

Auroville

# NEWS & NOTES

No 1063 - A weekly bulletin for residents of Auroville

20 February 2025

RA EDITION

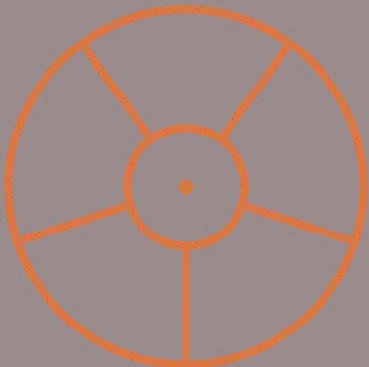


Miraculous Production's Compost Mentis

## PONDERING

Make of us the hero warriors we aspire to become. May we fight successfully the great battle of the future that is to be born, against the past that seeks to endure; so that the new things may manifest and we may be ready to receive them.

21 February 1952, The Mother, Darshan Messages The Words of the Mother - III  
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#darshan-messages>



# 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

## SOME FUNDAMENTALS AUROVILLE AND RELIGIONS

Page 40

*The notion of religion is most often linked to the search for God. Should religion be understood in this context only? As a matter of fact, are there not nowadays other forms of religion?*

We give the name of religion to any concept of the world or the universe which is presented as the exclusive Truth in which one must have an absolute faith, generally because this Truth is declared to be the result of a revelation.

Most religions affirm the existence of a God and the rules to be followed to obey Him, but there are some Godless religions, such as

Page 41

To seek Truth freely and to approach it freely along his own lines is a man's right. But each one should know that his discovery is good for him alone and it is not to be imposed on others.

13.5.1970

\*

Jesus is one of the many forms which the Divine has assumed to enter into relationship with the earth. But there are and there will be many others; and the children of Auroville should replace the exclusiveness of one religion by the wide faith of knowledge.

1972

\*

One must not confuse a religious teaching with a spiritual teaching. Religious teaching belongs to the past and halts progress. Spiritual teaching is the teaching of the future; it enlightens the consciousness and prepares it for future realisation.

Spiritual teaching is above religions and strives for a total Truth. It teaches us to enter into direct contact with the Divine.

12.7.1972

*The city the earth  
needs.*

Here we do not have religion. We replace religion by the spiritual life, which is truer, deeper and higher at the same time, that is to say, closer to the Divine. For the Divine is in everything, but we are not conscious of it. This is the immense progress that man must make.

19.3.1973

Page 42

## Unity, Harmony, Collaboration

Any sincere attempt to bring peace and unity among men is welcome in Auroville.

30.7.1968\*

\*

*Q: How can people having different values live and work together in harmony?*

The solution is to go deep within oneself and find the place where all the differences combine to constitute the essential and eternal Unity.

4.5.1969\*



**Successful Future under the  
Supramental Influence**

*Gaillardia pulchella* Foug. cv.  
*Lorenziana*, *Compositae*  
Indian blanket, Blanket flower, Fire-  
wheels

# 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](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

## CONTENTS

01	The Mother on Auroville
02	Guidelines / Acronyms / Table of Contents
03	<b>WORKING GROUPS NEWS</b>
03	From the Entry Service
03	From the Working Committee
04	GB / FO Groups News
04	<b>COMMUNITY NEWS</b>
04	Matrimandir
04	A Summary of Events Happening in Auroville Today
07	Community Sharing
08	Auroville Media Liaison Service (AMLS)
09	Residents Speak
11	French News & Notes
11	Food For Thought
11	Auroville Conversations
12	Inner Journey
12	<b>ANNOUNCEMENTS</b>
14	Volunteering Opportunities
14	Lost (& Found)
14	Looking For
14	Work Opportunities
15	Activities at Serendipity
15	Activities at JOI - Anitya Community
16	Workshops
18	<b>CULTURAL ANNOUNCEMENTS</b>
18	Exhibitions
19	Auroville Radio
19	Food
20	Poetry
20	For The Bookworms
21	Cinema
23	Cinema Paradiso
24	<b>COMMUNITY SERVICES</b>
24	Essential Services
24	Education
24	Health
26	Access to the Park of Unity and Matrimandir
26	AV Public Bus / Emergency Numbers



### FROM THE ENTRY SERVICE

#### ES # 239 DATED: 10-02-2025

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 Aurovillian 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

- **Sanjay TUMATI (Indian)** staying in Udavi School Staff Quarters and working at C3Stream Land.
- **Manu BAHAGUNA (Indian)** staying in Creativity and working at Thamarai and InLight.

#### NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian 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

### RESPONSE TO ANNOUNCEMENT FROM GB 'FAMC' RE UNIT EXECUTIVES AND MANAGERS

Dear executives, managers, and other concerned residents,

The "FAMC" appointed by the Governing Board has made an announcement on the 14th of January 2025, which covers the appointment of executives and managers and presents a new 'directive' in this regard.

This announcement includes claims of legitimacy citing several sources which supposedly back this "FAMC"'s authority:

*"as per necessary fiduciary regulations, operational performance, compliance with the laws of India, and adherence to all Codes of Conduct and standing orders"*

This is a vaguely formulated attempt to intimidate executives and managers, in keeping with this administration's way of functioning.

We encourage everyone, and specifically executives and managers, to write to this group, and question these sources of authority. Let it be put in writing exactly how these rules pertain to the authority claimed. The vagueness, false claims, and lack of responses show this group is not fit for the management of Auroville's funds and assets. These individuals should cease these actions and step down.

Please consider:

- The Code of Conduct 2017 has no mention of a "manager" position.
- The terms "fiduciary regulations" and "operational performance" are given with no details, context, or explanation.
- There is no question that the laws of India are to be followed. However, randomly citing "the laws of India" is not an argument or evidence of the authority these individuals are claiming for themselves over the whole of Auroville. Specific laws need to be cited which pertain to the particular situations.
- None of the Standing Orders are specified or cited in detail. None cover the position of "manager".

Yet again this group of individuals is attempting to impose control over the rest of the community when it has not been selected by the Residents' Assembly and does not respond to calls of collaboration or transparency.

In addition, the constitution and functioning of the 'FAMC' as a Section 16 Committee of the Governing Board does not abide by the Auroville Foundation Act. (Please see the [attached open letter](#) we have sent to the GB FAMC, copy to the Secretary, GB and IAC.) Therefore, unless this directive is correctly signed by the authorised Governing Board members of the FAMC of the GB, it and all other decisions made by this group can be questioned on this basis.

Once again, we, the Working Committee of the Residents' Assembly, wish to make clear that we are open to working together with all, as a community, to develop this Township as a whole. However, the dishonesty and coercion used by all the GB and AVFO appointed individuals must stop.

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

## UPDATE ON LEGAL ACTIVITIES AND HEARINGS

Dear Community Members,

We would like to share an update about recent activities and hearings in the Supreme Court in New Delhi and in the Madras High Court.

1) An appeal on the QUO WARRANTO order of 1st August 2024 concerning the membership of the Working Committee was submitted by our lawyers in the Madras High Court on 4th February 2025. The appeal has been accepted for debate and a notice has been issued to the other party to respond within two weeks.

The decisions taken by the Working Committee recognized by the GB while the matter is pending are subject to the outcome of the appeal. This means that if our appeal is successful their decisions will not be valid.

We will keep you updated on further developments.

2) There have been a number of hearings in the Supreme Court on the appeal of the Auroville Foundation (represented by the Secretary) against the NGT order of April 2022 and the order of the Madras High Court on TDC matters issued in March 2024. On 30th January the Supreme Court heard the arguments of both sides on the NGT verdict and then the TDC matters were debated on 6th and 13th February 2025. All arguments in both cases are now closed and reserved for judgement. We will inform the community as soon as there is news about the final ruling.

3) A writ petition filed by an Aurovilian on land exchange is listed in the Madras High Court on Monday 17th February 2025.

We are keeping our hope and confidence alive throughout all these developments and we keep in mind that our real force is through and in the community. We are reminded of Mother's words: 'A harmonious collective aspiration can change the course of circumstances.'

In service,

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



## FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1066

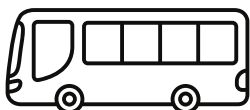
Please click [HERE](#) to read the FO groups news



## COMMUNITY NEWS

### PONDY TRIPS ON DARSHAN DAYS:

FRIDAY 21 FEBRUARY

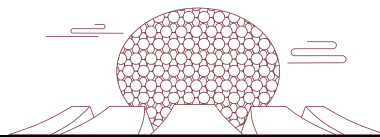


On Mother's birthday, the SAIIR bus will leave from Matrimandir at 3pm via the ordinary route and will return from Pondy at 6pm, to allow those willing to use AV's collective transport for the visit of Mother's room.

Tokens are required, see Pitanga's arrangements.

This is not a commercial bus and the offer is for Aurovilians, newcomers and volunteers wishing to have darshan in Sri Aurobindo's room.

Paulette



## MATRIMANDIR

### OPENING OF THE WEALTH GARDEN, AN OFFERING TO THE MOTHER

FRIDAY 21 FEBRUARY

Wealth Garden will be open to the community on the occasion of Friday 21st February, as an offering to the Mother on Her Birthday.

Flower : Water Lily, "Wealth".

Mother's Comment on Wealth Garden :

**True wealth is what one offers to the Divine.**

## MATRIMANDIR NEWSLETTER - FEBRUARY 2025



## A SUMMARY OF EVENTS HAPPENING IN AUROVILLE TODAY

### EVERGREEN LAND GRAB UPDATE

An appeal against the judgement in favour of PKS in the Evergreen case has now apparently been filed on the final date possible, 7th February 2025. Over the past three months, since the judgement was given in October, the land has been entirely cleared of forest with the last of the cut trees taken away on 13th January. See below drone image:





A wall has been built around the land with a sign for '[Auro Glob Farms](#)' and a [makeshift road](#) has been laid, indicating that PKS has taken full control of the land. The AVFO has made no attempts to prevent this from happening, nor have they given any explanations regarding their lack of involvement, or why they took so long to file the appeal. This land has been in the exclusive and continuous possession of Auroville for over 30 years, during which time it has paid the Land Tax. Community members made multiple pleas to the AVFO to protect the land, and on 25th January a few residents sent [this letter](#) to the Secretary, which remained unreplied. In desperation, concerned community members called residents to gather at the AVF Office in Town Hall on Monday 3rd February 2024. Around 100 people gathered peacefully on the day and a [petition](#) was handed over. This petition had been circulated online and received [over 700 signatures](#) in 48 hours.

