

*Auroville*

# NEWS & NOTES

No 1052 - A weekly bulletin for residents of Auroville

---

28 November 2024



*Slip and slide... Take care on your ride...*

## PONDERING

People who feel miserable here and find that they have not the comfort they require ought not to stay. We are not in a position to do more than we do, and after all our aim is not to give to people a comfortable life, but to prepare them for a Divine Life which is quite a different affair.

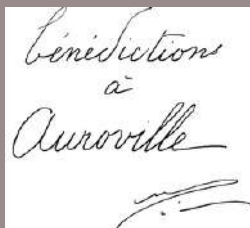
The reason for people to come and settle here is surely not to find comfort and luxury—this can be found anywhere if one is lucky enough. But what one can get here, that is not got in any other place: it is the Divine Love, Grace and Care. It is when this is forgotten or disregarded that people begin to feel miserable here. Indeed whenever somebody feels unhappy and discontented, it can be taken as a sure sign that he is turning his back on what the Divine is always giving and that he has gone astray in pursuit of worldly satisfaction.

13 January 1947, Comfort and Happiness,  
VOLUME 13, COLLECTED WORKS OF THE MOTHER

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-l/#comfort-and-happiness>



# 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 17

One must have an absolutely transparent sincerity. Lack of sincerity is the cause of the difficulties we meet at present. Insincerity...

#### Page 18

...is in all men. There are perhaps a hundred men on earth who are totally sincere. Man's very nature makes him insincere—it is very complicated, for he is constantly deceiving himself, hiding the truth from himself, making excuses for himself. Yoga is the way to become sincere in all parts of the being.

It is difficult to be sincere, but at least one can be mentally sincere; this is what can be demanded of Aurovilians. The force is there, present as never before; man's insincerity prevents it from descending, from being felt. The world lives in falsehood, all relations between men have until now been based on falsehood and deceit. Diplomatic relations between nations are based on falsehood. They claim to want peace, and meanwhile they are arming themselves. Only a transparent sincerity in man and among nations can usher in a transformed world.

Auroville is the first attempt in this experiment. A new world will be born; if men are willing to make an effort for transformation, to seek sincerity, it is possible. From animal to man, thousands of years were needed; today, with his mind, man can and will hasten a transformation towards a man who shall be God.

This transformation by the help of the mind—by self-analysis — is a first step; afterwards, it is necessary to transform the vital impulses: that is much more difficult, and especially to transform the physical. Every cell in our bodies must become conscious. This is the work I am doing here; it will enable the conquest of death. That is another story; that will be the humanity of the future, perhaps after hundreds of years, perhaps sooner. It will depend on men, on nations.

Auroville is the first step towards this goal.

+ Feb.. 1968

\*

#### Page 19

In modern civilisation, men work on the surface. The mind is the surface of existence; they work on the surface and they try to find the Truth that is behind by studying more and more deeply. Whereas the true method is to enter into direct contact with the inner Truth, and impelled by that, guided by that, to make an outer construction which is not a seeking for the Truth, but a creation of the Truth, that is to say, the Truth-force realises itself outwardly through the human instrument.

The city the earth  
needs.



**Birth of True Mental Sincerity**

With its birth the mind will understand that it is only an intermediary and not an end in itself.

-- The Mother

*Melampodium paludosum* HBK,  
*Compositae*

Men always make plans, mental constructions and attempt to create on that basis, but not one human creation is a total realisation of their mental construction. They always add something, or else it is always altered by a force they do not understand; they think it is chance, fortune, circumstances, all sorts of things, but it is in fact the Truth-force which is trying to manifest on earth and which is exerting a pressure and of course this changes the mental and vital creations which are only superficial ones. In the Bulletin there was a quotation from Sri Aurobindo on this subject. He said: first one must know, whereas men act and *then* try to know through their actions.

26.8.1966

**QUOTATION FROM SRI AUROBINDO**

"All this insistence upon action is absurd if one has not the light by which to act. "Yoga must include life and not exclude it" does not mean that we are bound to accept life as it is with all its stumbling ignorance and misery and the obscure confusion of human will and reason and impulse and instinct which it expresses. The advocates of action think that by human intellect and energy making an always new rush, everything can be put right; the present state of the world after a development of the intellect and a stupendous output of energy for which there is no historical parallel is a signal proof of the emptiness...

**Page 20**

...of the illusion under which they labour. Yoga takes the stand that it is only by a change of consciousness that the true basis of life can be discovered; from within outward is indeed the rule. But within does not mean some quarter inch behind the surface. One must go deep and find the soul, the self, the Divine Reality within us and only then can life become a true expression of what we can be instead of a blind and always repeated confused blur of the inadequate and imperfect thing we were. The choice is between remaining in the old jumble and groping about in the hope of stumbling on some discovery or standing back and seeking the Light within till we discover and can build the Godhead within and without us."

# 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](mailto: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](mailto: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 Project Coordination Group

From the Working Committee

GB / FO Groups News

### **COMMUNITY NEWS**

Obituary

Community Sharing

Residents Speak

Auroville Conversations

Inner Journey

French News & Notes

### **ANNOUNCEMENTS**

Work Opportunities

Looking For

### **CULTURAL ANNOUNCEMENTS**

Art Exhibitions

Poetry

Food

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](mailto: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 AV COUNCIL

### UPDATE OF RAS MANDATE FEEDBACK.

Dear Community Members,

Greetings from the Auroville Council.

