

Auroville

NEWS & NOTES

No 1051 - A weekly bulletin for residents of Auroville

21 November 2024



Aurovelo - here, and there...

PONDERING

An uncompromising sincerity is the surest way to spiritual achievement.

- Do not pretend—be.
- Do not promise—act.
- Do not dream—realise.

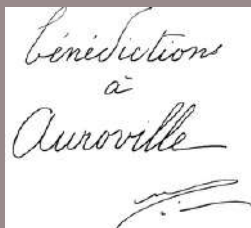
SINCERITY, Part III ELEMENTS OF YOGA,
VOLUME 14 COLLECTED WORKS OF THE MOTHER

[https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#part-iii-elements-of-](https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#part-iii-elements-of-yoga)

yoga



THE MOTHER ON AUROVILLE



First Edition 1977, Reprinted 1993, 1999
© Sri Aurobindo Ashram Trust,
Pondicherry, India.
Published by Madanlal Himatsingka on
behalf of
Vak Trust, Pondicherry - 605002
Filmset and printed at All India Press,
Pondicherry - 605001

CONCEPTION AND BIRTH :

NEW CONSCIOUSNESS

Page 15

The task of giving a concrete form to Sri Aurobindo's vision was entrusted to the Mother. The creation of a new world, a new humanity, a new society expressing and embodying the new consciousness is the work she has undertaken. By the very nature of things, it is a collective ideal that calls for a collective effort so that it may be realised in the terms of an integral human perfection.

The Ashram founded and built by the Mother was the first step towards the accomplishment of this goal. The project of Auroville is the next step, more exterior, which seeks to widen the base of this attempt to establish harmony between soul and body, spirit and nature, heaven and earth, in the collective life of mankind.

1969

Page 16

Q: What is the difference between the Ashram and Auroville?

The Ashram will retain its true role of pioneer, inspirer and guide. Auroville is the attempt towards collective realisation.

June 1968

*

Q: What is the fundamental difference between the ideal of the Ashram and the ideal of Auroville?

There is no fundamental difference in the attitude towards the future and the service of the Divine.

But the people in the Ashram are considered to have consecrated their lives to Yoga (except, of course, the students who are here only for their studies and who are not expected to have made their choice in life).

Whereas in Auroville simply the good will to make a collective experiment for the progress of humanity is sufficient to gain admittance.

10.11.1969

*

Q: Is Auroville the only solution to the misery of mankind and the disorders of society?

Not the only solution. It is a centre of transformation, a small nucleus of men who are transforming themselves and setting an example to the world. This is what Auroville hopes to be. As long as egoism and bad will exist in the world, a general transformation is impossible.

28.12.1972

The city the earth
needs.



Nature's Hope for Realisation

Nature knows that one day she will be able to realise. -- The Mother

Mangifera indica L., Anacardiaceae
Mango tree

Page 17

Q: Will a day come when there will be no more poor people and no more suffering in the world?

That is absolutely certain for all those who understand Sri Aurobindo's teaching and have faith in him.

It is with the intention of creating a place where this could come about that we want to establish Auroville.

But for this realisation to be possible, each one of us must make an effort to transform himself; for most of the sufferings of men are the result of their own mistakes, both physical and moral.

8.11.1969

*

Q: How can you believe that in Auroville there will be no more suffering so long as the people who come to live there are men from the same world, born with the same weaknesses and faults?

I have never thought that there would no more be suffering in Auroville, because men, as they are, love suffering and call it to them even while they curse it.

But we shall try to teach them to truly love peace and to try to practise equality.

What I meant was involuntary poverty and begging.

Life in Auroville will be organised in such a way that this does not exist—and if beggars come from outside, either they will have to go away or they will be given shelter and taught the joy of work.

9.11.1969

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team
newsandnotes@auroville.services

LIST OF ACRONYMS:

AVF (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (*not recognised by the Residents Assembly*).

Working groups selected by the Residents Assembly:

Working Committee (RA WCom)
Funds and Assets Management Committee (RA FAMC)
Budget Coordination Committee (RA BCC)
Town Development Council / L'avenir d'Auroville (RA TDC)
Auroville Council (AVC)
Entry Service (ES)

GB groups:

Working Committee (GB WC)
Funds and Assets Management Committee (GB FAMC)
Budget Coordination Committee (GB BCC / GB BCS)
Auroville Town Development Council (GB ATDC)
Housing Service (GB HS)
Land Board (GB LB)

NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can donate at this account Nr: **FS #252150**.
- Content sent through @auroville.org.in mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is:
newsandnotes@auroville.services

Thank you for your continued support!

In Community,

The RA Community Edition News and Notes Team

CONTENTS

Mother on Auroville

Guidelines / Acronyms / Table of Contents

WORKING GROUPS NEWS

From the Entry Service

From the Working Committee

GB / FO Groups News

COMMUNITY NEWS

Obituary

Community Sharing

Gathering

Inner Journey

French News & Notes

Auroville Conversations

Residents Speak

Food for Thought

ANNOUNCEMENTS

Work Opportunities

Looking For

Activities at Serendipity

CULTURAL ANNOUNCEMENTS

Art Exhibitions

Theatre

Poetry

Food

Auroville Radio

For The Bookworms

Cinema

Cinema Paradiso

COMMUNITY SERVICES

Essential Services

Education

Other 'Services'

Health

Access to the Park of Unity and Matrimandir

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to: auroville.entryboard@gmail.com



Dear Friends,

As you may know, the Entry Service has been functioning with reduced capacity since January 2024.

The actions taken to stop the work given to the Entry Service by the Residents' Assembly persist. However, according to the Auroville Foundation Act, the power to admit and terminate names from the register of residents is within the exclusive domain of the Residents' Assembly. The new regulations were challenged before the Madras High Court and have been stayed, but have not been finally heard and disposed.

Be that as it may, the Entry Board team has been reconstituted according to the Residents' Assembly approved process and 3 ongoing members welcomed 5 new members. The team has been meeting regularly since May 2024.

However, we have been advised not to process new applications for the time being.

We intend to use this time to take up pending work such as requesting mentor reports, and Newcomer self assessments. We plan to resume completing the Newcomer processes, some of which have been left pending for over 6 months as soon as we are advised to do so.

We apologize for the delays however it has been due to circumstances beyond our control.

We pray for relief by the courts in due time.

Sincerely,
The Entry Service & Board



FROM THE WORKING COMMITTEE

WARNING RE PHONE SCAMS

Dear Community,
We are writing to bring to your awareness that a number of highly sophisticated telephone scams are currently being carried out in the area.



Recent scams have included messages that claim to be from the Indian Telecom Department, from Customs claiming that you have a parcel in your name and another that claims to be from SBI bank. However, the scam artists are continually changing their methods so we urge you to be alert at all times. They are very believable, and go to great lengths to draw people into a situation where they can learn personal details in order to extract money.

Some tips to protect yourself:

- Always be sceptical about unknown callers, especially when they ask for personal information while stating that there has been illegal activity on your part.
- Always remember that nobody who should already have your sensitive information will ever call you and ask for it.
- Banks will never ask you for your ATM PIN numbers or other such sensitive information, so don't give it if they ask for that during a phone call. If the caller claims to be from a bank and is asking for a transfer of money to another bank account, contact your bank to verify the receiving account.
- If you receive such calls without you initiating an enquiry then it is most likely a scam.
- Ask a lot of questions, and do not be rushed into anything. Legitimate businesses and authorities will be willing to wait for you to make decisions.
- Never click on unexpected and unknown links sent through text.
- Be cautious about replying to requests regarding sharing OTPs or opening unexpected links even from known contacts.

