



News Notes

#1074 A weekly bulletin for residents of Auroville 10 April 2025



Sunlit Path by Giacomo Colomba

This delight, this wonderful laughter that dissolves every shadow, every pain, every suffering! You only have to go deep enough within yourself to find the inner Sun, to let yourself be flooded by it; and then there is nothing but a cascade of harmonious, luminous, sunlit laughter, which leaves no room for any shadow or pain... And this Sun, this Sun of divine laughter is at the centre of all things, the truth of all things: we must learn to see it, to feel it, to live it.

The Mother commenting aphorisms 81, 82, 83—14 January 1963

Pondering



"This supreme Being is also the universal Being and our relations with the universe are all means by which we are prepared for entering into relation with him. All the emotions with which we confront the action of the universal existence upon us, are really directed towards him, in ignorance at first, but it is by directing them in growing knowledge towards him that we enter into more intimate relations with him, and all that is false and ignorant in them will fall away as we draw nearer towards unity. To all of them he answers, taking us in the stage of progress in which we are; for if we met no kind of response or help to our imperfect approach, the more perfect relations could never be established. ... Whatever form of being, whatever qualities they lend to him, through that form and those qualities he helps them to develop, encourages or governs their advance and in their straight way or their crooked draws them towards him."

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

Contents

PONDERING	1
Invitation	3
From News & Notes	3
HOUSE OF MOTHER'S AGENDA	4
TOWNHALL SPEAKS	5
BCC City Services report for March	5
Information Sharing & Joint Interaction with ATDC, FAMC, Working Committee, a few sub groups & AVFLegal	5
COMMUNITY NEWS	5
Matrimandir News & Schedules	5
Amphitheatre: Meditations at sunset with Savitri	5
Matrimandir Access Information	5
Visiting Matrimandir with Family and Friends	6
Awakening Spirit	6
Savitri Bhavan	6
Schedule, April 2025	6
Talks of Dr Alok Pandey on Sri Aurobindo's Essays on the Gita	7
Death, Dying, and Beyond: The Science and Spirituality of Death	7
House of Mother's Agenda Is Open	7
Isha Upanishad in Daily Life	7
Bharat Nivas: A weekly study circle on The Synthesis of Yoga—Sri Aurobindo	8
Laboratory of Evolution Library	8
Thank you	8
Roy, you did a great job!	8
Education	8
Auroville Physical Education Body	8
Auroville Institute of Applied Technology Offers Bachelor's Degree Courses	8
Kulai Creative Center Activities	8
Transition School Open House	9
Satori: Educational Services	9
Visual Mathematics Classes	9
Tuition Classes Available	9
Auroville Library Contacts and Timings	9
Youth Initiative	9
Karaoke Pizza Night	9
Acting for Everyone: A Fun & Easy Workshop	9
Hear for You	9
Books	9
Autobiography by André Hababou	9
Health Care	10
Santé Services Schedule	10
Orthopaedics Services Available	10
Aurodent Dental Clinic April Special	10
Visit of the Tibetan Doctor and the Team	10
Weekly Baby Support Circle: Little Red Feet	10
Addiction Recovery sessions @ Maatram	10

International	11
Unity Pavilion Presents	11
The Mother's Symbol, Matrimandir & 12 Qualities	11
Art Class with Artist Janakiraman	11
Sencha-Style Tea Ceremony	11
The French Pavilion presents	11
Join Us for Pétanque	11
La Mère raconte (The Mother tells)	11
Brotherhood House & Pavillon de France Present	11
International Cosmonautics Day	11
German	11
An alle Deutschen in Dieser Region	11
Theatre, Music & Arts	12
Bharat Nivas Presents	12
Life on Ghats: Art Photography	12
An Offering of Prayers	12
Pitanga, Photo Exhibition by Tim: Trees—Their Outer Garment	12
Cancellation: Show Darshan by Surya Performance Lab	12
Remembering Veenapani Festival, Edition 11	12
Theatre, Music & Art Activities	12
CREEVA: information & upcoming News	12
Centre d'Art Presents	12
Analogue Photography workshop	12
Svaram Programs	13
Dance Activities	13
Auroville Tango	13
Dance Classes by Mani	13
Sports & Martial Arts	13
Abhaya Martial Arts	13
Girls' Futsal Football Club	13
Kalpana Gym	13
Bharat Nivas presents Kalaripayattu Class	14
Aikido Classes	14
Swimming Class	14
Kshetra Kalari @ Aspiration Sport Ground	14
Bioregion & Nature Activities	14
Auroville Bamboo Centre	14
Mohanam Program	15
Egai Giving	16
Last Edible Weed Walk of the Season	16
Wellpaper Workshop	16
Being-Nature-Being-Forest	16
Enlight	16
Looking For	16
Wall Clocks Needed	16
Volunteer Seeking House Sitting	16
Matrimandir is Looking for a Fridge	17
Available	17
Office Space Available: Auromode	17

Honorary Voluntary	17
Gau Seva at Sadhana Forest!	17
Volunteering @ Ecoservice	17
Work Opportunities	17
FAMC: Office Administration Position open	17
Auroville Institute of Applied Technology	
Is Looking for an English Teacher	17
SAILER: Looking for facilitator	
for Learning Space	17
Live Edge Furniture Making	17
Work Offering	18
Looking for a Part Time Job	18
Help Needed	18
Terrasoul farm kitchen roof fundraising	18
Foods, Goods & Services	18
South Indian Breakfast @ Aurelec Cafeteria	18
Taste of Yoga Vérité Café	18
Download or Access Dropzy App	18
Annapurna Farm Baskets	18
Bharat Nivas Pathway	18
Hemplanet: Explore the Benefits of Hemp!	18
Living Room Café	19
FoodLink Market is open every day	19
The Sprout Timings	19
Free Store	19
Any time Dosa and Pongal @ the Pathway Café	19
Integrated Transport Service	19
Shared Transport Service	19
Sunrise Taxi Service	19
UTS Transport Service	19
Qutee Electric Scooter Service	19
Rapid Care Services	20
Book Binding	20
Rupavathi Joy Activities	20
Surabhi Supplies	20
Sarvam Computers Offers Reliable Service	20
Service available	20
Inside India	20
Voices & Notes	20
Auroville Radio TV	21
A Third Path: The Integral Supramental Evolution	21
Heart Weaving	21
Merry	22
Poetry	22
Whatever state you are in	22
Classes, Workshops & Healing Arts	22
Mindfulness offerings in April	22
Auromode Spa Offers Cosmetology Services	22
Integral Unfoldment	22
Activities by Lakshmi	22
Elevate Your Radiance Retreat	23
Becoming ProSocial	23
World Game for Adults and Children	24
Sitara Munay-Ki Yoga	24
Movement Exploration: Move, Breathe, and Flow	24
Activities by Angela @ Anitya	24
Traditional Mantras and Stotras Chanting Classes	24
Auromode Yoga Space Summer Break	24

