

*Auroville*

# NEWS & NOTES

No 1059 - A weekly bulletin for residents of Auroville

23 January 2025

**RA EDITION**



*AV Women's Ultimate Frisbee Team, Seniors and Juniors*

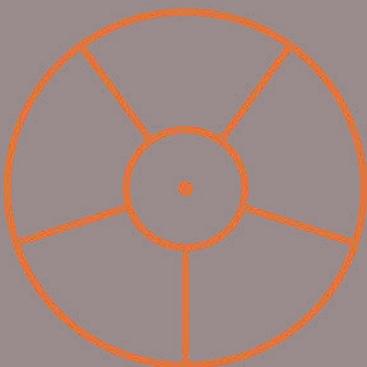
## PONDERING

**Auroville**

No big creation is possible without discipline—  
individual discipline,  
group discipline,  
discipline towards the Divine.

16 September 1968, The Mother, Words of the Mother - I / Vol. 13 of CWM

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-I/#aims-and-principles>



# 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

## CONDITIONS FOR LIVING IN AUROVILLE

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From the psychological point of view, the required conditions are:

1. To be convinced of the essential unity of mankind and to have the will to collaborate for the material realisation of that unity;
2. To have the will to collaborate in all that furthers future realisations.

The material conditions will be worked out as the realisation proceeds.

19.6.1967

\*

From the spiritual point of view, India is the foremost country in the world. Her mission is to set the example of spirituality. Sri Aurobindo came on earth to teach this to the world.

This fact is so obvious that a simple and ignorant peasant here is, in his heart, closer to the Divine than the intellectuals of Europe.

All those who want to become Aurovilians must know this and behave accordingly; otherwise they are unworthy of being Aurovilians.

8.2.1972

\*

The push towards the future is to be ready to give up all gains, moral and material, in order to acquire what the future can give us.

Very few are like that, there are many who would like to have what the Future is bringing, but they are not ready to give up what they have in order to acquire the new wealth.

5.8.1968\*

\*

To be an Aurovilian one must at least belong to the enlightened

*The city the earth needs.*

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portion of humanity and aspire for the higher consciousness which will govern the species of tomorrow.

Always higher and always better,—beyond egoistic limitations.

Feb., 1971

\*

The ideal of the Aurovilians must be to become egoless—not at all to satisfy their ego.

If they follow the old human way of selfish claim, how can they hope the world to change?

23.10.1971\*

\*

Every good Aurovilian should strive to free himself from all desires, preferences and repulsions.

Equality in all circumstances is the chief aim to be attained in order to live in Auroville.

\*

It is true that to live in Auroville a great progress of consciousness has to be made.

But the moment has come when this progress is possible.

June 1968



### Opening to the Light

Harmonises with all that can lead towards the Light. - The Mother

Thunbergia erecta (Benth.) Anderson.,  
Acanthaceae

King's mantle, Bush clock vine

## 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 & 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:

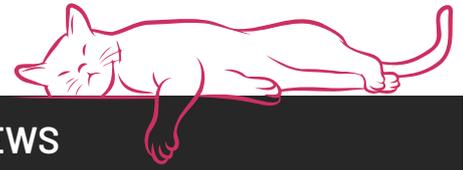
- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can donate at this account no: **FS #252150**.
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID, will only reach us if you use this [FORM](#) to submit your content.
- 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 & Notes Team

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## FROM THE ENTRY SERVICE

### ES # 237 DATED: 20-01-2025

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com).

*We thank you in advance.*

The Entry Board (Amy B., Don, Fabienne, Grace, Mirco, Sara, Sonja, Vadivel)

### AUROVILIAN ANNOUNCED

- **Amirdhavalli JANAKIRAMAN (Indian)** staying in Humanscapes and working at Udavi School

### NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as a new Secretary is appointed, the meetings of Confirmed Aurovilians with the Secretary will be pending.



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

## FO GROUPS NEWS

(not selected by due Residents Assembly process)

## FROM THE FO N&N 1062

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

## COMMUNITY NEWS



## OBITUARY

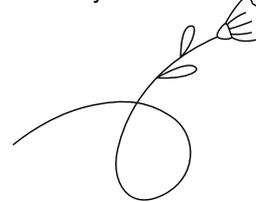
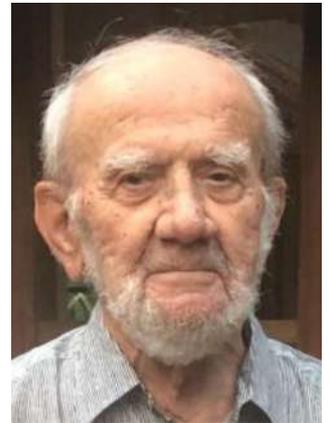
### ZDENKO BORBAS PASSED AWAY

Our Father and Grandfather Zdenko Borbas passed away Friday 17th January peacefully amongst his family. He was 97 years old.

The funeral was held at the Auroville Burial Ground on Sunday 19th January.

Andrea, Robert, Bobby, Andre, Jan, Filip and Suryan.

~ OM ~



## COMMUNITY SHARING

### 'AUROVILLE IN CRISIS & THE WAY FORWARD' - AN INDEPENDENT REPORT BY THE AUROVILLE GLOBAL FELLOWSHIP



Dear Aurovilians,

As members of the Auroville Global Fellowship, we'd like to introduce you to a new, independent and comprehensive report, '[Auroville in Crisis & the Way Forward](#).' It summarizes key facts about the situation Auroville is currently facing and presents a

plan to remedy it in accordance with the Auroville Foundation Act, the Auroville Charter, and the principles of the timeless Indian dharma.

#### The Auroville Global Fellowship

The Auroville Global Fellowship is an independent network of more than 50 national and international non-Aurovilian supporters who have contributed to the world in diverse fields relevant to the evolutionary ideals of Auroville. Founded in 2024, the Fellowship seeks to support Auroville through information-sharing; dialogue on matters of global interest and concern; and by taking on projects that advance the spirit, values, and mission of Auroville. Read more on the Fellowship [here](#).

#### The Report

The report was published on 14 January by the Auroville Global

Fellowship and distributed to select Indian officials and friends and supporters of Auroville worldwide. It calls for the urgent, sympathetic intervention of the Government of India to reverse the direction of the Auroville Foundation's current administration so that Auroville can properly fulfill its purpose for India and the world. It provides extensive documentation of actions that threaten Auroville's future with irreparable damage and practical solutions to set it on a positive path forward.

The report cites a failure of governance by the current administration in repudiating essential provisions of the Auroville Foundation Act; violating foundational values of the Auroville Charter; causing extensive damage to Auroville's assets and environment; and nullifying essential rights of Auroville's residents through extreme measures which have created a climate of fear, anxiety and hardship. **The concluding section outlines a practical plan to positively resolve the crisis by implementing four clear, actionable, and achievable steps to inaugurate a positive future for Auroville.**

More than 20 people worked on the report for many months, including a detailed review of more than 2,000 pages of reports, legal filings and rulings, newsletters, speeches, journals, websites, presentations, financial reports, and other documents. We offer it with immense respect and appreciation for the work of so many who have been resolute in affirming Auroville's mission, vision and values.

**Access the [full report here](#), or read a two-page summary with [key messaging here](#).**

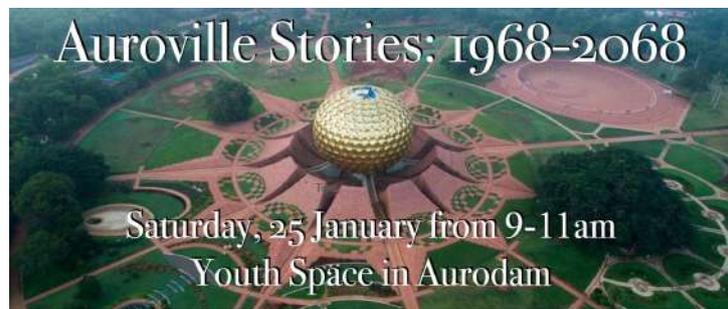
**We encourage you to share this report within your networks, as its independent research and proposed solutions could contribute to resolving Auroville's current challenges.**

In gratitude and aspiration,  
The report subgroup of the Auroville Global Fellowship  
Email: [AurovilleGlobalFellowship@gmail.com](mailto:AurovilleGlobalFellowship@gmail.com)



## AUROVILLE STORIES : 1968 - 2068

SATURDAY 25 JANUARY



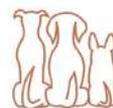
Let's take some time to remind each other (and ourselves!) why we came to Auroville and imagine where we might go ... together. The dream of Auroville Stories: 1968-2068 is to screen short (i.e. 3-4 min) narratives from our past — and future! — in early March. To start, please come to one (or more!) Intro Session next week at the Youth Space in Aurodam to...