For more information about common phone scams and how to avoid them, please read the article at this [link](#). If you receive a suspicious call and are not sure if and how to respond, please feel free to visit us during our open house times on Tuesdays between 10 and 12.

In service,
The Working Committee of the RA
Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1053

Please click [HERE](#) to read the FO groups news



COMMUNITY NEWS

OBITUARY

TRIBUTE - JEANLUC BURO

Aurofilm would like to offer a homage following the sudden passing of Jeanluc, who has been an active supporter and collaborator to Aurofilm and its programs and recently became a member of our team!



We will miss him very much, his happy and joyful personality, his deep passion for Cinema, art & the artists, and his big love for nature and environment also!

Here we are sharing a short video in memoriam for him:

[JeanLuc Memorium](#)



In Loving Memory of
our dear friend and Colleague
Jean Luc Buro
1954 - 2024

Rest in peace dear Jeanluc.

Courage, love and light to your family and friends!
The Aurofilm Team



COMMUNITY SHARING

OFFERING

Offering a range of sessions as a **gift to the AV community**, from whom I always receive SO much.
These range from living slowly, travelling the world, discovering a dustbin free life- befriending the body- relationship repair and more.

All are listed in this google doc with my contact info
<https://docs.google.com/document/d/1jFoGVktpwKjZB-OywyF39BOn5t359475Z5bqbBNVfqU/edit?tab=t.0>

Click here to read more about my work- life- travels
<https://tinyurl.com/v9nwba2>

Thank you for reading.

Love, Deepa



AUROVILLE DOG SHELTER



Monsoon Brings Suffering for Puppies in Auroville

As the rains intensify, so does the plight of countless puppies born and abandoned across Auroville. Each day, we receive desperate calls to rescue these vulnerable pups from the harsh elements and looming death. However, despite our deep desire to help, our old shelter is overcrowded to the maximum and the monsoon rains have flooded it severely.

A recent Parvo outbreak, which tragically claimed the lives of many unvaccinated puppies, has deepened this crisis. Our inability to quarantine sick animals due to the lack of proper quarantine facilities has left us powerless. During our vaccination and free treatment drive, we managed to treat and vaccinate over 1,000 dogs and cats in Auroville and surrounding areas, which depleted our stock of medicines almost entirely.

A Plea for Essential Support

Our petition, which has gathered over 800 signatures, calls on Auroville's administration to provide Rs. 3 lakh in basic monthly funding to cover our operational expenses. This support is vital until we can build our new shelter and it is operational and self-sustaining. However, after months of waiting, the lack of an appointed Auroville Secretary has stalled negotiations, leaving us and our dogs to endure yet another monsoon in the inadequate and overcrowded old shelter.

Despite all the hardships, we have made significant progress on the new Serenity Building, which is almost complete and will allow us to relocate dogs from the most severely flooded enclosures. However, the broader HOPE area, where this structure stands, is also on low-lying land which turns into a lake. For over a month, we've already been waiting for 45 truckloads of earth from the Matrimandir Lake to raise the ground by a foot. This vital step is necessary to make the area safe and habitable for the dogs.

How You Can Help

During these trying times, we turn to all dog lovers and Auroville residents for help. Here's how you can make a difference:

- Donate Supplies: We urgently need rice, old clothes, building materials, and roof sheets.
- Volunteer Your Time, even if it's just one hour per day: Join us in the daily dog walk experience from 9:00 AM to 10:00 AM.
- Donate to our FS 251391 or find more donation gateways at www.aurovilledogshelter.com



Stand with the Auroville Dog Shelter as we navigate this challenging time together. Let us hold onto the hope that after this long period of darkness, a renewed spirit and light will emerge, bringing a brighter future for Auroville and all its residents—both human and animal.

For a better tomorrow!

GATHERING

SIDDHI DAY OR THE DAY OF VICTORY

SUNDAY 24.11.2024

*"When the Lord becomes
conscious of Himself, the
world is created.*

*Consciousness is the
breath that gives life to all.'*



6:30 - 7 am: Meditation under the Banyan Tree at Matrimandir.

Entrance from the Office Gate, open from 6 am.

Guests are requested to carry their Aurocard.

Last entry for Aurocard holders at 6:40 am.

AUM

INNER JOURNEY

SAVITRI SATSANG WITH NARAD

EVERY WEDNESDAY, 04:30 - 05:15PM

*Savitri, this prophetic vision of the world's history, including the
announcement of the earth's future.*

We will begin with Book 1, The Book of Beginnings, Canto 1,
The Symbol Dawn.

At Savitri Bhavan - Square Hall.

OM CHOIR

EVERY WEDNESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration,
in the form of united prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall.

- Narad.



AMPHITHEATRE - MATRIMANDIR

**Meditation at sunset with SAVITRI,
Sri Aurobindo's long mantric poem, read by Mother to
Sunil's incredible music.**

**Every THURSDAY
5.30 to 6.00 pm**

(weather permitting)



Enjoy the 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 to use cameras, i-pads, cell phones, etc.
No photos.

Dear Guests, please carry your Guest Card with you –Access only
for the Amphitheatre from 5.45 pm and the time of the meditation.
Thank you.

Surya, Velmurugan and Vinay



NEXT OPEN CIRCLE ON THE PSYCHIC BEING

SATURDAY 23 NOVEMBER

Dear Community,



We remind you that the next Open Circle in English on the topic of the Psychic Being will happen **Saturday 23 November from 3:00pm - 4:30pm at the Pavilion of Tibetan Culture.**

Please, kindly book your participation in advance by sending us an email to innerbeing.auroville@gmail.com

Sincerely,

Dan, for the InnerBeing Team - innerbeing.world

VIPASSANA MEDITATION

Date: Every Sunday - for those who have attended at least one ten day Vipassana course as taught by SN Goenka.

Timings: 8:00 AM – 12:00 PM but you can also drop in and join as long as you wish.

Venue: Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).