Pitanga Cultural Centre: Program April 2025	25
Arka Wellness Center April Program	26
Quiet Healing Center	27
Cosmic Dance Wave:	
A Healing Journey Through Movement	27
Vedic Astrology for beginners	27
Vérité Events April 2025	28
Yoga & Other Classes	28
Treatments and Therapies	28
Workshops (pre-registration required)	28
Sound Therapy & Self Healing	29
Experience the Power of Kundalini Yoga	29
It Matters Schedule from 11—26 April	29
Astronomy behind Indian festivals	29
Leela Therapy	30
Languages	30
Learn English and Hindi	30
News from Auroville Language Lab	30
Tomatis	30
Courses	30
Cinema	31
Aurofilm Presents	
at Aurofilm Studio in Kalabhumi (next to CRIPA)	31
Cinema Paradiso Film Program 14—20 April	32
Eco Film Club: Every Friday @ Sadhana Forest	32
Cinema Paradiso	
Film Program 14—15 April	33
Eco-Film Fest 2025, 16—22 April	33
The Last Moment	34
Passing On: Anand Prasad	34
Accessible Auroville Public Bus	34
About N&N	34
News and Notes Guidelines	34
Emergency Services	34



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



4 October 1969

166—The double law of sin and virtue is imposed on us because we have not that ideal life and knowledge within which guides the soul spontaneously and infallibly to its self-fulfilment. The law of sin and virtue ceases for us when the sun of God shines upon the soul in truth and love with its unveiled splendour. Moses is replaced by Christ, the Shastra by the Veda.¹

Do you think this idea of sin and virtue has done humanity any good?

As Sri Aurobindo says, the law of sin and virtue was certainly necessary for the progress of humanity when it was given several thousand years ago. But today it no longer has any meaning or usefulness and should no longer be heeded.

It belongs to a past which should no longer have any authority.

But for this to be possible, it must be replaced by a more luminous and truer law and not by disorder and corruption.

26 September 1970

And what is this more luminous law?²

Perfect and spontaneous obedience to the divine order that must replace all law.

5 October 1969

Is it good to break all moral and social conventions as the new generation is doing? Don't these things have any value?

What has value at one period no longer has any at another as human consciousness goes on progressing. But one must take great care to replace a law one no longer obeys by a higher and truer law that fosters progress towards the future realisation.

One has no right to abandon a law until one is capable of knowing and following a higher and better law.

P.S. Read again what I wrote yesterday, I had already explained this to you.

26 September 1970

How can one follow this higher law?³

At every moment, do what God wants.

¹ Shastra: Scriptures; Veda: Knowledge.

² This question was asked when these commentaries were first published in 1970.

³ This question was asked when these commentaries were first published in 1970.

(to be continued next week)

The Mother—On Thoughts and Aphorisms

<https://incarnateword.in/cwm/10/aphorism-166>

Gangalakshmi (HOMA)

Townhall Speaks

BCC CITY SERVICES REPORT for March

Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	16,23,31,964	—	16,23,31,964
Monthly Contributions (Int. + Ext)	3,43,65,939	29,27,251	3,72,93,190
Total Contributions (OB+Monthly Inc)	19,66,97,903	29,27,251	19,96,25,154
Total Payments	1,87,42,815	29,27,251	2,16,70,066
CS Ending Balance (Includes BOB)	17,79,55,088	—	17,79,55,088
Monthly loss/gain			1,56,23,124

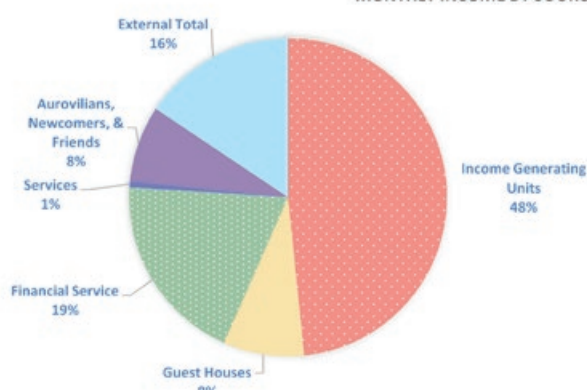
Internal Contributions

Source	Unspecified	Specified	Total
Income Generating Units	1,75,01,441	5,42,001	1,80,43,442
Guest Houses	30,62,606	4,000	30,66,606
Financial Services	50,53,531	21,78,465	72,31,996
Services	2,38,200	—	2,38,200
Aurovilians, Newcomers, & Friends	26,83,741	2,02,785	28,86,526
Internal Total	2,85,39,519	29,27,251	3,14,66,770

External Contributions

Government of India for SAIIR	58,00,000	—	58,00,000
Government of India for Other	26,420	—	26,420
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	—	—	—
External Total	58,26,420	—	58,26,420

MONTHLY INCOME BY SOURCE



- **Paper version:** Please read the full report in the end of the issue
- **E-Versions:** [Please read the full report here.](#)

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

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



Auroville
Town
Development
Council

Savitar S. Auroville

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

Matrimandir News & Schedules

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 Auroid** wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Auroid with you.
- **Access by Office Gate for the Amphitheater only** from 5:45pm.
- Guests are requested to bring along their Auroids.
- **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 Auroids, 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

Awakening Spirit

SAVITRI BHAVAN SCHEDULE, APRIL 2025

Savitri
B H A V A N

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

- **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. She speaks about the Mother's psychological, spiritual, and occult experiences, and those of Sri Aurobindo, and their meeting in 1914. *Duration: 51min.*

As a child, the Mother meditated in her chair. She sleepwalked, wrote poems, and received spiritual teachings in her dreams. At the age of thirteen in Paris, the Mother went out of her body in the evenings and above the town. She saw herself wearing a long golden robe wherein the suffering people found refuge. When she was twenty, she created a passage through the vital world, so that when people died, they could travel safely towards the Light. Nowadays, we know that people with near-death-experiences, NDE, pass through a radiant tunnel leading to the realm of light. In 1906 and 1907, the Mother traveled to Tlemcen, Algeria, and stayed with Max and Alma Theon, learning advanced occultism from them. Alma Theon was a powerful medium, and with her occult vision she could see the Mother wearing a crown with twelve pearls above her head and said: 'You are That'—Tat.

