

Auroville

NEWS & NOTES

No 1060 - A weekly bulletin for residents of Auroville

30 January 2025

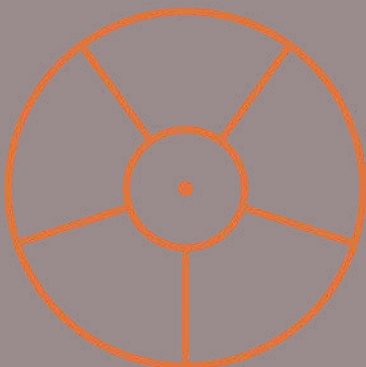
RA EDITION



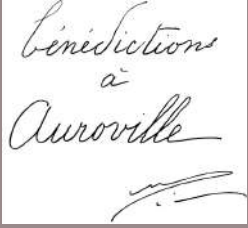
PONDERING

Let endurance be your watchword: teach the life-force in you—your vital being—not to complain but to put up with all the conditions necessary for great achievement. The body is a very enduring servant, it bears the stress of circumstance tamely like a beast of burden. It is the vital being that is always grumbling and uneasy. The slavery and torture to which it subjects the physical is almost incalculable. How it twists and deforms the poor body to its own fads and fancies, irrationally demanding that everything should be shaped according to its whimsicality! But the very essence of endurance is that the vital should learn to give up its capricious likes and dislikes and preserve an equanimity in the midst of the most trying conditions.

The Mother, Endurance - the Vital's Hunger for Praise - Signs of the Converted Vital, Questions and Answers (1929-1931)
<https://motherandsriaurobindo.in/The-Mother/books/questions-and-answers-1929-1931/#endurance-the-vitals-hunger-for-praise-signs-of-the-converted-vital>



THE MOTHER ON AUROVILLE



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Pondicherry, India.
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behalf of
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CONDITIONS FOR LIVING IN AUROVILLE

Page 34

Auroville is meant not for the satisfaction of desires but for the growth of the true consciousness.

16.6.1968*

Page 35

One does not live in Auroville to be comfortable but to grow in consciousness and to serve the Divine.

1.3.1971

*

As long as they have desires, they are not true Aurovilians.

Let them not play with words: there is a world of difference between desires and aspiration. Every sincere person knows this. And above all let them not mistake *their ego and their desires* for the Divine. It is because they deceive themselves that they make this confusion.

They must be conscious of the divine presence in themselves, and for that, the ego must be silenced and desires must disappear.

28.12.1972

*

Is it to satisfy little personal needs that you have come to Auroville?

That was really not necessary. The ordinary world is there for that.

One comes to Auroville to realise a divine life which wants to manifest on earth.

Each one should make an effort in this direction and not remain hypnotised by the so-called "needs" which are nothing but personal fancies.

Look upward and forward, strive to surmount the animal human nature. Make the resolution and you will see that you are helped on the way.

3.3.1971

The city the earth
needs.

Page 36

It is not for comfort and satisfaction of desires that one comes to Auroville; it is for the growth of consciousness and consecration to the Truth that has to be realised.

Unselfishness is the first need to participate in the creation of Auroville.

5.11.1968*

*

Sexual activities bind man to the animal and they will be completely transformed in the future.

Those who want to work for the future and prepare themselves to live it, would do well not to be hypnotised by this subject which animalises the consciousness. Above all, do not associate it with love in your thought, for they really have nothing to do with each other.

23.11.1971

*

To follow all the impulses of the lower nature is surely not the supramental way and has no place here.

What we want is to hasten the advent of the supramental, not at all to fall into the ugly condition of a humanity full of desires and low impulses.

10.7.1972*

*

Auroville wants to shelter people happy to be in Auroville. Those who are dissatisfied ought to return to the world where they can do what they want and where there is place for everybody.

2.10.1972*



Renunciation of Vital Desires

It has understood the futility of desires.- The Mother

Angelonia salicariifolia Humb. & Bonpl., Scrophulariaceae.

Granny's bonnets, Willowleaf angelonia

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 & Notes team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents Assembly:

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

GB groups:

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

NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

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

Thank you for your continued support!

In community,
The RA Community Edition News & Notes Team

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FROM THE ENTRY SERVICE

NO ANNOUNCEMENT THIS WEEK

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



Dear Friends,

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

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

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

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

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

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

We pray for relief by the courts in due time.

Sincerely,
The Entry Service & Board



REPORT FOR THE MONTHS OF OCTOBER TO DECEMBER 2024

Dear Auroville Community,

We are pleased to share with you our report, covering our activities for October to December 2024.

This report provides updates on several important areas, including:

- Interactions with the Governing Board and International Advisory Council
- Residents' Assembly activities
- Visa issues affecting residents
- Land exchanges and related concerns
- Financial and asset management matters
- Legal matters and court cases
- Communication and media engagement
- Safety and security issues

We invite all residents to read the full report, which contains detailed information on these topics and others. The report can be accessed [here](#).

If you have any questions or need further clarification on any points in the report, please feel free to contact us at workingcom@auroville.services or visit us during our Open House hours on Tuesdays from 10am to 12pm.

Thank you for your continued support and engagement.

In Service,

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



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

FROM L'AVENIR D'AUROVILLE

RA-TDC: LETTER REGARDING DEVIATION FROM THE AUROVILLE MASTER PLAN (PERSPECTIVE 2025)

Dear Residents,

On January 27th, a [letter](#) was sent to high government officials addressing ongoing concerns about non-compliance by the GB-appointed ATDC and the CPWD with the Auroville Master Plan (Perspective: 2025).

Key issues highlighted include violations of the Auroville Foundation Act, lack of updated development plans, poor environmental planning, irregularities in road construction, and significant financial and ecological losses. The letter calls for an immediate halt to projects, a review of the Master Plan, adherence to participatory governance, and environmental clearances to safeguard Auroville's principles and ecological integrity. Constructive dialogue is urged to restore collaborative governance.

Thank you for your attention and commitment to Auroville's shared vision.

All related documents, reports and letters can be found [here](#).

In Service,

L'avenir d'Auroville
Anan, Divya L, Dorle (TOS), Island, Natasha S, Tom G



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1063

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

COMMUNITY NEWS



OBITUARY

MANUEL THOMAS PASSES ON

It is with sadness that we inform the community that Manuel Thomas, a long-time friend and well-wisher of Auroville, left his body peacefully in his sleep during the night of January 26th. His passing is a great loss for Auroville and for his many friends and admirers.



Manuel was a Chartered Accountant based in Chennai who came into contact with Auroville at

the end of the 90's. For the next three decades he interacted with many Aurovilians and freely shared his vast experience in legal and accountancy matters for Auroville's benefit and that of many Auroville working groups, services and individuals.