Vipassana

As taught by S.N. Goenka



Contact: Sanjay Tumati,
+91 87909 82210 (available on WA)
sanjay@auraauro.com

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

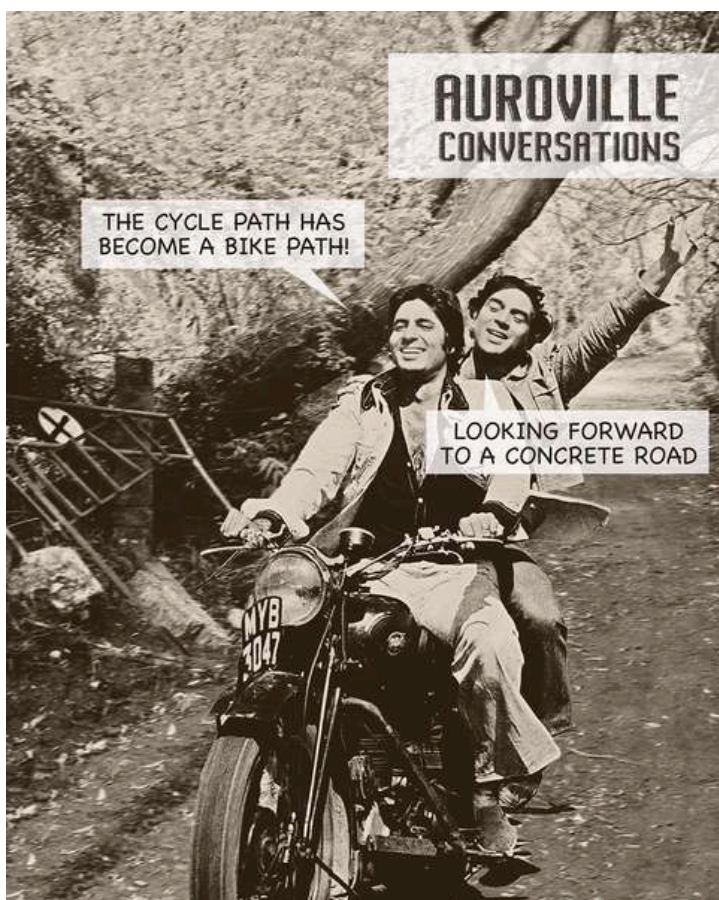


Auro – Traductions

Click [here](#) to read the French News&Notes or scan the QR code.



AUROVILLE CONVERSATIONS



AUROVILLE
CONVERSATIONS

THE CYCLE PATH HAS
BECOME A BIKE PATH!

LOOKING FORWARD
TO A CONCRETE ROAD

Submitted by an Aurovillian

RESIDENTS SPEAK

AN OFFERING. FOR A NEW BEGINNING

புதிய தொடக்கத்திற்கு. ஒரு காணிக்கை

UNE OFFRANDE. POUR UN NOUVEAU COMMENCEMENT

2024 - 2025

Greetings.

Here is a first document conceived for a collaborative work of scrutiny and research so as to reach, now itself, in 2024, a new threshold of common commitment at the service of Auroville.

The document which will result of this shared research can then serve as a basis for a unified collective action.

Notes for a new beginning.



Introduction:

There has been a break, a fracture, a disruption in our collective experience and in the temporal history of Auroville: in 2021, the central Government of India took over the control of all assets, lands and services of Auroville and massively invested public funds, through its Ministry of Education, so as to hasten what it deems to be a priority in the outer development of the "project".

This orientation has been made possible by the conviction a number of Aurovilians held of the imperative necessity to win back all the time lost in the meanders of a collective experiment too nebulous and vitiated by egoism... *continued...*

(Send your suggestions and proposals to this address: offeringinprogress@proton.me and we shall proceed further in the formulation of a clear document of renewal and commitment)

Click [here](#) to read the full document in **English, Tamizh, and French** or scan the QR code.

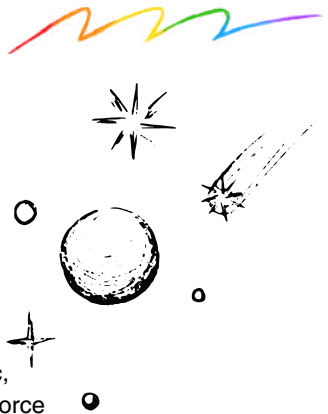


INFINITE POTENTIAL 2.0

ॐ

As an atom of hydrogen
Is distinct from oxygen
Being born by One Origin
At every moment's fraction,
You as an individual unique
Is entitled to a viewpoint distinct.
With that the term cosmoscentric,
As an upgrade from planetcentric
Emerging from ethnocentric
And base false-separative egocentric,
As hierarchies of a Consciousness-Force
That creates Its forms to express,
As energy that is neither created
Nor destroyed, only transformed.
This poem's title
Of Infinite Potential
Indicates One Source Eternal
As basis for each unique individual
With 'Infinite' meaning no limits.

..... Zech, 2024.11.18

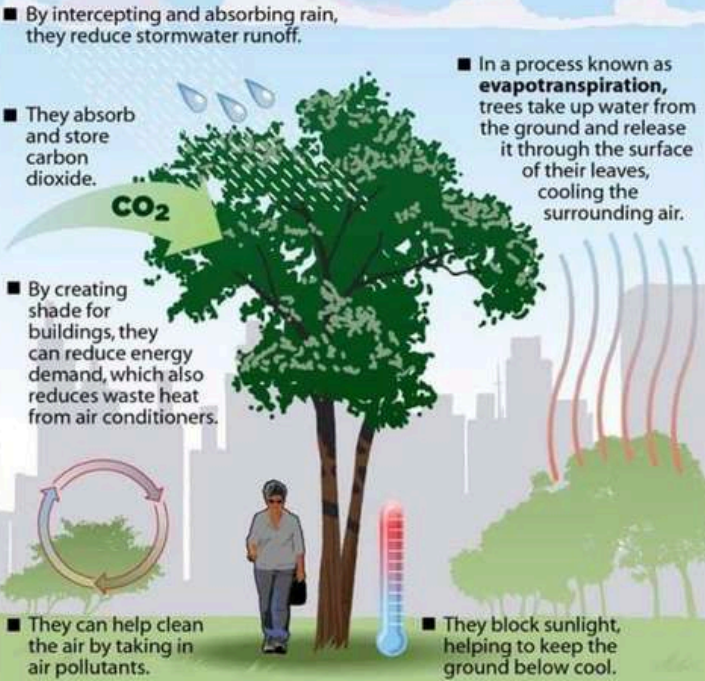


To continue reading,
[click here](#)



Why Trees Are So Cool

Experts say trees should be considered urban infrastructure, every bit as important and useful as sewage, drinking water and transportation systems. They are an important tool for cities to reduce urban heat island effects. Here are a few ways trees benefit our urban environments:

- 
- By intercepting and absorbing rain, they reduce stormwater runoff.
 - They absorb and store carbon dioxide.
 - By creating shade for buildings, they can reduce energy demand, which also reduces waste heat from air conditioners.
 - In a process known as **evapotranspiration**, trees take up water from the ground and release it through the surface of their leaves, cooling the surrounding air.
 - They can help clean the air by taking in air pollutants.
 - They block sunlight, helping to keep the ground below cool.

SOURCES: EPA; North Carolina State University; U.S. Forest Service

PAUL HORN / InsideClimate News

ANNOUNCEMENTS

WORK OPPORTUNITIES

ECO FEMME IS LOOKING FOR SOCIAL MEDIA ACCOUNT MANAGER:

Eco Femme is looking for a creative individual to join our team as a Part Time Social Media Account Manager. If you're passionate about making a positive social impact, love working across a range of social media platforms and skilled in coordination and organization, this may be your ideal role!

Proven experience required:

- 1+ year experience in account management of Instagram, Facebook and YouTube
- Word press (website updates)
- Google Drive suite
- Graphic / aesthetic sensitivity
- Competent written and verbal English.

We are based in Auroshilpam. Starting date: Immediate.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

ECO FEMME IS LOOKING FOR A MARKETING AND COMMUNICATION TEAM LEAD:

Eco Femme is seeking a dynamic and passionate Full-time Marketing and Communications Team Leader to drive our growth and brand awareness. We are looking for experience in marketing strategy, leadership, and project management to guide our team to meet organizational and programme goals.