Around the time when the Mother stayed in Tlemcen, Sri Aurobindo had his own occult experiences. In Baroda, he was practicing pranayama five hours a day and realized

that it protected him from mosquitoes. He also became aware that there was an electric current around him, that his body was glowing, and that poetry was flowing easily to him. Then, under the guidance of Yogi Vishnu Bhaskar Lele, he experienced the total silencing of his mind and found that in the state of silent consciousness, he was able to continue with his political work for India's Independence. Then from within, the inner voice of the Master of his Yoga was guiding him and giving him his sadhana.

The first contact between the Mother and Sri Aurobindo came about through the question regarding the spiritual meaning of the hexagram, the ancient symbol in many religions, and of Shakti and Shiva. Then in 1914, the Mother was able to come to Pondicherry and meet Sri Aurobindo. When she saw him for the first time, she realized that it was the same Krishna she had repeatedly in her dreams. They recognized each other and shared their spiritual and occult experiences.

During her occult training under the Theons, the Mother got to know about the Divine spark within. This knowledge about the Divine spark, the psychic being, greatly enriched the revolutionary Integral Yoga developed jointly by the Mother and Sri Aurobindo.

◦ The film is [available on YouTube](#)

- **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

- **Savitri Satsang, led by Narad:**
 - **Every Tuesday, 4:40—5:30pm @ Savitri Bhavan**
- 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, the Mother, and by older Ashram disciples, in a deep line-by-line study.
- **Followed by OM Choir: 5:30pm—6:30pm**



The OM Choir has been in its sacred home of Savitri Bhavan since its beginning for twenty-five years. Even earlier, when the Mother told Narad to bring down a new music, often one hundred and more people come to Aspiration during the prime months of Auroville fully devoted to bring down the new music that has the power of transformation.

- **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.

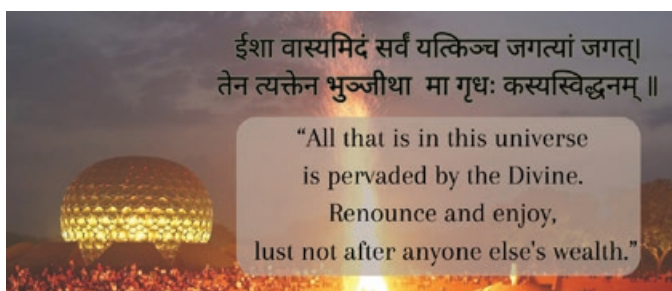
- **Every afternoon, 3—5pm** you have an opportunity to listen to Sweet Mother.



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

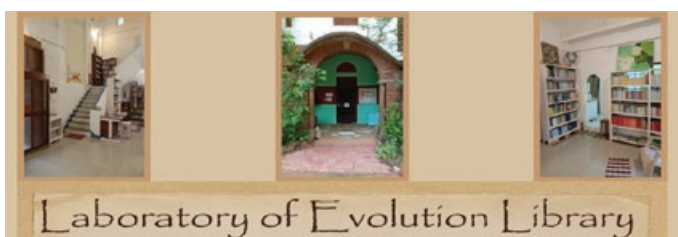
Venue :
Resource Library,
Bharat Nivas, Auroville

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*

Thank you



Dear Roy, you did a great job taking the news when it was announced the "end" of that. A Big Thanks!!!

Now you have to take care of yourself, nobody else can do that!!! You could do that !...

Do not forget to send your paintings...and more, to the News!!!

In Her Arms and Love, Anandi A. Realization

Education

AUROVILLE PHYSICAL EDUCATION BODY

Course commences
JUNE 2025 Learn from the best of Auroville.

Integral Approach To Physical Education-IAPE

IAPE course aims to create a new squad of sports teachers who are:

- empowered with the latest in sports science,
- equipped with on ground practical training and supervision
- and sparked with the spiritual significance of the human body




Auroville Physical Education Body (AVPEB a unit under SAILER) 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

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Offers Bachelor's Degree Courses

• Auroville Institute of Applied Technology at the Aurobindavan 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

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

Follow us

செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY AND THURSDAY	10 AM TO 11:30 AM	FREE	ABOVE 18 years
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 SILAMBAM	WEDNESDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
பரத நாட்டியம் BHARATHA NAATTIYAM	THURSDAY	3:30 PM TO 4:30 PM	FREE	ABOVE 5 years
குழந்தைகள் விளையாட்டி பூங்கா CHILDREN PARK	EVERYDAY	10 AM TO 7 PM	FREE	ABOVE 5 years
குவியல் மற்றும் கைவினை ART AND CRAFT	MONDAY TO SATURDAY	2 PM TO 3:00 PM	FREE	ABOVE 5 years

Email: kulaicreativecentre@auroville.org.in OR kulaicreativecentre.auroville@gmail.com
WhatsApp: +91-96084 73385 / 9843195290 WEBSITE : www.kulaicreativecentre.org

Submitted by Selva for KCC

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

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

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



Youth Initiative

KARAOKE PIZZA NIGHT

Friday, 11 April, 7—10pm @ Youth Center

YouthLink invites you to a fun-filled Karaoke Pizza Night at the Youth Center on Friday, 11 April. Come enjoy an evening of music, laughter, and delicious homemade pizza—open to all. Whether you love to sing or just want to hang out with friends and enjoy the vibe, this community evening is all about connection and joy.

Bring your voice, your appetite, and your spirit of fun—we'll take care of the rest!



Prashast Gautam

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

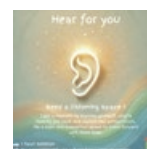
HEAR FOR YOU

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 bookshop,
Vivekan

Health Care

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. 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>

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

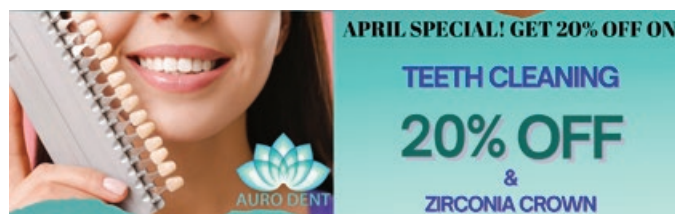
Pain is a sign that has to be taken care of.

