

Auroville

NEWS & NOTES

No 1095 - A weekly bulletin for residents of Auroville

16 October 2025

RA EDITION

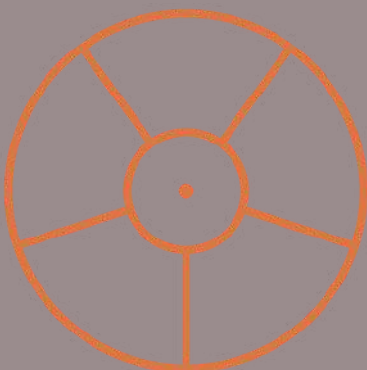


PONDERING

Have you never watched a forest with all its countless trees and plants simply struggling to catch the light—twisting and trying in a hundred possible ways just to be in the sun? That is precisely the feeling of aspiration in the physical—the urge, the movement, the push towards the light. Plants have more of it in their physical being than men. Their whole life is a worship of light.

The Mother, Aspiration in Plants, Questions and Answers (1929-1931)

<https://motherandsriaurobindo.in/The-Mother/books/questions-and-answers-1929-1931/#aspiration-in-plants>



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

GUIDANCE IN YOGA

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Don't you think that the two collective "meditations" that we are trying to have in Aspiration—on Thursday and Sunday at the same hours as the Ashram—are the minimum of inner discipline that our Aspiration should give to itself?

These rare moments of silence and the effort to concentrate together —if not to meditate—are they not an opportunity to receive your force and to open ourselves a little more to you and to Sri Aurobindo, helping to form our collective soul?

Without any wish to impose anything on anybody from outside, is not this elementary discipline, however, necessary in the beginning?

Concentrating together is indeed a very good thing and helps you to become conscious. But it cannot be imposed. I advise you and them to organise this moment of silence *daily* for all those who want

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to participate, but without imposing anything on the others. It is not compulsory but it is good.

13.11.1970

*

Should I spend some time in solitude?

It is the old methods of yoga which demand silence and solitude. The yoga of tomorrow is to find the divine in work and in relation with the world.

Look within yourself, reflect upon it and tell me what your choice is.

24.1.1971

*

Several among us have passed or are passing through a period of mental disequilibrium and incoherence. What attitude should we take towards those who are in this state? What should we do and not do to avoid passing through these crises?

*The city the earth
needs.*



Detailed Plasticity

The plasticity needed to constantly progress. - *The Mother*

Tagetes patula L., *Compositae*
French marigold

Calm, Peace, Tranquillity always, and always to speak as little as possible and to act only when it is necessary. To avoid unconsciousness as much as possible.

17.2.1971

*

True spirituality is very simple.

6.3.1971

*

Spirituality is supreme simplicity.

6.3.1971*

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The egoistic vital reactions must disappear before anything serious can be done.

3.5.1971

*

According to my experience people fall into *tamas* when they go into solitude.

Oct, 1971*

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.

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: newsandnotes@auroville.services
- Content must be community-building focused:
 - Open and accessible to all community members
 - Not profit-oriented
 - Contributing to collective growth or well-being
 - Promoting Auroville's ideals and values

- For further information, please [click here](#) 😊 to view our complete FAQ document.

- For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team

newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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

NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services
- To request a **PRINTED COPY**, send us your name and community to our email!

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team



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WORKING GROUPS NEWS

FROM THE WORKING COMMITTEE

STATEMENT TO THE COMMUNITY FROM THE IAC

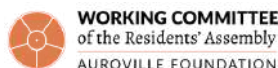
Dear Community,

We are sharing with you [a statement to all residents of Auroville](#) (also can be found in full below) from the International Advisory Council (IAC) of the Auroville Foundation, since their term is coming to an end.

We would like to take this opportunity to extend our gratitude to the members for their dedication to Auroville and its ideals, and for their perseverance in calling for the three authorities of the Auroville Foundation to work together in true collaboration. Thank you!

In service,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli
The Working Committee of the RA



IAC's statement to Auroville Residents

October 9, 2025

Dear Residents of Auroville,

This month we complete our four-year term as members of the International Advisory Council of the Auroville Foundation. We joined the Council at a time when Auroville was going through rapid change. Recognizing that this was unsettling to many Auroville residents, we attempted to be a bridge between them and the Governing Board, listening to your concerns and doing our best to convey them to the Governing Board. Throughout this time, we advocated for an inclusive and transparent process, for greater communication, for dialogue and open, respectful exchange so that residents would have a voice in the changes taking place and be involved in decision making processes. Unfortunately, we cannot say that our own voice has been heard.