As none of the relevant officials were present in the AVF Offices that day, a smaller group of people went to the AVFO 'Land Board', 'WCom' & 'FAMC' offices to ask the members of those groups why no action had been taken. [Images and films](#) have since been circulated by people on the AVFO side attempting to paint the attendees as "assaulting" and "harassing" the AVFO 'Working Group' members. It is clear however that there was no physical violence. Emotions did run high for one or two people who responded to the comment by Anu of the AVFO 'WCom' that "there is no such thing as the RA". An Aurovilian who was present during the gathering has since circulated this [response](#).

In the week following the Town Hall gathering, a volunteer who had been present received an [email](#) from Savi terminating their status on the instructions of the "Auroville Foundation Working Committee". The cancellation was with immediate effect and the volunteer was not offered any opportunity to respond.

## TREE CUTTING ON THE OUTER RING ROAD AND RADIALS

A new round of destruction began on 29th January 2025, when workers, overseen by the AVFO 'ATDC', came to cut down the 70-year old Mango tree that had previously been protected and incorporated into the newly built section of the Outer Ring Road (ORR) near Aurovelo. Community members who arrived on the scene to stop the tree cutting were informed that the tree was being cut to allow lorries to pass. After receiving the assurance from Mr Selvaganapathy, Procurement Officer of the AVFO, that the tree would only be trimmed to follow CPWD guidelines, the residents left the spot. The next day, an AVFO 'ATDC' member came with a team and cut it down, as well as the Kaya tree.



The following days, a protected and sacred Pipal tree was also cut.



On 29th January, AVFO 'ATDC' member Sindhuja verbally told community members that they now "had permission to increase the ORR to 30 meters wide". On 3rd February 2024, workers returned to the ORR and began [cutting more trees](#). More tree felling ensued over the coming week.

On the new Verite Radial, which is built [directly](#) next to the old Verite Radial, seven mature trees were also cut. Three of these trees had been planted circa 2008-09 with approval from ATDC in order to provide shade for the radial. Several other trees that do not lie in the path of the new road were also about to be cut but an Aurovilian managed to stop the workers.

The new section of radial road does not connect to any existing infrastructure and for it to be completed it will require the destruction of several buildings inside Afsaneh's Guest House.



Tree cutting was also reported at the [Mangalam Radial](#) (near Pony Farm) where protected species such as Red Sanders were cut.

The RA TDC sent [a letter](#) to numerous state and central government officials, cataloging the wanton destruction. As well as the offences mentioned above, they highlight how a number of trees were [cemented in](#), then partially [un-cemented](#), and then [cut entirely](#), all within a single week. This haphazard and unprofessional work demonstrates a lack of planning and communication within the AVFO 'working groups', not to mention a waste of funds and a complete disregard for ecology and for Auroville's conscious-based approach.

## Threat to Silence Forest

Silence Forest is located near Kottakarai Village, between the Industrial Zone and the Greenbelt. In 2019, Dave Storey, steward of Silence Forest, followed the proper procedure by obtaining a NOC from L'avenir d'Auroville for a caretaker's house. One of the architects, Sindhuja (now a member of the AVFO 'ATDC'), personally visited the site and reviewed and approved the marked layout of the building's location before construction began. The location was carefully chosen to maintain the required 10m distance from the future Ring Road while preserving the existing forest environment. In February 2024, without prior notice or consultation, JCBs arrived at Silence Forest to mark the northern segment of the ORR. After a survey - notably the first survey ever

conducted in the area - the AVFO 'ATDC' claimed that the house was built in the wrong location and declared it a "red asset", contradicting their original documentation. The steward has provided evidence that the road alignment has changed, not the house location. This evidence includes:

1. The presence of mature trees (over 20 years old) surrounding the house - making it physically impossible for the house to have been built in a different location without leaving a cleared area.
2. The original NOC maps show the house's position relative to existing trees and pathways.
3. Multiple witnesses who can attest that the house has remained in its original position since construction.
4. Documented site visits and approvals from the architectural team during construction.

Despite this evidence, on 11th October 2024, the AVFO 'ATDC' demanded the steward vacate the approved structure by 30th November 2024. The situation still stands to this date.

The situation is particularly concerning given Silence Forest's ecological value. Recent scientific studies have documented its significance: it hosts the [largest colony of Indian Flying Fox](#) in Villupuram District, with over 2,000 bats. A [detailed ecological assessment](#) of just a 20mx20m plot revealed remarkable biodiversity with 129 species of flora and fauna, along with significant carbon sequestration capacity and crucial groundwater recharge function.

If this piece of the ORR is built it will lie unused, because as with nearly all the new roads being built by the AVFO 'ATDC', it extends onto land which is not owned by Auroville and for which no permission exists to build roads. In addition, the AVFO 'ATDC' has not followed the necessary protocols to cut trees.

This case is one of many cases of previously approved assets by ATDC being marked as "red assets" for destruction by the AVFO, representing a huge waste of funds, time and energy.

## HEALTH & WELLNESS SECTOR TAKEOVER

A newly formed 'Wellness Focus Group' shared a proposal titled '[Auroville Integral Wellness](#)' via the AVFO unit 'AWARE' on 11th January 2025. The document outlines plans for restructuring Auroville's healthcare system through the creation of a centralized 'Wellbeing Coordination Group' (WCG).

The proposed WCG would consist of nine members appointed by the AVFO 'FAMC', with three representatives each from proactive, curative, and supportive well-being areas. Several aspects of the proposal have raised concerns from the community. While members for the WCG "could be recommended" by health units and services, appointment power would rest solely with the AVFO 'FAMC', with no stated selection criteria. The proposal to implement a centralized Electronic Health Records (EHR) system does not specify measures for data privacy or security compliance, nor clarify protocols for individual consent regarding health information digitization.

The document proposes combining the health fund with city services contributions, but provides no details about the management of the current health fund's reserve or its administration. The future relationship between the WCG and currently community supported services like Health Centre, Sante, Pitanga, Arka, Farewell, and Quiet remains undefined both administratively and financially.

The proposal indicates plans to secure funding through donor contributions, government grants, and partnerships with private insurance providers for "group health plans". It also mentions potential collaboration with [AYUSH](#) (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) for enhanced herbal medicine availability. No parameters or criteria are specified for selecting or implementing these initiatives, nor is the role of the

community in these decisions defined.

The document was open for resident feedback for one week, a short timeframe given the length and complexity of the document. After this, it was stated it would be submitted to the GB for their "blessing". There is no transparency as to whether feedback was received, and how it was integrated.

Aurovilians working in the health and wellness sector have reported new difficulties while trying to navigate the system now being put in place by the AVFO 'FAMC'. It has always been difficult for individual practitioners to fully support themselves through their work, as traditionally Aurovilians pay on a donation basis for these services. For health practitioners, the short guest season is an important period to make a livable income. Despite this, the AVFO 'FAMC' are insisting that the activities must be income generating and must make a surplus for the Central Fund, or they are threatened with closure. Additionally, practitioners are now only permitted to work at registered premises, any income is divided further and GST is applicable. This will inevitably lead to fewer health practitioners able to provide this important service to both Aurovilians and guests.

## ROAD CONSTRUCTION - PHOTO REPORTS

Three recently released photo reports show the extent of the mismanagement and failure of the AVFO 'ATDC' and their contractors in their road building program across Auroville.

The [first report](#) highlights the number of private, temple or Poramboke lands located in the way of the roads that are currently being built. On the 4km-long Crown alone there are seven plots of private land blocking the progression of the road, with numerous more lying in the way of the planned trajectories of the radials. Additionally, the majority of the land that would be needed for the ORR to be completed does not belong to Auroville, with some of it falling inside local villages. Despite this, large areas of carefully managed forest and numerous houses and buildings are being threatened with destruction to build pieces of road that may or may not connect to future roads, should the necessary tracts of land ever be purchased. Furthermore, due in part to the mismanagement of land deals by the AVFO, the price of land inside the Master Plan area has more than doubled since the Land Board was taken over by the AVFO.

The report also exposes clear failures in planning and execution, with two stretches of the ORR appearing not to align with each other.



In Aurodam, the radial was partially built on Poramboke land and now ends abruptly. It was also built two meters too wide in one place, and at the wrong elevation meaning that it will not connect to the Crown as it is supposed to.

The [second report](#) highlights that "roads have been built adjacent to existing roads, while roads in good condition have been destroyed." Photos of the ORR and the new alignment of the radials at Verite and Vikas show the unnecessary waste of money and materials as well as the destruction of forested areas and threats to valuable buildings, to build roads that add no discernable value.





The [third report](#) uses images that have been collected over the past two years to show the general poor quality of the roads that have been constructed, the inadequate provisions for rainwater runoff and some of the dangers that have been caused by inadequate signage and overall poor planning.



## UPDATE ON 'GUJARAT INITIATIVE'

As previously reported, on December 25th 2024, Villupuram District Collector D. Mohan [announced](#) a "significant plan" to connect Auroville's development models with Gujarat (see [here](#) for a translation into English). The initiative focuses on environmental protection, sustainable growth, and cultural exchange, particularly in areas of agricultural practices, water conservation, and renewable energy.

Please see [here](#) for an article featured in 'Country and Politics' regarding the Gujarat initiative. This is part of an ongoing effort by the AVFO to market Auroville as a 'sustainable city'. At the same time, over the past three years there has been constant harassment of the foresters in Auroville, and constant threats to the reforestation project that is the very reason for Auroville's so called 'sustainability'.

## MITRA YOUTH HOSTEL TAKEOVER

In January 2025, all of the volunteers and guests who were staying in Mitra Youth Hostel were asked to leave in order to house a group of 27 financial auditors. The auditors have also taken over the first floor of the SAIER building while they carry out their work. The youth were removed under the pretext that they were "[not mindful of the Peace Area](#)" and were accused of alcohol and substance abuse although no evidence was given for this.