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

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

Submitted by Sruthi

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 30 April, 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

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

WEEKLY BABY SUPPORT CIRCLE:

Little Red Feet

Every Wednesday, 9am—12pm
@ Humanscapes

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

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**

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

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



Brotherhood House & Pavillon de France Present

INTERNATIONAL COSMONAUTICS DAY

Saturday, 12 April, 5pm @ French Pavilion

"Looking at the Earth from afar, you realize it is too small for conflict and just big enough for cooperation."—Yuri Gagarin

Join us for a stellar celebration of space, science, and creativity—brought to you by Brotherhood House & Pavillon de France.

Family Fun & Activities

- 5—6:30pm:
Cosmic Science Center,
Out-of-this-World Art,
Meteorite Shower

Evening Line-Up

- 6:30pm: Sounds of the Stars by Olga & Slava (handpan & singing bowls)
- 7pm: Child of the Cosmos—The tale of Yuri Gagarin by Manoj Rahul
- 7:30pm: Proxima (2019)—Outdoor Movie Screening



Elena
for Brotherhood House

German

AN ALLE DEUTSCHEN in Dieser Region

Das Deutsche Konsulat offeriert einen Konsultatsprechtag im Herbst in Auroville, falls genügend Interesse dafür besteht. Es handelt sich in erster Linie um eine Beratung und Hilfestellung.

Die mögliche Themenliste ist aus diesem Link ersichtlich: <https://india.diplo.de/in-de/service/2439592-2439592>.

Falls Interesse an einem Gespräch im Herbst besteht, bitte bis zum 22.04.2025 eine e-mail mit Namen und den Beratungswunsch an karin@auroville.org.in senden.

Die Liste wird dann an das Konsulat weitergeleitet.

Karin



Theatre, Music & Arts

Bharat Nivas Presents

Life on Ghats: Art Photography

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



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



An Offering of Prayers
Immerse yourself in a serene musical experience, where devotion meets melody.
by
Arjita (Veena)
Debasish Das (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, least branch | GSTIN: 32AAIA002722N

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

Sundays and holidays closed

Submitted by Andrea

CANCELLATION:

Show Darshan by Surya Performance Lab on 12 April at CRIPA

Due to reasons beyond our control, we have to postpone this performance to July.

Philippe and Thierry for Surya Performance Lab



Theatre, Music & Art Activities



CREEVA
Centre for
Research
Education
Experience in
Visual
Art



Weekly Art Workshops & Sessions

- **Watercolour Painting Workshop** by Sathya
 - Every Monday, 5—7pm.
- **Life Model Drawing Session:**
 - Every Tuesday, 5—7 pm.
- **Fabric Painting Workshop** ('Save Water' Theme) by Noorjahan Nasser
 - 12 & 19 April, Saturdays, 9:30am—12:30pm
Contact: +91 80567 02072
- **Live Portrait** by Sathya:
 - Reach out to schedule a session.
- **Open Studio:** A space for everyone to explore their artistic potential
 - Every day, 9am—5pm,
 - Contact Abi: +91 90420 58981

For info contact Sathya:

- +91 9486145072, sathyacolour@auroville.org.in

Sathya for CREEVA Art Studio, Creativity, Auroville



ANALOGUE
PHOTOGRAPHY
DARKROOM
WORKSHOP
24-26 April 2025
by Sasikanth Somu

24, 25, 26 April @ Centre d'Art Gallery, Citadines

Program & Timings:

- **Thursday, 24 April, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 25 April, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 26 April, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

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

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

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

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

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/>



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

AUROVILLE TANGO @ HARMONY HALL, BHARAT NIVAS

New batch starts the first week of each month

- **Monday:**
7—Introduction to Tango 8—Improvers
- **Wednesday**
7:30—Guided Practice
8—Long Practice

No partner required.

Bring socks or dance shoes.

And plenty of joy!

+91 9821166082

tango@auroville.org.in



Maud

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

Sports & Martial Arts

ABHAYA MARTIAL ARTS

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



Our regular classes for adults

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

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

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

Brazilian Jiu-Jitsu classes for kids!

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

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

Contribution required.

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

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

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

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



KALPANA GYM

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

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



AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts.

Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter.

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



Adult Aikido classes

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

Children/ young students

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

Contact for more info and registration

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

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

SWIMMING CLASS

Swim to Serenity:
Waves of Strength!

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

@watersport_mani

Book now: +91 8637633696

Package swimming class

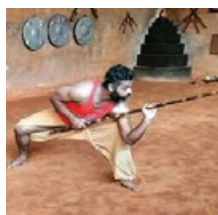
Mani



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

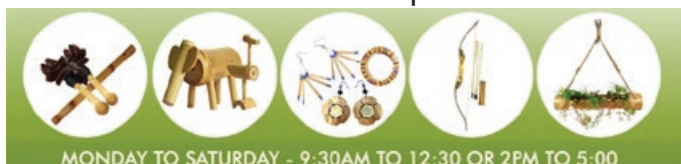
One-Day, Make and Take Workshops



- 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



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

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

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

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or +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



MOHANAM PROGRAM

Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes @ Mohanam Campus

1 day Advance booking of classes is necessary:

Cooking Class



Saree Workshop



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

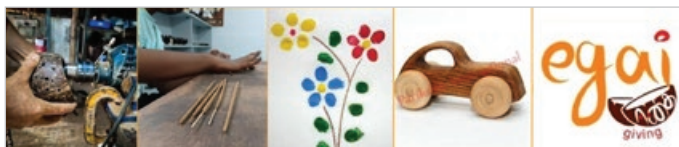
Make & Take Workshop @ Mohanam Campus

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

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

Edible Weed Walk of the Season!

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

Remaining Walk:

12 April (to be filled on a first-come basis). Un-timely 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

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



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.

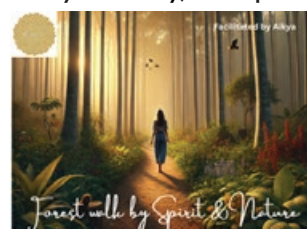
The forest helps me to consciously slow down, and helps in refining my senses. If I then open to the living wisdom of Nature, a subtle air almost, a Presence of the living, I feel myself, my body bathing in a conscious light of joy and beauty.