We would like to express our sincere thanks to all of you for your active participation in the recent RAM on 4th October on the RAS mandate and for providing such constructive feedback.

As some of the feedback requires further reflection and careful consideration, we may take a little longer to consolidate and respond. We will keep you updated and get back to you with the second RAM once we are ready.

Thank you for your understanding.

The Auroville Council  
Lucas, Martin, Ramesh, Rju, Samrat, Sathiya



## FO GROUPS NEWS

(not selected by due Residents Assembly process)

## FROM THE FO N&N 1054

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

## FROM THE WORKING COMMITTEE

### ABOUT "AVF RESIDENCE CRITERIA - STANDING ORDER 2024"

Dear Community,

The so-called '[Standing Order](#)' issued on the 27th of November, 2024, by Mr. Seetharaman as OSD, has no grounds.

It aims to forcefully establish a regimented society and is blatantly in contradiction with the Charter, the Dream and the quoted works of Sri Aurobindo that aim at an inner discovery and growth of a group soul.

Additionally, this 'Standing Order' does not respect the letter and the spirit of the Auroville Foundation Act as recognized by various orders of the Madras High Court.

Lastly, this 'Standing Order' does not respect proper procedure and the spirit of Auroville.

We will be communicating more about this in the coming days.

Sincerely,

The Working Committee of the Residents' Assembly  
Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



**WORKING COMMITTEE**  
of the Residents' Assembly  
AUROVILLE FOUNDATION

## COMMUNITY NEWS

### OBITUARY



#### VICTOR PASSES AWAY - 27.11.2024



Dear Community,

This is to inform that Victor Plotnikov, age 70 years, who lived in Certitude with his wife Galina and son Nikita, has passed away. He worked at Matrimandir.

His remains are at Farewell. Visiting times are 9am till 12pm and 2pm to 5pm.

Information regarding the cremation will be shared as and when available.

~ Om ~

### PROJECT COORDINATION GROUP (PCG)

#### CALL FOR GRANT PROPOSALS

With regard to grant proposals for possible funding by the Foundation for World Education (FWE) and Stichting de Zaaier (SDZ) in 2025, a two part-grant application and budget request form is available on request from [pcg@auroville.org.in](mailto:pcg@auroville.org.in).

Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: [pcg@auroville.org.in](mailto:pcg@auroville.org.in) latest by **Monday, 16 December**.

Questions and early submissions are welcome,

Devi, Pala, Sauro, Tineke, Vani  
For the Project Coordination Group



## COMMUNITY SHARING

### AUROVILLE GLOBAL FELLOWSHIP ZOOM CALLS

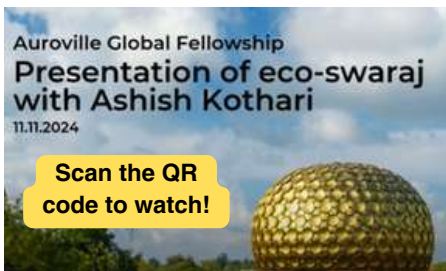
SUNDAY 8TH DECEMBER 2024 WITH ASHISH KOTHARI  
ON 'ECO-SWARAJ'

Following on from the inspiring inaugural talk given by Ashish Kothari on the 11th November 2024, we warmly invite you to a follow up 90-minute zoom session on **8th December 2024 9am IST** to accommodate a different time zone and enable participants who were unable to make it to that first call to participate as well.



Our first session, on November 11 featured Ashish Kothari, founder of Kalpavriksh (<https://ashishkothari.in>) who presented on “Eco-Swaraj or Radical Ecological Democracy: Making Peace with the Biosphere” which gave us a chance to reflect on how Auroville’s ideals intersect with the global movement for ecological resilience and justice.

The upcoming call planned for the 8th December will be a deepening, building on the themes he introduced in that talk. In case you missed it, we recommend that you watch this video of his 20 minute presentation here: [https://youtu.be/M\\_6uFz-ILhQ](https://youtu.be/M_6uFz-ILhQ)



This next call will follow a similar format: a brief introduction, Ashish’s presentation, breakout discussions to engage with a key question, and a final group reflection. We believe this exchange of ideas can enrich our understanding and strengthen our vision for Auroville’s place in the world.

The Auroville Global Fellowship links notable Auroville supporters (who are actively engaged in working for a better world, and who have sojourned or visited here yet currently live outside) with Auroville. It is endorsed by the RA Working Committee.

To register, please RSVP to [fellowship-coordination@auroville.community](mailto:fellowship-coordination@auroville.community)

Let’s come together to learn, reflect, and connect in this journey of shared growth.

### 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





## A HEARTFELT THANK YOU TO THE MORNING STAR TEAM



We would like to express our deepest gratitude to the Morning Star team for their unwavering support throughout our journey of bringing our baby girl, Aira, into the world.

The assistance we received from the team was invaluable in so many ways. From regular check-ups with their professional and experienced team members, to their seamless coordination with the hospital, we were able to stay connected with our doctor and the hospital staff without unnecessary visits. This helped ensure a smooth delivery process. We chose PIMS for our delivery, and the Morning Star team's established professional network there made it a wonderful decision.

The prenatal classes offered by the team were incredibly helpful, providing just the right amount of information to prepare us for the journey ahead- no more, no less. Topics like 'birthing without fear', 'stages of labour', 'creating a birth plan' were covered in a way that gave us confidence and a sense of readiness for our first delivery. The movement classes were equally essential, offering gentle guidance on the physical preparation needed for labor and delivery.



