	2—4:30pm	Swetha Shri
Saturday, 15 March	Introduction to Shamanic Practices	9:15am—12:15pm	Aurora
	Pawanamuktasana Series: Energize the Joints	2—4:30pm	Mani
Wednesday, 19 March	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Friday, 21 March	Master Class: Yoga to Enhance Strength & Flexibility	9:15am—12pm	Dev
Saturday, 22 March	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 28 March	Prana & Mantra: The Journey Within	9:15am—12pm	Swetha Shri
Saturday, 29 March	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani

Workshops

Yoga for Lower Back Pain with Dev

- **Friday, 7 March, 9:15am—12 pm**

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

Master Class: Sivananda Yoga with Mani

- **Saturday, 8 March, 9:15am—12 pm**

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

Face & Eye Yoga with Mamta

- **Saturday, 8 March, 2—4:30pm**

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

Master Class: Sivananda Yoga—with Mani

- **Friday, 14 March, 9:15am—12pm**

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

Ananda & Nidra: Joyful Relaxation with Swetha Shri

- **Friday, 14 March, 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.

Introduction to Shamanic Practices with Auomira

- **Saturday, 15 March, 9:15am—12:15pm**

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

Pawanamuktasana Series: Energize the Joints with Mani

- **Saturday, 15 March, 2—4:30pm**

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

Aparna & 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

LEELA THERAPY

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



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

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

Kardash

EXPERIENCE THE POWER of Kundalini Yoga

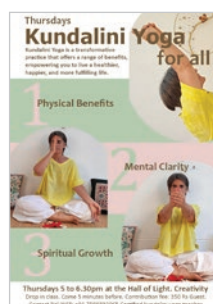
**Thursdays, 5—6:30pm @ Hall of Light, Creativity,
Saturdays, 11am—12:30pm @ Pitanga**

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:** Rs350 for guests Rs150 Savi volunteers
- **Contact:** +91 7598892065 WA
Bel, a certified kundalini yoga teacher.



Thursdays 5 to 6:30pm at the Hall of Light, Creativity
Saturdays 11am to 12:30pm at Pitanga
Contribution Fee: Rs350 for guests Rs150 Savi volunteers

Submitted by Bel

SOUND CHAKRAS HEALING

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



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

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi

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,
6 March, 2025**



Tomatis

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

- Send an email to tomatis@aurovillelanguagelab.org.

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

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

Courses

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/>

Spoken Hindi for Beginners with Ashwini

- Tuesday, Thursday and Friday 4:30—5:30pm
started 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 11 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, starting 17 March 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 kickstart your Spanish language journey.

Poetry for Beginners with Vismai This Friday!

- Friday, 7 March, 5—6pm

Welcome to our first Poetry Circle! For the month of March, we're celebrating JOY. You're welcome to read from our selections or bring along poems that spark joy for you. Any language is welcome, as long as you translate a little of the joy in English so we can all experience it together.



Italian—Beginner Level, Registration Open!

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

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

Film Shows:

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

Current Schedule of Classes as of 27 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 3 months, 24 hrs	4:30–5:30pm	Monday, Wednesday Started 22 January
French	Beginner (16 hours)	4:30–5:30pm	Started 5 February
	Conversation—Pre-Intermediate (16 hours)	2–3pm	Started 6 February
Poetry Reading Circle	Poetry Reading (1 day)	5–6pm	Friday, 7 March
Tamil	Conversational pre-intermediate (24 hours)	9:30–10:30am	Tuesday and Friday, Starting 11 March
German	Level A1 Beginner	5–6:30pm	Part II–TBA
Spanish	Beginner	2:30–4pm	Monday & Wednesday, Starting 17 March
Hindi	Spoken Beginner (12 hours)	4:30–5:30 pm	Tuesday, Thursday and Friday, Started 18 February
Italian	Beginner	TBA	TBA
	Registration Open		
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

Reminder about our free Evening Programs

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

- **Mondays:** French with Coco and Gaspard
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30–6:30pm
- **Thursdays:** Amy will be back on 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:** Conversational Hindi with Smriti, 5–6pm

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

Communication with the Lab

Service through our BSNL phone numbers: 2623661 (Lab) and 2622467 (Tomatis).