One of his memorable contributions was his work on Auroville's economics. Together with Dutch Professor Dr. Henk Thomas, he authored the book '*Economics for People and Earth: The Auroville Case 1968 - 2008*'. The book was the result of fifteen years of research. In 1997, the then Economy Study Group and Auroville's Funds and Assets Management Committee (FAMC) had made a request for research and advice to Henk Thomas; with the help of a few Aurovilians, in 1998 Manuel Thomas was brought in for his expertise in data management and analysis.

At the time, Auroville had no statistical office and, as Manuel later said, "an almost heroic effort was made to gather income and expenditure statements and balance sheets from various locations, some in forgotten dark cellars." The more than 3,000 records of commercial units were digitized and used to do an economic analysis of Auroville units, including issues of their survival, expansion and sustainability.

In 2002, Henk and Manuel presented a 'White Paper on Auroville's Economy' to the Auroville community. The document, which focused on Auroville's commercial units, was well-received and they were asked to extend their study to include Auroville's service sector. This was taken up and they decided to cover Auroville's economy over the first 40 years of its existence. The result was the book '*Economics for People and Earth: The Auroville Case 1968 - 2008*', which was published in the summer of 2013.

The book gives a synthesis of the different phases of Auroville's economy; gauges Auroville's economic system in the light of the principles and guidelines given by The Mother; assesses Auroville's

sustainability and its coherence as a model for durable socioeconomic development; and identifies many areas of concern for Auroville's development.

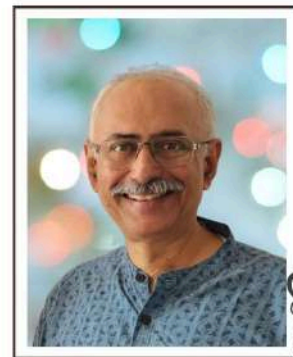
But the book was not only on Auroville economics. It contains brief biographical notes on Sri Aurobindo and the Mother along with an overview of the Mother's vision on Auroville's economy. "We can't stress enough that the spiritual dimension is the cohesive part of the Auroville experiment. If someone would like to duplicate it elsewhere, there would need to be a similar 'glue' in one form or another. In Auroville, it is the spiritual dimension and the dream of humanity living in harmony in an international township which brought people together," said Manuel in an interview with Auroville Today.

In recent years, Manuel shared the pains and frustrations of many Aurovilians witnessing the difficulties brought by the new Auroville administration, and he wondered if this forebode the end of the Auroville experiment. While this question remains unanswered, there is no doubt that Manuel was part of that spiritual dimension that sustains Auroville and its residents.

He will be deeply missed by many.

His funeral was held on the morning of Wednesday 29th at the St. Louis Church, Adyar, in Chennai, followed by his burial at Quibble Island Cemetery.

REST IN PEACE



Manuel Thomas

26.12.1958 - 27.01.2025



With prayers,

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

PASSING OF SHIPRA DI, FROM THE ASHRAM



We regret to inform the community that Shipra Di from the Sri Aurobindo Ashram passed away this afternoon, 27th January, at 2:35 PM, in the Ashram Nursing Home.

Born in 1935, she spent her early years in Delhi and Shimla. In 1956, having completed her under-grad studies in history, she started teaching at the Mother's School - New Delhi, which is where she met Chamanlal Ji, whom she married in 1962 with the Mother's blessings. The

Mother gave permission to the couple to work in Australia for some years, where Chamanlal Ji worked with CSIRO (Commonwealth Scientific and Industrial Research Organization), and Shipra Di served as a librarian.

Her visit to the Sri Aurobindo Ashram in 1968 was profound. She was entrusted by the Mother with the task of being part of the cooking team for delegates during Auroville's inauguration, and from that time she maintained a deep bond with Auroville. In 1972, she finally came to Pondicherry to stay after receiving two telegrams from the Mother inviting her to join the Ashram.

Shipra Di played a pivotal role in several organizations, including the early development of TERI Pondicherry, establishing the solar energy unit in the Ashram, and serving as a founding member of Keystone Foundation in 1993.

Shipra Di's exceptional work in documenting and disseminating research and experimentation in renewable energy earned her the reputation of being a "human Google" long before the search engine was invented. With her remarkable memory and vast network, she could effortlessly connect people to ex-students, publications, or projects, providing the exact documentation, research, or information they needed.

For over two decades, she served as the key point of contact for 'Golconde'. Architects, planners, and designers visiting the Ashram were treated to personalized tours led by her, enriched with captivating anecdotes about the building's history, along with insightful interpretations of its spatial design, materials, and architectural details. These tours inspired many visitors to feature Golconde in prestigious journals and even author monographs dedicated to the building.

While she dedicated herself to supporting the complex technical and administrative work of Chamanlal Ji, Shipra Di was cherished for her warmth, hospitality, and remarkable ability to create a welcoming environment. Her home was a hub of inspiration, where she hosted numerous distinguished personalities, including J.R.D. Tata, Eckhart Tolle, Dr. B.V. Doshi, and many more, leaving a lasting impression on all who crossed her path.

Her vibrant and nurturing spirit touched countless lives, especially students, who continued to hold her in their hearts even decades later. She was a motherly figure to many, radiating kindness, grace and unconditional love throughout her remarkable journey.

We bid a heartfelt farewell to Shipra Di.

She is now in the arms of the Mother.

Her cremation took place on the morning of Tuesday 28th at the cremation ground at Karuvadikupam, next to Muthialpet.



DON KELMAN PASSES AWAY

This is to inform the community that Donald "Don" Kelman (91) passed away on January 30th, 2025, at his house in the Prarthana Community.

He valiantly fought Dementia for several years with the help of his loved ones and a community full of dear friends. He leaves behind the love of his life of 61 years, Marie-



Ange, two daughters, two sons, three grandchildren, and two great-grandsons.

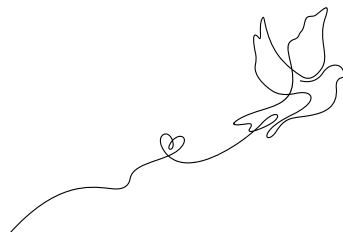
Funeral is tomorrow 31st January at 3.30pm at the Auroville Burial Ground.

~OM~

Don dedicated his life to the craft of teaching and serving his community wherever he lived. Originally from Brooklyn, NY, he taught math and chemistry in the US and Germany. Shortly after his return to the US, he was granted a position in Kyoto, Japan, to study at a traditional art restoration workshop for several years. One thing led to another, and he landed a career at the prestigious Doshisha University system as the head English teacher for their International High School for Japanese returnee students who had lived overseas and returned. Once he retired, he left his life in Japan of 30 years with his wife to start anew in Auroville in 1998. He served in several areas such as the local library, Pour Tous (PTDC), Entry Service, and more, contributing tirelessly to the community for over 20 years before he was struck with different illnesses.