Since the beginning of the takeover, the AVFO has repeatedly taken over much-needed residential assets for their staff, causing even greater pressure on Auroville's housing crisis. Residents attending Housing Service are being told that there are no options whatsoever for housing.

While initially only Government of India funded assets such as some units at Maitreye and Harmony (SAIER's newly-built staff quarters) were appropriated by the AVFO, now some houses that were privately funded have been taken over by AVFO staff members. Additionally, the children of AVFO staff members are

receiving free schooling at Auroville's schools at a time when unprecedented cuts are taking place due to lack of funding, while they receive a salary that is far above the amount of the Auroville maintenance.

## AVFO 'HRS' TAKE OVER MORE RESIDENT SERVICE FUNCTIONS

As was mentioned previously, the Residents Service has been [renamed](#), and will now apparently be called "Passport and Visa Registration Desk". As had been already indicated, the AVFO 'Human Resources Service' (HRS) will now take over recording information about when Aurovilians arrive and leave in Auroville. The [Auronet post](#) shared by the AVFO 'FAMC' also disclosed that the 'HRS' team "may be contacted instead of the former Residents' Service for the processing of your file, which will then enable the Working Committee to issue a no-objection letter to the Office of the Secretary, Auroville Foundation for a Visa Recommendation Letter". As the 'HRS' team is composed of Aurovilians with strong links to the AVFO takeover of Auroville, this could create even more difficulties for Aurovilians who are relying on a visa.

## MEDIA & OTHER LINKS

- 56 Good Years: The song "[56 Good Years](#)" which was published last year is now back online
- 13th January 2025, Radiofrance.fr: [Inde : Auroville, la fin de la ville utopique](#) (In French). A short (4 minutes) report on the situation in Auroville.
- Chronicles of Dawn: A new substack dedicated to Auroville-related fiction has been released. You can subscribe [here](#).

## COMMUNITY SHARING

### DON'T YOU COUNT US GONE, BACK ONLINE



This video was taken offline in September 2024 after several residents requested the removal of their images, fearing potential repercussions affecting their visa status in Auroville. Even the singer has chosen to remain anonymous - a telling sign of the pressure facing this experimental township in South India.

The song emerged during a critical time for Auroville and the community continues to face an unprecedented crisis threatening two of its core principles: participatory governance and environmental consciousness. Through powerful lyrics and imagery, it captures the pain of watching forests being cut down, farms being sold off, and residents losing their homes and livelihoods - but also the unwavering spirit of a community determined to preserve its values.



'You can build a road over my home, but you can't build a road over my soul' - this refrain speaks to the heart of the current conflict, where a development-at-any-cost approach clashes with Auroville's 56-year vision of sustainable growth and collective decision-making.

While some original faces had to be removed from this video, the message remains: after more than five decades of building a unique experiment in human unity, Auroville's residents continue to stand for their founding principles, despite mounting pressures.

You can watch the video here:  
[https://youtu.be/viZjKMCptZI?si=Ukv\\_NH2tXZc65hYZ](https://youtu.be/viZjKMCptZI?si=Ukv_NH2tXZc65hYZ)

**AUROVILLE MEDIA LIAISON SERVICE (AMLS)**

**GOVERNING BOARD MEMBER'S DIVISIVE COMMENTS UNDERMINE AUROVILLE'S AIM OF HUMAN UNITY**

Goutam Ghosal @GoutamGhos...  
 This video uses an avatar to protect the identities of those living in Auroville, who could face serious repercussions for speaking out.

Watch the video [HERE](#) or scan the QR code:



**CELEBRATE AUROVILLE'S 57TH**  
 FRIDAY 28 FEBRUARY, YOUTH CENTER

**@ the Youth Centre**  
**28th February**  
**4pm - 10pm**

Let us come together to share our journeys so far, understand our present realities, and to catch a glimpse of the potential future; over food, music, and shared experience.

4:00pm Narrative for a renaissance	7:00pm Community Dinner	8:00pm Auroville Stories	9:00pm Bonfire Music
---------------------------------------	----------------------------	-----------------------------	-------------------------

**COMMUNITY GATHERING**  
 FRIDAY 28 FEBRUARY, YOUTH CENTER

She said:  
 "The world is preparing for a big change, will you help?"  
 The Mother / 1970 New-year message

How can we help beyond these apparent contradictions?  
 Narrative for a Renaissance?

**Community Gathering**  
 28 February 2025  
 from 4:30 to 6:00 PM  
 at the YOUTH CENTER  
 Youth Center Program from 4:00 to 9:30 PM will be announced separately

from Pablo and Rakhal  
 Members of the Call for Organisation Group

**AUROVILLE'S 57TH BIRTHDAY DAWN FIRE MEDITATION**  
 FRIDAY 28 FEBRUARY

**Auroville's 57th Birthday Dawn Fire Meditation 2025**  
 Live stream from Matrimandir Amphitheater

Dear Friends,  
 Every Year on **February 28th**, the Matrimandir Amphitheatre glows with the sacred bonfire as we welcome Auroville's Birthday.

If you can't be here in person, don't worry- you can still be part of this special moment!

As Always, Auroville Radio TV will be live streaming the bonfire, so you can tune from wherever you are and feel the connection.

Watch it live here:  
<https://youtube.com/live/iP88x9UmD7U?feature=share>



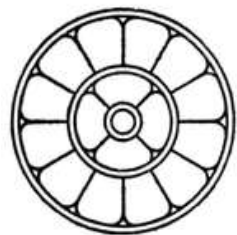
**AUROVILLE STORIES : 1968 - 2068**  
 FRIDAY 28 FEBRUARY, SATURDAY 1 MARCH

Sharing why we came and where we might go ... together!  
 28 Feb. 7:00-8:30pm: Youth Center  
 1 Mar. 4:30-6:00pm: Cinema Paradiso

**Mark your calendars** for two storytelling events where community members and other friends will share meaningful memories and hopeful dreams about our journey together in Auroville.

Many have been crafting their short stories to tell — either live or recorded. If you would like to **join the lineup**, please contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or on WhatsApp at +1 978-394-1711.

Daniel Greenberg | He/Him  
 Co-Director, Foundation for Intentional Community



Available for reading and download:  
<https://auroville.org/page/the-mother-s-symbol>

Over the years, the Mother's symbol and Her Powers has been translated into 46 languages, including the four languages of Auroville, i.e. Tamil, French, Sanskrit and English, as well as indigenous languages

and those used across the world, including Afrikaans, Amharic, Arabic, Assamese, Bahasa Indonesia, Bulgarian, Chinese, Croatian, Czech, Danish, Dutch, Esperanto, German, Gujarati, Hebrew, Hindi, Hungarian, Italian, Japanese, Kannada, Korean, Lithuanian, Macedonian, Malayalam, Marathi, Nepali, Niugini Pisin, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Spanish, Swahili, Swedish, Telugu, Tibetan, Ukrainian, Urdu.

The longer file with quotes for each of Her Powers are currently available in seven languages: Chinese, English, French, Italian, Nepali, Spanish, Tamil.

**Have it in your language?**

If your language is not on the lists above, would you like to have it translated into your mother tongue and/or other language(s) of proficiency by volunteering yourself or recommending someone else?

Please write to Anandi Zhang at [symbol-in-translation@auroville.org.in](mailto:symbol-in-translation@auroville.org.in)

Thank you.

**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](mailto: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.

**HEALTH FUND  
 END OF THE FINANCIAL YEAR ANNOUNCEMENT**

Dear Health Fund Members, 28-01-2025

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from April 2024 onwards. If you have any lying around, that is.

**We need them before the 27th of March 2025!** That is our last working day for the month of March. **Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!**

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We will be publishing this message every week until March to inform everyone as well as hang them at PTDC and PTPS.

We thank you dearly for your cooperation.

Best,  
 Stefan and Meenal  
 Auroville Health Fund

**CHRONICLES OF DAWN**

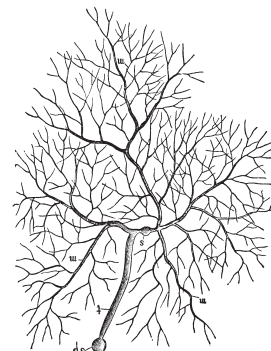
**CHAPTER 4 - NIGHT WATCHERS**

When the machines first came, the City of Dawn was unprepared. But they learned quickly. What began as chaos soon evolved into a coordinated dance of protection and witness, as the community discovered strengths they hadn't known they possessed.

They created a network of watchers - not guards, for this was not about force, but witnesses ready to document and bear testimony to what occurred. Young ones became the eyes of memory, using their tools to capture not just the physical events but the spirit of each stand - the songs that rose in the darkness, the silent witnesses, the moments when courage faced power. Elders who knew the history of each tree and grove became storytellers, ensuring that what was lost would at least be remembered.

The system they developed was like a living organism itself. Watchers were stationed at key points throughout the communities. When machines were spotted moving in the darkness, messages would flow through multiple channels - soft knocks on doors, quiet phone calls, encrypted messages that spread like mycelium through the community's networks. Within minutes, people would begin converging on the threatened area, moving silently through the shadows of the remaining trees.

Different groups took on different roles, each vital to the whole. Some would attempt dialogue with the officials, seeking always to find another way, to propose alternatives that could preserve what was precious while still allowing for growth. Others would position themselves as witnesses, cameras ready, knowing that truth would need documentation in the days to come. Still others would simply stand in silence, their presence a testimony to another way of seeing, another way of being.



They learned to organize without centralized control, to respond to each situation as it arose. Like a flock of birds wheeling in the sky, they moved together, guided by their shared commitment to protecting what was precious.

And then there were the others - those who moved in the shadows of authority, carrying out the will of the towers. Some had once been part of the community but now served new masters, their faces stern and eyes unseeing. Like wraiths they moved through the darkness, their very presence bringing cold fear, their words carrying the chill of distant powers. Some whispered that they had traded their warmth for position, their community bonds for promises of power. Yet even in facing these shadow-servants, the watchers maintained their center, remembering that although those who turn from light cast longer shadows, any shadow, no matter how deep, can dissolve in a single moment of returning toward the light.