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

Mita, Mano, Louis & Vismai for Auroville Language Lab

Cinema



Presents at Multi Media Centre Auditorium (MMC, Town Hall)

Friday, 7 March, 8pm

Wallace & Gromit: The Curse of the Were-Rabbit

Directed by Nick Park, Steve Box, UK, USA, 2005

Synopsis: An animated comedy, the film centres on good-natured yet eccentric cheese-loving inventor Wallace (voiced by Peter Sallis) and his intelligent quiet dog, Gromit, in their latest venture as pest control agents. They come to the rescue of their town plagued by rabbits before the annual Giant Vegetable Competition. However, the duo soon finds themselves against a giant rabbit consuming the town's crops... The film was produced by DreamWorks Animation in collaboration with Aardman Animations being the second feature-length film by Aardman, after Chicken Run (2000). Peter Sallis was joined by a voice cast including Helena Bonham-Carter, Ralph Fiennes and Peter Kay. It was a critical and commercial success and won the Academy Award for Best Animated Feature. A delightful and funny adventure for all ages!



Original English version with English subtitles. Duration: 1h25'

Friday, 14 March, 8pm

"A Royal Affair" (En Kongelig Affære)

Directed by Nikolaj Arcel, Denmark, 2012

With: Alice Vikander, Mads Mikkelsen and Mikkel Følsgaard

Synopsis: Denmark, 1770. The secret passion that Queen Caroline Mathilde holds for the king's physician, the influential Struensee, will forever change the destiny of the entire nation. A Royal Affair tells a pivotal chapter of Danish history, forgotten in French textbooks. The romantic and intellectual relationship between Caroline Mathilde and Struensee, deeply influenced by Enlightenment philosophers such as Rousseau and Voltaire, leads to the overthrow of the established social order and foreshadows the revolutions that will ignite across Europe twenty years later. Based on a true story, the movie received two silver bears at the Berlin Festival and was nominated at both Academy Awards and Golden Globe as best Foreign Language Film in 2012.



Original Danish, Swedish and German version with English subtitles. Duration: 2h16'

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

Susana and Aurofilm team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
10—16 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. *Observing the International Women's Day (8 March) and women's month in some nations, we will try to bring films by and/or about women.*

Indian—Monday 10 March, 8pm
Girls Will Be Girls

India-France, 2024, Writer-Dir. Shuchi Talati w/ Preeti Panigrahi, Kani Kusruti, Kesav Binoy Kiron, and others, ComingOfAge-Drama, 118mins, Hindi-English w/ English subtitles, Rated: NR (R)

At a strict boarding school nestled in the Himalayan foothills, 18-year-old Mira first discovers desire and romance. However, her curious, rebellious, coming-of-age is disrupted by her young mother, who never got to come of age herself.

Potpourri—Tuesday 11 March, 8pm
Babettes Gæstebud (Babette's Feast)

Denmark, 1987, Writer-Dir. Gabriel Axel w/ Stéphane Audran, Bodil Kjer, Birgitte Federspiel, and others, Period-Drama, 103mins, Danish-French-Swedish-Italian-Swiss w/ English subtitles, Rated: G

In a remote 19th-century Danish village, two sisters lead a rigid life centered around their father, the local minister. Both had opportunities to leave the village but stayed to care for him. Years later, they take in French refugee Babette Hersant, who, after winning the lottery, offers to cook a French meal to repay their kindness. This meal becomes an eye-opening experience for everyone. *A classic to catch or watch again!*