Don was a deeply social and warm-hearted person, known for the kindness and affection with which he addressed everyone. He had an incredible ability to make people feel seen and valued, greeting each person with genuine warmth and enthusiasm. Whether sharing a story, offering advice, or engaging in long conversations over a cup of coffee, he always exuded a sense of ease and camaraderie. His love for classical music was well known, and many of his friendships were built over a shared appreciation for the arts.

His dedication to the community alongside Marie-Ange is well known, and he will be dearly missed by his family, friends, and all whose lives he touched.



AUROVILLE INTERNATIONAL GENERAL ASSEMBLY MONDAY 10 FEBRUARY 2025



The AVI General Assembly/Meeting will be on **Monday 10th February 2025.**

Venue: Tibetan Pavilion
Time: 2 to 5pm

Aurovilians, Friends of Auroville, Volunteers are most welcome.

RESIDENTS' ASSEMBLY DECISION-MAKING PROCESS ON THE REVISED RAS MANDATE



Dear Residents,

The Residents' Assembly Service (RAS) invites you to participate in a Residents' Assembly Decision making process (RAD) to approve or disapprove the revised [RAS mandate](#).

PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, please check spam or promotions folders. If still not there, kindly contact the RAS.

OR IN PERSON

In-person voting will be organized on **Saturday (February 8th) opposite Solar Kitchen entrance, 11am - 2pm.**

If you need assistance, you are invited to make an appointment with the RAS at raservice@auroville.services.

The RAD will run until Saturday midnight,

8th February 2025

KINDLY NOTE:

Name and voting choice are strictly confidential!

REFERENCE MATERIALS

- [RAS mandate](#)
- [RAD policy, 2023](#)
- [RAM2 report](#).

Warmly,

For the Residents' Assembly Service
Peter (TOS), Tatiana, Vignesh

COMMUNITY SHARING

UPDATE ON THE BENCH IN MEMORY OF JAYARAM



Dear Community,

Just as we were about to give up, thanks to your generosity, we were able to raise sufficient funds to order the bench! It's been installed this week next to the tree, with his name engraved in Tamil and English.

We are immensely grateful for all of you who have contributed to this gesture, both monetarily and energetically.

With love, in community
Tanisha and Tineke

AUROVILLE DOG SHELTER



FEBRUARY IS STERILISATION MONTH!

We are thrilled to announce that we can offer 50 sterilizations at the special rate of just ₹1500 per dog this February. This price is below our cost and only possible thanks to the generosity of a donor who is covering the difference. Don't miss this opportunity to get your dog sterilized!

We have upgraded our surgery room to meet and exceed the standards set by the Animal Welfare Board of India and added new post-surgery ABC recovery spaces for dogs. In January, we increased our capacity from 15 surgeries per month to 40, and we aim to reach 80 surgeries per month soon. This will help us achieve our target of sterilizing **1,000 dogs per year**, making a huge impact on reducing the number of puppies suffering and solving a decades-long issue.

Sterilization also lowers the serious risk of rabies in the entire area. Since we have received no support from the Auroville administration for this important health initiative to keep Auroville safe, we rely entirely on your donations and support to make this happen.



To book one of the **50 sterilization slots** available in February at this discounted price, please contact **Lore** via WhatsApp chat at **63841 80772**. Advance payment is required to confirm your spot.

2ND ANNUAL PUPPY FAIR – PRE-ANNOUNCEMENT

Following the incredible success of last year's first Puppy Fair, we are excited to announce that the **2nd Annual Puppy Fair** will take place on **Saturday 1st March, and Sunday 2nd March.**

This year's fair will focus on raising funds for our goal of sterilizing 1,000 dogs! We hope that many utterly adorable puppies and dogs will find a new home

The two-day event will include:

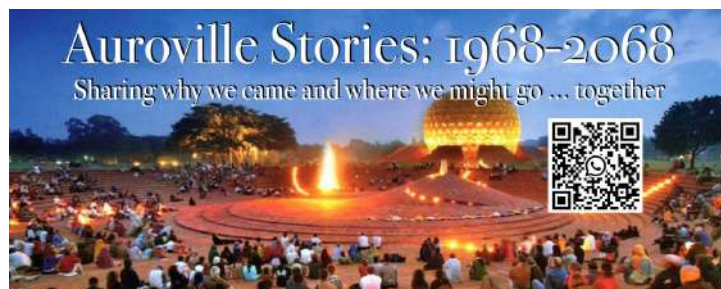
- Music and celebrations, kids' games! Bonfire and dance until midnight
- Lots of free snacks and great food
- Educational activities, volunteer information programs
- Lots of fun events for every dog lover, families, children, and friends
- Local artists and vendors offering Auroville-made goods in support of the shelter.

We are expecting a large crowd and invite **artists, musicians, vendors, and all dog lovers** to become part of this huge event. Stay tuned for more details soon!



Thank you for your continued support – together, we can create a great future for Auroville and all animals!

AUROVILLE STORIES : 1968 - 2068



Through February, let's gather in small groups to share meaningful memories and hopeful dreams related to Auroville ... and if desired, create short, inspirational "digital stories" to be screened in Cinema Paradiso (and online) on March 1.

Scan the QR code in the image above or follow this link to get involved: <https://chat.whatsapp.com/E2H3CzT2u8yAptXgmVCcJl>. Please share with others and contact Daniel Greenberg at daniel@ic.org or on WhatsApp at +1 978-394-1711 with questions. Thanks!

ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

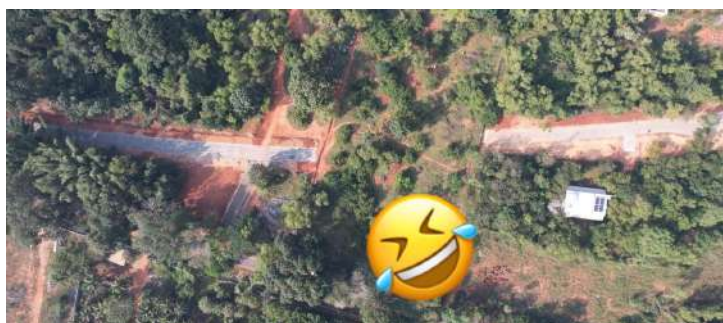
Greetings, I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.** I will be in Auroville till mid-April but can also respond remotely once back in the US. Thank you.

RESIDENTS SPEAK

CLOSE 🗨️ BUT NOT CLOSE ENOUGH - (MISALIGNMENT) OF THE PERFECT CIRCLE ○



Drone image between Reve and Re-centre

Infamous Misaligned Ring Road, 26.01.2025

Once upon a time in the utopian dreamland of Auroville, a group of overly zealous planners took it upon themselves to fulfill The Mother's vision of a perfect circle. They were determined to create the legendary Ring Road—a symbol of unity, perfection, and unending harmony. Or so they claimed.