It was in these encounters that the community faced its deepest tests. The confrontations that followed pushed them beyond what they had imagined possible. It was one thing to speak of nonviolence in theory, quite another to maintain that stance while watching protected trees fall, while facing officials who dismissed their concerns, while being threatened with expulsion from the only home many of them had known.

Yet in these dark moments, something remarkable emerged. Instead of breaking under the pressure, the community discovered new forms of strength. When machines appeared in the mystical forests of Dawn, they found themselves facing not angry protesters



but a circle of singers, their voices rising in the ancient songs of unity. When officials came with their papers of authority, they encountered elders sharing stories of each tree's history, speaking of the relationships between roots and soil, birds and branches.



Even when trees fell - and many did fall - the community found ways to maintain their center. They honoured them trees with reverence, offering them flowers and incense as they would do to brothers and sisters gone too soon. They collected seeds from threatened areas, nurturing them in secret nurseries, preparing for the day when they could plant again.

But perhaps the most significant change was invisible to outside eyes. The crisis had forced them to live their principles in new and deeper ways. The unity they had always spoken of became a daily reality as they coordinated their responses, supported each other through difficult nights, shared resources and strength when some grew weary. They discovered that sometimes, resistance meant simply continuing their work of nurturing and planting, refusing to let the spirit of destruction influence their own action.

As months turned to years, the nature of their resistance evolved. The spontaneous gatherings of the early days, while powerful, gave way to more organized responses. Fear had taken its toll - many who had stood in those first circles of singers had departed or fallen silent. Those who remained felt the weight of this change; the loss of spontaneity was like a constant ache, a reminder of something precious that had been forced to transform.

The experimental nature of their city now faced its greatest test. How to maintain the spirit of spontaneous unity while developing the strength to endure? Some found themselves drawn more deeply into the formal channels of resistance: strengthening existing councils, supporting representatives who spoke in the courts of power. Their documentation became more precise, their arguments more focused, their strategies more carefully planned. What they lost in spontaneous expression, they sought to balance with sustained effectiveness - though this balance remained an open question, a continued experiment in consciousness.

Some mourned deeply the loss of the early days' pure spirit of resistance. Others recognized this too as a kind of growth, though not without its shadows - learning to meet systemic force with systemic response, while struggling to keep their hearts true to their original purpose. The learning was ongoing, often painful, raising questions that touched the very core of their experiment: How to maintain the spirit of freedom within necessary structures? How to coordinate without controlling? How to stay true to spontaneity while building perseverance, and sustainable resistance?

The officials had not counted on this adaptation, nor did they recognize another form of resistance altogether - the quiet power of those who simply continued to live and work in consciousness, their very presence a testament to another way of being. These ones maintained the flame of truth not through outer action but through inner steadfastness, holding space in consciousness for what they knew to be right.

For every grove that was lost, new networks of protection grew - some visible in their coordinated actions, others hidden beneath the surface like mycorrhizal networks linking tree to tree, and still others existing purely in the realm of consciousness, invisible but no less real.

Even in this more structured resistance, they sought ways to maintain their deeper principles. Their chosen representatives were asked to be channels rather than leaders, their coordinating councils sought to serve rather than control. They were learning -

still learning, always learning - that organization need not mean hierarchy, that effectiveness need not come at the cost of spirit, that resistance could take as many forms as there were ways of being conscious.

And so they continued their vigils, night after night, their resistance now a complex dance between spontaneous response, coordinated action, and the quiet power of conscious presence. For in this too they were pioneers, discovering paths that humanity would need to learn to walk, always holding the question: what new way of being might emerge from this crucible of challenge?

#### [To be continued...]

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

To read all chapters of this series, please visit: <https://auroclam.substack.com/>

by Clam Aduelaie



#### (NOT JUST) WORD PLAY

*Disclaimer: The idea of these three words "evil, veil, live" being put together in this form "came" on its own. It is not "my" creation, nor do I claim any copyright for it.*

I'm equally surprised, as perhaps you will do, at how revealing it is. For the revelation, I'm deeply grateful. Sharing it may help shed light on the whole unfolding story of Creation. Who knows?

The word "evil" seems to be both a taboo and a rampantly over-used word, especially in children's stories, certain genres of dramas, religious & spiritual individuals and "circles". And then, there is the veil that covers up the Truth, Light and Beauty of the Being, the process of unveiling and living out what is seen as the Reality, which is the exact opposite of the "evil".

What do you see in these words? What do they reveal to you? Where are you in your process, at this moment, during this period?

I'm not just into word play. I'm not just asking you. I'm talking to myself in the mirror, and yes, to you, my many mirrors.

Live  
Veil  
Evil

Anandi Zhang

## RE-MEMBERED

As the lost Divine Sparks  
 We search here, there, everywhere  
 Looking for a way back home  
 To the Divine Love and Life  
 That we seem to have forgotten.

Along the way we meet each other,  
 As family, friends and lovers,  
 False and part truth guides,  
 Formidable foes and allies,  
 Until for some Divine Grace  
 Amidst a raging storm of tears  
 We finally meet Her,  
 The Supreme Divine Mother,  
 And in Her loving embrace  
 She whispers, "At last my child,  
 You have re-membered."

Now safely protected by Her,  
 With courage as Her Hero Warrior,  
 We embark on the Epic Quest  
 For true and total freedom,  
 Also for all Her other children  
 In the Ignorance still bound,  
 Needing a City of Dawn  
 As a living dynamic symbol  
 Acting as a collective contagion,  
 A Cradle for the Life Divine.

*"If we would realise a higher formation or status of being, then it is still through Her, through the Divine Shakti, the Consciousness-Force of the Spirit that it has to be done; our surrender must be to the Divine Being through the Divine Mother: for it is towards or into the Supreme Nature that our ascension has to take place and it can only be done by the Supramental Shakti taking up our mentality and transforming it into Her Supramentality."* — Sri Aurobindo

<https://incarnateword.in/cwsa/21/brahman-purusha-ishwara-maya-prakriti-shakti>

*"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.*

*Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine."* — The Mother

<https://auroville.org/page/a-true-aurovilian>



To access the online version,  
[click here](#), scan QR code, or  
 click on Zech's blog link

Zech, 2025.01.25

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

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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

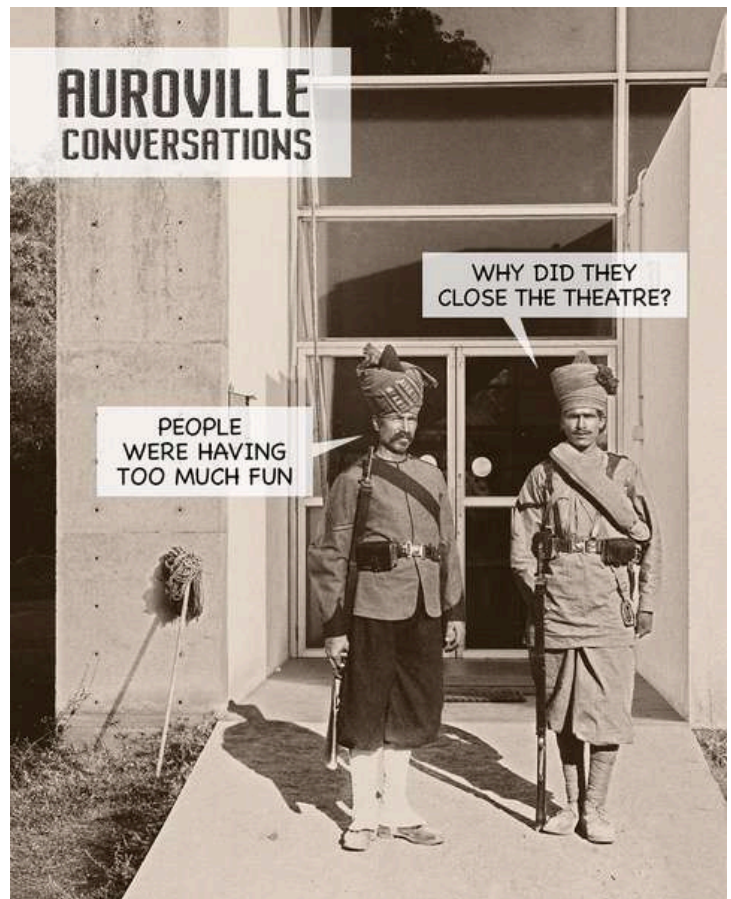


## FOOD FOR THOUGHT

Earth provides  
 enough to satisfy  
 every man's  
 need, but not  
 every man's  
 greed.

Mahatma Gandhi

## AUROVILLE CONVERSATIONS



Submitted by an Aurovilian





## INNER JOURNEY

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

Tuesday 25th February, 9 am - 12 noon  
Focus: The Synthesis of Yoga

Led by Ashesh Joshi

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

All are Welcome



### SAVITRI SATSANG WITH NARAD

EVERY 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 <https://bit.ly/savitri-reading> one or two days in advance, or on the day itself before 11am. 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:** 8:00am – 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](https://www.auroville.org.in).

Vipassana

As taught by S.N. Goenka



**Contact:** Sanjay Tumati,

+91 87909 82210 (available on WA)

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



## ANNOUNCEMENTS

### PUPPY FAIR 2025

FRIDAY 1 - SUNDAY 2 MARCH, AV DOG SHELTER

**Puppy Fair 2025**  
**AUROVILLE DOG SHELTER**  
**RESCUE**  
**LOVE**  
**REPEAT**  
March 1 March 2  
Fundraiser for the 1000 Dog Sterilisation Project  
**FREE ENTRY**  
Auroville Dog Shelter - Edayanchavadi Road  
605101 Auroville  
Contact: [aurovilledogshelter@aurouville.org.in](mailto:aurovilledogshelter@aurouville.org.in)



# AUROVILLE CYCLOTHON 2025

SUNDAY 2 MARCH 2025

**AUROVILLE CYCLOTHON 2025**  
Cycle for the Joy of Cycling

**2nd MARCH 2025**

25Kms | 50Kms | 100Kms

**Participants Deliverables**  
T-shirt  
Certificates  
BIB  
Finisher medal  
Refreshment on race day

Venue  
Certitude, Auroville

For Registration

## LADDERSHIP POD

STARTS SUNDAY 2 MARCH

Welcome to join 'Laddership Pod'

Laddership Pods are global peer-learning labs run by ServiceSpace for values-driven changemakers. Over three weeks, participants immerse in an online "head-hands-heart" journey in the nuances of leading with inner transformation, gift ecology, design thinking, and incubating an offering of service. It's an online program and Auroville participants can also meet in-person for a deeper connection.