Selection—Wednesday 12 March, 8pm
The Birdcage

USA, 1996, Dir Mike Nichols w/ Robin Williams, Nathan Lane, Gene Hackman, and others, Comedy, 117mis, English w/ English subtitles, Rated: R

Armand Goldman owns a popular drag nightclub in South Miami Beach. His long-time lover, Albert, stars there as Starina. "Their" son Val (actually Armand's by his one heterosexual fling 20 years before) comes home to announce his engagement to Barbara Keeley, daughter of Kevin Keeley, U.S. Senator and co-founder of the Committee for Moral Order. The senator and family descend upon South Beach to meet Val, his father and "mother." What ensues is comic chaos. *A tribute to Gene Hackman!*

Interesting—Thursday 13 March, 8pm
Kadib Abyad (The Mother of All Lies)

Morocco-Egypt-Saudi Arabia-Qatar, 2023, Writer-Dir. Asme El Moudir w/ Asme El Moudir, Mohamed El Moudir, Zahra Jeddou, and others, Biography-Documentary, 96mins, Arabic w/ English subtitles, Rated: NR (PG-13)

A Moroccan woman's quest for truth leads her to unravel a complex web of family secrets. As a daughter and filmmaker, Asmae delves into the intertwined narratives of personal and national history, focusing on the poignant 1981 Bread Riots. Her journey not only illuminates the intricate connections to modern Morocco but also uncovers the enduring impact of historical events on her heritage and identity. Through Asmae's lens, we witness a powerful exploration of legacy, resilience, and the quest for understanding.

International—Saturday, 15 March, 8pm
The Eternal Daughter

UK-Ireland-USA, 2022, Writer-Dir. Joanna Hogg w/ Tilda Swinton, Louis, August Joshi, and others, Drama-Mystery, 96mins, English w/ English subtitles, Rated: PG-13

In this ghost story from acclaimed filmmaker, a middle-aged daughter and her elderly mother must confront long-buried secrets when they return to their former family home, a once-grand manor that has become a nearly vacant hotel brimming with mystery.

Children's Matinee—Sunday, 16 March, 4pm
Wolfwalkers



Ireland-Luxembourg-France-China-USA, 2020, Writer-Dir. Tomm Moore & Ross Stewart w/ Honor Kneafsey, Eva Whitaker, Sean Bean, and others, FairyTale-HandDrawnAnimation, 103mins, English-Irish Gaelic w/English subtitles, Rated: PG

In a time of superstition and magic, young apprentice hunter Robyn and her father travel to Ireland to eliminate the last wolf pack. Robyn befriends Mebh, a wild native girl, and discovers the world of the Wolfwalkers, leading to a transformative adventure.

Jack Nicholson Film Festival @ Ciné-Club
Ciné-Club Sunday 16 March, 8pm
The Last Detail

USA, 1973, Dir. Hal Ashby w/ Jack Nicholson, Randy Quaid and Others, Drama-Road Trip, 104 mins. English w/ English subtitles, Rated: R

Two US Navy sailors, Petty Officers Buddusky and Mulhall, are tasked with escorting a prisoner, Seaman Meadows, to military prison for where he is to start an eight-year term. Being a long trip, Buddusky and Mulhall, see an opportunity to have some fun.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e., for Adults), NR=Film Not rated, Rating awaited.

To organize a seminar/ program at MMC kindly email us at mmcauditorium@auroville.org.in.

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

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

**ECO FILM CLUB:
Every Friday at Sadhana Forest**

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00. :)

Friday, 7 March

Money, happiness and eternal life—Greed: Part 2

2017/ 43 minutes/ Jörg Seibold

From Buddhists and bankers to Eskimos and psychologists, we explore the phenomenon of greed with people from all walks of life. How can it be defined? What makes us greedy? And what are the repercussions?

Aviram



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 & Katiya (AgniJata), News & Notes,
Media Centre, Townhall,
NewsAndNotes@auroville.org.in

Accessible Auroville Public Bus

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