Our experience during the birth and the first month of Aira's life is filled with beautiful memories. The love and care provided by the Morning Star team, alongside the staff at PIMS, ensured a safe and positive delivery experience. The ongoing support we've received—from regular visits and lactation consultancy to simply being there when we need it—has made this transition so much easier.



We are truly grateful that a service like Morning Star exists in Auroville, allowing us to trust in our bodies, embrace the natural process of birth, and approach this life-changing experience with knowledge and confidence.

Thank you, Morning Star team, for being an essential part of our journey and for the work that you are doing.

Warm Regards,  
Ganesh & Shivangi

## RESIDENTS SPEAK

### AN OFFERING. FOR A NEW BEGINNING

புதிய தொடக்கத்திற்குள். 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....*

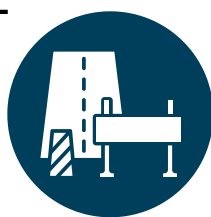
Click [here](#) to read the full document in **English, Tamizh, and French** or scan the QR code.



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

## **INFORMATION ON REVELATION RADIAL**

As an information regarding the revelation radial - Arun in charge of Revelation Forest work, asked the CPWD (Central Public Works Department) to respect the fence as it is an essential protection for this big area of 3



communities with farm, forest, and residences. Protection against grazing from cows and goats, as many precious trees are regenerating naturally and are collected and transplanted which is an important part of forest management. Protection of residents, as without a fence, anybody will enter without check, including criminals. The fence needs to be in place as long as the work is not fully completed (included the outer ring road, otherwise this stretch of road inside Revelation has no utility at all) and Arun gave them permission to enter via the Revelation main gate as they already did before including for the JCB. So the destruction of the fence is a forceful and unnecessary action. In top of that, the alignment has been changed 3 times already in a short time, enough to drive anybody mad, as it implies further destruction of forest and eventually a house. The CPWD last month promised us that they will not cut anymore trees and they will not demolish the house.

But with a change of alignment, how can the promise be respected?

The first survey was done months ago, stones put in place, trees cut and everything flattened, the only house on this radial was then out of the Right of Way and safe. A new survey changed it and if implemented, will destroy unnecessarily many more trees and then the house will be on the way and may be bulldozed.

What a waste and for no benefit at all.

Serge

## **ONLY ONENESS**

There is Only Oneness, just veiled by the false-separative mental consciousness. Its beingness as an unawakened human, with this Homo sapiens form that is an animal physiology with senses that are very limited in capacity to directly perceive the indivisibility of existence contributes to the false egocentric actions, degrees of selfishness and greed, with varied reactions reaching extremes of pleasures and pain, perpetuating in a karmic feedback loop. This we observe as the cruel and brutal mental-animal human world.

A Change of Consciousness is the first necessity, from the false-separative to the Truth-Unity.



An out-of-body experience (OBE) gives a glimpse that we are not just this limited human being. A beginning of an understanding that we are something else. Quantum Physics, as a material science revealing the unseen, also helps with the higher mental understanding. Yoga practices can help hasten the process of psychic awakening, as Yoga is the Science of Consciousness.



To continue reading,  
click [here](#),  
or scan the QR code



Zech, 2024.11.23

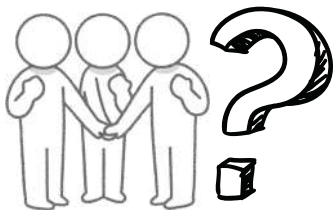
## ARE WE A COMMUNITY?

"AUROVILLE IS AN INTERNATIONAL COMMUNITY..."

The words trip easily off the tongue because it's a phrase we've used in countless publications and websites which introduce Auroville to the larger world. But *are we a community today?*

Setting aside the occult dimension – for I don't discount the possibility that we are a community of souls incarnating here for a particular purpose – on a daily basis do we experience a sense of community, of being united in a common project for a common purpose?

Today, I find it very difficult to believe this. On the contrary, Auroville at the moment feels very fragmented as Aurovilians are divided by competing narratives and as the infrastructure which previously gave individuals a sense of community is being rapidly dismantled. I don't underestimate the presence and power of sincere aspiration, which is still strong in this community, and I believe that some, perhaps many, are working selflessly for a better Auroville. But never before, in my experience, have personal agendas driven by ideology, paranoia, greed, revenge, and racial and proprietorial attitudes, along with the desire for power, been so dominant at the cost of the larger good, although the common good is sometimes invoked as cover for these less than respectable motivations.



We can argue about why this is, and we can agree that there never was a 'golden age' when Aurovilians sacrificed all their personal ambitions and comfort for the larger purpose of creating a spiritualised society.

We can even argue that it's a good thing that the ugly underbelly of Auroville, which has always been there and often subverted previous attempts to move us more quickly towards Mother's Dream, has been so blatantly exposed because now it can be transformed.

We can also concede that none of us can claim to have 'clean hands'. We are all responsible, in some way or another, for creating and perpetuating the present situation. For if we haven't directly contributed to it, for too long too many of us have averted our eyes to what was festering within.

All this we know, but, somehow, this doesn't cut much ice when one is confronted daily with actions which seem to tear further holes in the fabric of our society.

What can be done to renew the sense of community? Granted that this is a task requiring great sensitivity and no magic wand can solve it overnight, at the risk of sounding preachy here are a few proposals which perhaps we could all benefit from.