Proven experience required:

- Minimum 1 year experience leading a team, including cross-functional coordination
- Marketing strategy development and implementation
- Basic understanding of performance marketing and analytics
- Platform specific expertise in Instagram, Facebook, Linked In, YouTube, Google Business, website, and email marketing
- Project management / campaigns.

We are based in Auroshilpam. Starting date: Immediate.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!



eco femme

"Revaluing menstruation: because Life depends on it"

<https://ecofemme.org/>

LOOKING FOR

LOOKING FOR AN OVERHEAD WATER STORAGE TANK

Dear Auroville Community,

I am looking for a **Used or Unused Overhead Water Storage Tank** for my house, If Anyone like to donate or sell, please contact me Ramakrishnan

• Mobile: 99439 19899

• Email:

rkrish651@gmail.com



KING SIZE BED TO GIFT



I have a **cane structure and a king size (198 x 183 cm) mattress** to gift.

It is old, but was good enough to have a comfortable sleep for me until last week.

Since I am stuck to bed after an operation, I need something more soft now.

The mattress is very heavy. You need 2 or 3 strong persons to carry it to your transport.

Please call Birgitta 94423 00574.

LAPTOP FOR STUDENT

Dear Auroville Community,
Aurovilian Devashri, studying visual communication in the third year, needs a laptop.



Fortunately she has received a donation of Rs 25,000. She needs now to fundraise the balance of **Rs 23,000**.

Devashri is very grateful for any further help towards the purchase of the computer so that she can soon buy it and start with her project work for her college studies.

Contributions can be made over Financial Service account # **251110**, Devashri study.

Any amount is much appreciated. Thank You very much!

CYCLE BASKET



Looking for a basket for a cycle.

Love, Deepa

stigmatad@gmail.com

98115 74667 (sms / call: no wa)

REFURBISHED FURNITURE

Hello, I recently moved into an unfurnished house and I'm looking for some refurbished furniture if anyone wants to donate or sell.

I'd be needing



- Working ceiling fan
- Study/Office table & chair
- Extra mattress
- Small tables/stools or small coffee table
- Unused wall paint (white) or wall painting tools.

Please contact: +91 89797 82699.

Sasha

ACTIVITIES AT SERENDIPITY

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: 0091 (0)413 - 3509950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



REGULAR CLASSES:

Qi Gong - with Lhamo

- **Every Monday - Wednesday and Friday 7 - 8:15am**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

Hatha Yoga with Ramesh

- **Monday and Thursday from 5.30 - 6.30pm, and Saturday 7 - 8am, drop in class.**
- **(Restarting from Monday 4th November)**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

Traditional Sanskrit Mantras with Sonia

- **Thursday from 9 - 10am (Drop in class); and Friday from 5 - 6pm (Regular Students only).**

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of

the “sadhana” or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Book Reading Circle - “Be As You Are” by Sri Ramana Maharshi - with Debashish

- **Wednesday from 6 - 7 pm**

The book beautifully explores the teaching of the sage of Arunachala. For him, the realization that “there is no reality other than the Self” was not merely a philosophical concept but a profound truth that shaped his life into one of boundless joy. And in time the world recognized the power of his grace. What was the essence of his wisdom that transformed countless lives and inspired generations of modern philosophers and spiritual teachers. Let’s discover it together.

THERAPIES:

Shiatsu Massage with Sara

- **On appointment only (Sara +91 94436 17308)**

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

Cheek Acupuncture with Lhamo

- **On appointment only (+91 84380 53127)**

Cheek acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body.

Gua Sha (Chinese Detox Scrub) with Lhamo

- **On appointment only (+91 84380 53127)**

This is one of China’s oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

Modern Trance Healing - Hypnotherapy with Lhamo

- **On appointment only (+91 84380 53127)**

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. In Modern Trance Healing, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.



CULTURAL ANNOUNCEMENTS

EXHIBITION OPEN CALL

SEASON 2025-2026

Centre d'Art is pleased to accept submissions of cohesive art projects.

The artist, through the description of the project and the images provided, should convey the inspiring idea that gave life to their work. It is important that the submission for the exhibition is coherent and represents the theme that is being explored. It is better if the project and the work are part of a research developed in recent times.

All artists are welcome to submit their projects for an exhibition in the season 2025-2026. If you are interested please send your submission before 31/01/25 to centredart@auroville.org.in and write "Exhibition Submission" as the subject of the email.



The email should contain:

- Contact details
- A short biography of the artist
- The title of the art project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition.

The **use of the space is free of cost** but transportation of the work and presence in the gallery during the exhibition time are the artist's responsibility.

The selection will be made in **February** and the decision will be communicated within a few weeks. All submissions will get an answer.

Looking forward to receiving your application.


CONTACT IMPROVISATION WORKSHOP

@ NEW CREATION STUDIO, DEC 13 - 15

DEC 13-15, 2024
New Creation, Auroville

RADICAL STATES OF PRESENCE
Freedom & Dependence in Contact Improvisation

with Erica Kaufmann
and Karthik Rajmohan



A workshop of discovery & revelations in the evolving states of presence – how we arrive, engage, and collaborate within CI.

INFO AND REGISTRATION
aurovilleartworld@gmail.com

Join Erica and Karthik in Auroville for a beautifully designed weekend! We will dive deep into the foundational principles of contact improvisation and examine how individual freedom & mutual dependence are relational. By expanding our awareness from skin to the space around us, we will explore how this dynamic fosters new discoveries and opens possibilities.

This collaborative workshop offers an opportunity to refine one's technical and compositional skills within CI.

Open to all levels of experience.

Erica Rachel Kaufman has contributed to the continued development of Contact Improvisation since 1987. Interested in physics, states of consciousness and movement to unite people across borders, Erica has taught and performed CI in USA, Israel, China, Europe, and India.

Erica has collaborated with Nancy Stark Smith and the full CI founding generation on reunion gatherings with Steve Paxton to dance, discuss, ponder CI, and share time together.

Karthik is a dancer, teacher and performing artist based in Berlin. He has a Diploma in Contemporary dance (2011) from Attakalari Centre for Movement Arts and trained in various forms of contemporary dance, kalaripayattu, bharatanatyam, body conditioning, contact improvisation and instant composition. He is one of the first generation of CI practitioners from India and has worked with several dance companies, arts collectives and social organisations in India and Europe, while developing a teaching practice.

