



News Notes

#1073 A weekly bulletin for residents of Auroville 3 April 2025



*The Lord is peaceful resignation, but the Lord is also the struggle and the Victory.
He is the joyful acceptance of all that is, but also the constant effort
towards a more total and perfect harmony.
The Mother*

Pondering



"All our instincts and the movements of our being begin by supporting themselves on the ordinary motives of our lower human nature,—mixed and egoistic motives at first, but afterwards they purify and elevate themselves, they become an intense and special need of our higher nature quite apart from the results our actions bring with them; finally they exalt themselves into a sort of categorical imperative of our being, and it is through our obedience to this that we arrive at that supreme something self-existent in us which was all the time drawing us towards it..."

*Sri Aurobindo, The Synthesis of Yoga,
"The Motives of Devotion"*

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Invitation

FROM NEWS & NOTES

Dear community, we welcome you to submit photos and artwork for possible publication on the cover of News & Notes. Please send your submissions to newsandnotes@auroville.org.in and mention 'Cover' in the title.

Katiya & Alexey

House of Mother's Agenda



1 October 1969

Aphorism 165—To observe the law we have imposed on ourselves rather than the law of others is what is meant by liberty in our unregenerate condition. Only in God and by the supremacy of the spirit can we enjoy a perfect freedom.

True liberty is to be in constant union with the Divine and to do only what the Divine wants us to do. But until then, it is better to impose on ourselves a higher law of action and conduct and to observe it scrupulously rather than to obey the law of other men or of moral and social conventions.

3 October 1969

When one lives in a community, does it not often become necessary to obey laws imposed by others instead of following the disciplines one would wish for oneself?

It is obvious that if you have chosen or accepted to live in a community, you must observe the laws of that community, otherwise you become an element of disorder and confusion.

But a discipline willingly accepted cannot be harmful to the inner development and the growth of the higher consciousness.

(to be continued next week)

The Mother—
On Thoughts and Aphorisms

<https://incarnateword.in/cwm/10/aphorism-165>

With love and gratitude,
Gangalakshmi (HOMA)

Townhall Speaks

ATDC: INSTALLATION OF COW GATES AND FENCING in Key Areas Around Auroville



L'avenir d'Auroville

Dear Auroville Residents, as part of our ongoing efforts to protect Auroville's lands, especially from the movement of cattle, L'avenir d'Auroville has initiated the installation of cow gates and fencing in key areas around Auroville.

This measure aims to secure access into Auroville, safeguard our green spaces, prevent damage to plantations, and maintain the integrity of our shared environment.

As a first step, we will be placing a cow gate near the Security Gate at the Visitor Center. Work will commence shortly, and we solicit your cooperation during this process.

If you have any questions or suggestions, please feel free to reach out.

Joel, Resource Person,
L'avenir d'Auroville team

INFORMATION SHARING & JOINT INTERACTION with ATDC, FAMC, Working Committee, a few sub groups & AVFLegal

Friday, 11 April, 4:30—6:30pm

@ Sri Aurobindo Auditorium, Bharat Nivas

Auroville Residents are warmly invited to an Information Sharing & Joint Interaction with ATDC, FAMC, Working Committee, a few subgroups & AVFLegal.

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

Community News

Passing On

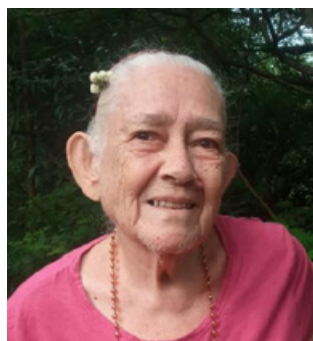
REMEMBERING MERRY

Merry (Merrilyn Cook), born in Vermont, USA, passed away on Monday morning, 31 March 2025. She was 85. She officially joined Auroville in 1999, but was already involved 10 years earlier. Here is how she is remembered by her friends and carers.

Merry, the mighty willed, brilliant and sweetest lady we know transitioned peacefully in Love and Light of The Mother.

At the young age of 50, a radiant and brilliant lady decided to live her truth and join Auroville. As an animal lover, she was soon visiting Anne at the dog shelter. As a music teacher, she harmonized the lives of countless students, sharing the universal language that brought joy and beauty to all. She expressed her kindness and love for children through teaching and caring for many animals over the years.

Though her dementia and severe hearing loss may have obscured memories and connections with others—her strong individuality, inherent sweetness and sincere aspi-



ration for the Divine Mother shone through, touching the lives of everyone around her.

Those who may have feared her boldness would have missed the opportunity to experience the humor, generous spirit, warmth and kindness that lay beneath.

She always felt gratitude for her helpers. And expressed this in many ways, even on her very last day. Whenever she was sick and needed assistance she would reluctantly take it but then thank profusely those that helped her. She would say, "You girls spoil me. I don't need help", but then smile and be grateful.

She was not one to waste. She would not want for herself what others could use and was always generously giving away. She was a regular customer at La Terrace where she had lunch and read the newspapers, with a pen in hand to write her comments in the margins! Sometimes she asked her helper to offer her food to another whom she felt needed it.

We remember her life as a symphony of love, care, gratitude and music. Her melody and utmost gratitude to God never faded till her last moment.

A book that Merry wrote was published in Tamil and English, called "Merry's animal stories". Several copies are at Thamarai and the other schools.

Raji, Deanna, Shakti, Shailey, Sarala, Suba, Vanitha, Arati, Uma, and Branwen (Merry's sister in Boston)

Matrimandir News & Schedules

MEDITATION

under the Matrimandir Banyan Tree

4 April

The Anniversary of Sri Aurobindo's arrival
in Pondicherry in 1910

Meditation under the Matrimandir Banyan tree
6:30 to 7am.

- Entrance from the Office Gate at 6:15am.
- Guests are requested to bring along their Aurocards.
- Last entry for guests at 6:30am.
- Access is limited for guests to the Banyan Tree
- Last exit for guests at 7:15am.

Aum! Antoine, for Matrimandir team

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri



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

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music 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. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:45pm.
- Guests are requested to bring along their Aurocards.
- **Last entry for guests** at 6pm. Access limited for guests to the Amphitheatre.
- **Last exit for guests** at 6:45 pm.

Velmurugan and the Access team

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.

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 Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: Daily 7—8am, 5—6pm.

Antoine
for The Matrimandir executive team



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

SAVITRI BHAVAN SCHEDULE, APRIL 2025



Exhibitions

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

Films: Mondays, 4pm @ Sangam Hall

- **7 April: Meditations on Savitri, Book 7.** The Book of Yoga, Cantos 1—7. Duration 74min.

The Joy of Union; The Ordeal of the Foreknowledge of Death and The Heart's Grief and Pain, The Parable of the Search for the Soul, The Entry into the Inner Countries, The Triple Soul-Forces, The Finding of the Soul, Nirvana and the Discovery of the All-Negating Absolute, The Discovery of the Cosmic Spirit and the Cosmic Consciousness.

Savitri and her parents travel from the palace in Madra to the forest hermitage where Satyavan lives with his parents. Visiting Savitri's future home, her parents *Questioning no more the strangeness of her fate... / Helpless against the choice of Savitri's heart / They left her to her rapture and her doom...* (p.476)

With great joy, Savitri begins her life with Satyavan. She serves Satyavan's parents and does daily chores. But she remembers the fatal date set by Narad, the day when Satyavan must die.

As Savitri sits awake next to the sleeping Satyavan, repressing her grief through the silent hours, a mighty Voice speaks from her being's summits and reminds her that she was born on this earth to accomplish a great work and is charged with a mandate from eternity:

"Remember why thou cam'st: / Find out thy soul, recover thy hid self, / In silence seek God's meaning in thy depths, / Then mortal nature change to the divine... / Thy nature shall be the engine of his works... / Then shalt thou harbour my force and conquer Death." (p.476)

Savitri seeks her soul and peers into the depths of her subtle being to find *The Entry into the Inner Countries*. She knocks and presses against the door that guards the inner Life and by persistence she is able to enter the inner worlds: the realms of dense subtle Matter; the chaotic spaces of disordered, violent and uncontrolled Life-Force; and also, the realm where the Life force is controlled by Mind that claims to offer the single Truth, the eternal Law. But there she cannot stay since she is on the quest for her soul.

Then Savitri ascends towards the dwelling-place of her soul, and deep in her inner mind she meets three Mother figures, *The Triple Soul-Forces*; each claiming to be her secret soul. They are the Mother of Divine Compassion, the Mother of Might whose task is to help the unfortunate and to battle against the hostile forces, and the Mother of Light, the power which works for God and leads humanity through death towards immortal life. Each of the three Madonnas is echoed from below by a shadow: the Man of Sorrows full of self-pity and hatred; the arrogant Ego of the great world of desire; and the ignorant mind that refuses to

progress. Savitri listens to the Madonnas and their echoes. She promises each of the Mothers that when she has found her soul she will return and give them what they lack.

Continuing her quest of *The Finding of the Soul*, Savitri approaches the mystic cave where her soul dwells. But first she enters into the night of God. She feels that she, by herself, is nothing, God alone is all. Then entering the great rock doors of the mystic cavern in the sacred hill, she passes through room after room. Finally, through a tunnel dug in the last rock, she emerges into a house made of flame and light. Crossing the doorless wall of living fire, she suddenly meets her secret soul.

After this encounter and becoming human once again, Savitri intensely calls for the Mighty Mother to enter her body and make it Her home. A living image of the original Power descends into her heart and as it touches her feet a mighty movement rocks her inner space and activates all her chakras: *All underwent a high celestial change... / Each part of the being trembling with delight... / In the country of the lotus of the head... / In the castle of the lotus twixt the brows... / In the passage of the lotus of the throat... / In the kingdom of the lotus of the heart... / and finally: In the deep place where once the Serpent slept... / A firm ground was made for Heaven's descending might.* (p.529-530)

Finding her soul and being united with it, Savitri is serenely happy, and her happiness spreads all around. But there are still some challenges to face. Savitri goes through the experience of *Nirvana and the Discovery of the All-Negating Absolute*, and hears the Voice of Night followed by the greater Voice of Light that tells her: *"Fear not to be nothing that thou mayst be all... / Cast off thy mind, step back from form and name. / Annul thyself that only God may be."* (p.536, 538)

At night, when she is alone, she turns towards the veiled, silent Truth high above. One night, a voice speaks from her heart and the world of unreality ceases to exist. All become conscious. Savitri discovers the *Cosmic Spirit and the Cosmic Consciousness*.

Infinity was her own natural home... / She was the single self of all these selves, / She was in them and they were all in her.... / The superconscient was her native air, / Infinity was her movement's natural space; / Eternity looked out from her on Time. (p.557)

A meditative film made of passages from Sri Aurobindo's epic poem *Savitri—A Legend and a Symbol* read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta created under the guidance and inspiration of the Mother. The film can connect us to the Divine Presence within, fill us with the Divine Mother's Love and Light by listening to her voice and lead us towards spiritual truth and the New Consciousness.

- [The subtitled film is available here](http://savitribhavan.org) (savitribhavan.org> Study Materials> Huta: Meditations on Savitri)

- **14 April: How the Mother's Inner Quest brought Her to Sri Aurobindo.** Lopa, a former student of the Sri Aurobindo International Centre of Education, has collected stories recounted by the Mother about Herself. Duration: 51min.
- **21 April: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920—2020).** A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. Duration: 48min.