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



ENLIGHT



Explore Auroville



Cycle Tour



Forest Walk



Cooking Class



Fireside Drumming



Folk Dance and Music



Bamboo Workshop



Wood Joinery Workshop



Pottery Workshop

ENLIGHT

+91 76398 10621/82700 71581/0413-2963034

enlight@auroville.org.in

Arun, Anand and Balaji for Enlight Team

Looking For

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

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

Available

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



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

Honorary Voluntary

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

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

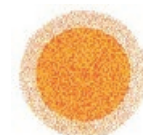
SAIER: LOOKING FOR FACILITATOR for Learning Space

SAIER 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 saier@auroville.org.in.



Submitted by 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

Work Offering

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

Help Needed

TERRASOUL FARM Kitchen Roof Fundraising

Dear friends, our community kitchen roof was seriously damaged during the last cyclone, affecting part of the structure and the kitchen roof.

- We need your support to raise Rs 80,000 for repairs.

Any contribution, big or small, will be deeply appreciated.

- Terrasoul Farm, A/C No. 105205, +91 9443434182, terrasoul@auroville.org.in



Juan

Foods, Goods & Services

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria

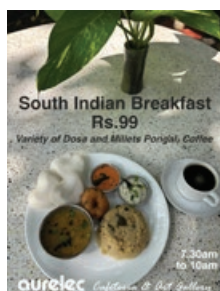
7:30—10pm

Variety of Dosa and Millets

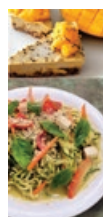
Pongal, Coffee

Rs.99

Submitted by Shiva



TASTE OF YOGA VÉRITÉ CAFÉ



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



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

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

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

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

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

LIVING ROOM CAFÉ

Open every day, 8am—9pm

Come enjoy delicious meals and coffee in our cozy space, located on The Crown across from the Auroville Library.

We serve breakfast, lunch, and dinner for Aurovilians, newcomers, volunteers, and guests. We look forward to seeing you!

Debo for The Living Room Cafe Team



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



The Sprout will be closed on Monday, 14 April, in celebration of Tamil New Year.

We apologize for any inconvenience and appreciate your understanding!

Monica for The Sprout team,
www.thesprout.in

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 Ma-sala 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

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 (Aurovillian) 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

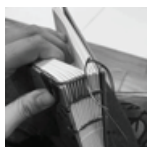
- **Contact:** + 91 8270071581
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** @rapidcare1

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



INSIDE INDIA



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

Olivier Normandin
for the Inside India Team

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

Submitted by 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

AUROVILLE RADIO TV

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



Last published podcasts

- [Savitri—Ep.5: Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Cosmic Inner Weather Report—Ep. 6: Signs from witches, fairies and spirits in the midst of Pisces Season](#) (Conversations)
- [Antiquity of Tamil Archaeology: Insights with Dr.G.Saisikala from Central Institute of Classical Tamil](#) (Tamil Archaeology)
- [Exploring Education in Arts, Animation and Film-making – Ep. 48—“The War Years”](#) (Arts & Culture)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.487](#) (Integral Yoga)

Latest Youtube videos

- [Savitri Ep.1: Introductory Comments in Tamil by Dhanalakshmi](#)
- [Aigiri Nandini—Cover by Arpanam Group—Auroville Singing Festival 2025](#)

...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

A THIRD PATH:

The Integral Supramental Evolution

As the following are very important topics in relation to the ongoing development of Auroville the City of Dawn, and as we have clearly entered a major upgrade in the transitional stages of our shared global evolution, I asked the <https://incarnateword.in/AskAi#!> two questions:

- **1st Question:** How would you term the Vision-Goal of Sri Aurobindo and the Mother in relation to and contrast from trans-humanist or post-humanist perspectives?
- **2nd Question:** In the context of Purusha as consciousness and Prakriti as mind, life and matter, how would a Divine Consciousness positively make the best use of Matter as a tool for the Supramental evolution?

For the answers, please click the link below, or for readers of the printed version, please scan the QR Code or type the weblinks on your browser.

- <https://zechjoya.blogspot.com/2025/04/a-third-path-integral-supramental.html>



Zech

A THIRD PATH

HEART WEAVING

The birth of Heart Weaving was triggered by the unprecedented events that began to unfold in Auroville in 2021/2022. The chairperson of the IAC proposed that Raghu Ananthanarayanan be invited to assess the situation and to determine if he could be of assistance. Numerous Aurovilians holding a range of perspectives agreed to personal interviews with Raghu. Others sent their reflections by email. This information was analyzed and presented to the GB, IAC, to the Secretary of the Foundation and to the Auroville Residents Assembly.

[A video recording of the presentation is available here.](#)

One project that particularly impressed Raghu was the Dreamweaving initiative that had widespread collective participation and appreciation. He felt, however, that this visioning aspect of town planning needed to be complemented by something more heart-centered. He chose the name Heartweaving to describe the healing process he intended to initiate.

Heart Weaving is a community project that has been ongoing now for over two years. It evolved out of the initial workshop held by Raghu in 2022, where he offered tools and processes for personal as well as collective transformation.

Since then, a committed group of participants have immersed themselves in the Heart Weaving process; engaging in this inner work to facilitate progress both individually and collectively within our community.

The project has enjoyed 3 workshops with Raghu and met most weeks; practicing and building our experiential understanding of the basic archetypal energies described in Indian shastras. He showed us how our reactions and emotions are an outcome of these archetypes which arise in all of us. The process emphasizes consciously observing and embodying the energies of the various archetypes, in order to sensitize oneself to how these shape our reactions and behaviors.

Eventually we began exploring these practices with individuals and small groups outside of Heart Weaving. This ongoing collaborative work has been underpinned by the frame offered by Raghu, using the learned tools and inner stance/positioning of compassion (Heart/ friend—Sakhi) and witness (SAkshi). The experiences gained through our experiments in the community were brought back to the group for reflection; providing valuable insights and learning. This then inspired further intentional conversations, deep listening and other similar actions.

Twice we reached out to the larger community with day-long workshops on the theme “anatomy of conflict”. The film “Twelve Angry Men” was the basis for the exploration. This process gives participants the opportunity to look at how, in a moment-to-moment dynamic process, the archetypal voices unconsciously inhabit our inner world, and how these recurring patterns determine our reactions and decisions—shaping how we communicate and relate to one another, revealing how we can individually respond so differently, even when faced with the same situation. The film highlights how the various voices arising within each of us can influence the perspectives of those around us and interact to shift the energies and behavior of a group.

We Heart Weavers feel that the moment has come to reach out and invite Aurovilians to join the circle and tune into these efforts of shedding and transforming limiting beliefs and behavior patterns. We invite and welcome all in the community to take up this work with us. There will be a workshop soon in which interested individuals could participate.