Firstly, a few of the big ones:

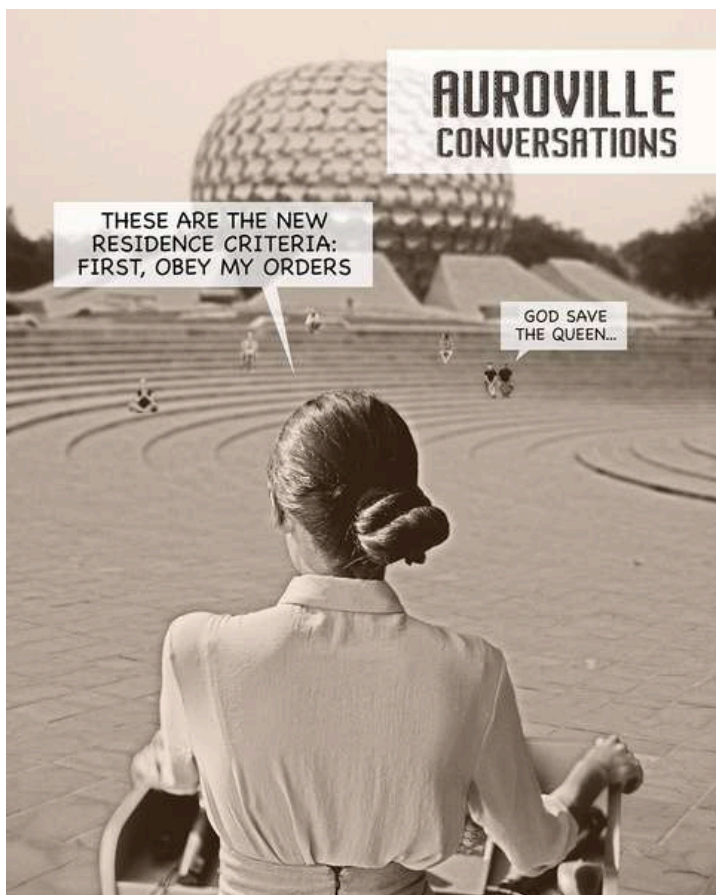
- don't lie
- don't indulge in corruption
- don't use Sri Aurobindo's and Mother's words to further private agendas.

However, it is often the smaller details or ways of being which help tie the invisible knot which holds a community together. These could include ensuring that we:

- are always respectful and don't denigrate those who hold different views from our own,
- don't boycott or refuse to speak with those who hold different views but listen and be willing to learn,
- don't attempt to force our opinion upon others by all means available even if – or especially if – we feel we hold the 'truth',
- in discussion seek areas of agreement rather than focussing upon differences,
- seek or provide spaces/opportunities where people with different views are able to be with each other/work together,
- look for opportunities to share ideas and resources with others rather than fearing a loss of personal independence,
- favour experimentation and openness to change over adherence to fixed ideas,
- in a position of authority, deal with all enquiries/feedback promptly and with equal courtesy,
- develop deep compassion for everybody, for we are all limited beings struggling with limited understandings of who we are, of what we are doing, and of the larger forces at work here.

Alan H

## AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

## INNER JOURNEY

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 3rd December, 9 am - 12 noon

Focus: The Synthesis of Yoga

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele

Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



### 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*



## VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning  
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

**Open Group - Everyday 3:00 - 4:30pm**

At Mirabelle Education Center, Auromodele,  
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

**Please register in advance**

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

## 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](mailto:sanjay@auraauro.com)

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



## ANNOUNCEMENTS

### WORK OPPORTUNITIES

#### ECO FEMME IS LOOKING FOR A MARKETING AND COMMUNICATION TEAM LEADER:

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](mailto: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

### 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!

### 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](mailto: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.

### CYCLE BASKET



Looking for a basket for a cycle.

Love, Deepa

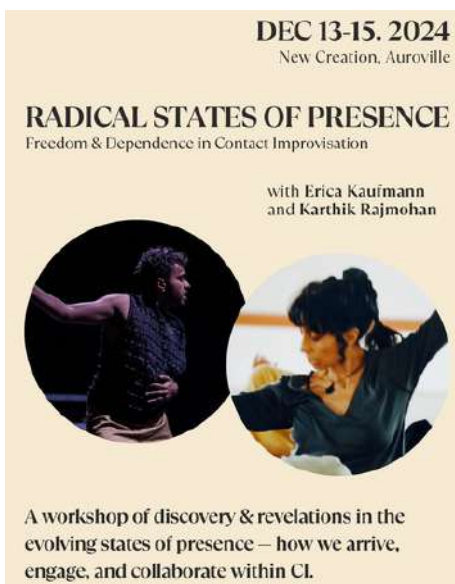
[stigmatad@gmail.com](mailto:stigmatad@gmail.com)

98115 74667 (sms / call: no wa)

# CULTURAL ANNOUNCEMENTS

## CONTACT IMPROVISATION WORKSHOP

@ NEW CREATION STUDIO, DEC 13 - 15



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 Attakkalari 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](mailto:aurovilleartworld@gmail.com)

## AURO ARTWORLD - THIRD LECTURE

TUE 3RD DECEMBER 2024, 5PM

Auro Artworld is organizing a series of 6 lectures at the **Centre d'Art multimedia room** in Auroville. These lectures, conducted by Dr. Christoph Kluetsch, will explore connections between art, philosophy, and spirituality, bridging Eastern and Western traditions to illuminate the enduring questions of existence, consciousness, and creativity. The series will be offered on the first Tuesday of every month.