For online Pod details + sign-up visit: [pod.servicespace.org](http://pod.servicespace.org)  
For Auroville meetup, contact Deven on: [flourish@auroville.org.in](mailto:flourish@auroville.org.in)  
**Laddership Pod starting on 2nd March, 2025 (Sunday)**



# WOMEN AWAKENING PROJECT

SATURDAY 22 FEBRUARY, AUROVILLE LIBRARY

**Women Awakening Project**  
*Spreading women's wisdom across traditions*

The Women Awakening Project is back to Auroville!

I'll share with you what are the main discoveries arising from interviewing female spiritual teachers and leaders.

**Auroville Library**  
Saturday the 22nd February  
at 6 pm

*Looking forward to see you!  
Erica*

Women Awakening Project  
[www.womenawakeningproject.com](http://www.womenawakeningproject.com)

## ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM

eco femme

**Come learn about:**

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

**EVERYONE IS WELCOME.**  
Every Thursday, 10:30am - 12:00pm  
P.S. You can pick up all our eco-friendly products at a discount!

Eco Femme Office  
Auroshilpam, Auroville  
[ecofemme.org](http://ecofemme.org) | WA: +91 94871 79556

## 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.

N&N 1063 - 20 February 2025



## VOLUNTEERING OPPORTUNITY

### AUROVILLE DOG SHELTER

JOIN THE ULTIMATE PUPPY PARTY AT AUROVILLE DOG SHELTER!



Dear Aurovilians, dog lovers and friends!

Mark your calendars for **March 1st and 2nd** because the **Second Annual Puppy Fair** is back, and it's going to be bigger and better than ever!



We're on a mission to **find loving homes for our adorable pups** and **raise funds to sterilize 1,000 dogs**. But we can't do it without YOU!

#### What's the Scoop?

- **Puppy Playtime:** Cuddle, play, and maybe even adopt your new best friend.
- **Live Music & Art:** Got talent? Bring it on! We have a stage for you!
- **Fun & Games:** Host or join in on exciting activities for kids and adults alike
- **Organise:** Donate your time and energy and help us to make this event a celebration of love

#### How Can You Help?

We're looking for **volunteers** to share their time, energy, and love. Whether you're a musician, artist, game enthusiast, or just someone who wants to make a difference, we need you!

#### Ready to Jump In?

Shoot a WhatsApp message to **Arthur at 81222 25266** and let's make this event unforgettable!

Let's come together, have a blast, and make a real impact in our furry friends' lives. See you at the Auroville Dog Shelter!

## LOST (& FOUND)

### LOST PUPPY - SOLAR KITCHEN



## LOOKING FOR

### TAXI SHARE

MONDAY 3 MARCH



Want to share a taxi to **Chennai Airport** departing Auroville around 2am on **Mon 3 March**?

Contact Quentin Macfarlane, [gmacfarlane@proton.me](mailto:gmacfarlane@proton.me); WA +44 7887 836846; India number: 84389 31882.

### 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!



## WORK OPPORTUNITIES

### ECO FEMME IS LOOKING FOR A SALES TEAM LEAD!

Would you like to join our Sales team, as Team lead? We are looking for a full-time member.

Skills and experience required:

- Proven ability to inspire, lead, and manage a team while balancing strategy, execution, and continuous improvement.
- Strong team player, able to work effectively with cross-functional leaders and departments.
- A strategic thinker who is motivated by achieving goals and delivering exceptional outcomes.
- Ability to find innovative solutions and adapt to evolving challenges.
- Proficiency in data analysis to inform decisions and drive sales strategy.
- Comfortable with Google Workspace and its suite of tools.

We are based in Auroshilpam. Starting date: Immediate.

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

### ECO FEMME IS LOOKING FOR AN INTERNATIONAL SALES COORDINATOR!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam. Starting date: Immediate.

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

eco femme

"Revaluing menstruation: because Life depends on it"

## 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 7:30 - 8:30am, 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



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

## WORKSHOPS

### YIELDING TOGETHER, CONTACT IMPROVISATION

20 - 23 FEBRUARY



### YIELDING TOGETHER

Yielding together is a four days workshop in Contact Improvisation.

Simply put, yielding means to actively meet something. And actively meeting something means your relationship to that something will change. In application it is not just one's own body weight in relationship to the earth but also into the space around. In sharing the practice of yielding together, the invitation is to melt into the easeful dance of life feeling both supported and easeful.

Through Contact Improvisation, we will dive into movement as an open-ended exploration of sometimes wild and athletic, sometimes quiet and meditative expression of ourselves. Turning inwards, with a somatic approach, spending time with our inner landscapes, letting the outer and more larger expression appear from the sensations inside.

Some of the aspects of Contact Improvisation that we would be studying in this workshop are:

- communicating through weight and how it supports our movement in solo and in contact with other bodies.
- spirals and effortless movement together
- breathing, trusting and deep listening
- support, following and leading momentum
- qualities that we wish to cultivate are listening, stillness, curiosity, fluidity, playfulness, spontaneity

### WORKSHOP FACILITATOR

#### Harmandeep Singh

Harman is a Contact Improvisation practitioner and facilitator who comes from a technical background of building mobile apps and websites. He studied Electronics And Instrumentation Engineering and earned a living as a software developer. Much later, he got introduced and immersed into the experience and exploration of art and body movement. He was deeply touched and moved by the practice of Contact Improvisation 7 years ago and since then, he has been exploring different dimensions of movement and awareness that it has to offer.

To support his adventure of Contact Improvisation, he has studied various movement practices including axis syllabus, body mind centering (BMC), feldenkrais method, contemporary dance floor work, somatic practices, body work and capoeira. He is interested in the art of facilitating, creating and holding spaces for collaborations of various art forms and practices with Contact Improvisation. There is curiosity to explore existing and new applications of Contact Improvisation in different aspects of life as an experience. He likes to travel to different places, spaces and cultures while sharing the practice of Contact Improvisation along the way.



- Instagram: <https://www.instagram.com/harman007singh/>
- Facebook: <https://www.facebook.com/harmandeep.web/>
- Youtube: [https://www.youtube.com/channel/UCUd\\_CCQ8us0SACO-9QQOvGA](https://www.youtube.com/channel/UCUd_CCQ8us0SACO-9QQOvGA)
- Website: <https://incontact.co.in/about-u>

**OTHER DETAILS**

- **Location:** Auroville
- **Dates:** 20th Feb to 23rd Feb 2025
- First two days, 20th & 21st Feb, are beginner friendly and are open to all levels of experience and can be only enrolled for a complete workshop.
- Existing practitioners with some experience can also choose to join only the last two days, 22nd & 23rd Feb.
- Registration & enquiries: [aurovilleartworld@gmail.com](mailto:aurovilleartworld@gmail.com)

Open contribution for Aurovilians/Newcomers/Volunteers

**MIRRORS & ME**

20 & 27 FEBRUARY; 6, 13, 20 MARCH, CRIPA



Welcome to join in Mirrors & Me.

Ready for an interactive & introspective experience?

We explore, individually and together, through breath, dynamic meditation, games, conscious touch, improvisation, observation and reflection.

Through these explorations, we ride on the energetic waves and rest assured in the connection within and with each other.

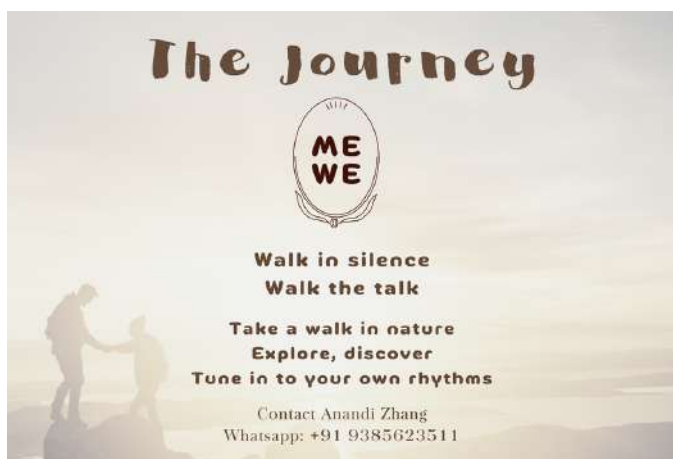
- 9 - 11:30am, Thursdays@ Cripa, small hall
- 20th & 27th Feb; 6th, 13th, 20th March

Register with Anandi Zhang  
Whatsapp: +91 93856 23511  
Scan the QR code to join the group.

Contribution required.



**THE JOURNEY (ME & WE)**



Walk in silence

Walk the talk

Take a walk in nature

Explore, discover

Tune in to your own rhythms

Natural breath work, spontaneous Qi Gong, poetic & playful interactions, non-verbal connection & conscious communication.