Fueled by an uncanny mix of celestial inspiration and a suspicious lack of spatial awareness, they poured their hearts—and taxpayers' money—into building the ultimate circular road. Meetings were held, blueprints were drawn, and debates raged on over whether the curve of the road should be spiritual or mathematical. Some argued that the circle should represent the cosmic dance of the universe, while others just wanted it to connect point A to point B.

After nearly five long years, the grand unveiling of the Ring Road arrived. Residents gathered, hopeful for a marvel of symmetry and function. But when the ceremonial ribbon was cut, the crowd collectively gasped—not in awe, but in confusion.

The "perfect circle" wasn't so perfect. The road, which was supposed to seamlessly connect and form a flawless loop, ended in an awkward T-junction. On one side, it veered off into a forest. On the other, it stopped abruptly in front of someone's compost pile. The curve? More of a squiggle.

"What happened?!" exclaimed one resident, squinting at the misaligned ends of the so-called ring.

"It's... uh... symbolic!" said the lead planner, sweating profusely. "It represents the imperfect perfection of life!"

Another planner chimed in: "Yeah! The Mother's vision was about the journey, not the destination!"

But the reality was plain to see: the perfect circle didn't connect because someone forgot to carry the 2 in their calculations. The whole thing looked less like a circle and more like a doughnut drawn by someone who'd never seen a doughnut before.

As the crowd murmured, a teenager with a smartphone pointed at the road and quipped, "More like the Misalignment of Reality Road!" The crowd burst into laughter.

One elder, wiping tears from his eyes, added, "If this is a ring, I don't want to know what their square looks like!"

From that day on, the Ring Road became Auroville's favorite inside joke. Tourists came from afar, not to admire its perfection, but to marvel at its sheer imperfection.

And thus, the "Misaligned Ring Road" lived on—not as a symbol of perfection, but as a hilarious reminder that sometimes, even dreams need a proper map. And take life a little less seriously.

(NOT JUST) WORD PLAY

Sometimes I feel the urge to call upon these and those in the life game to play differently.

Sometimes I try to please others — it simply does not work; it's tiring and it's fake.

So, it's time for me to change, really. Still figuring out what is the true me, though.

In the meantime, I'm more accepting and more at ease, becoming the kind of person I normally admire.

plea
please
ease

Anandi Zhang

CHRONICLES OF DAWN

CHAPTER 1- THE BREAKING

In the ancient lands of the East, where the red earth meets the sea, there lies a city unlike any other. Not built of stone and steel, but grown from dreams and dedication, where the wisdom of the ancients mingles with visions of tomorrow. For fifty years and more, its people had worked to transform an arid plateau into a grove of peace, where all the peoples of Middle-earth might learn to live as one.

The Lady of Light who founded this haven had seen far into the future. "A new world is struggling to be born," she had said. "Not by outer force or imposition, but through an inner flowering of consciousness." And so it was that people came from distant lands - some with deep connection to nature's wisdom, others bringing their craft and industry, many carrying varying customs and dreams from both North and South. Even a few solitary seekers came, those who walk their own paths under the stars.

Together they planted forests where there had been only dust, built simple dwellings that nestled among the trees, and learned to live by different laws than those that governed the outer world. They called their experiment the City of Dawn, for they believed they were helping to birth a new day for all of Middle-earth.

A wise wanderer had visited once, in years past. Standing beneath the great Banyan that guards the center of their land, the sage had mused, "This is a seed of great potential. Yet remember - the greater the light, the stronger the shadow it casts. Guard well what you have built."

Few had understood his warning then. The community had grown slowly but surely, like a mighty tree extending its roots deep into the earth. They had their challenges and disagreements, to be sure - for where many paths meet, there will always be some crossing of



purposes. But they had learned to work through their differences with patience and respect, guided by the original dream that had called them all to this place.

That was before the coming of the Perfect Circle.

It began subtly enough. New administrators arrived from the Northern Kingdoms, speaking of progress and development. They carried scrolls and plans showing a great circular road that would bind all the communities together - a ring of order and efficiency that would replace the winding paths that had grown organically over the decades.

"But these paths follow the land's own contours," said the keepers of the forest. "They honor the ancient water flows and the sacred groves."

"The time for such primitive ways is past," came the reply. "We must build for the future."

Some welcomed this new vision of geometric precision. "Perhaps it is time," they said. "We have grown too slowly, too chaotically. The outer world demands clarity and speed."



Others felt a deep unease, remembering other rings of power and their cost. They recalled the Lady's words about inner flowering and organic growth. But their voices grew fainter as the new powers took hold.

The first trees fell on a moonless night. Ancient guardians that had been planted

by the pioneers themselves, their roots deep in soil that held fifty years of dreams. The sound of their falling echoed through the community like thunder, or perhaps like the breaking of a spell that had held them all in harmony for so long.

That was when the fellowship began to fracture.

Groups that had worked together for decades found themselves taking different paths. Old friends stopped speaking to each other. Fear crept in like a fog from the marshes, corrupting trust that had been built over generations.

Yet even in that dark hour, some remembered the deeper truth - that the real work had always been inside, in the transformation of consciousness that alone could birth a new world. They gathered in small groups under the remaining trees, sharing ancient tales and newer dreams, keeping alive the flame of hope.

For they knew, as the Lady of Light had taught them, that even the deepest night carries within it seeds of awakening.

[To be continued...]

by Clam Aduelaie (pen name)

[Author's note: Any resemblance to current events or persons, living or mythological, is purely coincidental and exists only in the reader's imagination.]

DIVINE ORIGIN AND POTENTIAL OF THE HUMAN BEING

"With regard to the evolution upwards, it is more correct to speak of the psychic presence than the psychic being. For it is the psychic presence which little by little becomes the psychic being. In each evolving form there is this presence, but it is not individualised. It is something which is capable of growth and follows the movement of the evolution. It is not a descent of the involution from above. It is formed progressively round the spark of Divine Consciousness which is meant to be the centre of a growing being which becomes the psychic being when it is at last individualised. It is this spark that is permanent and gathers round itself all sorts of elements for the formation of that individuality; the true psychic being is formed only when the psychic personality is fully grown, fully built up, round the eternal divine spark; it attains its culmination, its total fulfilment if and when it unites with a being or personality from above.

Below the human level there is, ordinarily, hardly any individual formation—there is only this presence, more or less. But when, by the growth of the body round the spark of Divine Consciousness, humanity began upon the earth, certain human organisms became in the course of this progressive growth sufficiently perfected, and by their opening and receptivity allowed a junction with certain beings descending from above. This gave rise to a kind of divine humanity, what may be called a race of the élite. If only they had remained by themselves, these people would have continued as a race unique and superhuman. Indeed many races have made claims to be that: the Aryan, the Semitic and the Japanese have all in turn considered themselves the chosen race. But in fact there has been a general levelling of humanity, a lot of intermixture. For there arose the necessity of prolongation of the superior race, which drove it to intermix with the rest of humanity—with animal humanity, that is to say. Thus its value was degraded and led to that great Fall which is spoken of in the world's scriptures, the coming out of Paradise, the end of the Golden Age.