Full Moon Gathering

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

Regular Activities

- **The OM Choir** has been in their sacred home of Savitri Bhavan for twenty-five years and even earlier, when the Mother told Narad to bring down a new music. During the prime months in Auroville often one hundred and more people come in aspiration and devotion to bring down the new music that has the power of transformation. The Divine Presence is in both the square hall and the Sangam Hall. All are welcome and no prior singing experience is needed.
 - **Every Tuesday, 5:30—6:30pm**, led by Narad
- **Savitri Satsang**, an experiential reading of Sri Aurobindo's magnum opus, Savitri, shared by Narad in a new series that touches on its mantric beauty, poetic vastness, definitions of words and terms by Sri Aurobindo and the Mother, and the older Ashram disciples, in a deep line by line study.
 - **Every Tuesday, 4:30pm**, followed at 5:30 by the OM Choir led by Narad
- **Sundays 10:30—12pm**: Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm**: How to find the soul—Theory & Practice led by Dr. Jai Singh
- **Tuesdays 3—4pm**: Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Mondays to Saturdays 3—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

Talks of Dr Alok Pandey on Sri Aurobindo's Essays on the Gita



@ Sangam Hall, Savitri Bhavan, 4—5pm, Wednesdays, 9 & 23 April, 21 & 28 May, 11 & 25 June

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.

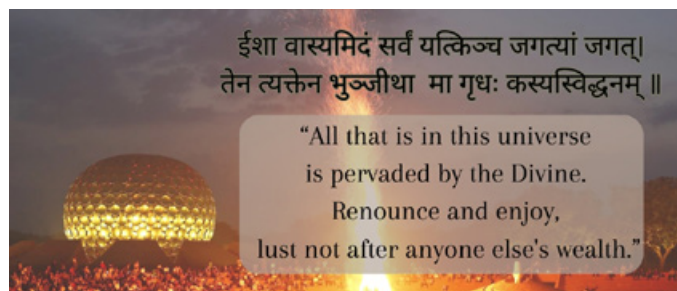
Dhanalakshmi, Margrit & GangaLakshmi for Savitri Bhavan



ISHA UPANISHAD

in Daily Life

6—26 April, every day, 5—6am IST, Online



All are welcome to a collective learning space for integrating the wisdom from

ईशोपनिषद् (Isha Upanishad) in daily life.

More details and registrations are here:

- <https://bit.ly/Isha-Upanishad>

To know more, write to: vidyamandir@auroville.org.in

Deven

BHARAT NIVAS



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

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

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

Venue :
Resource Library,
Bharat Nivas, Auroville

BHARAT NIVAS
Scan for Location

Monisha for BN Team

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

**THE INTEGRAL YOGA
of Sri Aurobindo and The Mother:
Insights into its Practice with Ela Thole**
6 April, 9am—12pm



@ Inside India Office No. 2, Kalpana, Auroville
Contact us to book your spot!

Please register at tours@insideindiaauroville.com

- +91 413 2622047, +91 8524953838
- Contributions apply, free for Aurovilians

Olivier Normandin

Education

AUROVILLE PHYSICAL EDUCATION BODY



Auroville Physical Education Body (AVPEB a unit under SAIER) announces its one year course in Physical Education 2025—26.

The course is open to ALL aspirants and will prioritize those who aspire to become Physical Education teachers in Auroville Schools.

If this interests you and feels like your calling, fill the form to receive the detailed brochure:

- <https://tinyurl.com/5n66z934>

For clarifications: +91 8489311336 WA

We will contact you individually in the coming weeks.

Lijun for AVPEB

TRANSITION SCHOOL OPEN HOUSE

11 April 10:30am—12pm

You are all warmly invited to our Whole School Open House. Please join us on Friday, 11 April.

During the event, you will have the opportunity to meet the children and see some of the work that they have been doing throughout the year. The Arts and Crafts Center and all of the classrooms will be open to all.

We all look forward to seeing you there!

The Students and Teachers

Clare and Yasmin for Transition School

BEYOND THE BORDERS:

Art Exhibition @ Transition School

Monday, 7 April, 10:30am—12pm

@ Transition School arts and crafts classrooms

Transition School arts and crafts team and students invite the community to our first art exhibition at the school. The exhibition is part of a project called 'Beyond the Borders'.

The students' work will be displayed, and there will be interactive art stations and presentations by the students. This is a fantastic opportunity to celebrate their hard work.

We look forward to seeing you there.

Clare for Transition School

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Offers Bachelor's Degree Courses

• Auroville Institute of Applied Technology at the Aurobrindavan campus **offers bachelor's degree courses** (B.Voc.) in Software Development and Machine Learning, Applied Electronics and Chip Design, Electric & Electronics Technologies (Renewable energy and Mechatronics and Production Technology) affiliated with Pondicherry University.



These courses are skill-centric and of three years; candidates with a +2 or equivalent are eligible to join a B.Voc. course. B.Voc. graduates are eligible for lateral entry in the 4th year of a B.E. course. Students learn by doing projects from the people working on projects (mentorship) and at industrial sites (internship program).

Eligible are students with +2 or equivalent.

• **AIAT is looking for a part-time English teacher** with a minimum qualification of an M.A. in English. Interested candidates should apply to principal.aiat@auroville.org.in

Lavkamad

 KUILAI CREATIVE CENTRE (A CENTRE FOR EXTRA CURRICULAR ACTIVITIES IN AUROVILLE)				
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
கைப்பல் செயல்பாடு TAILORING ACTIVITY	MONDAY TO SATURDAY	2 PM TO 4 PM	FREE	ABOVE 13 years
மாலை நேர வகுப்புகள் EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8 PM	FREE	From 1 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 SILAMPAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பரத நாட்டியம் BHARATHA NAATTIVAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டு பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
ஒலியம் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years
Email: kulaicreativecentre@auroville.org.in OR kulaicreativecentre.auroville@gmail.com WhatsApp: + 91-86084 73385 / 9843195290 WEBSITE: www.kulaicreativecentre.org				

Submitted by Selva for KCC

STEAM FEST 2025

@ Deepanam School

Saturday, 5 April, 9am—12:30pm



Abilash

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

SATORI: EDUCATIONAL SERVICES

- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,
satori.auroville@gmail.com

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

TUITION CLASSES AVAILABLE

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

Ashwini

Youth Initiative

ACTING FOR EVERYONE:

A Fun & Easy Workshop

Saturday, 12 April, 10am—12pm @ Cripa

Ever wanted to try acting but didn't know where to start? This workshop is designed for absolute beginners, taking you from zero to performance in a comfortable, non-confrontational environment.

We'll explore fundamental acting principles in a way that's easy, engaging, and fun—no pressure, no experience required! Whether you're looking to build confidence, express yourself, or just have a great time, everyone is welcome.

Looking forward to seeing you there!

- Facilitated by Jesse
- [Registration link](#)



Jisung for Youthlink

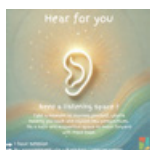
HEAR FOR YOU

Looking for a space to talk, reflect, and gain clarity? Hear for You offers a one-on-one conversation space where you can freely express yourself in a safe and supportive environment.

Each session lasts about an hour and is focused on active listening and guidance, helping you bring more clarity to your current situation and find what can bring meaning and fulfillment into your life.

Sometimes, all we need is someone to truly listen. I'm here for you. Book an appointment: +91 6384615721 WA

Mailys for YouthLink



Books

AUTOBIOGRAPHY BY ANDRÉ HABABOU

Auroville Press wants to inform you that an autobiography by André Hababou (previously published in French)

is now available in English under the title

"From Tunis to Auroville, In search of truth".

Andre recounts his first years in Tunisia, the antisemitism that was prevalent at the time, his difficult transplantation to France, his sensation of never being at home anywhere, and, finally, his discovery of Auroville, which will become his true home for the rest of his life.

Available at the Visitors Center book shop, Vivekan

READING ON FRIDAY

@ Pavilion of Tibetan Culture

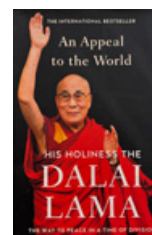
Is on Hold

Reading session on Fridays, on the book An Appeal to the World, by His Holiness the Dalai Lama is on hold until further notice.

We will announce when we launch after the summer break.

We thank all those who have attended, and Thank You to S. Krishna for leading the reading session.

Kalsang for the Pavilion of Tibetan Culture



Health Care

VISIT OF THE TIBETAN DOCTOR AND THE TEAM

16, 17, 18 April @ Pavilion of Tibetan Culture

Tibetan Dr. and the team based in Chennai, Men Tsee Khang, will visit Auroville on

- 16 Wednesday, 2—5:30pm
- 17 Thursday, full day
- 18 Friday, only in the morning from 8:30am—1pm.

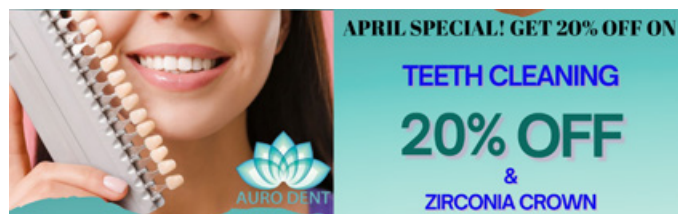
The consultation is held at the Pavilion of Tibetan Culture in the International Zone.

- To get your appointment, kindly call 0413 2622401, +91 8489067332 WA

Kalsang for the Pavilion of Tibetan Culture



AURODENT DENTAL CLINIC APRIL SPECIAL



Get 20% OFF on teeth cleaning,
20% off Zirconia crown

Offer Details: Open to all Aurovilians and Guests.

- Valid until April 30, 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

SANTÉ SERVICES



Santé

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: Dr. Be: Monday (classes*) Tuesday/ Wednesday/ Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Midwifery & GYN Care with Paula: As per availability	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena— inquiry email: adminsante@auroville.org.in	

*Ayurveda Classes:

- 2pm, basic principles of Ayurveda
- 3pm, reading of Ashtanga Hrudaya (one of the 3 main literature on Ayurveda)

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>

TIME TO SUMMERNATE Ayurveda healthy tips



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha*—the subtle fire that controls metabolism and transformation—can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste:** Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water** stored in earthen pot
- Raw food/salads** are taken at lunch mainly
- Proteins:** mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy:** jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables:** pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits:** amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages:** buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk—cow or other veg milk—with a pinch of sugar), electrolyte (1 lemon juice + 1 tsp of sugar + 1 pinch salt in a glass of water)
- Lipids:** ghee, olive or sunflower or coconut oil
- Spices:** cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

Avoid

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosa), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil—if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation—left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine

- To refresh the ambiance, use lemon or orange peel, jasmine flowers, lavender, a wet cloth hanging at the open window, vetiver curtains

Cooling plants for the summer:

- **Amalaki—Amla:** refrigerant and full of Vitamin C, rejuvenative fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos—Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni—Centella asiatica leaves:** rejuvenative and tonic for brain and nerves
- **Pudina—Mint leaves:** herbal tea or dishes
- **Radha consciousness—Clitoria Terneata flowers:** herbal tea or juice
- **Sarsaparilla—Nannari syrup:** soothing and cooling
- **Shataavari—Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver roots:** for bathing
- **Yashtimadhu—Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

Wishing you a beautiful summer

Be @ Santé Clinic

WEEKLY BABY SUPPORT CIRCLE:

Little Red Feet

Every Wednesday, 9am—12pm @ Humanscapes

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

We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one.