- Reconnect with The Mother's and our personal visions for Auroville
- Remember some key moments of inspiration from our past
- Play a short game to stretch our imaginations
- Visualize a future, fully manifested Auroville
- Share in small groups about our memories and visions
- Explore key elements of compelling storytelling
- Outline the process to create "digital stories" in February.

Please share with others and RSVP at [bit.ly/AVstoriesINTRO](https://bit.ly/AVstoriesINTRO) (or via the QR code above) even if you might not continue in February as it will surely be a fun and inspirational event in its own right! Contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or on WhatsApp, Telegram, or Signal at +1 978-394-1711 if you have thoughts or questions. Thanks and we can't wait to hear your stories and visions of Auroville!

## AUROVILLE DOG SHELTER

### INVITATION TO THE OPENING OF SERENITY HOUSE AND HOPE GARDENS



We are delighted to invite all animal lovers of the Auroville Community to join us for a special blessing ceremony to celebrate the opening of the newly renovated Serenity House and its beautiful Hope Gardens. This transformation will greatly improve temporarily the living conditions of 30 to 40 of our beloved furry residents.

- **Date:** Friday 24th January
- **Time:** 10:30am
- **Location:** Auroville Dog Shelter

We would be thrilled if you could bring a small donation in the form of a plant, which we will lovingly plant in our new Hope Gardens to further beautify the space. Everyone is welcome to share in this joyful occasion!

#### On another note:

It has now been nearly a year since the Governing Board allocated funds for the construction of a new Auroville Dog Shelter, and 1.5 years since we received site permission for land adjacent to the RERS. Despite this, building permissions and funds remain withheld. As a result, our dogs endured yet another monsoon season in the old, collapsing shelter, which was further damaged by the cyclone Fengal. We urge the Auroville Foundation to prioritize this urgent and long overdue matter and release the approval and resources for the urgent construction of the new shelter.

We look forward to seeing you at the ceremony!



# AUROVILLE ULTIMATE FRISBEE 🏆 - SOUTHEAST REGIONALS TOURNAMENT UPDATE!

Dear Auroville Community,

We are thrilled to announce the results of the recently held Southeast Regionals, a key event in India's National Championship Series!

**Our senior women's team, Crash, brought home the GOLD medal!** Not only that, but they also secured **2nd place in Spirit**, showcasing some incredible teamwork and sportsmanship both on and off the field. 🏆🥈



On the men's side, the team fought hard and earned the **BRONZE medal!** 🥉



The Junior women's team, **The Crabs**, also had a wonderful weekend playing against some of Chennai's best.



Congratulations to all teams for their fantastic performances and dedication.

Thank you to everyone who came out to support us and sponsor us - we look forward to many more exciting events ahead!

Warm regards,  
Auroville Ultimate

## RESIDENTS SPEAK

### THE GREAT SPIRIT SCALE: A SPIRITUALITY- MEASURING CONTEST!

On a fine Indian summer day,  
The town herald came to say:

"Hear ye, hear ye!

Spirituality shall henceforth be measured,  
Its essence and worth by all to be treasured."



Is the purpose of this contest merely to showcase the overtly visible, flawed, and superficial interpretations of spirituality?

*How many different types of yoga do you practice?*

*How many times a day do you meditate, and for how long?*

*How are your Reiki classes progressing?*

*What about your holistic ceremonies?*

*Do you have insight into your past lives?*

*Have you ever participated in a Temazcal ceremony?*

*How many holy books have you read?*

*Do you attend the temple or church regularly?*

*How is your connection with the astral world?*

*Do you hear voices that guide you?*

*How diligently do you conduct your various pujas?*

For every "tangible" question: *Do you pick up trash in the street?*

There is an "intangible" counterpart: *What about the garbage in your head—do you judge others?*

*Pray tell, how well do you know yourself—do you accept who you are?*

*Have you accepted your body, or are you still insulting it?*

*How do you hit it off with your friends—how loyal are you?*

*How wholesome is your relationship with your partner—do you respect each other?*

*What about your present—do you truly live and love your life?*

*How well do you get along with your family—how much time do you spend with them?*

*What about your children—have you ever told them you love them?*

*What is your relationship with your neighbours?*

*Have you ever forgiven someone, and have you ever apologised?*

Indeed, these personal or spiritual aspects cannot be felt, seen, praised, bought, read, studied, or taught. Spirituality is not a thing to be measured—it is something you already possess. It is something you feel, perceive, and experience.

Now tell me, how spiritual are *you*?

How many steps did you take today on your Soul-O-Metre?

### NO PLAYING FIELD NO PLAY

ॐ

As in any competitive sports activity, single and especially multi-player, how can you play without a playing field?

And with those the simple Goal: Victory.

Of course you have to sweat it out and do your best to get that. Otherwise you'll just be clobbered again and again by the winning player(s) who obviously worked harder that allowed them to endure and overpower you. Anyway, experience is the best teacher. No pain no gain.

Same with Life and the same with Auroville, the Play itself and the Playing Field with all sorts of Players, concentrated to hasten and intensify the Great Cosmic Game, in which the Vision-Goal is Victory over the past that seeks to endure. Unless you develop enough skills and power, the Divine Manifestation of the new apex species the Supramental being and the Life Divine will not happen,

and the unsatisfactory and at times obnoxious yet still relatively powerful old ego-bound mental-animal human world will persist to exist. How much more can you take of the cruelty and brutality of the old world before you decide to take decisive action and arise from your stiffness as if stoned?

Here's a tip and a hack from the Kalki Avatar Sri Aurobindo and the Mother, who envisioned and created this most special Revolutionary Playing Field that is aptly termed the City of Dawn of the New World:

Team up with the most skillful player with the Absolute Knowledge and Power: the Supreme Divine Mother MahaShakti Herself. With Her by your side it's going to be the easiest and most joyful ride towards Victory.

....



Zech, 2025.01.21

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

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

**(NOT JUST) WORD PLAY**

The Doomsday sentiment, stories and "signs" seem to be lurking somewhere in human consciousness, appearing and reappearing in some mysterious, mischievous patterns.

Like everyone, I have been through tough times, and yet I never really buy-in the "Doomsday", not the 2012, nor the current or under-current scenarios.

Once, when I mused upon the word "history", it came to me that it's "his story", not mine. It lightened my heart and I smiled and laughed, at the human follies and beauties, at the play, at the occasions offered for us to grow.