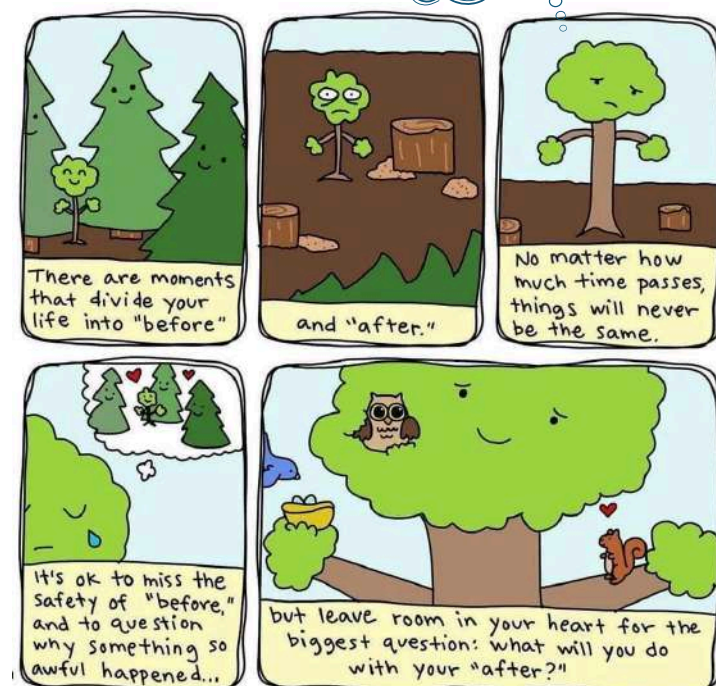
Zech, 2025.01.23

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



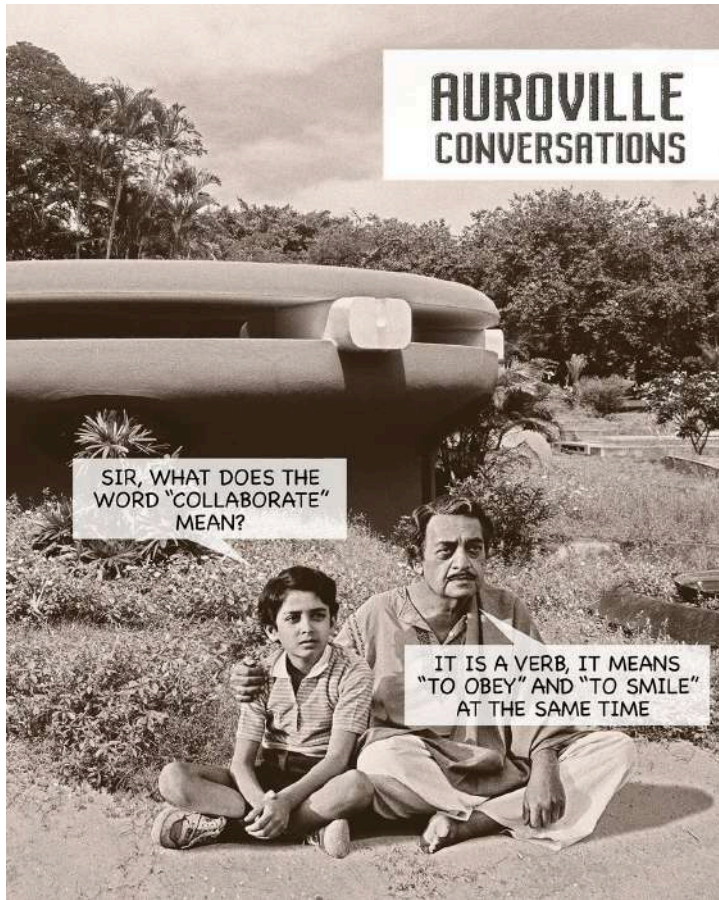
To continue reading, [click here](#), or scan QR code

FOOD FOR THOUGHT



@introvertdoodles

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 4th February, 9 am - 12 noon
Focus: The Inner Being

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 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](#)) 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: 8:00am - 12:00pm 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

ANNOUNCEMENTS

GUIDED GARDEN TOUR

TUESDAYS AND FRIDAYS, AV BOTANICAL GARDENS

From the 20th of December to the 20th 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 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

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.



Dates:
17.02.25
to
19.02.25

Registrations open until
07.02.25

15 spots available !

To register/ further details email us at : 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

eco•femme



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!

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

AUROVILLE BADMINTON TOURNAMENT

30 JAN - 9 FEB, CERTITUDE

AUROVILLE
BADMINTON
TOURNAMENT - 2025

Under 10 & 14 Sub Junior Girls - **30th Jan** | **4th Feb** - Men's Doubles Cat - B1
 Under 10 & 14 Sub Junior Boys - **31st Jan** | **5th Feb** - Men's Doubles Cat - B2
 Junior Girls - **1st Feb** | **6th Feb** - Men's Doubles Cat - A1
 Junior Boys - **2nd Feb** | **7th Feb** - Men's Doubles Cat - A2
 Women's Doubles - **3rd Feb** | **8th Feb** - Super senior (above 45)

9th Feb - Finals

📍 Certitude Badminton Court

Organized with **YouthLink, Auroville.** WhatsApp / Call to Register
97511 10018 / 94436 17098

AUROVILLE CYCLOTHON 2025

SUNDAY 2 MARCH 2025

Dear Auroville Communities,

Online registration for the Auroville Cyclothon 2025 as the 2nd edition started this year, scheduled for Sunday, March 2, 2025, opens on

January 24, 2025, at NOON. If you plan to join this edition of the Auroville Cyclothon, we invite you to register via the following link: <https://www.aurovillecyclothon.com/>. Please note that registration remains **open from January 24, 2025, NOON, until February 24, 2025, NOON.**

The organizing team is dedicated to ensuring a safe and injury-free ride for all registered participants. We strongly encourage comprehensive training for the ride and wish you an exceptional experience at Auroville and its bio-region.