- For more information, please write to: heartweaving.auroville@gmail.com

Shivaya

MERRY

Merry was an extraordinary person, gentle, highly sensitive, profoundly cultured. She was known as a music teacher to young promising students, but was also a master of English language.

Merry embodied the soul of an America that is no more: just, loyal, fair, empathetic, equanimous. But she also had a German ascendance, or lived there, that made her firm and resolute.

Her soul belonged to an Auroville that is no more. In her severe condition, she had the privilege not to witness the twilight of this community.

Paulette

Poetry

WHATEVER STATE YOU ARE IN

Whatever state you are in
Can't sway my heart
For it's already leaning
Towards you

Anandi Z.

Classes, Workshops & Healing Arts

MINDFULNESS OFFERINGS IN APRIL

Booking is required:

+91 7094753054 WA or visit innersightav.org

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, haircuts and hair coloring. Working from Monday to Saturday **only by appointment call or WA: 9443635114.**

Meha for Auromode SPA



INTEGRAL UNFOLDMENT

Life Coaching (Aletheia Coaching School)



Are you feeling stuck? Looking for a renewed purpose?

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

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

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

By Dave (JOI Anitya)
+44 7564119728 WA

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

- **Fridays, 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
- Rs 600 Guests, Rs 350 Savi volunteers, conscious donation Av/Nc



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)

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:
permaculturehumaineinternationale.org

Lakshmi Prem

ELEVATE YOUR RADIANCE RETREAT

12,13 April 10am—5:30pm (with lunch break)

@ Lahe (opposite Visitors Center parking)

Are you ready to reconnect with yourself, shed what no longer serves you, and step into your true radiance?

Breathe. Move. Feel. Expand. Connect.

This retreat is designed for those who seek a deep, conscious connection—with themselves and with others. Together, we will create a safe and welcoming space to explore emotions, release tension, and open ourselves to feeling, expressing, and receiving more fully.



What will you experience?

- Cultivate self-awareness—Ground yourself in the present moment.

- Embrace self-love—Nurture kindness and acceptance within.
- Ignite self-confidence—Discover your inner strength and authentic voice.
- Release and flow—Let go of emotional blocks, creating space for ease and joy.

In this sacred space, we will engage in:

- Aquatic harmonic sound healing—Relax into the resonance of water.
- Shamanic breathwork—Deepen your connection through breath.
- Vocal activation—Awaken your voice and express your truth.
- Emotional release—Let go, breathe deep, and set your heart free.
- Authentic connection practices—Explore the art of giving and receiving through presence and respect.

Through subtle yet powerful guided dynamics, we will:

- Release tension and restore our natural energetic flow.
- Harness movement and breath to expand our connection.
- Cultivate trust, balance, and deeper self-awareness.
- Integrate and embody the experience fully.

This is an invitation to live the present moment with greater openness, sensitivity, and connection—allowing yourself to flow in a space of genuine and harmonious encounter.

Come with an open heart, a curious mind, and a willingness to explore the magic within you.

Activity offered under Abhaya Artisans Trust

Registration at:

- Lakshmi +918489764602
- Valeria +918148538159

Lakshmi

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

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 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

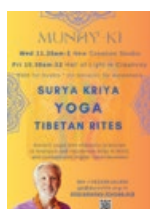
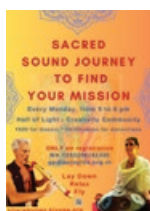
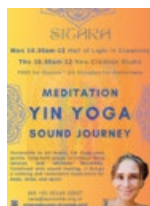
- Wednesdays, 11:30am—1pm
@ New Creation Studio
- Fridays, 10:30am—12pm
@ Hall of Light in Creativity

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



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.



Valeria, +91 8148538159

ACTIVITIES BY ANGELA @ ANITYA

@ Anitya Community/ Joy of Impermanence,
Thamarai Hall

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

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



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.

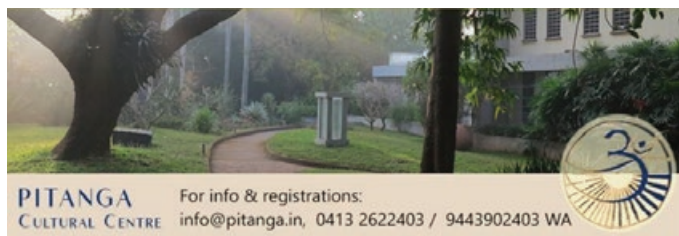
As we move into the summer, Auromode Yoga Space will be on a break starting from 1 April, 2025. During this time, we are working on evolving our offerings, expanding our scope, and bringing new dimensions to our yogic practice in Auroville.

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





Program April 2025

Holiday closure: 14 April

Drop-In Classes:

Join without prior registration!

Mondays	
7:30am–9am	Asanas mixed level with Rachel, not on 28 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, not on 29/4
Tuesdays	
7:30am–8:45am	Self Practice with Rachel, not on 29 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 30 April
8am–9:30am	Yoga Therapy with Gala
5:15pm–6:15pm	Feldenkrais with Veronique D., not on 30 April
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar, not on 23 & 29 April
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 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, not on 25 April
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 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.

- **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 Vidyanand**

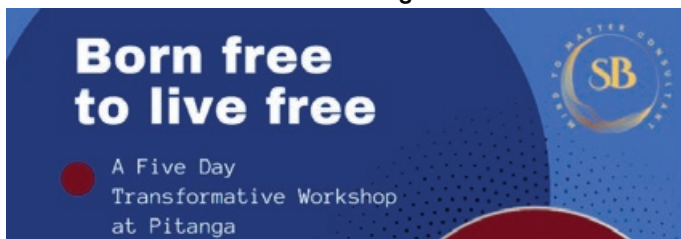
- Saturday, 12 April, 10am–12pm

Workshop **Chakra Purification** with Swami Vidyanand, founder and spiritual head of SriMa International School of Transformational Yoga® and the Founder and President of Yoga Alliance International® (YAI), World Yoga Federation® and Meditation Alliance International® (MAI) spread over all continents.

- 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

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

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) by Appointment only, +91 9159052743 olesya@auroville.org.in
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, by Appointment only, +91 7904769496 auroshruthi@auroville.org.in

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

QUIET HEALING CENTER



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.quiethealingcenter.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. @ Verite

Sandhya

VEDIC ASTROLOGY FOR BEGINNERS

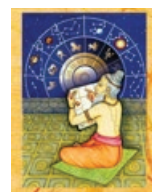
Starting May 2025

The new batch of Vedic Astrology will begin in **May 2025**. This is for beginners, and will cover Astronomy, Indian Philosophy and Mythology, as well as the basics of Vedic Astrology.