**Retinal Art and the Ruins of Representation: Revisiting Plato's Cave and the Notion of Rasa in the Natyashastra - an Indo-European Perspective**



# RETINAL ART and the Ruins of Representation

a lecture by Christoph Kluetsch



Albrecht Dürer - Melencolia I (detail) - 1514

A. Coomaraswamy and Marcel Duchamp criticized the West for producing 'only' retinal art. When we look at an object, an image is produced on the retina, which connects to the brain and sensation. That image can be represented through art and its transformative power. While Western art gradually moved toward abstraction and a disconnection from the object, in the Natyashastra, the notion of rasa (taste) always referred to the expression of the inner world and a connectivity based on shared inner sensation of rasa. This contrast can be illuminated through Plato's cave allegory.

## Future Lectures

- **Tue Jan 7th 2025** - Who is Seeing When Seeing: The Kena Upanishad and the Sensation of Logic
- **Tue Feb 4th 2025** - Film is Thought: H. Bergson's Cinematograph and How J. L. Godard Shocks the Viewer into Reality
- **Tue Mar 4th 2025** - Reading Deleuze in India: Plane of Immanence, Rhizome, Brahman, and Conversations with AI

## **DOMINIQUE DARR GRANT PRESENTATION**

SATURDAY 7 DECEMBER, 10:30AM



Everybody's  
welcome

In the multimedia  
room at  
Centre d'Art

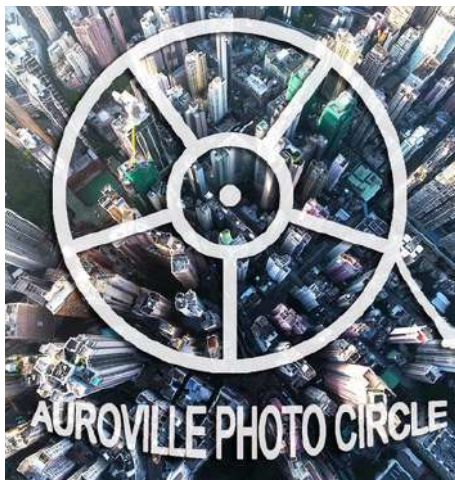
With the Dominique Darr Grant, Centre d'Art wishes to encourage the **artistic expression of Auroville youth and showcase their talent.**

Photography and video will be the main mediums in tribute to [Dominique Darr](#)'s profession and passion.

- **Grant Info:** Funding for an exhibition at Centre d'Art in August 2025
- **Eligibility:** Open to Aurovilians from 14 to 30 years old
- **Categories:** Video/Photo
- **2025 edition theme:** The sun, the moon and the truth - Three things cannot be long hidden (Gautama Buddha).

You can send an email to [centredart@auroville.org.in](mailto:centredart@auroville.org.in) if you wish to have more information.

## AUROVILLE PHOTO CIRCLE MEETS AGAIN ON FRIDAY 6TH DECEMBER, 5PM



Dear photographers,

Photo Circle meets again on **FRIDAY 6th DECEMBER at 5pm**  
in the **Centre d'Art multimedia room, at Citadines**

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

*Everybody's welcome.*

## ART EXHIBITIONS

### NATHALIE, PITANGA

29 NOVEMBER - 24 DECEMBER 2024

#### Art Exhibition Nathalie

29 November - 24 December 2024



Exhibition timings: Daily, except Sundays

8.30am - 12.30pm & 2.30pm - 5.30pm

Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403

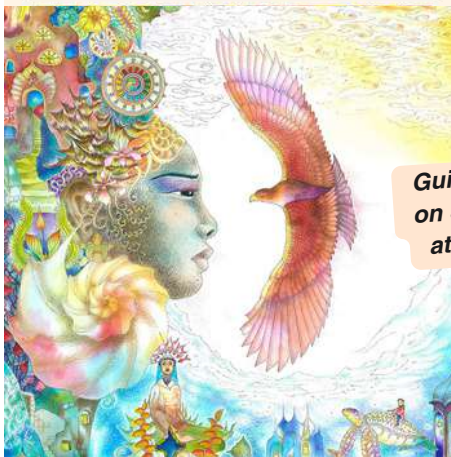
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATA0937BY3N

## 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.

## THE SYMBOL OF MEDITATION

BY VASANDAN VIRAPPAN

15 NOVEMBER - 4 DECEMBER, CENTRE D'ART

### The Symbol of Meditation

Opening 15th Nov 2024 at 4.30pm  
Drawing & Paintings Art Exhibition By  
V. Vasandan Virappan



Guided visits  
on Saturdays  
at 10:30am

15th Nov - 04th Dec 2024 / Tuesday to Saturday 10am - 12.30pm / 2pm - 5.30pm  
Sunday & Monday Closed