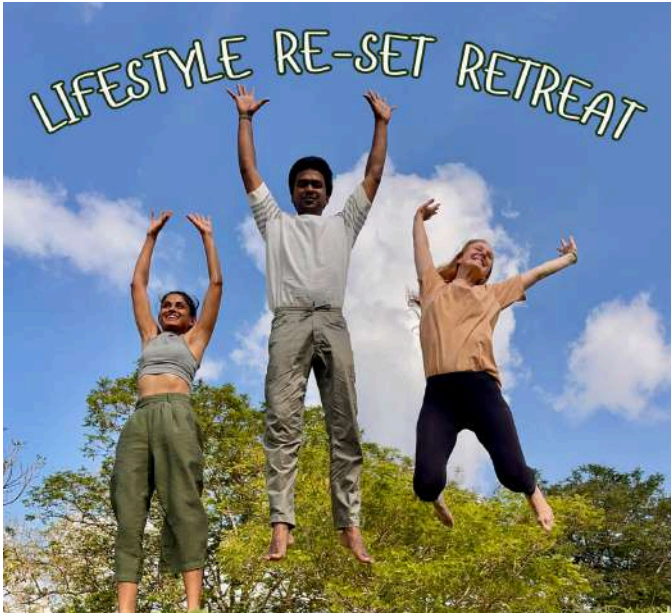
Warm regards,

Murali, Prabhu and Raju
Auroville Cyclothon Team



LIFESTYLE RE-SET RETREAT

7 - 9 FEBRUARY



FEBRUARY 7 TO 9
AT TANTO FAR BEACH AUROVILLE

Feeling low on energy, stuck in unhealthy habits, or noticing signs of aging creeping in? Frustrated by weight fluctuations?

Redesign your daily routine and unlock your full energy!

Our Lifestyle Re-set Retreat provides practical and holistic tools to help you achieve peak energy levels and empower you to live a purposeful life at your full potential.

Contact: Rekha +91 99456 11011 or Laure WA+33 6 95 65 11 35

With the guidance of our 3 Lifestyle, Fitness, and Yoga Instructors, you will:

- Adopt wholesome daily habits to boost, sustain, and wisely use your energy.
- Experience holistic health and wellness through Calisthenics, Yoga, Meditation, and Breathwork on the beach, Mindful Walk in the Forest,...
- Create customizable routines tailored to your lifestyle and goals, which our instructors will follow up on after the retreat.

📞 For more details contact Rekha +91 99456 11011 or Laure +33695651135

THE FRENCH PAVILION PRESENTS: AUROVILLE AND THE QUESTION OF SPIRITUALITY - AN EXPLORATION BY RÉMI ASTRUC

MONDAY 10 FEBRUARY, PAVILLON DE FRANCE



“Spirituality” is a word that has become ambiguous. Widely overused, it now refers to very different practices, sometimes incompatible with one another. This has led to numerous misunderstandings and controversies surrounding the city, from its founding in the 1960s to the present day, where we witness

attempts to “correct” what some perceive as deviations from the spiritual vocation of the City of Dawn. To fully understand the stakes of these questions and conflicts, it is crucial to return to Sri Aurobindo’s particular conception of spirituality, as it shaped the way the Mother envisioned the city and the mission entrusted to it. So, what defines spirituality in Auroville? Can we confidently assert that it is a spiritual city?

Rémi Astruc is a professor at CY, Paris-Cergy University, and a member of the Institut Universitaire de France. For the past four years, he has been visiting Auroville to better understand various aspects of the city and attempt to grasp the uniqueness of the Aurovilian adventure.

- **EN FRANCAIS : Vendredi 7 Février à 17h**
- **IN ENGLISH: Monday 10th February, 5pm**
- **At Pavillon de France (opp. Visitor centre)**

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 themself.

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.

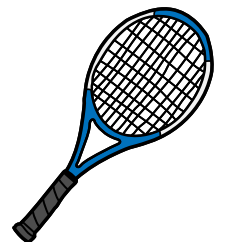
With Appreciation and Gratitude ★🙏
Sara H. Sternberg
+1-617-416-4311 (WhatsApp)



TENNIS RACQUET

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

Thanks
Frederick, frederickcert@gmail.com



LOOKING FOR

TAXI SHARING

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. 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



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



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 lying somewhere, as now they are obsolete, I'd be happy to buy it.

It must be in working condition, of course.

Please contact me by email at : 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!



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



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.

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

<https://serendipity.auroville.org>

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



AVAILABLE

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



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.

Tibetan Bowls - Sound Healing with Pratik (starting on the 4th of February)

- Tuesday from 5 - 6:30pm, drop in class

Tibetan singing bowls are crafted from a blend of metals, each carefully tuned to produce unique harmonic sounds. When played, these bowls generate vibrations that interact with the body's energy field, encouraging a meditative state and fostering overall well-being. The practice is based on the principle that everything in the universe, including the human body, is in a state of vibration. Disruptions or imbalances in these vibrations can lead to stress, illness, and discomfort. By aligning the body's frequencies through sound, Tibetan bowl healing seeks to restore harmony and vitality.

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.



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

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 (February 2)
- Mondays, 5:00 to 6:00pm (February 3)
- Thursdays, 5:00 to 6:00pm (January 30; February 6)
- Saturdays, 5:00 to 6:00pm (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 30; February 6)

TRANSCENDENTAL MEDITATION

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 (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 (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.

taichi.auroville.org / 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!

LEONARDO DE DONNO, SOLO PIANO CONCERT

SUNDAY 2 FEBRUARY, CRIPA



VEGETABLE AND TUBER FESTIVAL

SUNDAY 2 FEBRUARY, ISAI AMBALAM SCHOOL



Dear Friends of Auroville,

Vanakkam. **Isai Ambalam School** is happy to invite you to the **Vegetable and Tuber Festival** which we are organizing in collaboration with **Tamil Nadu Seed Savers Network**. There will be an exhibition of around 500 traditional vegetables, tubers and plants.

Join us to discover and learn more about our rich heritage of traditional vegetables and plants!

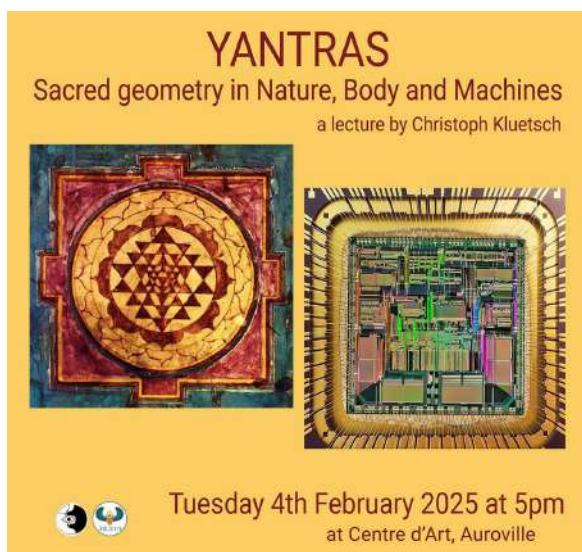
- **Date:** Sunday 2nd February 2025
- **Time:** 9:00 am - 5:00 pm
- **Venue:** Isai Ambalam School, Auroville.

We look forward to your presence!