It will be a **year-long online program**, with in-person retreats to get an experiential feel of the topics involved.

If you are interested and curious about these topics, please find the **registration link:**

- <https://allthingsvedic.in/astrology101>



Vikram

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, 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	Auromira
Saturday, 26 April	Panchakarma: Ayurvedic Purification Techniques Workshop	2—4pm	Dr Geeta

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 Kolam's, 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.

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

• Friday, 18 April, 9:15—11:15am

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

Food is Medicine: Lifestyle Health Daily Practices with Parvathi

• Friday, 18 April, 2—4pm

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

Master Class: Sivananda Yoga with Mani

• Saturday, 19 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 relaxation. This rhythmic alternation between effort and relaxation allows a re-patterning of the nervous system, enhancing the ease and effectiveness of the final guided relaxation.

Face & Eye Yoga with Mamta

• Saturday, 19 April, 2—4:30pm

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

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 *Submitted by Isha*



EXPERIENCE THE POWER OF KUNDALINI YOGA

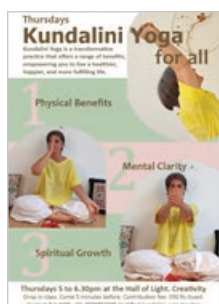
Thursdays, 5—6:30pm @ Hall of Light, Creativity,

Saturdays, 11am—12:30pm @ Pitanga

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

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

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



Other key benefits of this powerful practice include:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance 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 11—26 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.

ITMATTERS.AUROVILLE.ORG

@AUROVILLE.CURATED



LOCATION:
Auroville Main Road
Kuilapalayam

- It Matters Café is open now!
- Workshop pre registrations:
◦ itmatters@auroville.org.in, or +91 9344087925 WA

Date	Activity
Friday, 11 April, 3—4pm	Abundance & Psychology with Matthias
Sunday, 13 April, 2:30—3:30pm	Integral Yoga Psychology with Matthias
Friday, 18 April, 3—4 pm	Abundance & Psychology with Matthias
Sunday, 20 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
Saturday, 19 April, 2—5:30pm	Freud, Jung & Sri Aurobindo with Matthias, Rs 900
Saturday, 26 April, 3—5pm	Language & Verbal Awareness with Vismai, Rs 900

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

More info on instagram: @auroville.curated

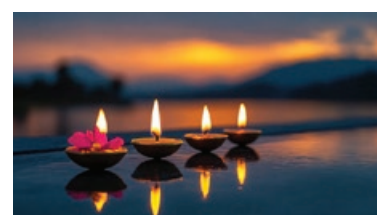
Saranya for It Matters

ASTRONOMY BEHIND INDIAN FESTIVALS

10 April, 6:30—7:30pm IST

Did you know that the positions of the stars and planets determine almost every major Indian festival? The stars literally unite us in celebration. Understanding the astronomical significance helps us connect the skies above with the culture of our land. To learn more, join me in this online webinar.

- Registration: allthingsvedic.in/webinars. Megha Mehta



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,
 - Afternoons: Tuesday & Thursday
 - Full Day: Alternate Friday or Saturday



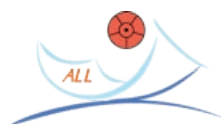
Languages

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 10 April, 2025



Current Schedule of Classes as of 4 April

Lan- guage	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
- 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



**Presents at Aurofilm Studio in Kalabhumi
(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 Kalabhumi, 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 Kalabhumi!

Friday, 11 April 7:30pm

"4 Months, 3 Weeks and 2 Days"

Original title: 4 luni, 3 saptamâni si 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*

AN APPEAL FOR £160

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



**ECO FILM CLUB:
Every Friday
@ 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, 11 April

Planet Earth: Fresh Water

2017, 49 minutes, Alastair Fothergill

Taking an epic journey following the descent of the planet's mightiest rivers from their mountain sources to the sea. Breathtaking river scenery is revealed by a revolutionary helicopter camera mount, from the world's highest and broadest waterfalls to the awe-inspiring spectacle of the 10,000-strong flocks of greater snow geese in flight.

Aviram



**CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
14—15 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, 14 April, 8pm Dhonima

India, 2024, Writer-Dir. Jagadeesan Subu w/ Kaali Venkat, VishavRaj, Mogli K. Mohan, and others, Drama, 107mins, Tamil w/ English subtitles, Rated: NR (G)

In a struggling household, Koti, an alcoholic father, neglects his deaf son, Dravid, while his determined wife, Dhanam, works tirelessly as a housekeeper. When she finds an abandoned golden retriever, she decides to keep it despite financial strain, hoping it will bring comfort to her son. Koti wants to name it Dhoni after the cricketer but changes it slightly since it is a female pup. As challenges mount, their journey becomes one of resilience, sacrifice, and unexpected hope. We bring this heartwarming film to celebrate Puthandu! Wishing you a joyous Tamil New Year!

Potpourri—Tuesday, 15 April, 8pm A River Runs Through It

USA, 1992, Writer-Dir. Robert Redford w/ Craig Sheffer, Brad Pitt, Tom Skerritt, and others, Docu-Drama, 123mins, English w/ English subtitles, Rated: PG

In 1920s Montana, brothers Norman and Paul grow up under the watchful eye of their strict minister father. While Norman is disciplined and reserved, Paul is rebellious and free-spirited. Their shared love for fly fishing binds them together, even as life takes them on different paths. As they navigate family, love, and personal struggles, the river becomes a symbol of their journey.

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



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Eco-Film Fest 2025

Wednesday, 16 April to Tuesday, 22 April

Eco-Film Fest: This year marks the 20th edition of Eco-Film Fest—our week-long celebration of ecological, environmental, and socially rooted films, running (except for 2020) since 2005. From 16 April through Earth Day on 22 April, we bring you a powerful lineup of documentaries on sustainability, justice, livelihoods, and our bond with the natural world. Each is a must-watch—with one-time screening rights only, so don't miss these rare gems!

This may be the final year of the Fest. For two decades, we've managed it on a zero earmarked budget—but access to cutting-edge films, a hallmark of this series, is now harder without dedicated funds. Heartfelt thanks to Kathryn Toll, Mariah Mellus, and the Utah Film Center for helping us secure a couple of films this year. Join us as we celebrate 20 years of thought-provoking cinema—and perhaps a gentle farewell to this cherished tradition.