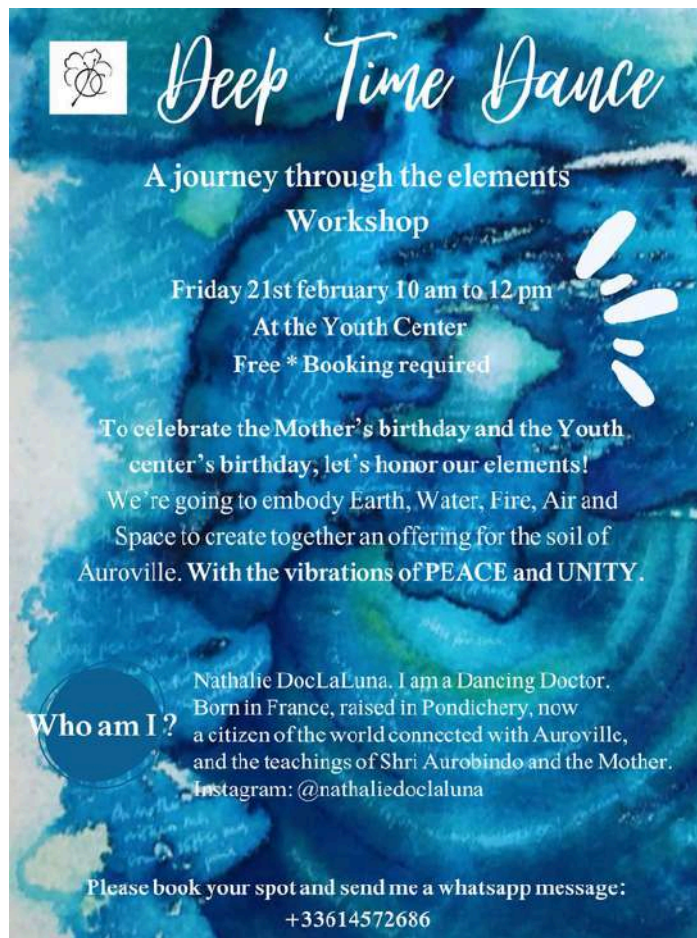
Contact Anandi Zhang

Whatsapp: +91 93856 23511



**DEEP TIME DANCE**

FRIDAY 21 FEBRUARY, YOUTH CENTRE



**BASIC TOOLS OF AWARENESS THROUGH THE BODY (ATB)**

SATURDAY 15 - SUNDAY 16 MARCH, TRANSITION SCHOOL



**Basic Tools of ATB**

A Two-Day Workshop with Francesco



This workshop is open exclusively to people who have completed at least one ATB introductory workshop (Namely ATB1 module).

This workshop is ideal for **educators, schoolteachers, facilitators,** and others intending to integrate ATB activities with children in a hands-on way. We will delve into the basics steps in cultivating awareness in children, focusing on attentive listening, self-regulation, and the use of play as a key element in learning.

**March 15 & 16 (Saturday & Sunday)**

**Time: 8:20 AM – 5:00 PM**

**ATB Hall, Transition School**

Expect a dynamic blend of abundant physical movement and reflection, offering both theoretical insight and practical strategies for integrating ATB principles in a dynamic class setting.

To sign up: please email [connect@atbwithamir.com](mailto:connect@atbwithamir.com)



## 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!

## CULTURAL ANNOUNCEMENTS

### 3 WEEKS LEFT TO APPLY DOMINIQUE DARR GRANT 2025



The aim of DD grant is to offer the opportunity to showcase young Aurovilian's talent at Centre d'Art in August 2025.

**Grant Info:** Funding for an exhibition at Centre d'Art in August 2025

**Eligibility:** Open to Aurovilians from 14 to 30 years old

**Prize:** Funds for exhibition production, equipment, stipend

**Categories:** Video/Photo

**2025 edition theme:** The sun, the moon and the truth - Three things cannot be long hidden (Gautama Buddha).

Timeline

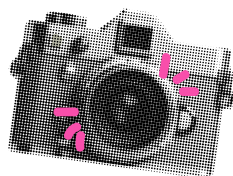
**1 March 2025:** Preliminary project submission deadline

**15 March 2025:** Announcement of the laureates

**15 July 2025:** Final production deadline

**15 August 2025:** Collective exhibition

If you wish to apply please send an email to [centredart@auroville.org.in](mailto:centredart@auroville.org.in) to receive the participants kits.



## EXHIBITIONS

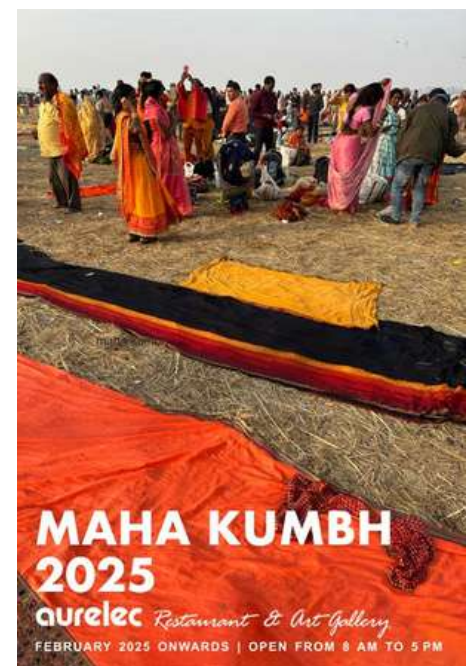
### IN THE LAND OF MAJESTIC GIANTS, A PHOTO EXHIBITION BY ASHWIN EZHUMALAI

14 FEBRUARY - 4 MARCH, PITANGA



Monday - Saturday  
08:00am - 12:30pm & 02:00pm - 05:30pm.

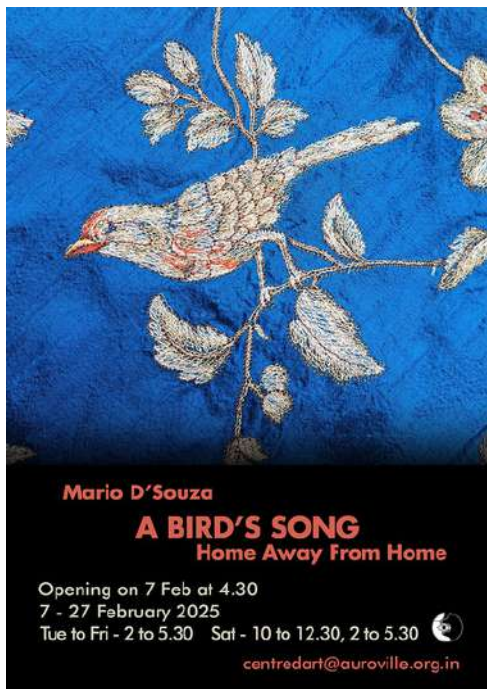
### MAHA KUMBH 2025 EXHIBITION FEBRUARY ONWARDS, AURELEC





**A BIRD'S SONG - HOME AWAY FROM HOME  
BY MARIO D'SOUZA**

7 - 27 FEBRUARY 2025, CENTRE D'ART



- 7 - 27 February 2025
- Tue - Fri 2 - 5:30pm
- Sat 10am - 12:30pm, 2 - 5:30pm
- Guided visits on Saturdays at 10:30am

**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.482 \(Integral Yoga\)](#)
- [Soulful Beginnings with Monique - Ep.3 “Strengthening the foundation: Relationship before pregnancy” \(Health and Wellness\)](#)
- [Marlenka’s Weekly Offering – Ep.129 \(Literature\)](#)
- [Exploring Education in Arts, Animation and Film-making – Ep. 43 “The State of Art Today” \(Arts and Culture\)](#)
- [Seeking Our Inner Being Group Discussion in Italian, Ep. 1 \(Spirituality\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.481 \(Integral Yoga\)](#)

**Last Youtube Video:**

- [Auroville Singing Festival 2024 - Day 2 | Full Video](#)
- [Full Moon Musical Offering in Matrimandir by Nādaprem](#)
- [Soulful Beginnings with Monique - Ep.2](#)

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

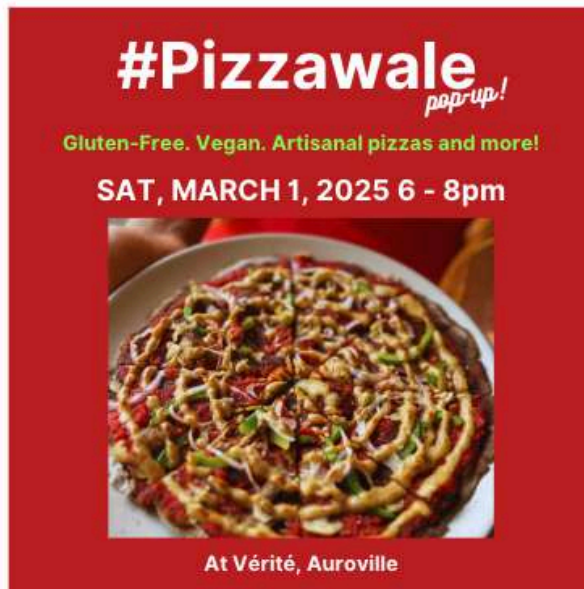
Regards,  
Sai Priya for Auroville RadioTV



**FOOD**

**PIZZAWALE AND VÉRITÉ  
SATURDAY 1 MARCH, VÉRITÉ**

**Pizzawale and Vérité**  
are excited to invite you on  
**Saturday, March 1 2025 6 to 8pm**



FS, Aurocard, Credit/Debit and Mobile Pay  
are accepted. No cash.

@2025 Submitted by Chetana, Shilpi, Darren & our team

**FOOD FOREST TOUR - EVERY SUNDAY**



**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





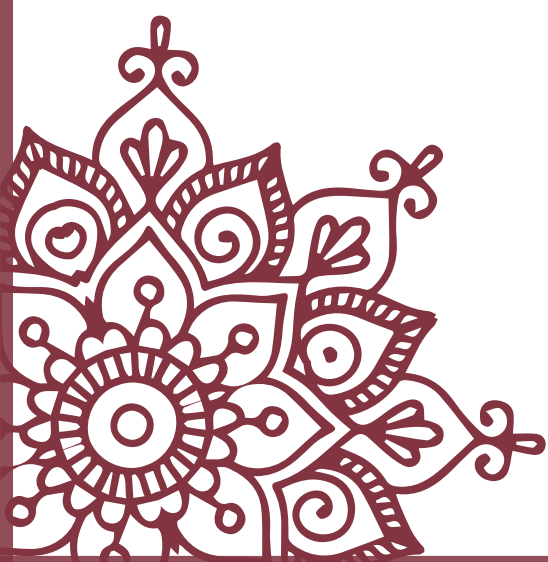
**The Consciousness of God** Feb. 24, 2011

He trims the lamp and calls the Presence in  
 And when it comes he lives within the flame.  
 All things are known to him, the inner sight  
 Opens as a flower bud unfolds.  
 Witness of all that is destined still to come  
 Prophet, sanctified through birth and birth,  
 Guide and friend who counsels in the night  
 The striving soul walking the sharp edged lanes,  
 The byways where the fruits of falsehood grow  
 And all temptations on the upward route.  
 In his calm demeanour all he sees  
 But judges not the sinner or the saint  
 Above the mind he sees that all are one  
 A few ahead and few behind, but all  
 Destined to realize the soul one day  
 And merge into the consciousness of God.