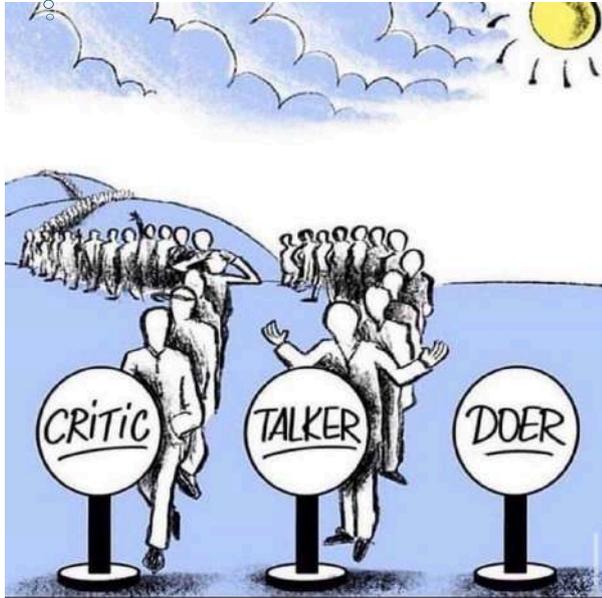
Sometime after, the idea of the following design came. No explanation needed, as it is up to each one to "get" it, or not, or "see" it in one's own way:



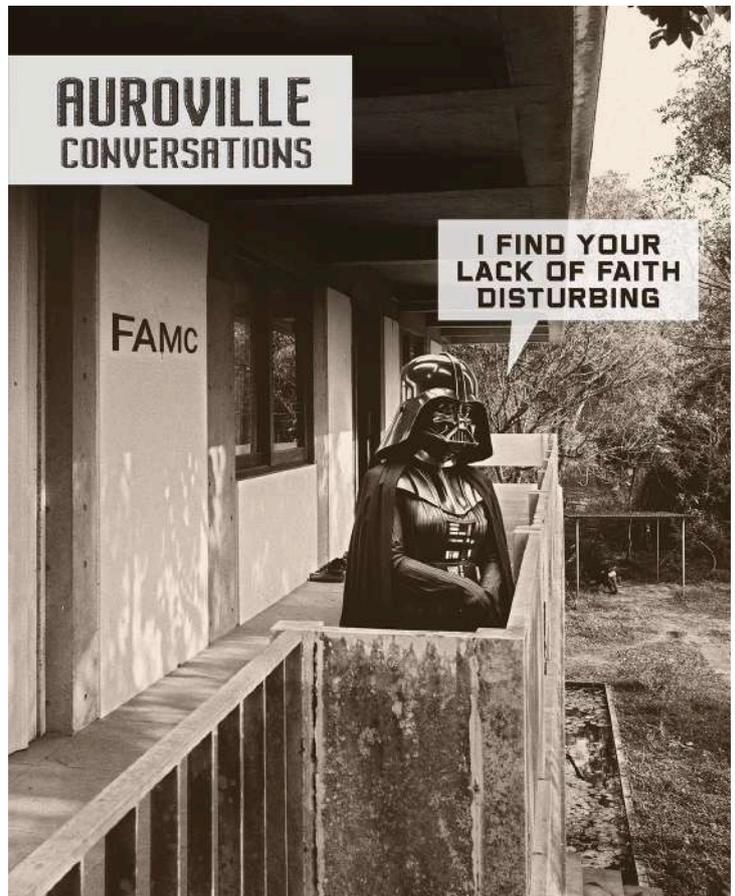
Anandi Zhang



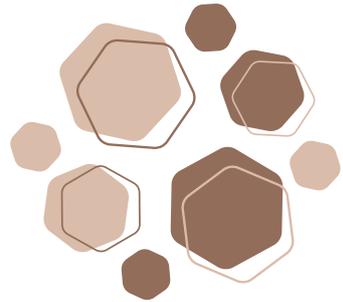
FOOD FOR THOUGHT



**AUROVILLE CONVERSATIONS**



Submitted by an Aurovillian



**INNER JOURNEY**

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

Tuesday 28th January, 9 am - 12 noon  
Focus: Practice - The Sunlit Path

Led by Ashesh Joshi  
Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



**SAVITRI SATSANG WITH NARAD**

EVERY TUESDAY, 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 Savitri Book One Canto Three.

At Savitri Bhavan - Square Hall.

## OM CHOIR

EVERY TUESDAY, 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

Meditations at sunset with SAVITRI,

Every THURSDAY  
from 5:30 to 6:00pm

(weather permitting)



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

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

New: Guests with Aurocard wishing to attend must book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance. Please bring your Aurocard with you.

Access by Office Gate for the Amphitheater only from 5:15pm. Thank you.

Velmurugan and the Access Team

## 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](https://www.instagram.com/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)

# ANNOUNCEMENTS

## GUIDED GARDEN TOUR

TUESDAYS AND FRIDAYS, AV BOTANICAL GARDENS

From the 20<sup>th</sup>  
of December  
to the 20<sup>th</sup> of  
March 2025

*Come walk with us!*  
Guided Garden Tour

- **Tuesdays and Fridays - 09:30am** (about a 1.5 hour walk).
- Be on time.
- Bring your water bottle and a hat.
- Meeting point at BG Kitchen.



Please send us an email to : [avbg tours@gmail.com](mailto:avbg tours@gmail.com) to book your walk.

## BRINGING ECOLOGY HOME

17 - 19 FEBRUARY 2025, AV BOTANICAL GARDENS

### Bringing ecology home

Ecological concepts & practices for everyday living

With Deoyani, Lucas & Nina

Dates:  
17.02.25  
to  
19.02.25

Learn about the vital connection between our personal health and the health of the planet. We will delve into how our daily choices—from the food we eat and the products we use, to our methods of hygiene and sanitation—directly impact the environment. By understanding the effects of our actions on the ecosystem, participants will gain insights into making more sustainable, eco-conscious decisions that benefit both our well-being and the Earth's health.



Registrations open until  
07.02.25

15 spots available !

To register/ further details email us at : [ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com)

Location: Auroville Botanical Gardens, Timings : 9am to 4.30 pm

Course fees: Rs:5000 (inclusive of lunch & refreshments)



## ECO FEMME - OPEN HOUSE

EVERY THURSDAY

Dear Friends,

Come join our Open House **every Thursday at 10:30am**. We hold these at our office in Auroshilpam, just behind Auromode.

We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and period panties!

See you soon!

The Eco Femme Team



### Looking for an Auroville experience?

Come and visit Eco Femme's open house  
**Thursday 10.30 - 11.30 am** to learn about menstrual health, cycle tracking and our social enterprise.

Organic cloth pads, nappies and cups available at special rates.

Monday to Friday 9 am to 5 pm  
 Auroshilpam 605 101, Auroville  
 ecofemme.org  
 Revaluing menstruation... because Life depends on it!

### AUROVILLE MARATHON

MONDAY 16 FEBRUARY 2025

Dear Community Members and Runners,

Warm greetings!

We are thrilled to announce that preparations for the 15th edition of the Auroville Marathon 2025 are in full swing.

This event has always been a celebration of togetherness, health, and the vibrant spirit of Auroville, and we look forward to another memorable year with all of you.

Mark your calendars!

#### Auroville Marathon: 16th February 2025

- **Online Registration:** Opens on 9th December 2024 and closes on 25th January 2025.
- To register online, please visit: <https://www.aurovillemarathon.com/register/>
- **Manual Registration:** Available from 20th December 2024 to 25th January 2025.
- For manual registration, please visit Saracon between 10:00am to 12:00pm and 2:00pm to 4:00pm.

#### For Auroville Community Members and Residents of the Bioregion:

The registration fee is waived, but a coupon is required to participate. To obtain a coupon, please send an email to [marathon@auroville.org.in](mailto:marathon@auroville.org.in) with your details, and we will provide the coupon via email. Alternatively, you can visit the Saracon Office during the specified times to collect it in person. Once you have the coupon, you can complete your registration for the Auroville Marathon 2025.

**For your information:** This year, we have added an option to purchase T-shirts for runners on the registration page. You can select your preferred T-shirt size while registering for the marathon. Please note that runner T-shirts are not included in the registration fee and need to be purchased separately.

Let us come together to celebrate the joy of running and the camaraderie that makes this event so special.

#### "RUN FOR THE JOY OF RUNNING"

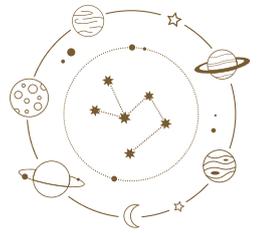
We eagerly await your participation and support to make this marathon another resounding success.

Warm regards,  
 Prabhu & Marathon Team



### VEDIC ASTROLOGY 2025

If topics like Astronomy, Astrology, Indian Philosophy, Vedic Mythology and Temple retreats interest you, my next year long program is starting in May 2025. We'll cover these topics from scratch. It will be an online program, with a few in-person retreats to get experiential feel of the topics involved. I have a WhatsApp group for this, where I share info and updates as we approach the start date.



Here's the link to join:

[https://allthingsvedic.link/astrology101\\_interested](https://allthingsvedic.link/astrology101_interested).