Eco-Film—Wednesday, 16 April, 8pm

Follow The Rains

Australia, 2024, Writer-Dir. Catherine Marciniak w/ Stephen Axford, Documentary-Nature, 77mins, English w/ English subtitles, Rated NR (G)

With extra rain this year, mushrooms have been appearing in abundance. It feels fitting to begin this series with the story of world-famous fungi hunters—a photographer and a filmmaker—who take audiences on an extraordinary journey into the Australian wilderness, where the intricate dance between fungi, plants, and animals reveals nature's greatest secrets.

Eco-Film—Thursday, 17 April, 8pm

Bittersweet

India, 2020, Writer-Dir. Ananth Mahadevan w/ Vivek Chabukswar, Akshaya Gurav, Anil Nagabhar, and others, Drama, 101mins, Marathi w/ English subtitles, Rated: NR (PG)

In a rural village, Saguna, a determined young woman, is forced to quit college and work in sugarcane fields to support her family. She soon discovers the harsh reality faced by female laborers—no access to basic sanitation and the pressure to undergo dangerous medical procedures to avoid missing work. As she fights against exploitation, she must make an agonizing choice between survival and dignity.

Eco-Film—Friday, 18 April 8pm

Let There Be Darkness

Chasing Time

Let There Be Darkness—India, 2023, Writer-Dir. Dyutiman Bhattacharya w/ Barun Chanda and others, Documentary, 18mins, English w/ English subtitles, Rated: NR (G)—As city lights expand, the beauty of night fades. This film uncovers light pollution's impact on wildlife, health, and ecosystems, urging us to reclaim darkness through poetic storytelling and expert insights. *Shared by its director—an artist, novelist, actor, and IPS officer—it offers a powerful reflection on what we risk losing.*

Chasing Time—USA, 2024, Writer-Dir. Sharah Keo & Jeff Orłowski-Yang w/ James Balog, Kieran Baxter, Hrafnhildur Hannesdóttir, and others, Documentary, 40mins, English w/ English subtitles, Rated: NR (PG)—Building on the revelations of *Chasing Ice* and *Chasing Coral* (both screened here), this film returns to Iceland as renowned photographer Balog concludes his life's work. Stunning visuals and scientific insights capture climate change's irreversible impact, offering a powerful reflection on humanity's role in shaping the planet's future. *We sincerely thank the film team for sharing this screening with us.*

Eco-Film—Saturday, 19 April, 8pm

Plastic People

Canada, 2024, Writer-Dir. Ben Addelman w/ Ziya Tong, Rick Smith, Mary Kosuth, and others, Documentary, 84mins, English w/ English subtitles, Rated: NR (PG)

This award-winning film uncovers the invisible threat of microplastics invading our bodies—from organs to bloodstreams, even reaching newborns before birth. As scientists expose the dangers of single-use plastics, it reveals an escalating crisis affecting us all, often unnoticed and unseen all around us. *We extend our heartfelt thanks to the filmmakers for sharing this powerful film with us!*

Eco-Film—Children's Matinee

Sunday, 20 April, 4:30pm

Mavka: The Forest Song

Ukraine, 2023, Dir. Oleh Malamuzh, Oleksandra Ruban, Yevheniy Yermak w/ Sarah Natochenny, Mike Polloc, Marc Thompson, and others, Animation-Fantasy, 99mins, English w/ English subtitles, Rated: NR (PG)

In an enchanted forest, guardian spirit Mavka falls for Lukas, a gifted musician. As dark forces rise, she must choose between protecting her sacred realm or following her heart. With loyal companions Hush and Swampy, a tale of magic, sacrifice, and the power of love unfolds.

Eco-Film—Sunday, 20 April, 8pm

The White House Effect

USA, 2024, Dir. Bonni Cohen, Pedro Kos, Jon Shenk w/ George Bush, Ronald Reagan, and others. Documentary, 94mins, English w/ English subtitles, Rated: NR (PG)

This engaging film explores the dramatic origin-story of the climate crisis and how a political battle in the George H.W. Bush administration changed the course of history. *We extend our gratitude to the filmmakers for sharing this compelling story with us!*

Eco-Film—Monday, 21 April, 8pm

To Dye For

USA, 2024, Writer-Dir. Brandon & Whitney Cawood, Documentary, 84mins, English w/ English subtitles, Rated: NR (PG)

After discovering their child's severe sensitivity to synthetic dyes, two parents embark on a journey to uncover the hidden dangers of artificial food coloring. As they navigate scientific research and personal struggles, they expose the widespread impact of dyes on health and well-being, challenging industries and raising awareness for a safer future.

Eco-Film—Tuesday, 22 April, 8pm

Green Super Heros 2030

USA, 2024, Writer-Dir. Los Angeles Barea w/ Connor Berryhill, Mandeiya Flory, Zachary Fox-Devol, and others, Documentary, 79mins, English and other languages w/ English subtitles for non-English usage, Rated: NR (G)

This film follows young individuals restoring fragile ecosystems, demonstrating resilience and innovation in the face of environmental challenges. Through stunning visuals and compelling stories, it inspires urgent action and hope for a sustainable future. *Selected by PBS in collaboration with the Colorado Environmental Film Festival for their Earth-Day feature, we warmly thank the filmmaker for sharing this meaningful premiere screening in India with us!*

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.

Nina, MMC/ CP Group Account# 105106,
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The Last Moment

PASSING ON Anand Prasad

With deep sorrow, we inform you that Mr. Anand Prasad Sir passed away in the evening, 8 April 2025.

He was one of the founding team members of the Saracon campus, and his contribution to its growth and spirit has been truly invaluable. His presence, guidance, and dedication have left a lasting impact on all of us.

Born on 18 January 1957, he studied at the Sri Aurobindo International Centre of Education at Sri Aurobindo Ashram and completed his graduation there in 1980. During his school days, he worked on Matrimandir concrete work. Since 2006, he had been an integral part of Saracon. Over the years, he was also actively involved in various community activities including the Auroville Marathon, Aurinoco, and Saracon.

His mortal remains have been brought to his residence in Vaithikuppam for those who wish to pay their final respects. Residence Address: Vinay Apartments, 17 Pillaiyar Koil Street, Vaithikuppam, Puducherry.

Let us keep his memory alive in our hearts and prayers.

*With heartfelt condolences,
Saracon team*



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



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*