Here's what to expect:

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

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

Rotem



ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an 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

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,
madhiaghagan014@gmail.com**

ADDICTION RECOVERY SESSIONS

@ Maatram

Every Tuesday, 3:30—4:30pm

@ Maatram, 1st floor, Arka

In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on **Addiction Recovery.**

Raam & Palani

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!

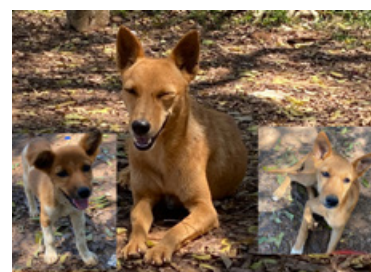
Laura H. for Eco service team

Animal Care

TWO PUPPIES AND THEIR MOTHER

Need a Home

There are two young puppies and their mother at Centre Field in need of urgent care. The mother looks weak and underfed, and as far as I know, no one is taking care of them. She is also fearful when approached.



If anyone is willing to adopt one or both of the puppies, or even the mother, it would greatly improve their chances of survival. If adoption isn't possible but you would like to help in some way, providing food or temporary care would also be a huge support.

- **If you are interested in adopting or helping in any way, please reach out to me +91 9957084484.**

It's heartbreaking to see them in a vulnerable condition, and they deserve a chance at a better life.

Thank you for spreading the word.

Aditi

AUROVILLE DOG SHELTER

Monthly Transparency Report, March

Overview

- New admissions: 29 (451 since April 2023)
- Rabies confirmed case: 1 (2 rabies suspects)
- Adoptions and Releases: 13
- Vaccinations administered: 52
- ABC shelter dog sterilizations: 0
- Deworming: approx. 35

Donations and Update about Third-Party and CSR Donations

We are happy to report that finally, FAMC released Rs. 11.5 lakhs from a Donatekart fundraiser to the Unity Fund, which was held since December. This release was granted as a one-time waiver. However, the status of the remaining Rs10 lakhs from the fundraiser remains uncertain, as the FAMC has yet to establish a comprehensive policy regarding the acceptance of funds raised through third-party platforms like Donatekart. The absence of such a policy has left various Auroville units and projects in a state of uncertainty regarding much-needed funding. We are hopeful that FAMC will formulate clear guidelines in the near future to address these concerns and facilitate the secure and transparent receipt of third-party donations.

We are grateful that a blocked CSR donation of Rs. 5 lakhs has been released after agreeing to the policy that all MoUs, contracts, and agreements have to be verified by an auditor, green-lighted by FAMC, and signed by the AV Secretary or an authorized person. We have asked FAMC to be so kind as to prepare a sample MoU for CSR donations to avoid a lengthy process of trying to guess what the compliance requirements are. We are more than willing to be in full compliance with all required rules, laws, and regulations, but we need to have some information. We are hopeful that soon a unified standard can be found that will enable other units and projects to receive CSR donations while maintaining full compliance.

Expenditures

- **Animal Food:** In March, we fed our dogs 1.8 tons of rice, 1.8 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1.1 lakh.
- **Staff Costs:** Total staff costs for this month for our workers, paid animal care staff, 1 veterinarian, and volunteers were approximately 1.1 lakh
- **Medical Costs:** As the donations were finally released, we were able to pay the overdue Rs 1.3 lakh invoice for medicines. As yearly vaccinations are already due, we will order vaccinations for our resident dogs.
- **Infrastructure Improvements:** Our 3 dog kennel containers have been completed with a sunroof and a ventilation system, and have expanded our capacity to house ABC dogs, rescue dogs, and puppies.

Project "Sterilising 1000 Dogs in 1 Year" restarted!

Due to the blockage of donations, we had to halt our sterilizations in March, which caused a huge backlog and a long waiting list. On March 31st, we were able to restart our sterilization project under the guidance of Dr. Sabari Stallz, an experienced surgeon with a record of 33,000 sterilizations. With the additional ABC space in our containers, we hope not only to meet the goal of 80 operations per month but also exceed it. We are asking for a minimum donation of Rs. 1500 for sterilizations, which is under our cost price. Please have your dogs and cats sterilized.

- **Contact Shirley 6382125635** to be put on the waiting list.

New Cases of Animal Cruelty

Thanks to the fundraising efforts of Lore, we were able to install a CCTV camera system at the shelter. The follow-

ing morning, we found 5 puppies inside the shelter. CCTV footage revealed that they had been thrown brutally over the fence by a young man while a child was watching. The Auroville Dog Shelter follows a ZERO TOLERANCE POLICY towards any form of animal abuse, and we work closely together with the AV Police Station, which has filed a police complaint. Two days later, a local woman dumped another 5 puppies in horrible condition and barely alive, like they were trash. We urge everyone to report any case of animal cruelty to the police, as it seems to be the only way to make people understand that the suffering of animals will not be tolerated.

Another Rabies Case

Despite having vaccinated over 1500 dogs and cats from August last year until February, the danger of rabies in Auroville is NOT over. This month, a puppy that had been roaming around with its siblings in the Solar Kitchen area has died of rabies, which had been confirmed through a test done by Mettupalayam College veterinarians and reported to the Department of Animal Husbandry. Auroville was declared last year as a rabies outbreak area. We ask everyone to be vigilant and get themselves or their pets vaccinated. We are offering free rabies vaccinations. For multi-virus vaccinations, we ask for a minimum donation for our cost price of Rs.350

What to do if you find a Puppy on the Road?

We want to remind the Community that it is not the responsibility of the Auroville Dog Shelter to take care of and take in every puppy which had been picked up in the area. We are stretched over our limit with only Rs. 50,000 monthly budget and an old shelter that is collapsing and totally overcrowded. After a recent case involving an Aurovillian who left a puppy he had picked up at the shelter, demanding that it is our responsibility to take care of it, we want to clarify that we have the responsibility to take care of our dogs, but are unable to take in any more. We have been fighting for 1.5 years to get more land and funds released to build a new shelter and are in a constant struggle for survival due to a lack of funds, volunteers, and an avalanche of bureaucratic hurdles.

If you find a puppy on the road, please do NOT automatically assume that it is abandoned and try to dump it in a shelter. Instead, provide a small cardboard box with clothes as a shelter, food, and water, and wait for the mother dog to show up. Usually, she does after a few hours, as she also has to find food for survival. The shelter is happy to vaccinate and check up dogs, but we cannot take in any more dogs. We simply lack the basic facilities and don't even have a quarantine facility. We URGENTLY need to build a new shelter.

We ask Auroville Communities that have put a ban on dogs and animals in their community to reconsider their stance and allow the fostering of small puppies and kittens to relieve the enormous suffering. Please support our sterilization program, which is the ONLY way to reduce the dog populations and ensure health and safety for everyone. Please donate your time to become a volunteer, foster, or supporter of our shelter, or donate in-kind rice, cloth, building materials, or money to our FS 251391.

New Auroville Dog Shelter Executive

After FAMC informed us that the appointment of our, as we had assumed, long-term executive Mar is not valid as she is not registered in the RoR, our team has decided to suggest Kay, who has been a long-time volunteer in our shelter and is known for her profound knowledge and love of horses and dogs, to become our second executive besides Tine after Joseba has resigned. The registration process through Service Trust Trustees has been initiated, and we are very happy to welcome her to our team! Mar will remain a close friend and supporter of our shelter.

We want to thank everyone who supported us in this difficult month, and we are looking forward to a prosperous April.

Auroville Dog Shelter Team, Tine, Arthur

International

Unity Pavilion Presents

THE MOTHER'S SYMBOL, Matrimandir & 12 Qualities



ART CLASS WITH ARTIST JANAKIRAMAN



SENCHA-STYLE TEA CEREMONY



Experience the spiritual and healing power of tea in a conscious and immersive way. Through this unique ceremony, we will explore the healing aspects of tea of choice, allowing it to nourish both body and soul.

Discover a new perspective on tea drinking as you embrace awareness and relaxation.

- Sessions are available as a one-on-one experience or for groups (4+ people).
- Children (5+ years) are welcome. Special Kids birthday sessions available.
- Pre-booking or by appointment: +91 9385428400 WA

Priya for Unity Pavilion

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



LA MÈRE RACONTE (THE MOTHER TELLS)

French Practice

from classes given by the Mother at the Ashram

Every Thursday, 4:30—5:30pm @ Pavillon de France

In the 1950s, The Mother gave classes in French at the Pondicherry Ashram, later compiled into *La Mère raconte*.

Using simple and figurative language, she conveyed her thoughts in various registers of French.

This workshop explores these texts, helping participants deepen their understanding of both French and The Mother's teachings. Open to all levels, sessions include reading, vocabulary exploration, and group discussions in French, English, or Tamil. Led by Augustin (Tamil/ English) and Jean-François (French).

Vivekan

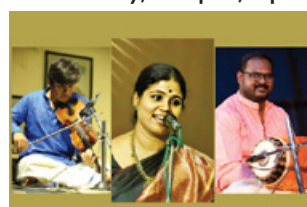


Theatre, Music & Arts

Bharat Nivas Presents

Carnatic Music Concert

Saturday, 5 April, 7pm @ Sri Aurobindo Auditorium



CARNATIC MUSIC CONCERT

by
Dr Divya Sandesh (Vocal)
Sri. Vishwesh Swaminathan (Violin)
Sri. Ramakalmedu Kalainath (Mridangam)

07:00 pm
Saturday, 05th April 2025

Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

BHARAT NIVAS

Life on Ghats: Art Photography

- 2—15 April 9am—4:30pm
@ Kala Kendra, Bharat Nivas



BHARAT NIVAS
KALA KENDRA
The Pavilion of India, Auroville
Presents
LIFE ON THE GHATS
Join us for the inauguration of
the art of photography and
creative expression on April
02nd at 10:00 AM
09:00 am - 04:30 pm
02nd - 15th April 2025
Venue:
Kala Kendra,
Bharat Nivas, Auroville

- Inauguration: 2 April, 10am

18 photographs that capture the particularity of life along the Kashi Ghats. Young Sattva brings his entirely fresh vision to this familiar, yet ever-beguiling subject. Taken over three days, these images capture the essence and idiosyncrasies of daily life, from dawn to dusk, on Assi Ghat.

An Offering of Prayers

- 18 April, 7pm
• @ Sri Aurobindo Auditorium, Bharat Nivas



BHARAT NIVAS
KALA KENDRA
The Pavilion of India, Auroville
Presents
An Offering of Prayers
Immerse yourself in a serene musical experience,
where devotion meets melody.
by
Arjita (Vocals)
Debashish Dass (Tabla)
Bhabanishankar (Harmonium)
07:00 pm
18th April 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Submitted by Monisha

PHOTO EXHIBITION BY TIM:

Trees—Their Outer Garment

1—22 April @ Pitanga

Trees - their outer garment



Photo Exhibition
by Tim



April 1 – 22, 2025
at Pitanga

Exhibition timings: Daily, except Sundays 8.00 - 12.30pm & 2.00 - 5.30pm
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 262403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAI0003/SY3N

Monday to Saturday,
8:30am—12:30pm and 2:30—5:30pm.