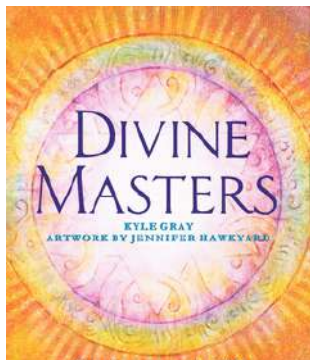
For queries and registrations, please email aurovilleartworld@gmail.com

ART EXHIBITIONS

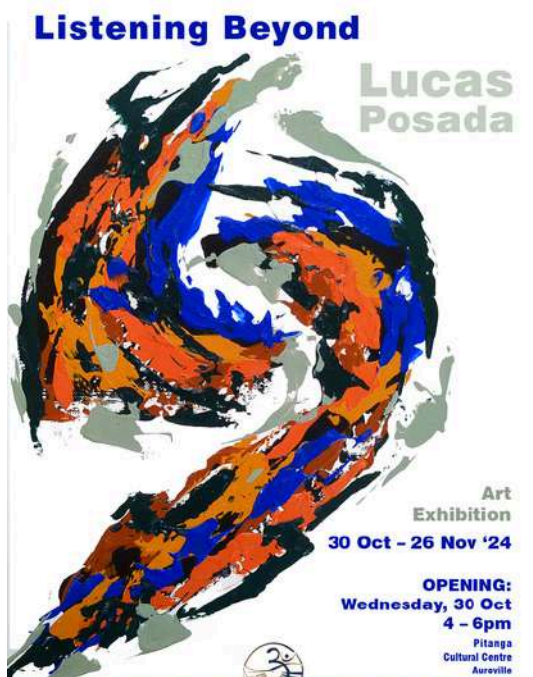
DIVINE MASTERS - KYLE GRAY ARTWORK BY JENNIFER HAWKYARD

OCTOBER - NOVEMBER 2024

- At Aurelec Restaurant & Art Gallery.
- Open from 9 am - 5 pm.



LISTENING BEYOND - LUCAS POSADA 30TH OCT - 26TH NOV 2024, PITANGA



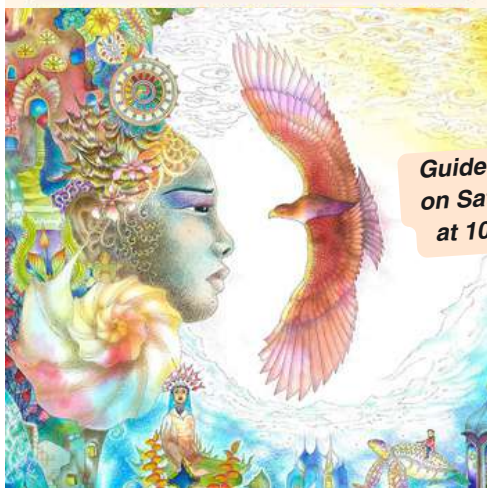
Exhibition timings: Daily, except Sundays
Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAAZ0017BY3H

SACRED ECHOES BY PUJASREE BURMAN

15 NOVEMBER - 4 DECEMBER, CENTRE D'ART

SACRED ECHOES

NATURE'S SPIRITUAL ESSENCE



**Guided visits
on Saturdays
at 10:30am**

Showcasing recent artworks of Pujasree Burman



Centre d'art Citadines, Auroville

16th Nov - 4th Dec, Tue - Sat 02:00 - 05:30 pm

Only 23rd and 30th Nov, 02:00 - 07:00 pm

Mornings by appointment only (centredart@auroville.org.in)

Please park at Town hall parking.

Sacred Echoes is an exhibition featuring Puja's recent works, created over the past three years, including a series of paintings she completed during her time in Peru.

While traveling through Peru, Puja experienced a profound realization about the core of her being.

Immersed in a rustic village of the Shipibo tribe and in the company of healers and like-minded individuals who had long been on their own journeys of healing, she found herself on an inner quest of self-discovery.

The paintings created in Peru are expression of this journey. The animals, forests, and energies are the elements that came and guided her as she sought to reconnect with her true essence.

Guided by the color theory that asserts the capacity of vibrant hues to elevate emotions, Puja has harnessed the power of watercolors and color pencils to weave her narratives. The foundation of each creation takes root in inked lines, breathing life into each piece with an authenticity that mirrors the rhythm of existence.

Using this artistic language, she has become a conduit for visions born of dreams and meditations, giving form to ethereal landscapes on canvas. This metamorphosis has led her to embrace the mantle of a visionary artist—one who translates innermost perceptions into tangible expressions.

Through the strokes of visionary art, she endeavors to convey her reverence for nature's beauty and our interconnectedness within the vast expanse of the universe. Each artwork stands as a testament to the threads that bind humanity with the natural world, mirroring the flow of life in the interplay of colors and forms.

In the tapestry of visionary art, reality becomes the canvas upon which dreams are woven with threads of light and shadow. Each stroke of the brush, each intricate detail, is a fragment of the artist's quest to mirror the unseen, to capture the whispers of the universe that dance on the fringes of human perception.

It's a communion of hearts, where the artist's pulse resonates with the rhythm of the cosmos.

As we gaze upon visionary art, we are not mere spectators; we are pilgrims embarking on a sacred journey. We traverse realms woven from the threads of dreams, traversing landscapes that mirror the enigma of existence itself. It is a reminder that reality is but a fragile veil concealing the myriad layers of the soul's tapestry.

PUJASREE BURMAN

Born in 1993 in Kolkata, Pujasree's formative years unfolded in the city's embrace. Her journey led her to the Maharaja Sayajirao University of Baroda, where she both pursued her undergraduate studies and honed her postgraduate skills in painting.

Initially immersed in watercolors, she emulated Abanindranath Tagore and Japanese artistry. University life expanded her horizons, unveiling Indian art and miniatures. These influences shaped her work.

Graduation and post-graduation pieces, marked by subdued hues, confronted patriarchal abuses against women. While cathartic, they didn't define her path.

Venturing into visionary art from 2020, Pujasree explores new dimensions, leaving behind the confines of past themes and colors.

THE SYMBOL OF MEDITATION

BY VASANDAN VIRAPPAN

15 NOVEMBER - 4 DECEMBER, CENTRE D'ART



Vasandan's artwork has been composed with the implied theme of the "Relationship of the Meditation with the art in relevance to the Nature".

Each and every artwork with the composition of drawing and painting created by Vasandan has its own state of research concept which showcases the beauty of innermost thoughts and feelings which relates the cosmic energy of the "Yoga Nittara" to the power of spirituality.

He attempted to bring out the essence of his works and to let the viewers to connect and reflect intimately and passionately to the subject.

By exclusively working with pen and ink stippling methodology with very fine black lines and with a detailed note of shades and tones is his iconic method of creating the mind-blowing artworks.

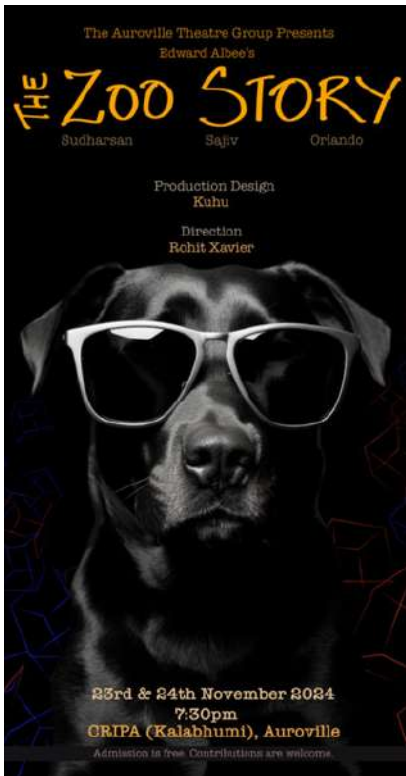
"The five elements of Pancha Bhoota play an important and prominent role in this world". The significance of the Pancha Bhoota in the human body is the main driving source of the plot behind his landscape legacy. A state of being in harmony with nature in the posture of "Padmasana" makes the lotus bloom in the soul to feel the power and nature of the inner famine.