Hoping to see you there.

Vikram, 98439 48288, [allthingsvedic.in](http://allthingsvedic.in)

### FEMININE EXPRESSIONS EVENING

SATURDAY 25 JANUARY, CRIPA

*Feminine Expressions*

Welcome to a Creative Feminine Evening, featuring dance, singing, and poetry—all performed by women for a female audience.

This one-of-a-kind community event is inspired by tribal traditions, where women of all ages would gather to celebrate together, sharing their creative energy and spirit.

UNITY IN DIVERSITY

Galit ~ Renana ~ Vera ~ Agila  
 Louise Rose ~ Carla ~ Afsaneh & more shaktis

The women of the community are warmly invited to our Feminine Expressions Evening:

- **Date:** Saturday 25.01.25, 7pm
- **Location:** CRIPA

Inspired by tribal traditions, where women of all ages come together to celebrate, share their creative energy, and uplift their spirits.

#### Join us for an evening of:

- Sacred Dances
- Music
- Poetry
- Singing

#### Followed by:

- ★ A Celebration Circle / Free Dance

Let's open our hearts and celebrate together!



## LOST (& FOUND)

### MEDICAL DEVICE

Dear Auroville Community,

I lost a very special medical device last week in Auroville. It is a small square, that is white with blue (see photo).



It fell out of my pocket at either Sigrid Lindann's office or in the ITS or UTS taxi. I have checked with all of them and they say they have not found it.

This is a very special device that was prescribed for me by a doctor and is tailored for my body.

Someone familiar with the device could have decided to keep it for themselves.

If you may have found it I would appreciate its honest and safe return. Much of my income went to purchasing it.

I believe in kindness, honesty, integrity and miracles ★

May the spirit of miracles, honesty and integrity of us all lead the way ★🙏

I will offer a special gift for its return.

With Appreciation and Gratitude ★🙏

Sara H. Sternberg  
+1-617-416-4311 (WhatsApp)

### TENNIS RACQUET

Highest award for finding my Babolat tennis racquet with a blue grip. Last left at Certitude.

Thanks  
Frederick, [frederickcert@gmail.com](mailto:frederickcert@gmail.com)



## LOOKING FOR

### TAXI SHARING

1 - THURSDAY 30 JANUARY



If someone want to share a taxi **from Chennai Airport on January 30th flight arrival 13:00pm.**

Please contact me WhatsApp Ode +15813724705

2 - MONDAY 3 FEBRUARY

To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport on Monday 3rd February 2025.**

**Departure from Auroville Town Hall at 11:00pm (23:00).**

Please contact via WhatsApp +34685673777 or email: [srimaa221@gmail.com](mailto:srimaa221@gmail.com). Sunny

### SOMEONE TO FORMAT A BOOK

Looking for someone who can format a book from Word or PDF formats into a EPUB file to be readable with a KINDLE.

The book is written in French.

Please contact Cristo at 0413 2622356 and by email at [cjm@auroville.community](mailto:cjm@auroville.community)



## A HOUSESITTER, AUROVILIAN OR NEWCOMER



In a community close to all services, with magnificent collective garden, one-bedroom apartment with large green terrace and also balcony, well ventilated and furnished and quiet neighborhood.

We're looking for a rare gem who cares about the quality of life and the beauty of the surroundings, and is willing to take good care of one of the Foundation's housing assets.

Charges are Rs3700 per month including monthly community fees, Internet and fixed telephone (local calls only) and contribution to the Housing repair fund.

Period of 10 consecutive months from mid-February to mid-December. Interviews in progress. Send contact details, photo, presentation and motivation letter to: [gestmb@yahoo.ca](mailto:gestmb@yahoo.ca)

## FEMALE FILM SCRIPTWRITER

Hello! Are you a FEMALE FILM SCRIPTWRITER? We're looking for talented individuals like you!

Kindly reach out for more details about our project.

Ulrike Urvasi 97515 13906  
[mothersworkforTheMotherswork@gmail.com](mailto:mothersworkforTheMotherswork@gmail.com)



## READING GLASSES EXCHANGE :)

Dear ALL,  
I have reading glasses with the power +1.0 and am looking forward to exchange them against the reading power of +0.75 or +0.50. If anybody has them or has spare one's, please contact me.

Thanking you very much in advance... Sunny +34685673777  
WhatsApp or email: [srimaa221@gmail.com](mailto:srimaa221@gmail.com)



## LOOKING FOR A MINIDV VIDEO CAMERA



I am looking for a video-camera (Sony, Canon or so) that works with mini-DV video cassettes. If you have one laying somewhere, as now they are obsolete, I'd be happy to buy it.

It must be working, of course.

Please contact me by email at : [manohar@auroville.org.in](mailto:manohar@auroville.org.in)

or phone/whatsapp 94864 16179.

Thank you, Manohar

## ECO FEMME IS LOOKING FOR OFFICE SPACE & STORAGE ROOM

Eco Femme is seeking new office space with the following specifications:

- Office area: 150 sq. m
- Storage room: 80 sq. m

Please feel free to contact us at 94871 79556 for more information. Thank you!



## VARIOUS ITEMS!

Looking for:

- nail brush preferably with a steel / wooden base
- stainless steel or ceramic base frying pan
- acoustic guitar
- books on death and dying.

Thank you for reading and offering.

Love, Deepa.

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

AVAILABLE

## D-LINK 10/100 FAST ETHERNET SWITCH TO GIVE AWAY



## LENOVO TABLET M10 (3RD GEN), 10.1 INCH (25.65 CM)



Lenovo Tablet M10 (3rd Gen), 10.1 Inch (25.65 Cm), Wuxga IPS Display 1920x1200, 100% Srgb, 4 GB Ram, 64 GB ROM, additional 128 GB MicroSD card, Android version 12, including cover for protection.

Original price: Rs 26,000, **selling price: Rs 8,000**

For these tech items, please contact [aurodaniel@gmail.com](mailto:aurodaniel@gmail.com).

## TWO CANE BENCHES



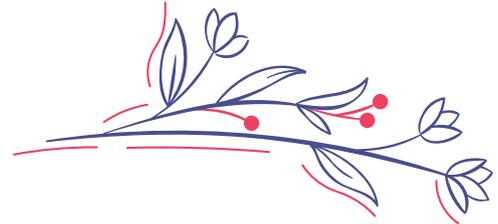
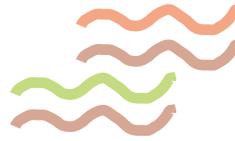
2 cane benches (joint on the photo) to give. The cane bench needs repair, but all the parts are there.

Please call Birgitta 94423 00574.

## KITCHEN SINK

Functional kitchen sink (needs cleaning) to give.

Please call Birgitta 94423 00574.



## 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](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

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



### REGULAR CLASSES:

#### Qi Gong - with Lhamo

- **Monday - Wednesday and Friday 7 - 8:30am, drop in class**

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.**

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.

### Facial Gua Sha (beauty treatment) with Lhamo

- On appointment only (+91 84380 53127)

Facial Gua Sha reduces puffiness, lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care. This treatment helps to detoxify, to purify and improve the metabolism as well.

### 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.

## FACIAL GUA SHA WORKSHOP

**FACIAL GUA SHA WORKSHOP**  
(4 days)  
WITH LHAMO

**Tuesday & Wednesday**  
21st & 22nd ; and  
28th & 29th January  
4 to 5:30pm

Gua Sha is an ancient natural treatment popular in Chinese medicine to increase blood circulation, detox & stimulate the meridians for a better energy flow.

Through the workshop we will not only learn the correct way to use Gua Sha tool to stimulate meridians but also the connection between our facial features and our organs; our face is like a mirror of our organs conditions. The workshop will also include ancient belly techniques to balance spleen & liver.

Facial Gua Sha reduces puffiness, lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care.

The participant need to have ones own Gua Sha tool.

Participants are required to attend all 4 days.