Sundays and holidays closed

Submitted by Andrea

DANCE-THEATRE PERFORMANCE:

Darshan

by Surya Performance Lab

Saturday, 12 April, 7:30pm @ CRIPA



A captivating theatrical journey by Philippe and Thierry from Surya Performance Lab, exploring the theme of inner transformation and the call for evolution.

This intimate performance will feature a fusion of theatre, dance, video, and projections. This experimental performance is a work in progress, with Saman Me Kala.

Directed by Philippe Pelen and Thierry Moucazambo.

Philippe and Thierry
for Surya Performance Lab,
+91 8903869078

REMEMBERING VEENAPANI FESTIVAL,

Edition 11

13—19 April.

Inauguration: 13 April, 7pm

@ Sir Ratan Tata Koothu Kovil Theatre, Adishakti

Open and Free entry for all. Free seating, First come first serve, Donations are welcome.



www.adishaktitheatrearts.com

Paridhi Bihani Dugar,
Arts and Resource Manager

Theatre, Music & Art Activities

CREATIVE WORKSHOP:

Japonized Transparent Paper

Wednesday, 10 April, 5—7pm

@ Anitya Community/ Joy of Impermanence
Thamarai Hall

Join us for a fun and creative workshop exploring Japonized transparent paper!

This versatile material is perfect for origami, design, floral creations, and artistic expression. No experience needed—just bring your creativity!

- Free workshop—you only pay for the materials

- To register contact Angela, +33 750604028 WA

Organized by Angela, Anitya's SAVI volunteer,
under JOI Anitya umbrella

Angela for JOI Anitya,
+33 750604028 WA



SVARAM PROGRAMS

SVARAM Sound Journey

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



Contact No.: +91 93601 23054 (WA)

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/>



Sound Journey Facilitation Training

- 7—12 April.
- For details please click the link below or scan the QR Code:

<https://svaram.org/sound-journey-training-2025/>



Here are our other Social Media links:

- YouTube: <https://www.youtube.com/@SvaramStreams/about>
- Facebook: <https://www.facebook.com/svaram.org>
- Instagram: <https://www.instagram.com/svaramsoundexperience/>

Aurelio and the SVARAM Team

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

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: 7pm–Introduction to Tango 8pm–Improvers

- Wednesday 7:30pm–Guided Practice 8pm–Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

+91 9821166082

tango@auroville.org.in



Maud

Sports & Martial Arts

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



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

Submitted by Giacomo

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



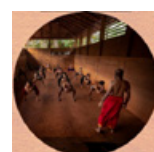
BHARAT NIVAS PRESENTS KALARIPAYATTU CLASS

in Collaboration with Kalarigram:

Bhumika Hall, 6—7am, Monday to Friday

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

Monisha for BN Team



SWIMMING CLASS

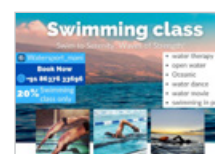
Swim to Serenity: Waves of Strength!

Water therapy, Open water, Oceanic, Water dance, Water movie, Swimming in pool. @watersport_mani

Book now: +91 8637633696

Package swimming class

Mani



KALPANA GYM

Open 7—9am & 5—8pm Monday to Saturday. *Satyakam*

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

Bioregion & Nature Activities

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.

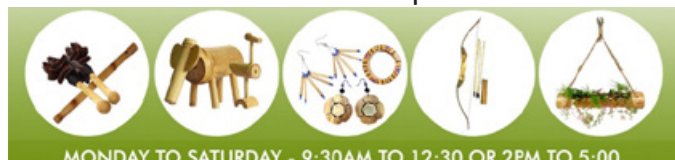
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops



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

3 Hours Make and Take Workshops



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

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

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- www.aurovillebamboocentre.org

Archana for Bamboo Centre Team

MOHANAM PROGRAM

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

mohanamprogram@auroville.org.in

Call/WA: 8300949079

Office: 10am—4pm,
Monday to Saturday

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

1 day advance booking is necessary.

Auroville Bioregional Experience with Mohanam

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



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.




Pottery Making




Kolam Mandala Painting



Candle Making



Incense Making



Soap 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

Make & Take Workshop @ Mohanam Campus

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

Balu for Mohanam Program

ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

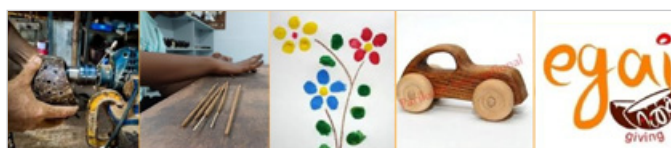
ENLIGHT

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

Arun, Anand and Balaji for Enlight Team

EGAI GIVING

Arts and Crafts



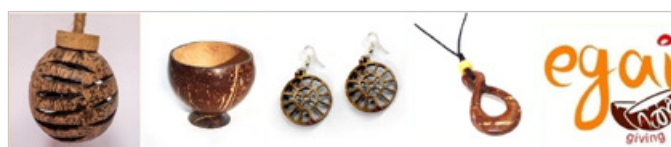
Toys Workshop: Craft simple toys made of wood and bamboo.

Finger Painting Workshop: Tap into your inner child and learn how to paint with your fingers.

Coconut Shell Workshop: Make and take earrings, keychains, bowls, and pendants.

Incense Workshop: Come and make your own agarbatties.

Products



We make craftwork out of eco-friendly materials such as coconut shell. All our products are unique by design and sustainable.

• **Contact Anand:** +91 9791896488,
egai@auroville.org.in

Anand

CATCH THE LAST TWO

Edible Weed Walks of the Season!

5 & 12 April, to be filled on a first-come basis

Remaining Walks: 5 April and 12 April (to be filled on a first-come basis).

Untimely rain has created an unusual lush even as summer takes over!

Location:

Always within Auroville. Details shared the day before to registered participants only.

Timing:

7:30—8:30am

(arrive by 7:25am).

Contribution:

Rs500 for all. Rs300 for Aurovilians, Newcomers & SAVI volunteers (send SAVI card picture during registration).

Important Notes:

- Cash payments **exceptionally**, only if all other options (GPay or FS via Unity Fund) aren't possible.
- If opting for cash payment, complete payment before the walk starts.
- **Register Now:**
 - edibleweedwalk@gmail.com,
 - 9840936907 WA



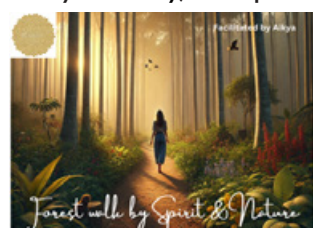
Submitted by Nina

BEING-NATURE-BEING-FOREST

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

@ Auroville Forest

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.

- **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. Discounts available for groups, Aurovilians, Newcomers and Savi Volunteers.
- **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

WELLPAPER WORKSHOP

10am—4pm every day except Sunday.

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home.

- **Wellpaper:**
+91 9385744722, 0413 2969722

Viji



Available

Office Spaces Available: Aurelec

35.12 sqm. space available inside Aurelec Premises. This space is ideal for workshop or storage, with generator back-up, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



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

Siva

Office Space Available: Auromode

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



Contact Mr. Pandian

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

Submitted by Pandian

Co-working space at It Matters

CO-WORKING SPACE

Auroville Main Road

Open: 9am-6pm
Mon-Wed-Thu-Fri
Daily rate: 250rs
A/C space / internet

It Matters



Call us / also on whatsapp: +91 9344 087 925
Email us: itmatters@auroville.org.in

If you need a co-working space, come to It Matters on Monday, Wednesday, Thursday, Friday from 9am to 6pm. There is high speed internet and A/C. Check it out! Daily rate 250rs. Location: Auroville Main Road

- itmatters@auroville.org.in or +91 9344087925 WA

Bhakti & Sandra

Ashton ACB100CEQ NTM Acoustic/ Electric Bass Guitar with cutaway and equalizer for sale

Fingerboard—Rosewood. Neck—Mahogany

Comes with: Embroidered Lord Jagannath carrying case, replacement strings for E, A and G unopened (Orphee bass), new 9V battery for EQ, shoulder strap, aux cable

Paid 15000Rs, asking for 12000 negotiable. Available immediately. Please contact Daniel 8807300562 for details.



Daniel Rabin, Courage

Three wheeler scooter for sale

Commissioning date:

- September 2023

No license requested. Sold together with an additional two-wheels system and trunk.



Gali, +91 8489281478,
gali@auroville.org.in

Available hometrainer in working condition

Hometrainer in working condition to be picked up for free from the Realization community.

Paula,
+91 9488239348



Looking For

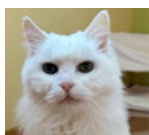
Wall Clocks Needed

Isai Ambalam School children need extra wall clocks to learn to tell time. For donations or inquiries, please contact isaiambalamschool@auroville.org.in

Saranya for Isai Ambalam school

Searching for a Female Kitten

I am looking for a female kitten or young cat of the white Auroville cat family. Contact vmwelser@gmail.com or 9043099478 mob. or 00436643662160 WA. Verena



Volunteer Seeking House Sitting

This is Sajiv, a theatre artist and performer. I am a SAVI volunteer who has been living and contributing my service in Auroville for the past 1.5 years. Being a responsible and caring individual, I am looking for a house-sitting opportunity for a period of 6—8 months (or shorter if needed).

I will take good care of your home, ensuring its upkeep and security while you are away. If you or someone you know is looking for a reliable house-sitter, please feel free to reach out. +91 7396557993 WA, sajiv.pasala@gmail.com.

Sajiv Pasala

Matrimandir is Looking for a Fridge

Matrimandir is looking for a used and working fridge to help out with the project of seed collection and preservation. If you have a fridge to offer please contact us at matrimandir@auroville.org.in or call +91 7598104644.

John

Looking for a Part Time Job

My name is Carmen, 43 years old. I'm open to everything that comes my way. The studies that I've done are kindergarten teacher, waitress and office work. I can start immediately. My contact number is +91 8531017772

Carmen

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

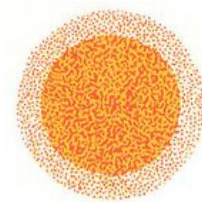
VOLUNTEERS

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

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

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, 7598911090 WA

Work Opportunities

ATR & ATSC, WORK OPPORTUNITY:

Admissions and Terminations

We invite CVs from Aurovilians for the position of Secretariat work in Auroville Admission & Termination Registry. Any graduate or equivalent with minimum 3 years of work experience in Auroville. This is a full time position with Full Maintenance available.

Key Skills required:

- **Communication:** Excellent verbal and written communication skills to effectively interact with various stakeholders.
- **Proficient Computer Use** (especially Microsoft Office)
- **Organizational Skills:** Ability to prioritize tasks, manage schedules, and maintain accurate records.
- **Time Management:** Efficiently manage deadlines.
- **Attention to Detail:** Accuracy in handling documents and information.
- **Confidentiality:** Discretion in handling sensitive information.
- **Interpersonal Skills:** Ability to build positive relationships and work effectively as part of a team.

We are aiming to build a team to progress in our inner discovery to manifest the City of Dawn.