CENTRE D'ART CITADINES AUROVILLE

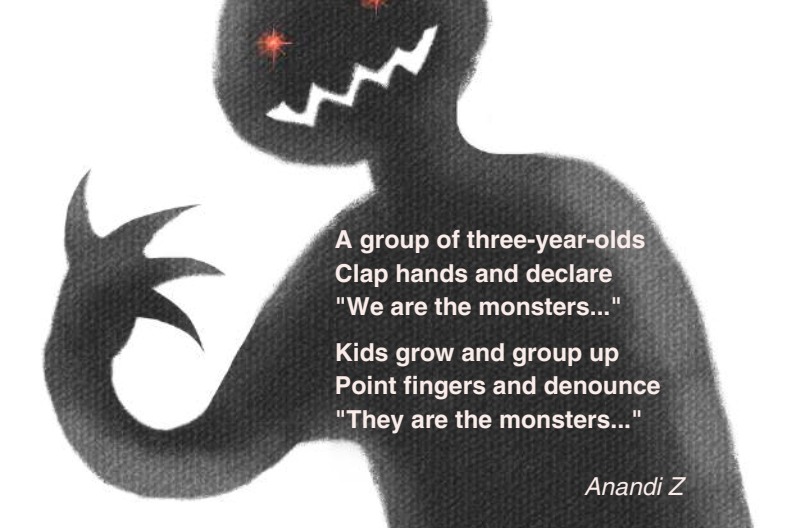
Please park at town hall parking

## POETRY

### My Other Friend

Within me smiles that other me  
Who knows in you that other you Who though you  
speak with harshness now  
Looks through the darkness and archaic pain,  
And while your lips curl with disdain  
And loveless shape their cruel words that hiss  
And sear into my heart,  
Behind the words there smiles my friend, my friend,  
Who looks with love  
Sweet-wounds me with a mystic kiss.

Maggi Lidchi-Grassi



A group of three-year-olds  
Clap hands and declare  
"We are the monsters..."  
Kids grow and group up  
Point fingers and denounce  
"They are the monsters..."

Anandi Z

### Wayward Things

12.7.2024

The transience of wayward things  
Like sunsets hid behind a cloud,  
To the waking consciousness brings  
A knowledge divine that speaks aloud

Of man forgetting why he came,  
The reasons for the poor and lame,  
A vision of the world in throes,  
A heavenly visitor who knows

The truth behind the surface look,  
The light descending quickly down  
Seeing now in the sacred book  
The plenitude that earth has grown,

Intimations of what will be  
When open eyes again can see.

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](http://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



## FOR THE BOOKWORMS

### AUROVILLE LIBRARY - READING CIRCLES

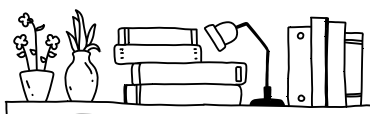
MONDAYS, TUESDAYS, AND THURSDAYS

**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)



## CINEMA

### PAVILLON DE FRANCE PRESENTS A FILM :

LA VIE EN ROSE (2007)

**The extraordinary life of Edith Piaf**

*Directed by Olivier Dahan, Starring Marion Cotillard*

French with English Subtitles

**Saturday 30th November 2024 at 4 pm, Cinéma Paradiso**



Skipping back and forth in time, [Olivier Dahan's](#) elaborate mosaic of events delves into the hard life and times of French singer [Édith Piaf](#). Her moving songs, filled with evocative lyrics about love's sorrows and joys, made her an icon:

*From her childhood to her rise to fame, from her victories to her hardships, from Belleville to New York, the extraordinary journey of Édith Piaf. Through a destiny more incredible than a novel, discover the soul of an artist and the heart of a woman. Intimate, intense, fragile yet indestructible, devoted to her art to the point of sacrifice, here is the most immortal of French singers...*

Trailer: [https://www.youtube.com/watch?v=OpW\\_DwJheIM](https://www.youtube.com/watch?v=OpW_DwJheIM)

**Exceptionally we will start the film at 4pm.**

It is in French with English Subtitles.

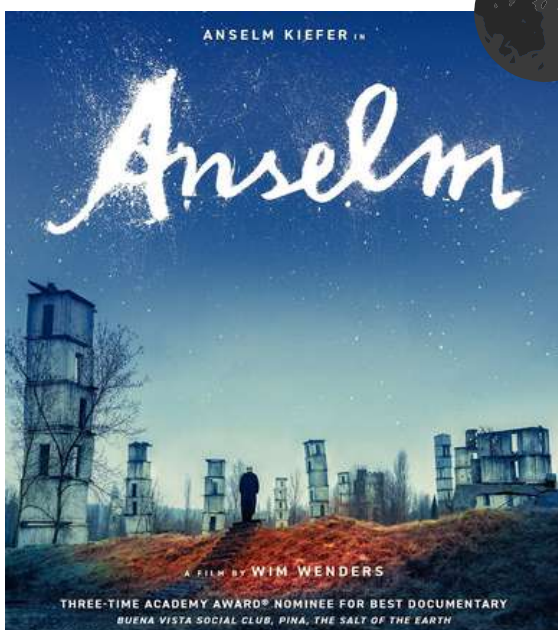
## **NEW! ART MOVIE SCREENINGS AT CENTRE D'ART**

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)**

**Friday 29th November at 8:00 pm :**

**“Lala's Gun“** (Chinese: 滾拉拉的枪; 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!*

**The film will presented by Dr. Alexander Pereverzev!**

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

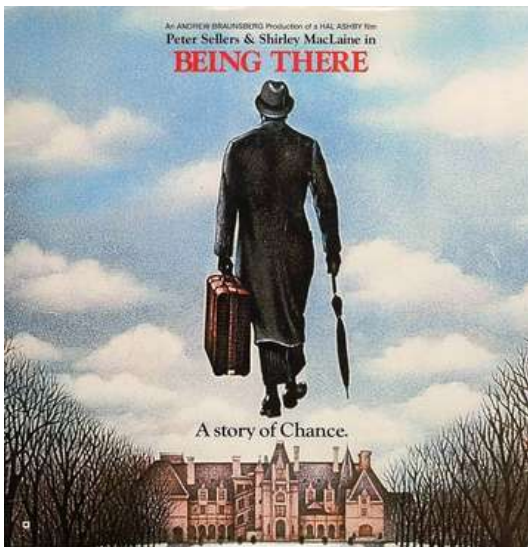
**Note: Contributions are very welcome!**  
**Aurofilm Collection**  
**Acc. No. 252658**