He has brought out the "Seven Chakras" to indicate the power of meditation and its soulful relationship in the purpose of our life through his attractive painting. Thus, it reflects that there is only one life, one power and one state of mind. Indeed, it's the brief of the central theme of his composition of painting on the canvas.

THEATRE

THE AUROVILLE THEATRE GROUP PRESENTS :

THE ZOO STORY BY EDWARD ALBEE, CRIPA



The Zoo Story, written by Edward Albee, is a one-act play that explores themes of isolation, communication, and the human need for connection. The play centers on an encounter between two men: Peter, a successful, middle-aged executive, and Jerry, a troubled and lonely man who disrupts Peter's quiet afternoon in a Park. Through an increasingly intense and bizarre conversation, Jerry draws Peter into a confrontation that challenges his contentment and forces him to confront the darker sides of human nature. The play delves deeply into social alienation, with Jerry embodying the outsider figure who feels

abandoned and misunderstood by society. His stories serve as metaphors for his observations on human behaviour, the barriers people construct between each other, and the often cruel indifference of society.

- CRIPA, 23 & 24 November, 2024 @ 7:30 pm.
- Directed by Rohit Xavier Shaji (remember him from PETER PAN, A FIRE (Spiritual Journey of a Nomad) and MACBETH!
- With Aurovilians Sajiv Pasala and Sudharshan Rangarajan.
- Music by Hartmut von Lieres.
- Ages +13 recommended.

**Admission is free.
Contributions
welcomed!**

POETRY

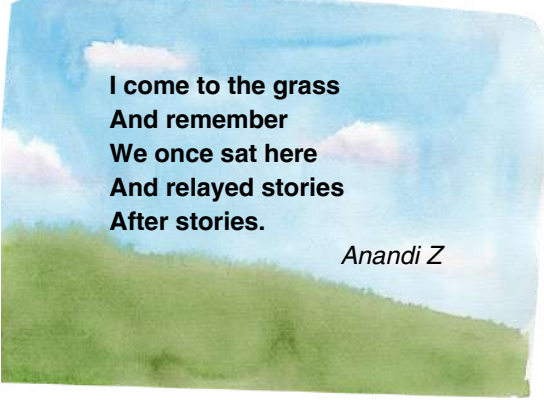
Meeting

What matters if these outward beings meet
To smile and speak?
From time to time their souls,
While these do slumber,
Will hail each other,
Light hailing light.
They know the encounter of Self with Self,
The mystery of one Self in the Other.

By day they labour to remember:
Life's mystery is replenished.

It is the dream that counts.
In time it will become the substance of earth's days.
When that time comes
We shall not choose if they should meet or not
But we shall in our outer motions keep
The course of Self and Self,
Of one Self in the Other
That now across time-spaces guides our flight in sleep.

Maggi Lidchi-Grassi



I come to the grass
 And remember
 We once sat here
 And relayed stories
 After stories.

Anandi Z

Stair by Stair Jan. 15, 2011

Why not come and dine with me tonight
 In silence by a single candlelight
 And look into a future clear and bright
 Filled with promise and a strange delight.

Why not come and walk with me this day
 And catch the early morning's brightening ray
 Nothing need we do and nothing say
 But watch the wind blow the past away.

Why not join me in my hour of prayer
 Inhale the freshness of the changing air,
 See beauty born and earth in heaven's care,
 To divinity ascend stair by stair.

Narad

FOOD

FOOD FOREST TOUR - EVERY SUNDAY

FOOD FOREST TOUR
 WITH VEGAN ICE CREAMS GREEN SMOOTHIES and more...



EVERY SUNDAY from 9:30 to 11:30
 (for groups of min 4 people any other weekday is possible)

Come for a morning experience in my permaculture garden, learn about organic farming and get inspired to grow your own food. We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers. After the tour we are going to create delicious and nourishing

VEGAN ICE CREAMS

with lots of flavourful toppings from the garden and our homemade produce.

La Ferme Community (5min from AV Bakery)
 Sign up and info www.myfoodforest.in
 whats app text Sarah 9047421044

MARC'S CAFE - EVERY TUESDAY

SPECIAL BREAKFAST AT MARC'S

Greetings from Marc's Café!

Join us every **Tuesday from 8:00 - 12:00 pm** for a special breakfast at Marc's.

Celebrate the Auroville spirit and connect with the community **over a cup of coffee, dosai, and freshly baked croissants.**

Exclusive Offer: Enjoy a 50% discount on the mentioned items for all Aurovillians, Newcomers, and SAVI Volunteers.

See you soon!
 Marc's Team



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

Last published podcasts:

- [Exploring Education in Arts, Animation and Film-making Ep.36 - The pre-World War II Sound Era Introduction of Sound \(Arts & Culture\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.472. \(Integral Yoga\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.471 \(Integral Yoga\)](#)
- [La Vita Divina Ep.45. LIBRO II - CAP. V PARTE III - L'illusione cosmica; Mente, Sogno e Allucinazione. \(Sri Aurobindo\)](#)

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

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

[Please note, our domain has changed from aurovillerradio.org to aurovillerradiotv.org. Kindly update your bookmarks!]

Peace and love.

FOR THE BOOKWORMS



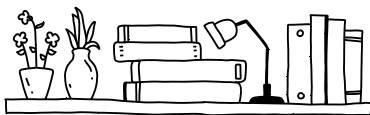
AUROVILLE LIBRARY - READING CIRCLES MONDAYS, TUESDAYS, AND THURSDAYS

Current book reading circles at the Auroville Library :

- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)



- Thursdays 6 - 7pm, main building - **When Things Fall Apart by Pema Chodron**, hosted by Helen & Serena (+91 70947 53054 / +91 84897 60966)



PAVILLON DE FRANCE PRESENTS - STORY-TELLING CONFERENCE: ALONG THE THREAD OF FABLES, SATURDAY 23RD NOVEMBER 2024



The French Pavilion invites you to a unique conference led by Mireille, blending historical facts with artistic expression in an original conference format. With a background in psychology, Mireille discovered her passion for storytelling, combining human emotions with the art of narration. For 25 years, she has explored oral traditions alongside storytellers like M. Hindenoch and has shared her stories across the world:

Since ancient times, tales and fables have traveled across lands and through countless generations, carried by storytellers who shared them through the spoken word. These stories, rich in imagination and moral lessons, transcended boundaries of language and geography, finding their way into the hearts of diverse cultures. In this lecture, you're invited to walk the path of these storytellers, immersing yourself in ancient tales that reveal universal truths about the human experience. By exploring these narratives, you'll uncover timeless wisdom that continues to resonate and inspire today.

- A free event by Mireille and Sophie.
- **Saturday 23rd November 2024 at 4:30pm.**
- At French Pavilion.
- This event will be held in French with simultaneous English translation.