Please send your cv to atr@auroville.org.in.

Joel, for ATR and ATSC

FAMC OFFICE ADMINISTRATION POSITION OPEN

Funds & Assets Management Committee (FAMC) is looking for a full time Office Administrator.

As an Aurovilian, if you are passionate about implementing the City of Truth and all its needed assets, resources and funding and if you can list all the sub groups of FAMC and more, provide a succinct outline of the work required of each of the sub groups, we would like to meet you.

Understanding of proper communication, use of Google Workspace for various administration tasks, use of project coordination tools, facilitations of meetings, tracking works to completion with a proper closure etc. are skills that are pre-requisite. Some areas of gaps may be supported for learning and overcoming. If you are in for the long haul, we welcome you to come participate. Working with the FAMC members and as a team member, full and complete team trust and confidentiality is expected.

If interested please send us email famc@auroville.org.in

William, FAMC Admin

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Is Looking for an English Teacher

AIAT is looking for a part-time English teacher with a minimum qualification of an M.A. in English. Interested candidates should apply to principal.aiat@auroville.org.in



Lavkamad

SAIIR: LOOKING FOR FACILITATOR for Learning Space

SAIIR is looking for a teacher/ facilitator to spend time with children newly arrived in Auroville who do not yet have placement in an Auroville school. What we need:

- Aurovilian or long-term volunteer with experience working with children ages 7 to 12.
- Able to hold a space for a group of 10 to 12 kids.
- Multilingual and multi-talented person is highly welcomed.

A maintenance is offered as well as simple accommodation if needed.

- To express your interest please write to saiir@auroville.org.in.

Lijun

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

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 welcome to join our team at The Living Room Cafe! Contact: tlr@auroville.org.in, +919786368727

Debo for TLR

Taxi Sharing

To Aravind Eye Hospital, 9 April, morning

Taxi share to Aravind Eye Hospital @ Thavalakuppam on Wednesday, 9 April, morning. If interested, leave a message with ITS +91 8098776644, Aravind Taxi Share

Isha

To Chennai Airport, Wednesday, 9 April, 7:30pm

Departure around 7:30pm

Sibylle +91 8940567857, sigapro@web.de

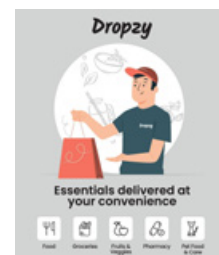
Foods, Goods & Services

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

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 Aurovillians.

Our timings: Monday to Saturday

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

We are closed on Sundays.

You can call or WA us at 7448811088.

Pavithra



PLENTY TANTO BREAKFAST

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

Daniele



TASTE OF YOGA VÉRITÉ CAFÉ



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

Kathir for Vérité Programming

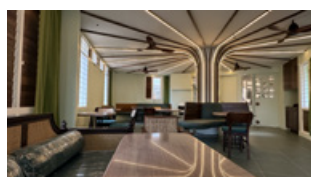
LIVING ROOM CAFÉ

8am—9pm, closed on Wednesdays

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 serve breakfast, lunch, and dinner to Aurovilians, Newcomers, Volunteers, and Guests every day except Wednesdays. We look forward to serving you!

Debo for The Living Room Cafe Team



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

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

7:30—10pm

Variety of Dosa and Millets Pongal, Coffee
Rs.99

Submitted by Shiva



FOODLINK MARKET IS OPEN EVERY DAY

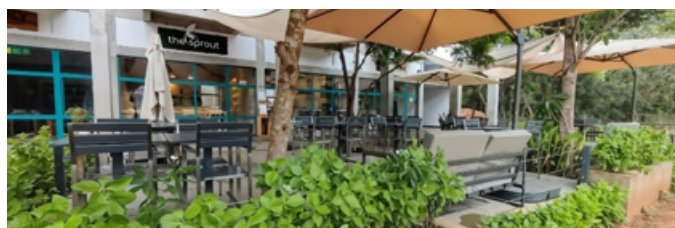


Monday—Saturday, 9:30am—12:30pm

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

THE SPROUT TIMINGS



Daily, 7am—4pm

Monica for The Sprout team,
www.thesprout.in

A MATRIGOLD PHONE NUMBER

0413 3509967 landline, +49 94860742010 WA

The land line should be working, when there is a presence in our workshop. We are usually there.

Monday to Saturday, 9 or 9:30am—5pm

We close when there is outside work

Please call before coming to make sure that we are there for you. Birgitta 9442300574, Shanthi 9486645033

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.

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



**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

- Email: uts@auroville.org.in

Lakshmi for UTS

ECOPRO OFFERING

Disposable Menstrual Pads Made of Biological Materials

Dear Auroville Community, In particular women in the menstruating age! As many of us are aware, the widely used disposable menstrual pads on the market contain some plastics which makes it difficult to dispose of used pads in an easy and ecologically sound way. Now a new product has become available, that is menstrual pads made exclusively of biological materials and hence biodegradable or compostable after use. So, as regards disposal, no need to incinerate with dubious emissions from burning plastics, and avoiding pollution from microplastics (when disposed of with other waste in landfills or discarded anywhere in open drains—which is not meant to be the case). One of the brands is **Bliss**, which is now available at EcoPro for sales. We have asked a few women to test the pads in regard to reliability of function and comfort, and received only positive feedback. The pads are free from sanitizers or artificial fragrances and pose no risk to health.

Availability: Bliss Pads are now available at EcoPro, Auro-sarjan complex.

- Please contact us at ecopro.sales@auroville.org.in +91 6385514605.

Concerns regarding composting: In all community and household gardens where some structured and supervised composting of kitchen and garden waste is in operation, used pads can be integrated into it. Concerns about attracting dogs and rodents need to be dealt with in the same way as it applies to fresh kitchen or food waste. (Wild pigs are a separate issue—they plough through our gardens independent of composting activities.) Feel free to ask for guidance at EcoPro.

Sharmila for EcoPro

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B
for Qutee Electric Scooter Service

RAPID CARE SERVICES

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



Services offered

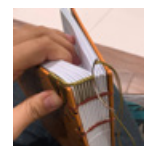
Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer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

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

Balaji & Arun

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

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

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

Bala

SERVICE AVAILABLE

- Gardening work: fencing, cleaning, cutting, pruning, planting, digging
- Keeth Hut house building any size
- House repair: masonry, carpentry, plumbing
- Shopping service

Please contact Ranjith, Aurovilian:

• +91 8610997059, subramani13@auroville.org.in

Ranjith

INSIDE INDIA



inside india
DREAMS & MEMORIES

- Kalpana Office, 10am to 5pm, Monday to Saturday
- Landline 0413 2623030, +91 9894598686 WA.
- ticketing@insideindiaauroville.com

Olivier Normandin
for the Inside India Team

Poetry

HER FIRST CONTACT

Her first contact

With water was

Timidly tentative.

Warm water

Embraces and emboldens,

Drowning all her fears,

Leaving no escape

From a fluid flight

In a heart

Grounded

Diving deep

To soar so high.

Anandi Z.

PRIME OBJECTIVE

No mere human being

However wise and powerful

Can bring peace on Earth

In a physical body still mortal.

All these mortal limitations

And painful annihilations

Are not just woeful lessons

But direct impulses

For Something else.

Thus the rationale of the Avatars' Auroville

The City of Dawn of a being Supramental,

Where conscious preparatory works

To hasten the advent of the new apex species

Is the Prime Objective¹ of the collective action.

For True Aurovilians man is transitional

To be superseded by a being immortal

With a body of Divine Light mutable

Endowed with the Direct Divine Willpower

Over its awakened glorious Matter.

In the hastening evolution of consciousness

And life on playing field Earth the marvellous

Coming very soon

The Life Divine

Note: for readers of the printed version, please scan the QR Code or type the weblinks on your browser.

¹ <https://zechjoya.blogspot.com/2025/03/ultimate-aim.html>

Zech,

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



Voices & Notes

AUROVILLE RADIO TV

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



Last published podcasts

- [Savitri—Ep.4: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [The Bases of Spiritual Life by Alok Pandey](#) (Spirituality)
- [Soul Tracks S.6, Ep.12: More musical meanderings.](#) (Music)
- [Cosmic Inner Weather Report—Ep. 5: Breathe in the air, don't be afraid to care.](#) (Conversations)
- [Shakthi aspect in Sri Aurobindo's Savitri](#) (Sri Aurobindo)
- [Exploring Education in Arts, Animation and Film-making—Ep. 47—"Drawing in Time"](#) (Arts & Culture)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.486](#) (Integral Yoga)

Latest Youtube videos

- [Seeking Our Inner Being Group Discussion in French—EP.4](#)
- [Jazz 4tet Concert—Live at CRIPA, Auroville | Full Video](#)

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

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

Be Part of Auroville Radio TV's Creative Journey

We are passionate about bringing fresh, engaging podcasts to you through Auroville Radio TV, our radio website and Youtube channel. Now, we invite you to be part of this creative journey!

Do you have an idea that could inspire, inform, or uplift our community? Share it with us! If it aligns with our vision, we'll support you in shaping it into inspiring podcast.

Let's co-create something meaningful and extraordinary together!

- Send your ideas to radio@auroville.org.in
- Explore more on:
 - www.aurovillerradiotv.org
 - www.youtube.com/@AurovilleRadioTV

Follow us for more updates!

Looking forward to hearing your ideas!

Sai Priya for Auroville RadioTV Team

Classes, Workshops & Healing Arts

AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm
@ Hall of Light, Creativity Community

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 & Prem Shakti



MINDFULNESS OFFERINGS IN APRIL

Booking is required:

+91 7094753054 WA or visit innersightav.org

Mindfulness for Stress Reduction 1 week course

- Monday, 7 April—Saturday, 12 April
@ Creativity Hall of Light
 - Monday—Friday, 7:15—9:15am
 - Saturday, 9am—3:30pm

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



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

The course can help with anxiety, depression, management of chronic pain, diabetes, blood sugar levels & menopausal symptoms. It can also improve emotional regulation, increase focus, and plant inner seeds of kindness & resilience. The course is suitable for those new to meditation as well as experienced meditators looking to deepen their practice. It is guided by Helen, an Aurovillian and qualified MBSR teacher. Sessions will be held daily over the week.

Mindfulness Kindfulness—half day retreat

- Saturday, 19 April 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.

Miksang—Mindful photography exploration

- Sunday, 27 April, 8:30—10:30am

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.

It is a practice to align our eye, mind and heart together in a single moment. It can help you open more fully to the present and see the ordinary magic of the world erupt in front of you. *Helen*



AUROMODE SPA

Offers Cosmetology Services

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



Meha for Auromode SPA

ACTIVITIES BY LAKSHMI

+918489764602, lakshmiprem369@gmail.com

Transformational Yoga

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

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.



Dance of the Chakras

- **Every Tuesday, 5pm—6:30pm @ Verite**

A Meditative Healing Experience. Join us for a transformative journey through movement, breath, and energy! Dance of the Chakras is a sacred meditative dance that aligns, heals, and energizes your body, mind, and spirit. Through fluid movements and rhythmic expression, we awaken each chakra, releasing blockages and inviting balance.

Benefits: Deep emotional and energetic healing. Release stress and stagnant energy. Activate inner peace and self-awareness. Connect with your authentic self. No dance experience needed—just an open heart!