**Friday 6th December at 8:00 pm**

**“BEING THERE”**

*Directed by Hal Ashby, USA, 1979*

*With: Peter Sellers, Shirley MacLaine, Melvyn Douglas*



*Synopsis:* Simple-minded gardener Chance has spent all his life in the Washington D.C. home of an old man. When the man dies, Chance is put out on the street with no knowledge of the world except what he has learned from television. While wandering the streets, he encounters business mogul Ben Rand, who assumes Chance to be a fellow upper-class gentleman... "Being There" is a heartfelt satire of modern life, politics and power! It is based on the 1970 novel by the Polish-born writer Jerzy Kosinski. The screenplay won the British Academy Film Award for Best Screenplay and the film was nominated for a several notable awards and went on to become a recognized classic with its preservation in the National Film Registry in 2015.

*Original English version with English subtitles. Duration: 2h10'*

# Cinema Paradiso



Multimedia Center (MMC) Auditorium

Film program : 2nd - 8th 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 2 DECEMBER, 8:00 PM:

### • QALA

India, 2022, Writer-Dir. Anvita Dutt w/Tripti Dimri, Babil Khan, Swastika Mukherjee, and others, Drama-Music, Psychological Drama-Music, 119mins, Hindi w/English subtitles, Rated: NR

Set in the 1940s, this gripping tale unravels the tumultuous relationship between aspiring singer Qala (meaning 'art') and her domineering mother, Urmila. Haunted by visions of her stillborn brother, Qala battles her mother's harsh treatment and jealousy over the talented orphan, Jagan. With fame Qala faces betrayal, guilt, and heartbreaking tragedy. It is a compelling story of ambition, familial bonds, and the haunting shadows of the past.

*Trivia: This is the debut feature of Babil, the son of Irrfan Khan.*

## POTPOURRI – TUESDAY 3 DECEMBER, 8:00 PM:

### • THE IRON GIANT

USA-Czech Republic-UK, 1999, Writer-Dir. Brad Bird w/ Eli Marienthal, Harry Connick Jr. , Jennifer Aniston, and others, Hand-drawn-Animation-AI, 86mins, English w/ English subtitles, Rated: PG

This acclaimed film, partly inspired by the tragic loss of the director's sister Susan to gun violence, explores the question: "What if a gun had a soul and didn't want to be a gun?" Based on a book by Ted Hughes, the film is set during the Cold War in 1957. It follows a young boy named Hogarth Hughes who discovers and befriends a giant alien robot. With the help of beatnik artist Dean McCoppin, Hogarth tries to protect the Giant from the U.S. military and the paranoid federal agent, Mansley.

## SELECTION – WEDNESDAY 4 DECEMBER, 8:00 PM:

### • HORNBLOWER: LOYALTY

UK, 2003, Dir. Andrew Grieve w/ Ioan Gruffudd, Robert Lindsay, Paul McGann, and others, Adventure-War, 125mins, English w/ English subtitles, Rated: NR (PG-13)

In this acclaimed film, struggling Lieutenant Horatio Hornblower is promoted to Commander of HMS Hotspur. Joined by loyal shipmates, he uncovers an impending invasion and faces treachery within his crew. As he navigates these challenges, he also deals with the affections of Maria, his landlady's daughter.

*This tale of bravery, betrayal, and naval adventure is a must-watch.*

## INTERESTING – THURSDAY 5 DECEMBER, 8:00 PM:

### • PLANET EARTH III (EPISODES 5 & 6)

UK, 2023-24, Dir. Abigail Lees & Sarah Whalley (S1 Ep5) and Theo Webb (S1 Ep6) 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 5, "Forests" explores Journey to these secret worlds where lives are entwined in the most unexpected of ways. Episode 6, "Extremes": Uncover stories where life exists on a knife edge amongst Earth's greatest natural wonders.



**INTERNATIONAL – SATURDAY 7 DECEMBER, 8:00 PM:**

- **LE THÉORÈME DE MARGUERITE (MARGUERITE'S THEOREM)**

France-Switzerland, Writer-Dir. Anna Novion w/Ella Rumpf, Jean-Pierre Darroussin, Clotilde Courau, and others, Comedy-Mystery, 103mins, French-English w/ English subtitles, Rated: NR (R)

Marguerite, a lone star in the mathematical ether of the ENS, lives and breathes equations. A flaw in her cherished theorem shakes her world, leading her to leave the ENS and sever ties with her past. Stepping into the vibrant unknown, she finds solace in the real world, discovers autonomy, the game Mahjong, befriends young Léa, and experiences love for the first time. Grown by her experiences, she seeks a correct proof of her theorem with renewed energy.

**CHILDREN'S MATINÉE – SUNDAY 8 DECEMBER, 4:00 PM:**

- **JOHNNY PUFF SECRET MISSION**

Spain-Italy-USA, 2024, Writer-Dir. Néstor F. Dennis w/Johnny Depp, and others Animation, 87mins, English w/English subtitles, Rated: NR (G)

Johnny Puff, the puffin, and his feathered friends embark on a secret mission to save Taigasville from the evil plans of Otto von Walrus. Otto plans to plunge the world into icy chaos, and Puff must stop his frosty plans.