Sanjeev

YANTRAS: SACRED GEOMETRY IN NATURE, BODY AND MACHINES - A LECTURE

TUESDAY 4 FEBRUARY, CENTRE D'ART



A lecture by Dr Christoph Klütsch

The spider brings forth its own web. This image from the Upanishad invites deep meditation on how nature brings out a thread that it forms into a complex symmetry. Looking at the spider, the thread, and the web—its function and the source of the complex pattern—we have an image that invites deep speculation about mantra, tantra, and yantra, about art and knowledge, about creation and information.

The 5th lecture explores art and scientific visualizations of sacred symmetry in a field of tension between ancient yantras and computer architecture, between temples and artificial intelligence. At the center of this exploration, I want to delve into Deleuze's concepts of the 'actual' and the 'virtual': how can manifestation be thought of in a plane of immanence.

- Tuesday 4th February
- Centre d'Art multimedia room

AUROVILLE RADIO



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

Last published podcasts:

- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.479 \(Integral Yoga\)](#)
- [Marlenka's Weekly Offering – Ep.127 \(Literature\)](#)
- [Soulful Beginnings with Monique - Ep.1 "From India to the World - A Vision for Birthing" \(Health and Wellness\)](#)
- [Exploring Education in Arts, Animation and Film-making – Ep.41 - "The Principles of Animation - Contd..." \(Arts & Culture\)](#)
- [Seeking Our Inner Being Group Discussion with Youthlink - Ep.1 \(Spirituality\)](#)

Last Youtube Video:

- [Fair and Square 2024 | Reimagining the Youth Center's Future Together](#)

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

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

Regards,
Sai Priya for Auroville RadioTV

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
whatsapp text Sarah 9047421044

MARC'S CAFE - EVERY TUESDAY

SPECIAL BREAKFAST AT MARC'S

Greetings from Marc's Café!

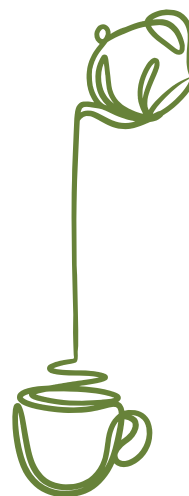
Join us every **Tuesday from 8:00 - 12:00 pm** for a special breakfast at Marc's.

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



POETRY



Kid-napping happens
When the inner child
Is asleep.

Anandi Z

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 for questions

AUROVILLE LIBRARY

READING CIRCLES

MONDAYS, TUESDAYS, AND THURSDAYS

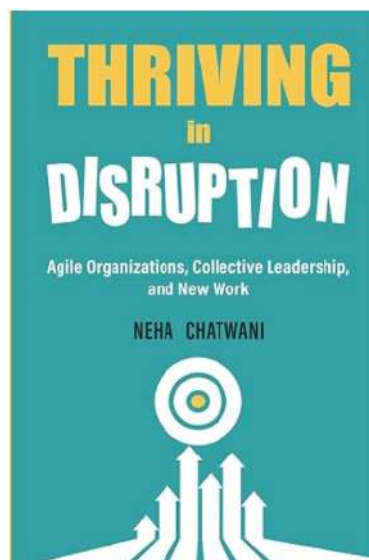
Current book reading circles at the Auroville Library :

- 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)



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

FRIDAY 31 JANUARY, AUROVILLE LIBRARY



Disaster Like a Tsunami Jan. 21, 2011

Disaster like a tsunami rushed on her
 And swept away her fragile house of dreams
 Her little body, injured and in pain
 By repeated blows from a father's hand
 Held a spirit vast as all the earth,
 And when she sang my soul was taken up
 Where heavenly choirs sing of earthly bliss.
 But not for me these wonder months to know
 For soon the black-wing doubt appeared
 And trust was shattered in a human day.
 I wonder now if she will ever find
 Calm within that tortured aching breast
 And pray the gods be kind in her distress
 That she may know in life a certain peace
 And music heal the broken heart and soul.

Narad



FOR THE BOOKWORMS

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

NVC BOOK READING CIRCLE

Date: Every Monday,
 13th January onwards
 Time: 5:00 to 6:30pm
 Location : Youth Space

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!

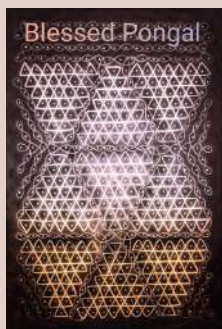
Auroville Library, Friday 31st January, 6 - 7pm.

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

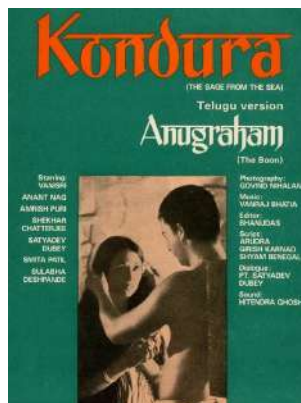
Please come by to check out our selection!



Reminder: Friday 31st January at 8:00pm

“Kondura” (The Sage from the Sea)
 Directed by **Shyam Benegal**, India, 1978
 With: Anant Nag, Nirmala, Siddesh, Smita Patil

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.



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'

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

CINEMA

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.

Thursday 30 January at 5 pm at Centre d'Art Multimedia Room.

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 rigour 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".

Friday 7th February at 8:00 pm

“Flow (Latvian: **Straume**)
 Directed by **GINTS ZILBALODIS**, Latvia, France, Belgium, 2024
 Music by Gints Zilbalodis & Rihards Zalupe
 Production companies: Dream Well Studio, Sacrebleu Productions, Take Five

Overview: An unprecedented independent 3D animated film by Latvian film director Gints Zilbalodis and written by Zilbalodis and Matīss Kaža. The film is notable for being completely rendered on the free and open-source software Blender and containing No dialogue.

Synopsis: Flow follows a courageous cat after his home is devastated by a great flood. Teaming up with a capybara, a lemur, a bird, and a dog to



navigate a boat in search of dry land, they must rely on trust, courage, and wits to survive the perils of a newly aquatic planet. From the boundless imagination of the award-winning Gints Zilbalodis (Away) comes a thrilling animated spectacle as well as a profound meditation on the fragility of the environment and the spirit of friendship and community... The film had its world premiere at the Un Certain Regard section of the 2024 Cannes Film Festival, where it received critical acclaim. It won numerous film and animation awards, becoming the first Latvian film to be considered for multiple awards and nominations from major ceremonies.

3D Animation film with No dialogue. Duration: 1h25' - For all ages!