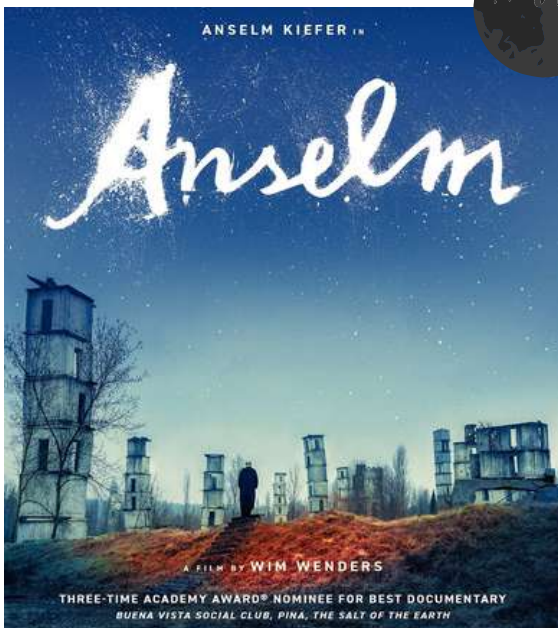
CINEMA

NEW! ART MOVIE SCREENINGS AT CENTRE D'ART

NEW MOON MOVIE, SAT 30TH NOVEMBER

Every **NEW MOON Day**, Art movie screening at Centre d'Art. The first one will be on **Saturday 30th November at 5pm**, in the **Multimedia room**.

ANSELM, by Wim Wenders, 2023 – 93 min.



In **Anselm**, Wim Wenders creates a hypnotic portrait of **Anselm Kiefer**, one of the most innovative and important painters and sculptors of our time. The film presents an immersive cinematic experience of the German artist's work, which explores the overawing beauty of human existence, landscape, and myth while confronting the horrors of his country's history and seeking to undo the postwar silence in which both artist and director came of age.





presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

Reminder: Friday 22nd at 8:00 pm : “R.M.N.”
by **Cristian Mungiu**, Romania, 2022

Overview: The highly awarded Romanian film director of "4 months, 3 weeks, 2 days" and "Graduation", sets the action of his last film in Rimetea and various other villages in Transylvania, Romania, Mungiu named the film after a Romanian acronym for nuclear magnetic resonance, as the film is "an investigation of the brain, a brain scan trying to detect things below the surface". It is based on the 2020 Ditrău xenophobic incident!



Synopsis: A few days before Christmas, having quit his job in Germany, Matthias returns to his Transylvanian village. He wishes to involve himself more in the education of his son, Rudi. He's also preoccupied with his old father, Otto and also eager to see his ex-lover, Csilla. When a few new workers are hired at the small factory that Csilla manages, the peace of the community is disturbed. Underlying fears grip the adults, and frustrations, conflicts and passions erupt through the thin veneer of apparent understanding and calm... The film was selected in the official competition at the 2022 Cannes Film Festival.

Original version in Romanian with English subtitles. Duration: 2h05'

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

Friday 29th November at 8:00 pm :

“Lala's Gun“ (Chinese: 滚拉拉的枪; pinyin: Gun Lala De Qiang)

Directed by Ning Jingwu, China, 2008

With: Wang Jishuai, Shi Mingma, Gun Dangyuan



Synopsis: Shot in the tribe's own Hmong language, Lala's Gun is the story of a boy from the village of Biasha in Congjiang County, where resides a branch of Miao, one of China's biggest minorities. As part of the village's tradition, every boy upon reaching the age of fifteen was to receive a gun from his father as a symbol of reaching manhood... Praised for its lush visuals and nuanced depiction of the Miao people!

Original version in Hmong with English subtitles. Duration: 1h43'

Cinema Paradiso

Multimedia Center (MMC) Auditorium



Film program : 25 November - 1 December 2024

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 25 NOVEMBER, 8:00 PM:

• UMRAN CH KI RAKHEYA (AGE IS JUST A NUMBER)

India, 2022, Dir. Simerjit Singh w/ Poonam Dhillon, Raj Babbar, Raj Singh Jhinjar, and others, Feel Good-Drama, 101mins, Punjabi w/ English subtitles, Rated: NR (PG)

This highly acclaimed film is one of the first of its kind made in the language. In a peaceful retirement community, Pyare Lal and Kelly, played by veteran actors, unexpectedly fall in love. Their blossoming romance challenges societal norms as they strive to be together, showcasing the power of love—where age does not matter. *An independent, off-beat film to watch!*

POTPOURRI – TUESDAY 26 NOVEMBER, 8:00 PM:

• BREAKFAST AT TIFFANY'S

USA, 1961, Dir. Blake Edwards w/Audrey Hepburn, George Peppard, Patricia Neal, and others, Romance-Comedy, 115mins, English-Portuguese-French-Japanese w/ English subtitles, Rated: NR (G)

Holly Golightly, a charming socialite, leads a life of parties and mystery, but everything changes when struggling writer Paul Varjak moves in next door. Despite their pasts, an irresistible connection grows between them. As they explore New York City together, tender feelings develop, leading to a blossoming romance. *A classic to watch all over again!*

SELECTION – WEDNESDAY 27 NOVEMBER, 8:00 PM:

• HUNDRAÅRINGEN SOM KLEV UT GENOM FÖNSTRET OCH FÖRSVANN (THE 100-YEAR-OLD MAN WHO CLIMBED OUT THE WINDOW AND DISAPPEARED)

Sweden-Croatia-USA-Turkey-Denmark-Netherlands, 2013, Writer-Dir. Felix Herngren w/Robert Gustafsson, Iwar Wiklander, David Wiberg, and others, Dark Comedy-Adventure, 114mins, Swedish-German-English-Spanish-French-Russian w/ English subtitles, Rated: R

Based on the internationally best-selling novel by Jonas Jonasson, the unlikely story of a 100-year-old man who decides it's not too late to start over. For most people it would be the adventure of a lifetime, but Allan Karlsson's unexpected journey is not his first. For a century he's made the world uncertain, and now he is on the loose again.

INTERESTING – THURSDAY 28 NOVEMBER, 8:00 PM:

• PLANET EARTH III (EPISODES 3 & 4)

UK, 2023-24, Dir. Tom Greenhalgh (S1 Ep3) & Nick Easton (S1 Ep4) w/ David Attenborough, Tom Greenhalgh, Fredi Devas, and others, Mini-Series-Documentary, 116 mins (58mins each), English, Rated: PG

David Attenborough's third natural history series uncovers unseen locations, stunning landscapes, and amazing animal behaviors. Episode 3, "Deserts & Grasslands" explores the conditions in the vast wilderness that can change in an instant. To be successful, you need to be able to adapt – quickly. Episode 4, "Freshwater": Housing one tenth of all species on the planet, freshwater is a rich and diverse habitat filled with never-ending surprises.

INTERNATIONAL – SATURDAY 30 NOVEMBER, 8:00 PM:

• WIDOW CLICQUOT

USA, 2023, Dir. Thomas Napper w/ Haley Bennett, Tom Sturridge, Natasha O’Keeffe, and others, Drama-Biography, 90mins, English w/ English subtitles, Rated: R

Based on Tilar J. Mazzeo’s book, this film tells the story of Barbe-Nicole Ponsardin, the "Grande Dame of Champagne." She witnessed the French Revolution and later married into a winemaking family, becoming Madame Clicquot. Despite facing the Napoleonic Wars and financial struggles, she built a successful Champagne empire and became one of France’s richest women. Her tale highlights her resilience, entrepreneurial spirit, and legacy in the Champagne industry.