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
- Vocal Activation
- Breathwork



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)



Harmonic Healing Sound & Water Therapy

- **Saturday, 5 April, 10—11:15am**



A sacred journey of sound and water healing. Immerse yourself in harmonic vibrations and the pure essence of water to restore balance, peace, and deep rejuvenation. Spots are limited, so reserve your space soon.

Reignite your inner harmony: holistic intuitive massage

After a long pause, I have felt the deep call to return to my offering—holding space for you through holistic Intuitive Massage. This is more than just bodywork; it is a fusion of intuitive touch, Lomi Lomi, deep connection, and presence, allowing for profound release and renewal.

This journey is for those who seek to reconnect with themselves, to feel nurtured, held, and revitalized. If you feel the call, I welcome you with an open heart. By appointment only.

Unlock Your Life Purpose: A Human Permaculture Workshop with Bernard Alonso

- **12 April, 5—6:30pm @ Unity Pavillion**



There will be an introductory conference followed by a workshop. Join us for a transformative 2.5-day workshop where you'll gain clarity, tools, and insights to navigate life's transitions with confidence! We will start with a session open to all:

- **Friday, 18 April, 4—6:30pm**

And continue for those who want to go deeper:

- **Saturday & Sunday, 19, 20 April**
Full day, lunch included
- 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](#)

- Here there is a [link for the flyer](#)
- More details:
www.permaculturehumaineinternationale.org

Lakshmi Prem

BECOMING PROSOCIAL

Register for the next Becoming ProSocial course in April and join the active Auroville ProSocial Community. This guided learning journey will introduce the basics of the ProSocial method as an applied change process. It's a 7 week online training with peer-group meetings to discuss, explore and deepen the work. You will be supported in identifying and working on your particular collaborative needs and goals. ProSocial is a repeatable scientific approach designed to foster cooperation and improve the performance of groups by integrating principles from evolutionary theory, behavioral science, and social psychology. It emphasizes core practices like creating shared goals, enhancing trust, and fostering open communication to align individual behavior with collective well-being.



- **Weekly, Starting: 2nd week of April**
- Morning and late evening cohort available
- Online lessons and zoom meeting
- **Commitment 4—5 hours per week**

Course Details: <https://courses.prosocial.world/course/becomingprosocialapril2025>. [Testimonials](#)

Scholarship Application (mention Auroville!): <https://courses.prosocial.world/form/2504-bp-scholarship-form>

This training helps us to expand our toolbox with user-friendly, and proven tools to boost collaboration, cooperation, and co-creation.

Nadim

ACTIVITIES BY ANGELA @ ANITYA

@ Anitya Community/ Joy of Impermanence,
Thamarai Hall

Anma Japanese Massage Introduction Workshop

• Monday, 8 April, 10am—12pm, 1:30—3:30pm

Discover the art of Anma, a traditional Japanese massage rooted in Chinese medicine. This practice focuses on meridians (energy pathways) to restore balance, release tension, and enhance the flow of Qi (vital energy).



- Feel free to bring your lunch or a dish to share
- **Limited spots:** Only 5 participants
- **Registration required:** Angela, +33 750604028 WA

Offering a massage session

I'm happy to share that I will now be offering massage sessions as part of well-being practices at Joi Anitya. You are welcome to experience:

- **AMA Massage:** A seated acupressure massage using rhythmic thumb pressure, stretching, and percussion on energy points (tsubos) to promote relaxation and revitalization (20-30 min, clothed, on an AMA chair).
- **Swedish Oil Massage:** A deeply relaxing full-body massage that relieves pain, improves sleep, reduces stress and muscle tension, and supports overall well-being (60 or 90 min).

These sessions are offered as part of my volunteering at Joi Anitya. The money will support their project. If you're interested, feel free to reach out to book a time!

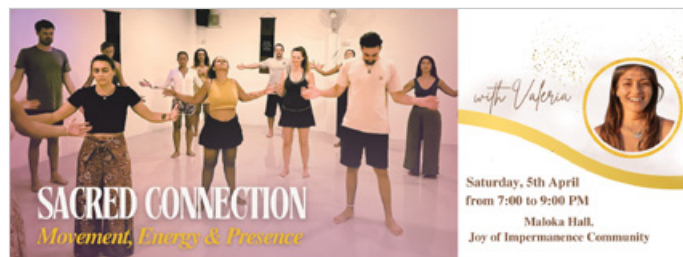
Looking forward to sharing this practice with you.

Angela for JOI Anitya, +33 750604028 WA

ACTIVITIES BY VALERIA

Sacred Connection: Movement, Energy & Presence

• Saturday, 5 April 7—9pm
@ Maloka Hall—Joy Of Impermanence



An experience designed for those who wish to connect with themselves and others in an authentic and conscious way. We will create a welcoming space to explore emotions, release tensions, and open ourselves to feeling, expressing, and receiving more fully. Prepare to immerse yourself in a space of genuine interaction, presence, and expansion. Come with an open heart, a curious mind, and a willingness to explore the magic within you.

- Register: <https://tinyurl.com/3hrtbyse>

Movement Exploration—Move, Breathe, and Flow

• Every Friday, 5pm @ Vérité, Auroville

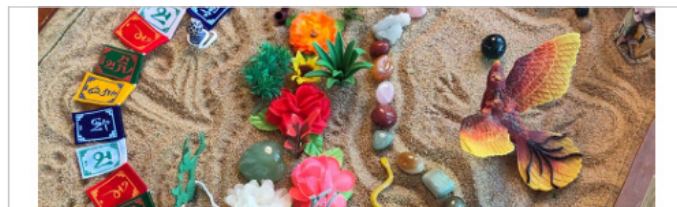
Through dance, breath, and stillness, we create harmony between body, mind, and spirit, releasing blockages, enhancing our senses, and opening to the natural flow of life.

Thank you for your time and support in sharing this with the community. Please let me know if any further details are needed.

Valeria, +91 8148538159



WORLD GAME FOR ADULTS AND CHILDREN



Create, Explore with the World Game in Auroville

This is an opportunity to be creative, to be able to express your own individuality and your 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 hour 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, Nederlands.

To book an appointment: +32491259966 WA,
spiritandnature@auroville.org.in.

Elena

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

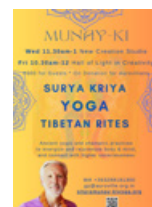
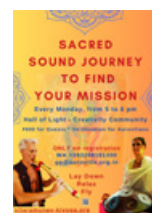
- Wednesdays, 11:30am—1pm
@ New Creation Studio
- Fridays, 10:30am—12pm
@ Hall of Light in Creativity

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



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



ARKA WELLNESS CENTER

April Program

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	<ul style="list-style-type: none"> • 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 <p>Only by Appointment baritam@auroville.org.in</p>
Pepe	<ul style="list-style-type: none"> • Body Logic, Soft Massage, Deep Tissue Massage. <p>Monday to Saturday, by Appointment +91 9943410987</p>
Silvana	<ul style="list-style-type: none"> • Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage <p>Monday to Saturday, by Appointment only +91 9047654157</p>
Antarjyoti (English & French)	<ul style="list-style-type: none"> • Psychospiritual Introspective Tarot Reading • Deconditioning Self Inquiry <p>Monday to Saturday, by Appointment only 0413 2623767, antarcalli@yahoo.fr</p>
Niyati Thakkar	<ul style="list-style-type: none"> • Integral Regression therapy • Integral reiki healing • Holotropic technique breathwork <p>Monday to Sunday, by Appointment only +91 7041391995 niyatithakkar2112@gmail.com narayani-nc@auroville.org.in</p>
Olesya	<ul style="list-style-type: none"> • 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) <p>by Appointment only, +91 9159052743 olesya@auroville.org.in</p>
Shruti	<ul style="list-style-type: none"> • 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, <p>by Appointment only, +91 7904769496 auroshruthi@auroville.org.in</p>

Classes

Teachers	Classes	When
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	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
adititva@auroville.org.in

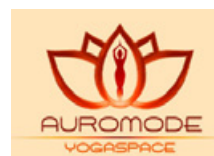
Health & Healing Trust: Administration Office

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

AUROMODE YOGA SPACE

Summer Break April & May

Dear friends, students, and supporters, we want to take this opportunity to thank each and every one of you for your incredible support throughout the season. Your energy, dedication, and presence have made this journey truly special.



As we move into the summer, Auromode Yoga Space will be on a break starting from 1 April, 2025. During this time, we are working on evolving our offerings, expanding our scope, and bringing new dimensions to our yogic practice in Auroville.

We also extend our heartfelt gratitude to all the students and teachers who have been a part of our space. Wishing you all a wonderful summer, and we look forward to seeing you again after the break!

Stay connected and keep an eye on News & Notes for updates on our schedule once we return.

Bala

PITANGA CULTURAL CENTRE Program April 2025



Drop-In Classes:

Join without prior registration!

Mondays	
7:30am–9am	Asanas mixed level with Rachel, not on 7 April
8am–9:30am	Yoga Therapy with Gala
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Listening Within guided by Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel, not on 1 and 8 April
7:30am–8:30am	Hatha Yoga with Priyamvada
10am–12pm	Kolam Yoga with Grace
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel, not on 2 and 9 April
8am–9:30am	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	Kundalini Yoga with Bel
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, not on 4 and 11 April
8am–9:30am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
5:15pm–6:15pm	Feldenkrais with Shari
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
9am–10:30am	Asanas intermediate level with Rachel, not on 5 and 12 April
2:30pm–4:30pm	Truth Based Relationships–Practical Sessions with Juan Andrés
4pm–5pm	Odissi Classical Dance, a beginners’ class 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
 - Last class in Pitanga will be Monday, 7 April

On Wednesday, 10 April the concluding session will be held elsewhere. Please contact Lisbeth.

These classes are for the teenagers from AV schools.

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

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.
- Cranio Sacral Technique by Anne H.
- Shamanic Healing by Auromira
- Yoga Therapy with Nadia A.

New Activities

- **Listening Within guided by Mike:** Mondays 4–5pm

Through stillness and silence, we will listen deeply into our bodies. You may sit or lie down, however you feel comfortable.

Tuning into the natural workings of our unique bio-intelligence, feeling its rhythms in our bodies. Letting go of any sort of technique/method or meditation we will attempt to tune directly into Presence. Letting go of our assumptions/ideas to truly feel into the utmost natural expression of our Life, by listening deeper and deeper within...

“In absolute silence sleeps an absolute Power”. Sri Aurobindo

- **Healthy Pelvic Floor with Flowrina**

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

- Thursdays 4–5:15pm
- For women only

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.”*

Workshops

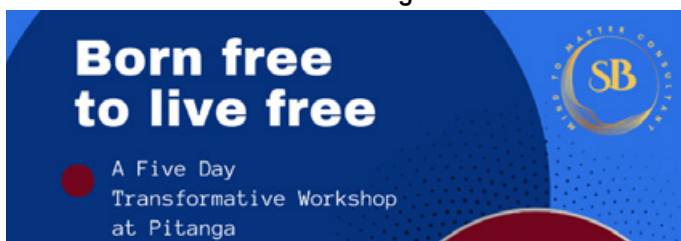
- **Chakra Purification with Swami Vidyand**
 - Saturday, 12 April, 10am–12pm

Workshop **Chakra Purification** with Swami Vidyand, 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.