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 3rd February - 9th 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 3 FEBRUARY, 8:00 PM:

• ALL WE IMAGINE AS LIGHT

India-France-Netherlands-Luxembourg-Italy-Switzerland-USA-Belgium, 2024, Writer-Dir. Payal Kapadia w/ Kani Kusruti, Divya Prabha, Chhaya Kadam, and others, Drama-Romance, 118mins, Malayalam-Hindi-Marathi w/ English subtitles, Rated: NR (R)

A young woman named Prabha navigates life's challenges while working at a hospital. Her journey intertwines with those of her colleagues and patients, revealing the complexities of human relationships and the pursuit of personal fulfillment. *The film has received several accolades, including the Grand Prize at Cannes Film Festival and many others. It also tops Barack Obama's list of 10 favorite films for 2024! A must see!*

POTPOURRI – TUESDAY 4 FEBRUARY, 8:00 PM:

• JEANNE DIELMAN, 23 QUAI DU COMMERCE, 1080 BRUXELLES

Belgium-France, 1975, Writer-Dir. Chantal Akerman w/ Delphine Seyrig, Jan Decorte, Henri Storck, and others, Drama, 202mins, French w/ English subtitles, Rated: NR (R)

A lonely widow, Jeanne Dielman, meticulously maintains her home and cares for her son while turning tricks to make ends meet. Her routine life takes a dramatic turn when an unexpected event disrupts her daily chores, revealing the fragility of her structured existence. *An award-winning classic film from the yester years when western films used to be long as well!*

SELECTION – WEDNESDAY 5 FEBRUARY, 8:00 PM:

• CALENDAR GIRLS

UK, 2003, Dir. Nigel Cole w/ Helen Mirren, Julie Walters, Penelope Wilton, and others, Comedy-Drama, 108mins, English w/ English subtitles, Rated: PG-13

Based on true events, middle-aged best friends Chris and Annie, members of the Knapely Women's Institute, decide to create a fundraising calendar featuring tasteful nude photos of their members to raise money for a hospital sofa in memory of Annie's late husband. Their bold idea faces challenges and skepticism but ultimately tests their friendship and community bonds. *A funny, quirky, film to watch again!*

INTERESTING – THURSDAY 6 FEBRUARY, 8:00 PM:

• FANATICAL: THE CATFISHING OF TEGAN AND SARA

USA, 2024, Dir. Erin Lee Carr w/ Rene Botha, Lindsey Byrnes, Erin Lee Carr, and others, Documentary, 99mins, English w/ English subtitles, Rated: NR (R)

A catfishing scheme targets fans of the indie rock band Tegan and Sara, revealing the dark side of fandom. The film follows the experiences of those affected, including Tegan and Sara themselves, as they navigate the emotional and psychological impact of the deception.

INTERNATIONAL – SATURDAY 8 FEBRUARY, 8:00 PM:

• SING SING

USA, 2023, Dir. Greg Kwedar w/ Colman Domingo, Clarence Maclin, Sean San Jose, and others, Drama, 107mins, English w/ English subtitles, Rated: R

Imprisoned for a crime he didn't commit, Divine G finds purpose by joining a theatre group at Sing Sing. Alongside other incarcerated men, including wary newcomer Clarence, he discovers resilience, humanity, and the transformative power of art in this stirring true story. *An acclaimed and a Must-See film!*

CHILDREN'S MATINÉE – SUNDAY 9 FEBRUARY, 4:00 PM:

• FLOW

Latvia-Belgium-France, 2024, Writer-Dir. Gints Zilbalodis, ComputerAnimation-Adventure, 85mins, No Language, Rated: PG

In this highly acclaimed film, the world seems to be coming to an end, teeming with the vestiges of a human presence. Cat is a solitary animal, but as its home is devastated by a great flood, he finds refuge on a boat populated by various species and will have to team up with them despite their differences. In the lonesome boat sailing through mystical overflowed landscapes, they navigate the challenges and dangers of adapting to this new world. A must see!

DAVID LEAN FILM FESTIVAL @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 9 FEBRUARY, 8:00 PM:

• DOCTOR ZHIVAGO (1ST PART)

UK – Italy, 1965, Dir. David Lean w/ Omar Sharif, Julie Christie, and others, Adventure – War, 118 mins, English w/ English subtitles, Rated: R.

Set just before and in the years following the Revolution in Russia, the movie follows the life of Dr. Yuri Zhivago as his life totally disrupted by World War I, and then by the Revolution. Shown against the epic of a world turned on its head, his life and freedom are torn from him as the new society makes demands.

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

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

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



ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (FS)

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

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132/ 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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** 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.



Service:

Service to others is the rent you pay for your room here on earth.

Muhammad Ali



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

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



HEALTH

SANTÉ SERVICES IN FEBRUARY 2025



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.

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

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

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

HEALTH CENTER - KUILAPALAYAM

Contact: (0413)-3509942 / 3509943

Pharmacy:

• 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

• 8:30am - 5:00pm Monday to Friday

(1 - 2pm Lunch Break)

• 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

• **Timings:** Monday to Saturday, 9am - 5pm daily

• **Phone:** 0413 2622007/ 2622265

• **Email:** aurodentalcentre@auroville.org.in

AYURVEDA CLASSES RESUME

EVERY MONDAY FROM 3 FEBRUARY



Every Monday from 3rd of February 2025, Ayurveda classes resume.

We learn how this Science of life is directly applicable on a daily basis. It helps to understand oneself and others, equilibrium and imbalances in body, mind and heart and from here to keep the harmony with nutrition, daily practices and seasonal routines.

We learn also the medicinal plants that grow in our surroundings that are useful to sustain our health all through the year.

Learn how the food, emotions, relations, environment, climate, seasons, season of life (from childhood to seniorhood) can influence the state of well-being in the physical, vital and mental.

Ayurveda classes will be held in Santé, every Monday:

- **2:00pm (beginners):** basic principles (prakruti-basic constitution, agni-digestive fire, dhatu-body tissues, ama-creation of toxins, vikruti-state of imbalance in body, mind or heart), daily and seasonal routines, nutrition and plants.
- **3.15pm (advanced):** reading of Ashtanga Hrudaya Volume 1, one of the 3 main ancestral textbooks of Ayurveda that gives the basics of Ayurveda in Sanskrit with translation in English.

Classes will run until summer break in April 2025. Ideally it would be better to enrol at the beginning (Monday 3rd February) all the way through April. Classes are not drop-in classes as every time we will study a different topic.

If you are interested please send me a message by Whatsapp **+91 94895 05691**.

With much love and happiness to share this profound knowledge.

Warmly,

Be @ Santé Clinic

OTHER 'SERVICES'

HIVE COWORKING SPACE

OPEN HOUSE - EVERY FRIDAY



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

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

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

All are Welcome!!



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 7.30 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:
 - Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:
 - Tuesday 9.00 AM to 11.00 AM
- The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
 - Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

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

Access to Matrimandir for Visitors and Guests Matrimandir Viewing Point

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost. Free passes can be obtained at the Auroville Visitors Centre. The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Timings starting from the Visitors Centre:
Daily: 9.00 AM to 5.30 PM

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber, at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.



ACCESSIBLE AUROVILLE PUBLIC BUS

avbus@auroville.org.in / +91 94430 74825

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS

Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108