CHILDREN’S MATINÉE – SUNDAY 1 DECEMBER, 4:00 PM:

• GOLDBEAK

China, 2021, Nigel W. Tierney & Dong Long w/ Robert N. Skir, Jeff Sloniker, Vivian Yoon, and others, Animation-Adventure, 94mins, Chinese-English w/ English subtitles, Rated: NR (PG)

The eaglet was raised by chickens. But his instincts took their toll, and he goes in search of himself. Incredible journeys lead the eagle to the Bird Sanctuary, where he finds not only his relatives, but also a new goal - to become a member of the Feathered Patrol team. However, he does not yet suspect that a terrible conspiracy is brewing in the city.

SIDNEY LUMET CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 1 DECEMBER, 8:00 PM:

• SERPICO

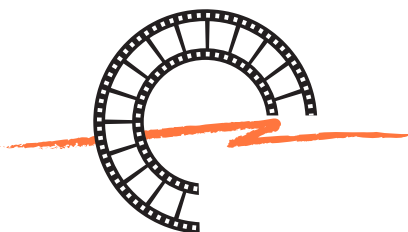
USA–Italy, 1973, Dir. Sydney Lumet, w/ Al Pacino, John Randolph and others, Drama – Thriller, 130 mins, English – Italian w/ English subtitles, Rated: R.

Biopic of the New York City detective whose anti-corruption efforts in the 1960s and early 1970s led to the creation of the Knapp Commission and the uncovering of widespread corruption of police officials at all levels. As he advances in his career he finds that corruption is rampant and his refusal to take any money puts him in bad stead with his colleagues to the point that his life could be in danger.

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

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donation to “Cinema Paradiso” (account #105106) or set up for a monthly contribution.

Thanking You,
MMC/CP Group Account #105106,
mmcauditorium@auroville.org.in



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (FS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** financialservice@auroville.org.in

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132/ 9488868747 for fault works, repair works and job works
0413 2622264 clarifications reg. electricity bills, job & repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** avgasservice@auroville.org.in

WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** avwaterservice@auroville.org.in

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 94435 35172
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5:30pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** ptdc@auroville.org.in

POUR TOUS DISTRIBUTION SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am – 5:00 pm
- **Phone:** (0413) 2622152

AUROVILLE LIBRARY TIMINGS

Our timings are:

Mornings:

Monday to Saturday: 9am - 12.30pm

Afternoons:

Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm

Tuesdays: 4pm - 6.30pm

Every **Saturday** between 10am-11am: **Children's storytime!**





Karma Yoga:

*Let the motive be in the deed
and not in the event.*

*Be not one whose motive for
action is the hope of reward.*

Bhagavad Gita

EDUCATION

DEHASHAKTI NEW YEAR'S TOURNAMENT

3 - 4 JANUARY 2025

Dear Parents and Friends,

AVPEB and Dehashakti are happy to announce

**Dehashakti New Year's Tournament,
3rd - 4th January 2025!**

A series of fun, competitive, and inclusive sporting events aimed at promoting teamwork, sportsmanship, and healthy activity among our children. This event is open to children of Aurovillians, Newcomers and Volunteers. Parents/Trainers can come together to form teams and apply for entries in the open category for the following:

Under 13 and Under 18 Team Sports :

- Futsal, 7+3 players
- Basketball, 5+3 players
- Frisbee, 7+3 players
- Volleyball, 6+3 players (under 18 only).



Individual Athletic Events :

- Long Jump
- Sprint - 60 mtrs.

Important dates to remember:

- **Final Tournament Dates:** Friday 3rd and Saturday 4th January 2025
- **Last Date to send entries:** Friday 6th Dec 2024 at 3:00pm
- **Supportive Coaching and Practice sessions from AVPEB & Dehashakti teams:** 26th - 27th-28th Dec 2024

The main goal is for children to work independently toward building their teams and organising their practice routines with some support from the parents/facilitators/trainers.

From the time of receiving this mail till Dec 25th children can start working on building their teams and athletes.

AVPEB and Dehashakti team members will be in communication with one adult representative of each team in the coming months to support the children. Interested parents/coaches please write to avpeb@auroville.org.in and we will make an appointment with you to share the details.

Lijun and Saravanan for
AVPEB and Dehashakti Teams



AUROVILLE AIKIDO AT AV BUDOKAN (DEHASHAKTI)



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. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.

The AV Aikido group welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice!

Adult classes:

- Tuesday, Thursday and Saturday, 6 - 7:30am, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **NEW:** we are happy to announce **an additional class on Wednesdays from 5.30 pm till 7:pm.** The first class will be on Wednesday 30 Oct. Welcome!

Children/ young students:

- Monday, Wednesday and Friday from 4 - 5pm
- For the time being no Saturday 9 - 10am class are offered.

Contact us for more info and registration: write to budokan@auroville.org.in or WA 8300643963 Philippe G. or call 9952812843 N. Murugan.

Cristo, Surya, Murugan, Rita and Philippe for Auroville Aikido

OTHER 'SERVICES'

20% discount for Aurovillians, Newcomers, and Volunteers on subscription plans!!

HIVE COWORKING SPACE

OPEN HOUSE - EVERY FRIDAY



Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee - **All for FREE** on our Open House.

- Venue: Hive, Auromode
- Time: **9 am - 5 pm**
- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in / +91 70921 97375 (WA) / +91 90427 59540 (WA) or drop by.

All are Welcome!!!

HEALTH

SANTÉ SERVICES IN NOVEMBER 2024



Working Hours:

Monday - Saturday : 9:00 - 12:30pm & 2:00 - 4:30pm

Tests and Sample collection:

Monday - Friday : 8:30am - 12:00pm.

No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) - Phone : +91 94422 24680

Government Ambulance (24/7) - Phone : 108

Appointment

Please call Santé (0413)2622803 during working hours for an appointment.

Doctor Consultation with Dr.Senthil & Dr.Pavan: Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Be: TOS	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Midwifery & GYN Care with Paula: Monday & Wednesday	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena – email adminsante@auroville.org.in	Soundbed Session with Sandhya / Thilagam: Monday to Saturday

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.

In case of cancellation or to reschedule, it is necessary to inform us in advance.

HEALTH CENTER - KUILAPALAYAM

Contact: (0413)-3509942 / 3509943

Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007/ 2622265
- **Email:** aurodentalcentre@auroville.org.in

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to Aurovilians and Newcomers
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens
Daily: 9.00 AM to 3.30 PM
- 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, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:
Monday – Saturday 6.00 AM to 8.00 AM
4.30 PM to 7.30 PM
Sunday 6.00 AM to 12.00 PM
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:
Wednesday – Monday 8.00 AM to 8.40 AM.
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family 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: 8.00 AM to 8.35 AM
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:
Tuesday 9.00 AM to 11.00 AM
- The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
Monday – Sunday 7 AM to 8 AM,
Tuesday AM closed.
Daily 5 PM to 6 PM

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: 9.00 AM to 5.30 PM

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. 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.

**ACCESSIBLE AUROVILLE PUBLIC BUS**avbus@auroville.org.in / +91 94430 74825**Auroville TO PONDICHERRY**

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

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	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

Awaiting update on trip prices/monthly schemes!

Thank you for your patience.

**EMERGENCY NUMBERS****Ambulance (24/7):**

Auroville 94422 24680	PIMS 0413 2656271	
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Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
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Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108