**SIDNEY LUMET CINEMA @ CINÉ-CLUB**

**CINÉ-CLUB SUNDAY 8 DECEMBER, 8:00 PM:**

- **MURDER ON THE ORIENT EXPRESS**

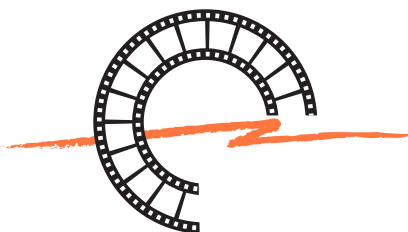
UK, 1974, Dir. Sydney Lumet, w/ Albert Finney, Lauren Bacall and others, Crime–Mystery, 128 mins, English w/ English subtitles, Rated: PG.

The Belgian detective Hercule Poirot boards the Orient Express. One of the passengers requests his protection, but Poirot declines. The next day the passenger is found dead in his compartment and Poirot is asked to solve the case. The train is forced to stop due to a snow drift blocking the tracks. This gives him a few hours to figure out the murderer's identity before the local police take over the investigation. During his investigation, Poirot discovers that many of the passengers have some connection.

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

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

Thanking You,  
MMC/CP Group Account #105106,  
[mmcauditorium@auroville.org.in](mailto: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](mailto: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](mailto:aves@auroville.org.in)

### GAS BOTTLE SERVICE

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

#### **Children's Storytime! All ages welcome!**

- Every **Saturday** between 10am - 11am.





### **Serving Others:**

*If you want happiness for a year, inherit a fortune.*

*If you want happiness for a lifetime, help someone else.*

*(part of a Chinese proverb)*

*Confucius*

## **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](mailto: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](mailto: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'

### 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](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 70921 97375 (WA) / +91 90427 59540 (WA) or drop by.

All are Welcome!!!



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

# HEALTH

## SANTÉ SERVICES IN DECEMBER 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.

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

## MONSOON - WITH AYURVEDA AND LOCAL PLANTS

BE @ SANTE CLINIC

During monsoon, the climate is cold and humid, rains and little sunlight increase drastically the moisture in the air and on the ground leading to a more acidic environment, sour taste prevails. The body struggles to keep warm and dry, the digestive power can also be less.

- **VATA** gets cold and gives joint pain,
- **PITTA** keeps fermenting,
- **KAPHA** bloats and retains water.

An extra focus will be given to Vata imbalances, as it is the right season to reduce or expel Vata toxins (in body: stiffness, bloating, coldness, pain and inflammation in the joints; in the mind: anxiety, anguish, fear, dismay, confusion, doubts).



**This is a period to slow down and care for AGNI – digestive fire**

### IN THE FOOD:

- All meals are warm, cooked in a saucepan, easy to digest, light, spicy.
- **Proteins:** Mungdal, beans, chickpeas, lentils (all of these cooked with aseptida to prevent bloating), white meat, egg, peanut.
- **Vegetables:** amaranth, green leaves, carrot, beetroot, cauliflower, bitter-snake-bottlegourd, moringa (drumstick), chow-chow, radish, pumpkin – all should be well washed to avoid contamination.
- Sweet taste with old grains - barley, rice, millet, oat, wheat.
- **Fruits:** apple, pomegranate, banana, papaya, grape, guava, pear.
- **Spices:** ginger, pepper, long pepper (pippali), turmeric, cumin, clove, asafoetida, mustard seeds, ajwain, cinnamon, fennel seeds, fenugreek seeds, onion, garlic.
- Ghee or sesame/olive/sunflower oil (cold pressed).
- **Drinks:** herbal teas, warm or boiled water, with honey or jaggery.
- Ayurvedic formulas to take after meals: Panchakola, Trikatu, Hingwashtak churna... with honey.

### AVOID:

- All food with yeast/baking powder, cheese, yoghurt, curd, lassi, beer.
- Drinking too much liquid during or straight after meals.
- Uncooked vegetables and salads.
- Heavy and difficult to digest (fried food, pizza at dinner, etc).
- Milk coffee, ice cream.
- Carbonated soft drinks.



## IN ACTIVITIES:

- Be regular in the daily routine, especially in taking meals and going to bed.
- Time to keep Vata balanced with Abhyanga (oil massage + steam bath), Shirodhara (warm oil on forehead), Basti (warm oil enema).
- Foot bath with warm salty water.
- Wash with warm water (shower or bath).
- Keep body warm: neck and feet especially.
- Soft physical exercise: 30 minutes a day.
- Yoga, Pranayama, Meditation-concentration, Qi-Gong...
- Fumigation with eucalyptus, neem, sage.
- Nasya (oil drops in the nose) with Anu Tailam at bedtime or in the morning to clear the sinuses.

## AVOID:

- Siestas and day naps
- Intense physical sport or work
- Moist and cold air, wind, fan
- Staying humid after being in the rain
- Long hours in front of the computer
- Skipping meals or fasting
- Staying awake late at night
- Too many travels.



**Most of the above aggravate Vata.**

---

## HERBS AND MEDICINAL PLANTS FOR THE RAINY SEASON:

- Moringa – Moringa Oleifera: to balance Vata and Kapha by increasing the digestive power.
- Bhunimba (Nilavembu) – Andrographis paniculate: in feverish condition.
- Guduchi (Giloy) – Tinospora cordifolia: natural immunoregulator.
- Haritaki – Terminalia chebula with a little of rock salt: to balance Vata and ease bowel movement.
- Dashamoolarishtam – for joint pain and inflammation, to balance Vata.

*Enjoy the rain and stay warm and dry!*