- No previous experience required.
- Registration requested.
- Contribution is voluntary.



• **Born Free to Live Free with Ange Sabine Blanchflower**



- **Monday, 21–Tuesday, 25 April**
- Daily 12:45–1:45pm, for 5 days
- **Bonus session on Monday 28 April**
- Registration required.

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

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

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

QUIET HEALING CENTER



Watsu® Yoga Round with Ellie

- **Monday, 7 April, 3—6:30pm**

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



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

Watsu® & OBA Basic with Dariya

- **8—13 April, 1—6pm, 31 hours**

In **Watsu Basic**, during which the receiver's face remains always on the surface, you will learn the qualities and body mechanics required to work with someone in water. During the **OBA Basic** part you will bring your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You will experience floating others and being floated, both on the surface and underwater, thereby creating space

for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

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

Baby Watsu® Class with Appie & Friederike

- **Monday, 14 April, 9:30—11am**

A special opportunity to connect with your baby! You'll be guided how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs in the moment. Towards the end, there is free playtime.



- Please bring towels and a closing swimming pant for your baby; for babies between 2 and 12 months with their parents.

Woga® Class with Friederike & Tamara (Yoga in Water)

- **Monday, 14 & 21 April, 4:30—6pm**

Discover the benefits of yoga in warm water! **Woga** is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.



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

Oceanic Bodywork Aqua (OBA) 1 with Dariya

- **15—20 April, 8:45—6pm, 50 hours**

Developed by Kaya Femerling & Nirvano Martina Schulz, **OBA** is a deeply relaxing form of aquatic therapy, which takes place in a warm water pool. It combines elements of soft stretching movements, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and below the water surface. Specially designed movements allow your whole spine to swing and energy to flow again.



In this first 50-hour OBA course, we will continue to approach water in a playful, friendly and secure way. You will build upon the basic movements you already learnt in OBA Basic and further explore the various techniques of this wonderful aquatic bodywork. You will learn the three phases of an OBA session: working on cushions and floats and working both on the surface and under water. Upon completion of this course, you will have acquired enough material to offer a basic OBA practice session to friends and family.

This form of aquatic therapy invites you to experience the healing energies of water in a new way. Chronic physical pain as well as emotional tensions can be released. Special positions may remind you of how you felt to be held as a child. You might dive into a wondrous world of memories, of floating weightlessly in the protective womb of your mother, of diving right back into that very space where you were surrounded by soft warm water.

OBA invites you to experience again the nurturing qualities of being held and loved, and to rediscover trust, peace within yourself, and a sense of coming home.

- **Prerequisites:** OBA Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

Woga® (Yoga in Water) Course 1 & 2 with Dariya

• 25—26 April, 8:45—5pm, 12 hours

Woga is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation.



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

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

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

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

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:

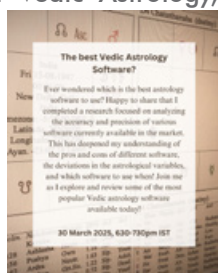
Deep healing across physical, emotional, vibrational, and mental planes, Elevation of your personal frequency, Connection to states of wholeness and higher consciousness. Integration of body, mind, and spirit.

Sandya

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 @ 6:30—7:30pm IST
- **Astronomy behind Indian festivals,** 10 April @ 6:30pm IST
- **Coming together of Science and Spirituality,** 17 April @ 6:30pm IST



Vikram Devatha,
+91 9843948288

VÉRITÉ EVENTS APRIL 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
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Sivananda Yoga (no class April 15)	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation. (no class April 2)	7:30—8:30am	Radha
	Yoga to Energize the Joints (no class April 16)	9:15—10:15am	Mani
	Peace with Pranayama (no class April 2)	5—6pm	Mamta
Thursdays	Sivananda Yoga	7:30—8:30am	Mani
	Transformational Yoga	9:15—10:15am	Lakshmi
	Open Heart Space Meditation	5—6pm	Samrat
Fridays	Sivananda Yoga	7:30—8:30am	Mani
	Deep Sound Bath	5—6pm	Satyayuga
	Movement Exploration	5—6pm	Valeria
Saturdays	Hatha Yoga for all	7:30—8:30am	Swetha Shri
	Deep Sound Bath	5—6pm	Satyayuga
	Sivananda Yoga	5—6pm	Mani

Treatments and Therapies

Therapist	Therapies (by appointment only)
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
Parvathi	Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
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, 4 April	Releasing Fear & Anxiety with Pranayama	9:15am—12pm	Lakshmi
Friday, 4 April	Pranayama, Mantra and Kirtan Chanting: The Journey Within	2—4pm	Swetha Shri
Saturday, 5 April	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 5 April	Kolam Splash: Colorful Fun	2—4:30pm	Kowci
Friday, 11 April	Awareness Through the Body: Explorations	9:15am—12pm	Amir
Friday, 11 April	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 12 April	108 Suryanamaskar	9:15am—12pm	Mani
Saturday, 12 April	Kolam Splash: Colorful Fun	2—4:30pm	Kowci
Friday, 18 April	Pranayama, Mantra and Kirtan Chanting: The Journey Within	9:15am—11:15am	Swetha Shri
Friday, 18 April	Food is Medicine: Lifestyle Health Daily Practices	2—4pm	Parvathi
Saturday, 19 April	Master Class: Sivananda Yoga	9:15am—12pm	Mani
Saturday, 19 April	Face & Eye Yoga	2—4:30pm	Mamta
Friday, 25 April	Introduction to Ayurveda and Its Lifestyle	2—4pm	Dr Geeta
Saturday, 26 April	Introduction to Shamanic Practices	9:15am—12:15pm	Aurora
Saturday, 26 April	Panchakarma: Ayurvedic Purification Techniques Workshop	2—4pm	Dr Geeta

Releasing Fear & Anxiety w/ Pranayama w/ Lakshmi

- Friday, 4 April, 9:15am—12pm

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

Pranayama, Mantra and Kirtan Chanting: The Journey Within w/ Swetha Shri

- Friday, 4 April, 2—4pm

A meditative and heart-opening practice that weaves together the healing powers of Pranayama (breathwork), Mantra (sacred sound), and Kirtan (devotional singing). This session invites you to move inward, anchoring the mind through conscious breath, awakening subtle energy through the mantra, and opening the heart through the joyful rhythm of Kirtan. Together, these timeless practices create a space for deep stillness, emotional release, and spiritual connection. No prior experience is needed, just your breath, your voice, and a willingness to journey within.

Master Class: Sivananda Yoga w/ Mani

- Saturday, 5 April, 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 relax-

ation. 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.

Kolam Splash: Colourful Fun w/ Kowci

- Saturday, 5 April, 2—4:30pm

Learn to create Kolams, the ancient South Indian art form where intricate patterns are drawn on the ground using rice flour or coloured powders to invoke divine blessings. You will be introduced to Kolam's cultural significance, discover how symmetry & geometry come into play, and enjoy a hands-on experience creating simple to complex Kolam designs.

Awareness Through the Body: Explorations with Amir

- Friday, 11 April, 9:15am—12pm

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

Pawanamuktasana Series: Energize the Joints with Mani

- Friday, 11 April, 9:15am—12pm

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.

108 Suryanamaskar with Mani

- Saturday, 12 April, 9:15am—12pm

A dynamic sequence of 12 asanas synchronised with the breath, Surya namaskar activates the vital energy in the body, & loosens, stretches, massages & tones the joints, muscles & internal organs. In addition to the guided relaxations during the practice of 54 sets, participants may relax whenever it is needed. Please note, do not attend if you have: high blood pressure, heart disease, hernia, back pain or weakness, onset of menstruation, or pregnancy.

Kolam Splash: Colorful Fun with Kowci

- Saturday, 12 April, 2—4:30pm

Learn to create Kolams, the ancient South Indian art form where intricate patterns are drawn on the ground using rice flour or coloured powders to invoke divine blessings. You will be introduced to Kolam's cultural significance, discover how symmetry & geometry come into play, and enjoy a hands-on experience creating simple to complex Kolam designs.

Cancellation of Workshop

Food is Medicine: Remedies for Health Issues with Parvathi, Saturday, 5 April
Aparna & Anandhi

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



EXPERIENCE THE POWER OF KUNDALINI YOGA

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

Saturdays, 11am—12:30pm @ Pitanga

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

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

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

Other key benefits of this powerful practice include:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance while reducing pain and enhancing overall physical health.

Mental Clarity: Regular practice enhances focus, reduces stress, and promotes emotional well-being, leading to a calm and centered mind.

Spiritual Growth: Kundalini Yoga helps deepen your connection with your inner self, expand consciousness, and cultivate a sense of purpose and meaning.

• **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.

• **Contribution Fee:** Rs400 for guests

• **Contact:** +91 7598892065 WA

Bel



It Matters

Schedule from 4—12 April
Weekly Activities—A/C Room

All activities are:

Rs./500 for guests and 50% discount for Aurovilians/ Newcomers/ Savi registered volunteers.

Extra discount vouchers available, only for weekly activities, not for workshops.

• **It Matters Café is open now!**

• **Workshop pre registrations:**

• itmatters@auroville.org.in, or +91 9344087925 WA



Date	Activity
Friday, 4 April 3—4pm	Abundance & Psychology with Matthias
Sunday, 6 April 2:30—3:30pm	Integral Yoga Psychology with Matthias
Thursday, 10 April 4:30—5:30pm	Funky Munky Laughter with Ancolie Dove
Friday, 11 April 3—4pm	Abundance & Psychology with Matthias
Sunday, 13 April 2:30—3:30pm	Integral Yoga Psychology with Matthias
Date	Workshops in April*
Saturday, 12 April 3:30—5:30pm	Intro to Contemplative Studies with Anshul, Rs 900

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

More info on instagram: [@auroville.curated](#)

Bhakti & Sandra

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.

Leela therapy is offered by Kardash in person or on-line.

• For more details see www.innersightav.org or Kardash +91 9940934875 WA.

• Please note updated timings:

• Mornings: Monday & Wednesday,

• Evenings: Tuesday & Thursday

• Full Day: Alternate Friday or Saturday

Kardash



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 4 April, 2025



Current Schedule of Classes as of 4 April

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30—10:30am	Tuesday & Thursday Monthly with Rupam
	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday Monthly with Rupam
	Creative Writing	9:30—10:30am	Monday & Wednesday Monthly with Rupam
	Learn English through theatre	11am—12pm	Monday & Wednesday Monthly with Rupam
	Beginner with Ashwini	4:30—5:30pm	Wednesday & Friday
	Kids with Ashwini	5:30—6:30pm	Tuesday & Thursday
French	Beginner	TBC	TBC with Jean-François
	Conversation Pre-Intermediate	2—3pm	Tuesday & Thursday with Jean-François
Tamil	Conversational pre-intermediate	TBC	TBC, Registration Open with Saravanan
Spanish	Beginner	2:30—4pm	Monday & Wednesday with Mila
Hindi	Spoken Beginner	5:30—6:30pm	Wednesday & Friday with Ashwini
Italian	Beginner	TBC	Registration Open with Karuna

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.

Looking for additional French teacher

Due to increased demand, we are currently looking for a native French speaker to teach French classes at the beginner level. Please contact the Language Lab with your details.