**Narad**

A grey fog  
 Forerunner  
 Of a very sunny day.

**Anandi Z**



**BOOK READING WITH THE AUTHOR**  
 WEDNESDAY 26 FEBRUARY, PITANGA

**BOOK READING WITH THE AUTHOR**

26/02/2025  
 7:30PM  
 at Pitanga

**SARUJ**  
 von Bilbo Cavez  
 Stell dir vor, es gibt kein Geld mehr

*SARUJ - Imagine, there is no money anymore is a fiction, a love story set in a future where there is neither money nor barter, no borders, no governments, no police forces, and no wars—a society striving for total freedom.*

Saruj ('Empathy' in Sanskrit) was born on the day money was abolished. She grew up in a communal living environment in the Pyrenees and has spent over a third of her life traveling the world on foot as a nomad. She is an idealist and stands for freedom.

Kevalam ('Alone' in Sanskrit) is the last son of an ultra-wealthy patriarch, who believed, as money started losing its significance, that the emerging money-free society would just be a short episode. Therefore, he built an isolated settlement for himself and his family, completely cut off from the outside world. His son was told that the outside world was a place of violence and chaos.

The story begins when the patriarch dies. Kevalam, just 18 years old, leaves the settlement for the first time. But on his first day outside he causes an accident—and meets Saruj.

Bilbo Cavez



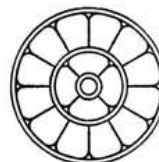
Bilbo Cavez, 'Saruj, is an artist whose work revolves mostly around the idea of a world where money, borders, and governments are replaced by trust and human connection. She is

convinced that such a utopia is neither distant nor unrealistic, but a shared dream that lies within all of us. In her book, she explores a near and plausible future without money, calling on those who believe in their dreams to hold onto them and take the first steps toward making a better world a reality.

All are welcome.

**AUROVILLE LIBRARY**

**BOOK GIVE AWAY :**  
**SRI AUROBINDO, THE MOTHER, AND THEIR DISCIPLES**  
 14 - 28 FEBRUARY



Dear community,  
 the Auroville Library will be giving away books by **Sri Aurobindo, The Mother, and their disciples from 14 - 28th Feb.** Most are in English and French, with a few in other languages. Also available will be books about Auroville.

Please pass by during our opening hours to have a look. If you have some related books at home that you would like to pass on to others, you are welcome to add them to our give-away.

See you ... Kathrin, Laura, Kalaivani, Vani, Victoria, Devna, and Amy - your Auroville Library team.

## READING CIRCLES

MONDAYS AND TUESDAYS

### 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)

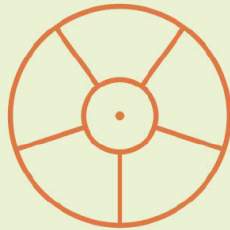


### THEME OF THE MONTH

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

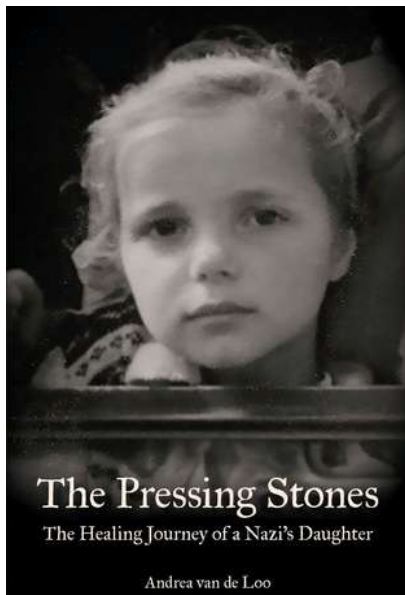
This month's theme is  
**The Mother & Auroville**

*Please come by to check out our selection!*



## NEW PUBLICATION - THE PRESSING STONES

BY ANDREA VAN DE LOO



Andrea van de Loo, born in WWII Netherlands, grew up under the shadow of her father's Nazi SS past. Despite a traumatic childhood, she embarked on a global journey of healing and self-discovery. The Pressing Stones chronicles eighty years of her life, touching on family, relationships, sexuality, spirituality, motherhood, psychedelic therapy, addiction recovery, and the generational impacts of war. It offers a personal view of Auroville, the spiritual community inspired by Sri Aurobindo and The Mother.

This poignant memoir highlights Andrea's courage and determination to overcome her trauma, inspiring readers to pursue their own paths to healing, peace, and fulfillment, even in the face of life's darkest challenges.

She came to Pondicherry in 1972 and saw Mother on February 27th of that year. She lived in Auroville for six years, first helping to run the kitchen at the Matrimandir Workers Camp, then in Kottakarai where her daughters were born. There she ran a small clinic in the village.

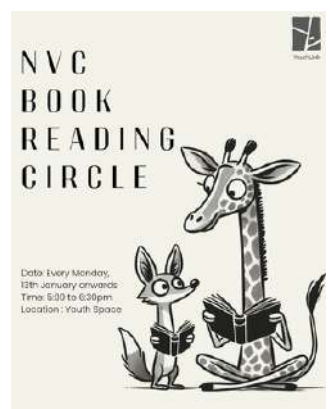
<https://thepressingstones.com/>

## 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:

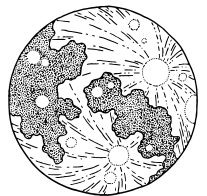
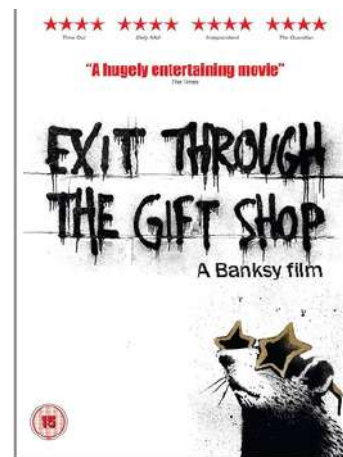
- **When:** Every Monday
- **Time:** 5pm - 6:30pm
- **Where:** Youth Space (location on Google Maps)
- **Contact:** +33673540830 on WhatsApp, or email [monicayouthlink@gmail.com](mailto:monicayouthlink@gmail.com) for questions

## CINEMA

### NEW MOON MOVIE:

**EXIT THROUGH THE GIFT SHOP BY BANKSY**

FRIDAY 28 FEBRUARY, CITADINES



Every NEW MOON Day, Art movie screening at Centre d'Art, Citadines.

This month it will happen on **Friday 28 February at 5pm, in the Multimedia room.**

**Exit Through the Gift Shop**, by Banksy, 2010 – 87 min

*Exit Through the Gift Shop* is a 2010 British documentary film directed by street artist Banksy. It tells the story of Thierry Guetta, a French immigrant in Los Angeles who, over the course of several years, filmed a host of street artists at work, including Shepard Fairey and Banksy, but failed to do anything with the footage. Eventually, Banksy decided to use the footage to make a documentary, which includes new footage depicting Guetta's rise to fame as the artist "Mr. Brainwash".

Since its release, there has been extensive debate over whether the film is a genuine documentary or a mockumentary. When asked if the film was real, Banksy simply replied, "Yes."

Everybody is welcome.





**AUROFILM  
PRESENT  
A MIDDLE EAST  
MINI FILM FESTIVAL  
21 - 23 FEBRUARY**

**Sunday 23rd at Aurofilm Studio (Kalabhum):**

- **15:00 I STILL HIDE TO SMOKE** (French: À mon âge je me cache encore pour fumer)  
*Directed by Rayhana Obermeyer*, France, Greece, Algeria, 2016  
*With:* Hiam Abbass, Fadila Belkebla, Nadia Kaci  
*Synopsis:* Fatima, a strong-minded woman, is the lead masseuse of a hammam in Algiers. This is 1995 and the situation is tense in the capital. The day ahead promises to be hectic for all, and for Fatima in particular. Already, while walking to her place of work, she is the distant witness of a terrorist attack. At the hammam, Fatima should feel better, but the atmosphere proves electric in her small enclosed world, she has great difficulty in maintaining order. *Original Arabic version with EST - Duration: 1h30'*

- **17:00 THEEB** (English: Wolf, Arabic: ذيب)  
*Directed by Naji Abu Nowar*, Jordan, UK, 2014  
*With:* Jacir Eid Al-Hwietat, Hussein Salameh Al-Sweilhiyeen, Hassan Mutlag Al-Maraiyeh  
*Synopsis:* In the Ottoman province of Hijaz during World War I, a young Bedouin boy experiences a greatly hastened coming-of-age as he embarks on a perilous desert journey to guide a British officer to his secret destination. Premiered in the Horizons section at the 71st Venice International Film Festival in 2014, Awarded for Best Director. Won several other awards and nomination all over the World. *Original version in Hejazi, Arabic and English languages with EST - Duration: 1h40'*

**Aurofilm** is happy to announce its **Mini Film Festival** focusing on films from the Middle East countries, from **February 21st to 23rd**.

On **Friday 21st at 7:30pm** at **MMC auditorium**, we will start off the festival, and on **Saturday 22nd** and **Sunday 23rd** we will present **two** screenings each day at **3:00pm** and **5:00pm** at **Aurofilm's studio** in Kalabhum. (**Note:** the space can accommodate maximum 30 attendees)

Please see the schedule and details below:

**Friday 21st at MMC Auditorium Cinema Paradiso (Town Hall):**

- **19:30 THE SEED OF THE SACRED FIG** (Persian: دانهی انجیر (معابد))

*Directed by Mohammad Rasoulof*, Iran, Germany, France, 2024  
*With:* Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani  
*Synopsis:* Investigating judge Iman grapples with paranoia amid political unrest in Tehran. When his gun vanishes, he suspects his wife and daughters, imposing draconian measures that strain family ties as societal rules crumble. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were violently suppressed by Iranian authorities.