FOR MORE DETAILS ABOUT WORKSHOP AND TOOLS  
CONTACT: +91 9443617308

AT SERENDIPITY GUEST HOUSE



## ACTIVITIES AT JOI - ANITYA COMMUNITY

### Journey to Inner Peace :

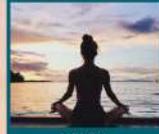
#### Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's Centerfield, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.

- **Location:** Anitya Community, Centerfield, Auroville (500m after Center Guest House)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages).

# WELL-BEING

@ JOI ANITYA

<b>THAI YOGA BODYWORK</b>  ANDRES (+91) 9751607501	<b>AYURVEDIC MASSAGE</b>  ELENE (+91) 7904143719	<b>INTEGRAL COACHING</b>  DAVE (+44) 7564119728
<b>SHAH-LU-HA-KA BODYWORK</b>  NIKKI (+91) 7094716136	<b>MINDFULNESS MEDITATION</b>  HELEN (+91) 7094753054	<b>WOMEN CIRCLES</b>  PREM SHAKTI (+91) 9489244823

Info and Bookings through WhatsApp | Anitya Community Centerfield | joyofimpermanence@auroville.org.in

Joi Anitya is a Registered Project under Hospitality Trust, Auroville Foundation

### Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of yoga, acupressure, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

### Ayurvedic Massage with Elene

- **Contact:** +91 79041 43719

A relaxing full-body oil massage that melts away tension and revitalizes prana by gently focusing on the head, back, stomach, and feet.

### Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

A transformative life coaching approach blending Internal Family Systems (IFS), Focusing, and the Diamond Approach to explore your inner world, integrate all parts of yourself, and unfolding your unique potential for personal transformation.

### Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

### Mindfulness Meditation with Helen

- **Contact:** +91 70947 53054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self. Regular drop-in session for all on Tuesdays at 7:15am (Maloka Hall).

### Women Circles with Prem Shakti

- **Contact:** +91 94892 44823

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences. Every new moon and full moon.

## YOGA FOR ALL: EXPERIENCE CONNECTION AND CALM IN ANITYA - UNTIL 6 FEBRUARY

**FREE YOGA CLASS  
IN ANITYA COMMUNITY**

**HATHA YOGA**  
Monday: 5 to 6 pm  
Thursday: 5 to 6 pm  
Saturday: 5 to 6 pm  
Sunday: 10 to 11 am  
**UNTIL FEB 6  
only**

**CHILDREN YOGA**  
Thursday: 3:30 to 4:30 pm  
With the presence of a parent for children under 7

Open to all. Classes are given on a free basis by an experienced teacher but contributions for the space are very welcome.  
Location: Maloka Hall, Anitya community, Center Field  
Follow the ANITYA signs after Center gh/ Serendipity  
Contact Mathilde for info (WA): +91-7094058699

Until February 6, we will be offering free classes in the serene setting of the Anitya community. These offerings are an invitation to relax, recharge, and rediscover balance.

### Hatha Yoga Classes

Reconnect with yourself through gentle stretches, mindful breathing, and deep relaxation. These sessions are designed for all levels, whether you are new to yoga or an experienced practitioner. Each class is an opportunity to build strength, improve flexibility, and cultivate inner peace.

#### Schedule:

- Sundays, 10:00 to 11:00am (January 26; February 2)
- Mondays, 5:00 to 6:00pm (January 20, 27; February 3)
- Thursdays, 5:00 to 6:00pm (January 23, 30; February 6)
- Saturdays, 5:00 to 6:00pm (January 25; February 1)

### Children Yoga

Share the joy of yoga with your little ones! These sessions are specially crafted to create a playful and nurturing environment where parents and children can bond, move, and relax together. It's a wonderful way to introduce mindfulness and balance to your family's routine. Starting at (±) 4 years old with a parent. Children from 7+ can join alone.

#### Schedule:

- Thursdays, 3:30 to 4:30pm (January 23, 30; February 6)

## TRANSCENDENTAL MEDITATION

UNTIL FEB 6  
only

**TRANSCENDENTAL  
MEDITATION**

**INTRODUCTORY TALK  
SUNDAYS 11:15 AM TO 12:15**

**PRACTITIONERS MEETING  
SUNDAYS 12:30 TO 1:30PM**

@ Maloka Hall, Anitya Community  
info (WA): +91-7094058699

### Transcendental Meditation Introductory Lecture

Start your yoga journey with an introductory lecture on Transcendental Meditation. This is an informational session designed to provide insights into how this simple pure mental yet profound technique can enhance your well-being and help you find calm amidst life's challenges. Open to all.

#### Schedule:

- Sundays, 11:15am to 12:15pm (January 26; February 2)

### Transcendental Meditation Practitioners Meeting

This gathering offers a supportive environment to deepen your practice, reinforce your inner calm, and connect with fellow meditators. **For initiated practitioners only.**

#### Schedule:

- Sundays, 12:30 to 1:30pm (January 26; February 2)

#### Details and Venue

- **Location:** Maloka Hall, Anitya Community (follow the signs after Center GH/ Serendipity)
- **Dates:** from Sunday 12th January to Thursday 6th February
- **Fees:** All classes are free, but donations to support the space are very much appreciated.

**For more information contact Mathilde by WhatsApp message:**

## WORKSHOPS

### TAI CHI CHUAN BEGINNERS' INTENSIVE

27 JANUARY - 15 FEBRUARY, SHARNGA

### THE SCHOOL OF THE INNER WAY

Presents

THE ART OF CHI - Stevanovitch's method



### TAI CHI CHUAN BEGINNERS' INTENSIVE

- Monday 27th January - Saturday 15th February 2025
- 07:30am - 10:30am

Beginners: Chi and Tai Chi basics.

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

The work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

This is a recreational activity.

For information and booking, contact [taichi@auroville.org.in](mailto:taichi@auroville.org.in).

[taichi.auroville.org](http://taichi.auroville.org) / [www.artduchi.com](http://www.artduchi.com)

## CULTURAL ANNOUNCEMENTS

### JOIN US FOR PÉTANQUE - A CLASSIC FRENCH GAME!

EVERY SUNDAY, FRENCH PAVILION

Discover **Pétanque**, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (*cochonnet*). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French ;)

 **Every Sunday, 4pm - 5:30pm**

 **French Pavilion, opposite the Visitor Center**

Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!

### SINGING CIRCLE

SATURDAY 24 JANUARY, CREATIVITY

### AUROVILLE INTERNATIONAL POTTERS MARKET

24 - 26 JANUARY, VISITORS CENTRE

.....at Auroville Visitors Centre!!!.....

Showcasing ceramics from across India and the world  
CHILDRENS CLAY PLAY STATION, DEMONSTRATIONS, WORKSHOPS, RAFFLE



Email us at [aurovillepottersmarket@gmail.com](mailto:aurovillepottersmarket@gmail.com)

Follow us on

Instagram [@aurovillepottersmarket](https://www.instagram.com/aurovillepottersmarket)  
or Facebook

# AUROVILLE RADIO



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

### Last published podcasts:

- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.478 \(Integral Yoga\)](#)
- [Marlenka's Weekly Offering – Ep.126. \(Literature\)](#)
- [Soul Tracks S.6, Ep.8 - Dhani Returns! \(Music\)](#)
- [Seeking Our Inner Being Group Discussion in Tamil - Ep. 1 \(Spirituality\)](#)

### Last Youtube Video:

- [Auroville Singing Festival 2024 - Day 1 | Full Video](#)

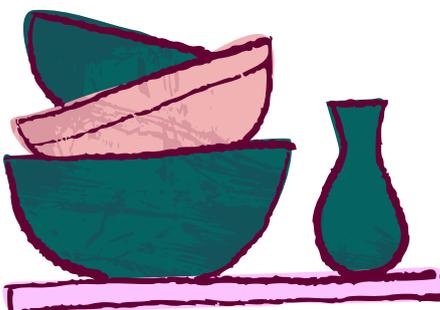
....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).  
For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Regards,  
Sai Priya for Auroville RadioTV