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:

- Tuesdays and Thursdays, 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

- New Course Starting
- 4 April, Wednesdays and Fridays, 5:30—6:30pm.

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

- Registration Open. Class times and dates for the next batch to be confirmed once enough students register.

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, started 17 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.

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.

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 Isabelle (1st, 3rd and 5th week of the month)
 - with Coco and Gaspard (2nd and 4th week of the month)
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-naama (1,000 Names of the Goddess) with Remesh 5:30—6:30pm
- **Thursdays:** We are looking for a new 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 English 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

AUROFILM

**Presents at Aurofilm Studio in Kalabhumu
(next to CRIPA)**

**Aurofilm's Screenings in April
New Venue and Timing!!!**

Attention

Dear film lovers, we inform you that in the upcoming months from April to June, Aurofilm will not screen its Friday movies at the MMC auditorium/Cinema Paradiso. We hope to return in July after the summer!

However, during the month of April, we will be screening the Friday's films at our Studio in Kalabhumu, next to CRIPA. And we will start at 7:30pm.

We hope to raise enough financial support to continue promoting the best values of Cinema as a service to the community! Therefore, Aurofilm is happy to announce that it has been accepted as an AVI USA partner. Here we are sharing the link to support us. You can consider becoming a monthly supporter!

- <https://give.aviusa.org/page/AuroFilm>
- Or, you can make your contribution through our financial collection account number **252658**.

We look forward to seeing you at our studio in Kalabhumu!

Friday, 4 April 7:30pm "Scarecrow"

Directed by Jerry Schatzberg, USA, 1973
With: Gene Hackman, Al Pacino, Dorothy Tristan

In memory of the great actor Gene Hackman who passed away recently, considered one of the greatest actors of his generation and a paragon of the New Hollywood movement. Aurofilm pays tribute to him with the screening of one of his films from the 1970s.



Synopsis: This is a classic road film from the 1970s. The film follows the journey of two drifters, Max (Gene Hackman) and Lionel (Al Pacino), as they travel across the American Midwest in search of a better life. As they travel together, they face many challenges and share their personal struggles. Despite their differences, they form a deep friendship. Both Hackman and Pacino deliver powerful performances, bringing to life the struggles of ordinary people and their pursuit of a better future.

The film's powerful storytelling and performances earned it the prestigious Grand Prix du Festival International du Film (now known as the Palme d'Or) at the 1973 Cannes Film Festival, marking it as one of the standout films of the year.

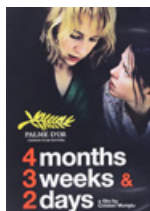
Original version in English with English Subtitles. Duration: 1h52'

Friday, 11 April 7:30pm "4 Months, 3 Weeks and 2 Days"

Original title: 4 luni, 3 saptamăni și 2 zile
Directed by Cristian Mungiu, Romania, 2007

With: Anamaria Marinca, Laura Vasiliu, Vlad Ivanov

Synopsis: In Communist Romania, two university friends, Otilia and Gabita, navigate a dangerous journey to obtain an illegal abortion. As Otilia sacrifices everything for Gabita, the film explores themes of courage, and sacrifice. The film powerfully highlights the emotional and moral dilemmas faced by women in a repressive society. Through the lens of their friendship, it exposes the brutal realities



of living under oppressive regimes and the lengths people go to fight for their rights.

The film won three awards at the 2007 Cannes Film Festival, including the Palme d'Or.

Original English, Romanian and Serbian with English subtitles. Duration : 1h53'

Friday, 18 April 7:30pm "The Holy Innocents"

Original title: Los Santos Inocentes
Directed by Mario Camus, Spain, 1984

With: Alfredo Landa, Francisco Rabal, Terele Pávez, Agustín González, Juan Diego

Synopsis: Set in rural Spain, the movie tells the story of Paco, a poor farm worker, and his family as they endure the oppressive and dehumanizing control of the aristocratic landowners they serve. Through the experiences of Paco and his family, the film explores the brutal class divisions and the exploitation of the lower class in a stagnant, rigid social system. The poignant performances and vivid storytelling bring to life the struggles of those who are forced to endure inequality, highlighting themes of power, submission, and dignity. The movie won in 1984 the Cannes Jury Prize as it is a see for its powerful depiction of social injustice and its unforgettable portrayal of human endurance.

Original Spanish with English subtitles. Duration : 1h43'



Friday, 25 April 7:30pm "The Virgin Spring"

Original title: Jungfrukällan
Directed by Ingmar Bergman, Sweden, 1960

With: Max von Sydow, Birgitta Valberg, Gunnel Lindblom, Birgitta Pettersson

Synopsis: Set in medieval Sweden, The Virgin Spring tells the harrowing tale of a young woman, Karin, who is brutally attacked and murdered while on her way to church. Her parents, devastated by the loss, unknowingly take in the three men responsible for her death, leading to a shocking and tragic confrontation. Director Ingmar Bergman weaves a tale of revenge, faith, and the search for justice, exploring the themes of innocence, guilt, and the complexities of human morality. The film won the Academy Award for Best Foreign Language Film as it is a must-see for its masterful storytelling and unforgettable exploration of vengeance and moral conflict.

The film will be introduced by Dr. Alexander Pereverzev!

Original German, Swedish, Serbian version with English subtitles. Duration: 1h29'

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

Susana and Aurofilm team

URGENT APPEAL FOR £160: CINEMA PARADISO

HELP us at Cinema Paradiso in supporting the screening of an inspiring work by a woman Palestinian filmmaker, exploring essential food and foraging this April.

While we typically receive films free of charge, unique circumstances require us to **cover a discounted screening fee of £160**.

We are seeking a **donor who can directly pay the UK-based distributor** by early April or pay via AVIs or INR and cover for the exchange rates as well.

- **To contribute, please email**
mmcauditorium@auroville.org.in.

Nina for MMC-CP



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
7—13 April

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

Indian—Monday, 7 April, 8pm
Vanvaas (Exile)

India, 2024, Dir. Anil Sharma w/ Nana Patekar, Ashwini Kalsekar, Siratt Kaur Randhawa, and others, Action-Drama, 160mins, Hindi w/ English subtitles, Rated: NR (PG-13)

The story follows Mukesh, an elderly man struggling with dementia, as his condition begins to strain his relationships with his children—Sanjay, the pragmatic eldest son, and Aarti, his compassionate but overwhelmed daughter. As they navigate the complexities of caregiving, painful memories resurface, forcing the family to confront long-buried emotions. Their journey is one of love, duty, and resilience, revealing the profound weight of memory loss. *An acclaimed film!*

Potpourri—Tuesday, 8 April, 8pm
Les Visiteurs (The Visitors)

France, 1993, Dir. Jean-Marie Poiré w/ Christian Clavier, Jean Reno, Valérie Lemercier, and others, Satire-Fantasy, 107mins, French-German-English w/ English subtitles, Rated: R

A medieval knight and his loyal squire are accidentally transported to the 20th century due to a spell gone wrong. Struggling to navigate modern life, they seek help from their descendants to find a way back to their own time. Chaos ensues as they clash with contemporary society, leading to hilarious misunderstandings and unexpected revelations.

Selection—Wednesday, 9 April, 8pm
Avatar: The Way of Water

USA, 2022, Writer-Dir. James Cameron w/ Sam Worthington, Zoe Saldana, Sigourney Weaver, and others, Fantasy-SciFi, 192mins, English w/ English subtitles, Rated: PG-13

On a distant moon, a former soldier and his family seek refuge among an oceanic clan, learning their traditions and forming deep bonds. But their peaceful existence is shattered when an old enemy returns, threatening their new home. As battles rage across land and sea, they must unite with their allies, harnessing the power of the ocean to protect their world and preserve their way of life.

Interesting—Thursday, 10 April, 8pm
The Commandant's Shadow

USA-Israel-Poland-UK-Germany, 2024, Writer-Dir. Daniela Volker w/ Hans-Jürgen Höss, Anita Lasker-Wallfisch, Adolf Hitler, and others, Documentary-History, 103mins, English-German w/ English subtitles, Rated: PG-13

Hans-Jürgen, the son of a notorious Auschwitz commandant, confronts his father's dark legacy decades later. As he meets Holocaust survivor Anita, their conversation unearths painful truths, forcing him to reconcile personal history with the horrors of the past. The film explores inherited guilt, moral reckoning, and the weight of memory in shaping identity across generations.

International—Saturday, 12 April, 8pm
Keyke Mahboobe Man (My Favorite Cake)

Iran-France-Sweden-Germany, 2024, Writer-Dir. Maryam Moghadam & Behtash Sanaeeha w/ Lili Farhadpour, Esmaeel Mehrabi, Mansoor Ilkhani, and others, Comedy-Drama, 97mins, Persian w/ English subtitles, Rated: NR (PG)

Mahin, a seventy-year-old woman, has spent years in solitude, resigned to the quiet rhythms of her daily life. But when she unexpectedly meets Faramarz, a charming and thoughtful man, an ordinary evening turns into something unforgettable. As they navigate companionship, longing, and the constraints of their society, Mahin dares to embrace the possibility of love once more.

Children's Matinee—Sunday, 13 April 4pm
Ferngully: The Last Rainforest

Australia-USA, 1992, Dir. Bill Kroyer w/ Samantha Mathis, Christian Slater, Robin Williams, and others, Animation-Adventure, 76mins, English, Rated: G

Crysta is a fairy who lives in FernGully, a rainforest, and has never seen a human before. When a logging company comes near the rainforest, she sees humans, and even accidentally shrinks one of them: a boy named Zak. Now her size, Zak sees the damage that the company does and helps Crysta to stop them, and an evil entity named Hexxus, who feeds off pollution.

Jack Nicholson Film Festival @ Ciné-Club

Ciné-Club Sunday, 13 April, 8pm
Something's Gotta Give

USA, 2003, Dir. Nancy Meyers, w/ Jack Nicholson, Diane Keaton and Others, 128 mins, English w/ English subtitles, Rated: PG

Harry Sanborn is an aged music industry exec with a fondness for younger women like Marin, his latest trophy girlfriend. Things get a little awkward when Harry suffers a heart attack at the home of Marin's mother Erica. Left in the care of Erica and his doctor, a love triangle starts to take shape.

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, 4 April: Paradise or Oblivion

2012/ 48 minutes/ Roxanne Meadows

Featuring the life-long work of Social Engineer, Futurist, Inventor and Industrial Designer Jacque Fresco, this presentation advocates a new socio-economic system that is updated to present-day knowledge, which he calls a Resource-Based Economy. This documentary details the root causes of the systemic value disorders and detrimental symptoms caused by our current established system. It introduces the viewer to a more appropriate value system that would be required to enable this caring and holistic approach to benefit human civilization. This alternative surpasses the need for a monetary-based, controlled, and scarcity-oriented environment, which we find ourselves in today.

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.

The aim of New and Notes is to support any idea, that can shift Auroville as a community towards solutions:

- If you see the problem and can share creative and constructive ways of sorting it out, we will print your article.*
- If you are unsatisfied how the things are going on and simply want to express your frustration, we will not.*

Visiting hours: Monday & Tuesday, 10am—12pm

Hard deadline for submissions: Tuesday 3pm

Poster to publish: 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.

Katiya & Alexey, 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:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108