*Original Persian version with EST - Duration: 2h48'*

**Saturday 22nd at Aurofilm Studio (Kalabhum):**

- **15:00 BAB AZIZ** (English: The Prince that contemplated his soul)

*Directed by Nacer Khemir*, Iran, Tunisia, 2005  
*With:* Parviz Shahinkhou, Maryam Hamid Hossein, Panahi Nessim Khaloul  
*Synopsis:* The story of a blind dervish and his spirited granddaughter, Ishtar. Together they wander the desert in search of a great reunion of dervishes that takes place just once every thirty years. With faith as their only guide, the two journey for days through the expansive, barren landscape. *Original Tunisian, Arabic and Persian version with EST - Duration: 1h38'*

- **17:00 WEST BEIRUT** (French: À l'abri les enfants, Arabic: بيروت الغربية)

*Directed by Ziad Doueiri*, Lebanon, 1998  
*With:* Rami Doueiri Mohamad, Chamas Rola Al Amin  
*Synopsis:* In April, 1975, civil war breaks out; Beirut is partitioned along a Moslem-Christian line Tarek is in high school, making Super 8 movies with his friend, Omar. At first the war is a lark: school has closed, the violence is fascinating, getting from West to East is a game. His mother wants to leave; his father refuses. Family tensions rise. As he comes of age, the war moves inexorably from adventure to tragedy. *Original Arabic and French version with EST - Duration: 1h45'*

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

*Reminder:*

**Friday 21st February at 7:30 pm**

**Special screening:** as part of the **Middle East Mini Film Festival** that Aurofilm presents on the weekend of **February 21st to 23rd**

**"THE SEED OF THE SACRED FIG"** (Persian: دانهی انجیر معابد)  
*Directed by Mohammad Rasoulof*, Iran, Germany, France 2024  
*With:* Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani

*Synopsis:* Its story centers on Iman, an investigating judge in the Revolutionary Court in Tehran, who grapples with paranoia as nationwide political protests due to the death of a young woman intensify and his gun mysteriously disappears, making him distrust his wife and daughters. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were



violently suppressed by Iranian authorities. *Shot in secret under the Iranian totalitarian regime, "this film is as much a political and feminist pamphlet as a relentless thriller, coupled with a sharp study of the family unit. A powerful and necessary work".*

The film was nominated for the Palme d'Or, winning the Special Jury Prize of the 77th Cannes Film Festival. Also at the 97th Academy Awards, it was nominated for Best International Feature Film.

*Original Persian version with English subtitles. Duration: 2h48'*

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

**Note:**

There will be **no film show on Friday 28th**.  
We wish you a concentrated Birthday week. *Rendez-vous the week after!*



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 24th February - 2nd March 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 24 FEBRUARY, 8:00 PM:

### • KACHER MANUSH (LOVE HURTS)

India, 2022, Writer-Dir. Pathikrit Basu w/ Dev, Prasenjit Chatterjee, Ishaa Saha, and others, Drama-Thiller, 135mins, Bengali w/ English subtitles, Rated: NR (R)

In this gripping drama, realtor Jay is pulled back into a dangerous world by his former partner-in-crime, Rohan, who reappears with a menacing message. Jay must also contend with his ruthless crime-lord brother, Vikram, who is hot on his trail. Caught between his haunting past and uncertain future, Jay confronts long-buried secrets and makes life-changing decisions. With escalating stakes and every twist, the suspenseful journey keeps viewers on edge. Will Jay outsmart his adversaries or be ensnared by his past?

## POTPOURRI – TUESDAY 25 FEBRUARY, 8:00 PM:

### • BEI QING CHENG SHI (A CITY OF SADNESS)

Taiwan, 1989, Dir. Hsiao-Hsien Hou w/ Tony Leung Chiu-wai, Shu-Fen Hsin, Sung-Young Chen, and others, Drama-History, 157mins, Mandarin-Min Nan-Japanese-Cantonese-Shanghainese w/ English subtitles, Rated: NR (R)

In this landmark (and long) depiction - is set at a time following Japan's withdrawal from Taiwan in 1945. It tells the story of how the Lin brothers navigate the turbulent transition. Eldest brother Wen-heung faces local gangster threats, Wen-sun goes missing, and war-scarred Wen-leung is institutionalized. Deaf-mute photographer Wen-ching, the youngest, stands against the newly established Kuomintang government from China.

## SELECTION – WEDNESDAY 26 FEBRUARY, 8:00 PM:

### • DEN SKYLDIGE (THE GUILTY)

Denmark, 2018, Writer-Dir. Gustav Möller w/ Jakob Cedergren, Jessica Dinnage, Omar Shargawi, and others, Cop Drama-Thriller, 85mins, Danish w/ English subtitles, Rated: R

Alarm dispatcher Asger Holm answers an emergency call from a kidnapped woman. When the call is suddenly disconnected, the search for the woman and her kidnapper begins. With the phone as his only tool, Asger enters a race against time to save the endangered woman. But soon he realizes that he is dealing with a crime that is far bigger than he first thought.

## INTERESTING – THURSDAY 27 FEBRUARY, 8:00 PM:

### • MOVIE PASS, MOVIE CRASH

USA, 2023, Dir. Muta'Ali w/ Mich Lowe, Nathan McAlone, Sydney Weinshel, and others, Documentary-Drama, 96mins, English-German w/ English subtitles, Rated: NR (PG-13)

This film chronicles the rise and fall of a movie subscription service, detailing how external investors led to its financial collapse and subsequent investigations. It explores the startup's ambitious vision, the challenges faced by its founders, and the events that ultimately led to its demise. The film provides an in-depth look at the company's journey and the impact of its innovative yet unsustainable business model.

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

### • CUNK ON LIFE

UK, 2024, Dir. Al Campbell w/ Diane Morgan, Douglas Hedley, Rupert Sheldrake, and others, Mockumentary-Parody, 71mins, English w/ English subtitles, Rated: NR (PG-13)

This film is part of a series where Philomena Cunk, an ill-informed investigative reporter, humorously explores life's biggest questions. Through her unique blend of wit and misguided observations, she tackles topics from the origins of the universe to artificial intelligence, interviewing experts along the way. Her satirical journey makes complex subjects accessible and entertaining for all - while making it totally uninformative.

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

### • THE SECRET LIFE OF PETS

USA-France-Japan, 2016, Dir. Chris Renaud w/ Louis C.K., Eric Stonestreet, Kevin Hart, and others, Animation-Adventure, 86mins, English w/ English subtitles, Rated: PG

In a Manhattan apartment building, Max's life as a favorite pet is turned upside-down, when his owner brings home sloppy mongrel Duke. They must put their quarrels aside when they learn that adorable white bunny Snowball is building an army of lost pets determined to wreak revenge.

## DAVID LEAN FILM FESTIVAL @ CINÉ-CLUB

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

#### • RYAN'S DAUGHTER (2ND PART)

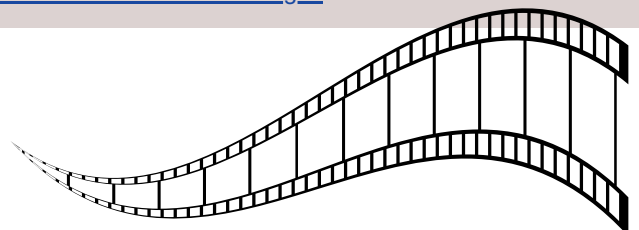
USA, 1970, Dir. David Lean w/ Robert Mitchum, Sara Miles, and others, Drama – Romance, 89 mins, English w/ English subtitles, Rated: R.

Some criticized the film as an attempt to negate the legacy of the 1916 Easter Rising and the subsequent Irish War of Independence in relation to the eruption of "the Troubles" in Northern Ireland around the time of the film's release.

**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:** 63796 69034
- **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.



*Doing nothing for others is the undoing of ourselves.*

*Horace Mann*

## 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



## 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.

<b>Doctor Consultation</b> Currently unavailable	<b>Nurse Care - Thilagam, Ezhil, Archana &amp; Sandhya:</b> Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</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>Midwifery &amp; GYN Care with Paula:</b> Monday & Wednesday
<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)



## SPRING AND LIVER SUPPORT WITH AYURVEDA AND HEALTHY PLANTS



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) where the sun becomes stronger and saps the energy we regenerated during monsoon and early winter.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

**A healthy Kapha** shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, frontal dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

Kapha characteristics (guna) are cold, heavy, oily, sticky, dense, stable (imbalanced, it changes to stagnant). To rebalance Kapha, we need to give the opposite characteristics: hot/warm, light, dry, mobile and fluid/liquid in the food (to stimulate the digestive power Agni) and the activities to decongest Kapha and to help the liver to remove the stagnation:

**With the food:**

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest with predominantly bitter, astringent and spicy tastes
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, steamed green salads, lettuce, rucola, spinach), artichokes, ashgourd, beetroots, bottlegourd, brocoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good source of sweet taste:** in the cereals (amaranth, barley, buckwheat, red rice, millets, dry oats), in the fruits (pomegranate, apple, dry apricot or raisin, chiku, papaya, grape, pear, figues)
- **SPICES:** ALL THE SPICES ARE GOOD, RED CHILLI WITH MODERATION, GHEE OR COLD PRESSED SESAME/OLIVE/SUNFLOWER OILS
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, warm and spiced soya milk, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch.**

**Daily routine:**

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Shower or bath with warm water
- Keep body warm (especially at night)
- Physical exercise: min 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

Wishing you a cheerfull Vasanta  
Be @ Santé Clinic

**PS: On-going Ayurvedic classes at Santé Clinic, every Monday at 2pm for the ayurvedic basic principles and 3:15pm for the reading of Ashtanga Hrudaya by Vagbhata. For more information please contact me on Whatsapp: 94895 05691**



## 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.

### 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
--------------------------	----------------------

#### Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
---	---	---------------------------------------

#### Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
--	-----------------------	-------------------------

#### Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

#### India Emergency Response Service (24/7): 108