## ART EXHIBITIONS

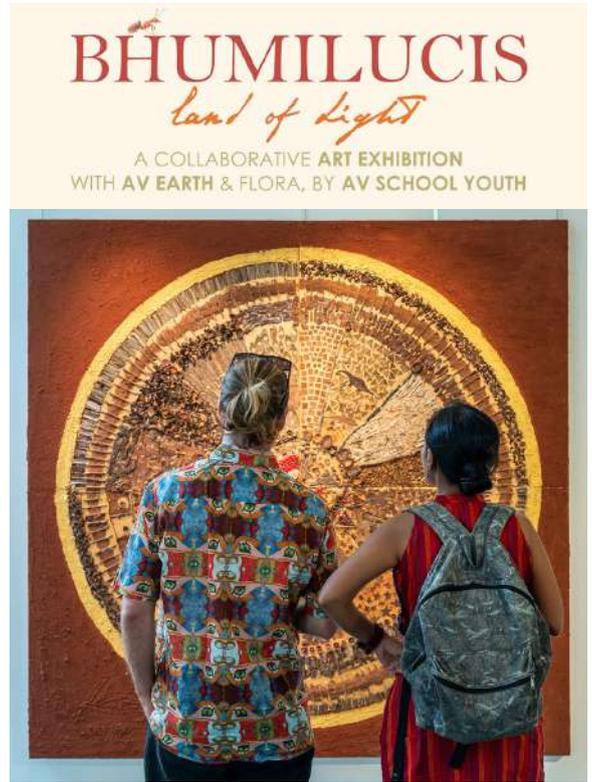
### NO METAPHORS PLEASE! (CERAMIC ART)

24 - 26 JANUARY, VISITORS CENTRE



### BHUMILUCIS BY AURODEVA

17 - 29 JANUARY, CENTRE D'ART, CITADINES



### Guided Visit to Bhumilucis

On **Saturday 25 Jan at 11:00am at Centre d'Art, Citadines**, Aurodeva will provide a guided visit for those interested in the Auroville youth's exhibition, *Bhumilucis, Land of Light*.

He will explain, in detail, the journey behind the show and elaborate on the collaborative arts.

Bhumilucis is open until 29th January 2025.

- Tue - Fri : 2pm - 5:30pm
- Sat : 10am - 12:30pm, 2pm - 5:30pm.

## 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



The days get so dense and intense  
That breathing is a breakthrough  
A feat to honour and celebrate.

**Anandi Z**

## POETRY

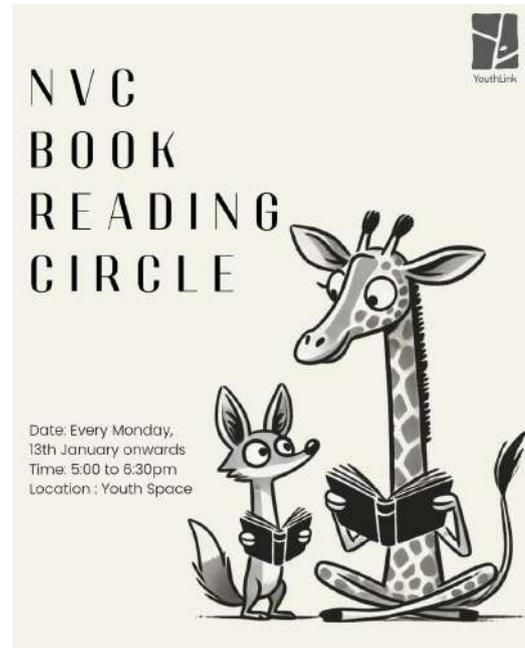
### All is Well

I wait upon my friend whose love is pure  
To lead me forth in my remaining days  
And this he will for I am rightly sure  
That he will not for long allow delays  
Of soul's attempt to rise and divinise  
Body, mind and life, and through the years  
Ahead and all the coming centuries  
When I am drawn within, there are no fears  
That I will fail to serve Him and to please  
The lady of my life, the Mother of all  
When in Her strong embrace my soul shall dwell  
And now in peace I know that all is well.

*Narad*

## FOR THE BOOKWORMS

**JOIN OUR BOOK READING CIRCLE:  
"NONVIOLENT COMMUNICATION"**  
EVERY MONDAY, YOUTH SPACE



Youthlink invites you to a book reading circle at the Youth Space. We'll be reading and discussing the book by Marshall Rosenberg, the founder of NVC, and we're excited to share this journey with you! This book has the potential to really shift the way we communicate.

### About the Book:

"Nonviolent Communication" offers a fresh perspective on how to express yourself honestly and respectfully. By using four simple yet powerful components - observations, feelings, needs, and requests - you can learn to communicate more effectively and build stronger relationships. This book is all about creating a more empathetic and compassionate way of interacting with others, and it's packed with practical tips and real-life examples to help you get started. Whether you want to improve your personal or professional relationships, this book has something to offer.

### Details:

- **When:** Every Monday
- **Time:** 5pm - 6:30pm
- **Where:** Youth Space (location on Google Maps)
- **Contact:** +33673540830 on WhatsApp, or email [monicayouthlink@gmail.com](mailto:monicayouthlink@gmail.com) for questions

### Swift and Special Sound

There is a swift and special sound  
That coming out of idle thought withdrawn  
Strikes all knowledge into heart, though dry,  
As with a white hot branding iron  
And leaves it blazing like a fire.  
Then there is nothing  
Touch of hand  
Or gaze of eye  
Or throb of heart  
Does not perceive as flawless  
And entirely right.  
So though I talk or eat or sleep  
Or sit in idle thought withdrawn  
Somewhere within  
An ear new-shape is ever-cocked  
For that swift sound.

*Maggi Lidchi-Grassi*  
"Seeds" (1930 - 2024)

**READING CIRCLES**

MONDAYS, TUESDAYS, AND THURSDAYS

**Current book reading circles at the Auroville Library :**

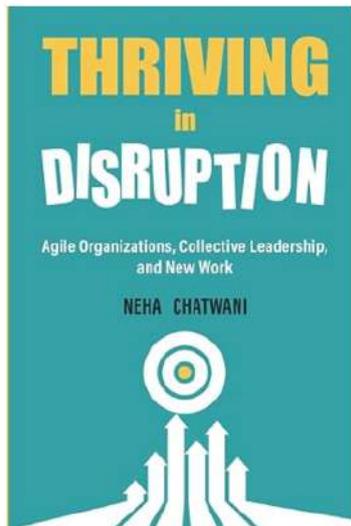
- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)



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

**BOOK READING : NEHA CHATWANI, AUTHOR OF 'THRIVING IN DISRUPTION'**

FRIDAY 31 JANUARY, AUROVILLE LIBRARY



In a world of constant change, agility is more than a skill—it's a way of being. This book offers a human-centric perspective on how organizations and individuals can adapt, innovate, and evolve in the face of uncertainty.

The agile approach highlights the power of knowledge sharing, collective intelligence, and aligning resources towards a shared purpose. The roles of the learner and the learned are interchangeable. Agile organizations are: continuously evolving, learning-focused and driven by collective leadership. No one can tick the box and say we are agile now, let's stop learning.

Join us for an insightful reading and a hopeful vibrant Q&A. Everyone is welcome!

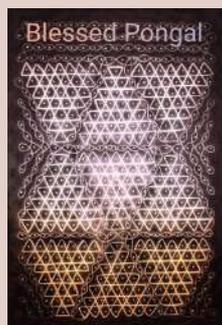
**Auroville Library, Friday 31st January, 6 - 7pm.**

**THEME OF THE MONTH**

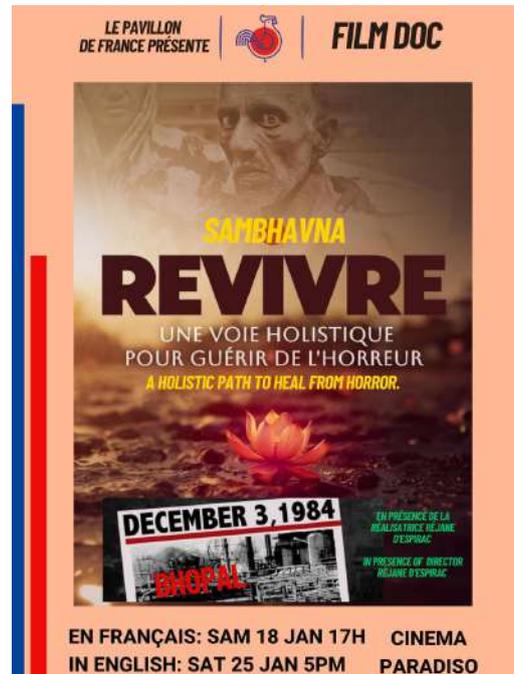
Every month, we choose a topic and set up a display of books from our collection.

This month's theme is **KOLAM / கோலம்**

*Please come by to check out our selection!*



**THE FRENCH PAVILLON PRESENTS: SAMBHAVNA - A DOCUMENTARY FILM SATURDAY 25 JANUARY**



In presence of film director Réjane d'Espirac  
**IN ENGLISH: Saturday 25th January, 5pm**

Town Hall - Cinema Paradiso.

Duration: 52 min + Q&A with film director.

**Where to Find the Strength to Live Again After Experiencing Horror?**

Forty years ago, the Indian city of Bhopal, in Madhya Pradesh, became the site of the **worst industrial disaster in history**. On the night of December 2, 1984, a highly toxic gas leaked from a pesticide plant owned by the American company Union Carbide, killing thousands of people and causing cancer and chronic illnesses in hundreds of thousands more. For the past 40 years, these toxins have continued to pollute the surrounding soil and water, creating new health issues. After a few years, conventional treatments (primarily steroids, antibiotics, painkillers, and psychotropic drugs used in large doses over long periods) ceased to be effective. What could be done?

**One man had an idea:** to establish a clinic in the heart of the contaminated area that offers free treatment to victims using medicinal plants, yoga, and Ayurveda. Its name: **Sambhavna**, meaning "possibility." More than just a place for care and support, Sambhavna symbolizes the potential for rebirth after horror. Like a lotus blooming in the mud, it represents grace amid chaos. Its story serves as a living reflection on the kind of humanity we wish to cultivate. The documentary explores this story of **resilience and healing**.

- *"Touching and profound"* - Indra Sinha, author of "Animal's People".
- *"The essence of real healing and love"* - Farah Edwards, cofounder of Bhopal Medical Appeal.

**Réjane d'Espirac, the director, will attend the screenings for a discussion and Q&A.**

## NEW MOON MOVIE

WEDNESDAY 29 JANUARY, CENTRE D'ART CITADINES

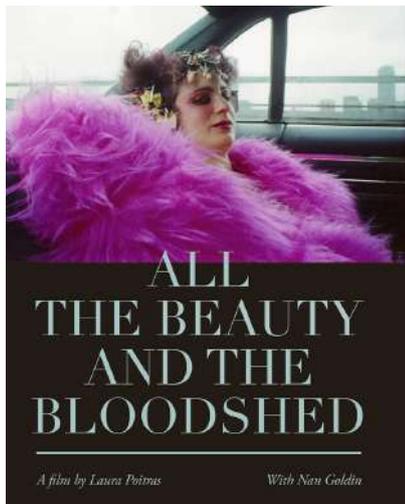
Every NEW MOON Day, Art movie screening at **Centre d'Art, Citadines**. This month it will happen on **Wednesday 29 January at 5pm, in the Multimedia room.**

### All the Beauty and the Bloodshed,

by Laura Poitras, 2023 – 100 min.

Fearless documentary filmmaker Laura Poitras's career-long pursuit of truth and justice finds powerful

expression in an epic story of art, activism, and survival. Made in collaboration with renowned artist Nan Goldin, *All the Beauty and the Bloodshed* entwines the mission of PAIN—an advocacy group she founded to raise awareness about the billionaire Sackler family's integral role in the ongoing crisis of opioid overdoses—with an intimate journey through Goldin's life, from her rebellious adolescence and immersion in New York City's thriving underground art scene to her personal experiences of addiction and the AIDS epidemic. Through it all, her indelible photographs and candid reflections on memory and trauma reveal her unyielding solidarity with marginalized communities that refuse to remain silent.



## FRENCH DOCUMENTARY

THURSDAY 30 JANUARY, CENTRE D'ART CITADINES

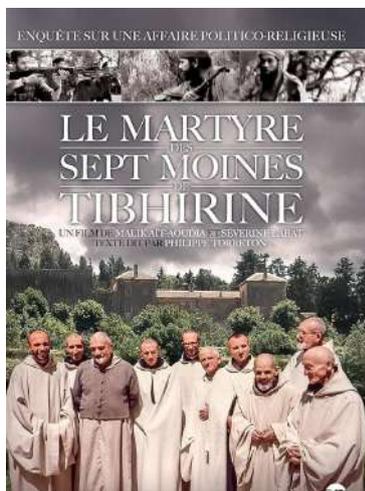
### LE MARTYRE DES SEPT MOINES DE TIBHIRINE, 2012

French Version - 75 min - Documentary by Malik AIT-AOUDIA (Algeria) et Séverine LABAT (France)

Séverine LABAT, co-director of the movie, will be present at the screening.

The 1996 kidnapping and murder of seven Catholic monks in Algeria is not only a tragic story, but also serves as a sad prediction of things to come.

For the first time, with the rigor of a criminal investigation, based on verifiable facts and exclusive testimonies repeatedly corroborated by heads of the GIA (Groupe islamique armé), senior officers of the Algerian army, members of French and Algerian governments and members of the intelligence services on both sides of the Mediterranean, "Le martyre des sept moines de Tibhirine" reveals the underside of a drama that continues to haunt the world's conscience.



**Séverine LABAT** is a CNRS researcher and a film-maker. She studied political science, and since 1997 has worked at the Paris branch of the CNRS / CADIS as a specialist in urban violence in France, in the Arab World (Algeria, Palestine), and human migration. In 2003 she won the FIGRA Best Investigation Award for co-directing the film "Vol AF 8969, Paris-Alger : histoire secrète d'un détournement".



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

### Aurofilm and the Spanish Pavilion presents:

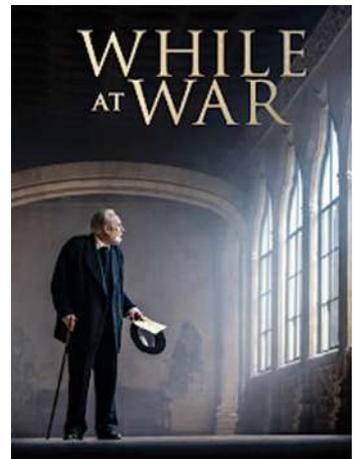
Reminder: **Friday 24th January at 8:00 pm**

### "While at War" (Original title: *Mientras dure la guerra*)

Directed by **Alejandro Amenábar**, Spain, Argentina, 2019

With: Karra Elejalde, Eduard Fernández, Santi Prego

*Synopsis:* During the Spanish coup of July 1936, Nationalist troops occupy Salamanca. When the insurrection of the military junta led by Francisco Franco breaks out, the prestigious writer, philosopher and rector of the Miguel de Unamuno University speaks out in favor of the coup d'état, which he believes will restore order to a country ruled by socialists and communists. But little by little, the insurrection becomes the Spanish Civil War, and the republic tends to be



Unamuno watches helplessly as his friends and collaborators are murdered. Gradually, he questions his political position in the face of the fascist excesses of the nationalists... It is the seventh film by film director Alejandro Amenábar, well known for the success of *Thesis*, *Open Your Eyes*, *The Others* and *The Sea Inside*. "While at War" won the award for best international film at the Haifa Film Festival, and many other nominations in the Goya Awards 2020.

*Original Spanish version with English subtitles. Duration: 1h47'*

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

### Friday 31st January at 8:00pm

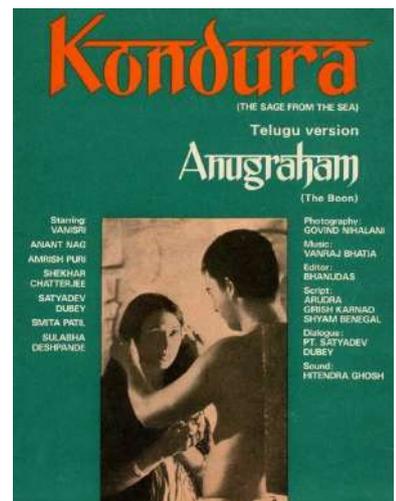
Aurofilm once again pays tribute to the recently passed away of the prominent Indian filmmaker "**Shyam Benegal**" and presents one of his feature films "**Kondura**" based on the novel of the same name by Marathi writer, Chintamani T.hanolkar.

### "Kondura" (The Sage from the Sea)

Directed by **Shyam Benegal**, India, 1978

With: Anant Nag, Nirmala, Siddesh

*Synopsis:* Kondura blends profound philosophical inquiries with poignant storytelling. The story unfolds in a coastal village, where Parshuram, a young Brahmin, encounters a mythical sage named Kondura. Blessed with a boon and a mystical herb on the condition of celibacy, Parshuram returns home to become a spiritual guide, claiming to channel divine will through his wife, Ansooya. However, his misguided



interpretation of divine messages leads to a tragic chain of events... Through Parshuram's journey, Benegal intricately examines themes of faith, the misinterpretation of divine will, and the devastating consequences of blind belief.

*Original Hindi version with English subtitles. Duration: 2h17'*



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 27th January - 2nd February 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.

A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

## INDIAN – MONDAY 27 JANUARY, 8:00 PM:

### • ROOPANTHARA (METAMORPHOSIS)

India, 2023, Writer-Dir. Mithilesh Edavalath w/ Raj B. Shetty, Hanumakka, Jaishankar Aryar, and others. Drama-Fantasy, 124mins, Kannada w/ English subtitles, Rated: PG-13

Every worm at least once in its lifetime gets an opportunity to transform itself into a butterfly. But the road to transformation is painful. Will the worm decide to continue existing as a worm, or will it choose to break its cocoon? This tale follows an old man named Rajan who is held at gunpoint in a highly polluted dystopian world where clean water, air, and human beings are a rarity. Rajan has no escape except for his storytelling skills. A celebrated debut film by the director. Must watch!

## POTPOURRI – TUESDAY 28 JANUARY, 8:00 PM:

### • SELVI BOYLUM AL YAZMALIM (THE GIRL WITH THE RED SCARF)

Turkey, 1977, Dir. Atif Yilmaz w/ Türkan Soray, Kadir Inanir, Ahmet Mekin, and others, Drama-Romance, 90mins, Turkish w/ English subtitles, Rated: NR (PG-13)

Story of a dilemma between a woman's love and her logic. Asya, a young girl with a strict mother, meets Ilyas, who is a womanizer city man, and they quickly fall in love. They get over the hardships and have a happy marriage. However, after he helps a man one night, Ilyas' life changes forever and he leaves Asya and their son for another woman and doesn't come back.

## SELECTION – WEDNESDAY 29 JANUARY, 8:00 PM:

### • SUBARASHIKI SEKAI (UNDER THE OPEN SKY)

Japan, 2020, Writer-Dir. Miwa Nishikawa w/ Kôji Yakusho, Seiji Rokkaku, Yukiya Kitamura, and others, Crime-Drama, 126mins, Japanese w/ English subtitles, Rated: NR (R)

A middle-aged former yakuza is released from prison after thirteen years where he was placed for murder. He is struggling to adapt to society and freedom, find a job and communicate normally, but he is also preoccupied by the quest for his mother from whom he was separated as a child. He finds allies in his search for his parent and a place in mainstream society, but the process is not seamless or smooth.

## INTERESTING – THURSDAY 30 JANUARY, 8:00 PM:

### • WILD WILD SPACE

USA, 2024, Dir. Ross Kauffman w/ Chris Kemp, Ashlee Vance, Jonathan McDowell, and others, Documentary, 93mins, English w/ English subtitles, Rated: NR (PG)

Two visionary companies, Astra and Rocket Lab, are locked in a thrilling race to conquer space. Their founders, driven by rivalry and ambition, are deploying cutting-edge satellites to revolutionize Low Earth Orbit. As they challenge industry giants and push the boundaries of technology, every launch brings us closer to a new era of space exploration.

## INTERNATIONAL – SATURDAY 1 FEBRUARY, 8:00 PM:

### • FREUD'S LAST SESSION

Ireland-UK-USA, 2023, Writer-Dir. Matt Brown w/ Anthony Hopkins, Mathew Goode, Live Lisa Fries, and others, Drama, 110mins, English-German-Hebrew w/ English subtitles, Rated: PG-13

Set on the eve of WWII and towards the end of his life, Freud's Last Session sees Freud (Hopkins) invite iconic author C.S. Lewis for a debate over the existence of God. Exploring Freud's unique relationship with his lesbian daughter Anna and Lewis' unconventional romance with his best friend's mother, the film interweaves past, present and fantasy, bursting from the confines of Freud's study on a dynamic journey.

## CHILDREN'S MATINÉE – SUNDAY 2 FEBRUARY, 4:00 PM:

### • MUFASA: THE LION KING

USA-Canada, 2024, Dir. Barry Jenkins w/ Aaron Pierre, Kelvin Harrison Jr., Tiffany Boone, and others, Animal-Adventure, 118mins, English w/ English subtitles, Rated: PG

Mufasa, a young lion cub separated from his parents by a flood, finds himself rescued by another cub named Taka. They form a strong bond despite their differing backgrounds, but their friendship is tested when a threat to their pride forces them to confront their pasts and determine their true loyalties.

## DAVID LEAN FILM FESTIVAL @ CINÉ-CLUB

### CINÉ-CLUB SUNDAY 2 FEBRUARY, 8:00 PM:

#### • LAWRENCE OF ARABIA ( 2ND PART )

UK, 1962, Dir. David Lean, w/ Peter O'Toole, Omar Sharif, and others, Adventure – War, 90 mins, English w/ English subtitles, Rated: R.

The film was nominated for ten Oscars at the 35th Academy Awards in 1963, winning seven including Best Picture and Best Director. Widely regarded as one of the greatest films ever made.

**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)



## 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/ 94888 68747 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 - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** [ptdc@auroville.org.in](mailto:ptdc@auroville.org.in)

### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am – 5pm
- **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.



## EDUCATION

### 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 83006 43963 Philippe G. or call 99528 12843 N. Murugan.

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



## OTHER 'SERVICES'

### HIVE COWORKING SPACE

OPEN HOUSE - EVERY FRIDAY

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



NEED A PLACE TO WORK?

OPEN  
HOUSE

**HIVE  
COWORKING**

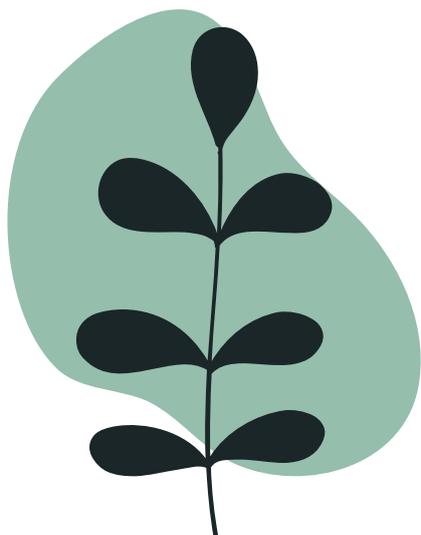
**FREE ON EVERY FRIDAY**

More Info : +91 90 42 75 95 40 | [www.auromode.in](http://www.auromode.in)

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!!



## HEALTH

### SANTÉ SERVICES IN JANUARY 2025

*sante*

#### 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) 262 2803 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> Tuesday / Wednesday / Friday	<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)

## 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 12.00 PM
- Volunteers and Pass holders 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.

TO BE UPDATED!

### 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](mailto: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](mailto: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](mailto: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

Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>



### EMERGENCY NUMBERS

<b>Ambulance (24/7):</b>		
Auroville 94422 24680	PIMS 0413 2656271	
<b>Security (24/7):</b>		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
<b>Health:</b>		
Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
<b>Mental Health 24/7 Support:</b>		
Vandrevala Foundation +91 99996 66555		
<b>India Emergency Response Service (24/7): 108</b>		