While much remains to be achieved for Auroville to become the city the Mother envisioned, much has already been accomplished, and we applaud the work that has been done – your contributions to making Auroville what it is today. In the past few months, we have been meeting with many individuals and groups within the Auroville community, seeking to understand how we can best serve you as we approach the end of our term. We will be compiling our efforts, thoughts and recommendations in a final report.

We leave you, hoping that the effort to instill greater transparency and inclusivity will continue, as it is the very foundation of Auroville. It is you, the residents, not the infrastructure or buildings, not the roads or waterways, not any bureaucratic structure, that make Auroville what it is and will be.

International Advisory Council of the Auroville Foundation



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1100

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

COMMUNITY NEWS

COMMUNITY SHARING

CALL FOR GRANT PROPOSALS

A two part-grant application and budget request form is available on request from abundance.pcg@auroville.org.in to apply for possible funding from the Foundation for World Education (FWE) in 2026 and Stichting de Zaaier (SDZ) year end funding for 2025.

Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: abundance.pcg@auroville.org.in latest by Monday, 20 October 2025.

Questions and early submissions are very welcome,
Devi, Pala, Sauro, Tineke, Vani
For Abundance (PCG)

⚡ [REMINDER] OPEN LETTER FROM RESIDENTS REGARDING SHOW CAUSE NOTICES FROM "ATR" AND "ATSC" ⚡

Dear friends,

Have You Signed the Open Letter?

This [Open Letter](#) is a response to attempts by the 'Termination Committee' to remove long-time Aurovilians from Auroville. So far we have received over 550 signatures (to be verified) from Auroville residents.

Please find the **Tamil translation** from this [link](#).

About 35 Aurovilians, members of RA selected working groups and other individuals, and including pioneers who have dedicated decades of service to the Mother and to Auroville, are receiving threatening "show cause notices." These letters are filled with baseless accusations, written in a tone that is hostile, intimidating, and devoid of humanity. The language and the attitude is aggressive, accusatory, and completely against the spirit of Auroville's Charter and our aim of human unity.

Most of these emails were signed only from the 'ATR on behalf of the ATSC' and did not give individual names. **No evidence was provided to support the allegations and in some cases the claims have been made only on the basis of a 'confidential security report', the contents of which have not been provided to the recipients.**

This selective persecution shows clearly that these notices are not about justice, but about control. **This is a systematic campaign to establish and consolidate control through intimidation.** Normal community activities—disagreeing with development plans, participating in resident-selected committees, managing community services—are being criminalized and reframed as threats to Auroville's development and at times even to national security.

We are sharing with you here an extract from an actual show cause notice. The name and specific allegations have been removed to protect the privacy of the recipient.

-- Start extract --

Subject: Show Cause Notice – Proposed action regarding your continuance as a Resident of Auroville – reg. - - RS-

Date: Wed, 10 Sep 2025 ****

From: Admissions and Terminations Registry
<atr@auroville.org.in>

To: *** <***@auroville.org.in>

CC: Admissions and Terminations Scrutinising Committee
<atasc@auroville.org.in>, Admissions and Terminations Registry
<atr@auroville.org.in>

It has been brought to the attention of the Admissions & Terminations Scrutinizing Committee (ATSC), on the basis of verified records, reports, and consultations with relevant working groups, that you have engaged in conduct inconsistent with the Auroville Foundation Act, 1988, the Auroville Master Plan, and the Auroville Foundation (Admissions & Terminations of Names from the Register of Residents) Regulations, 2023.

The allegations against you are as follows: [XXX]

In light of the above, your continued presence is seen as detrimental to the financial, administrative, and institutional integrity of Auroville. You are hereby directed to show cause within fourteen (14) days of receipt of this notice why action should not be taken against you in accordance with the fullest extent of law and institutional regulations. If no response is received within the stipulated period, the matter will be decided on the basis of available records, and further recommendations may be made for appropriate action.

This notice is issued to provide you an opportunity to be heard in compliance with the principles of natural justice and the Auroville Foundation Regulations.

Yours faithfully,

ATR team,

On behalf of the

Admissions & Terminations Scrutinizing Committee (ATSC)
Auroville

-- End extract --

Please sign the [Open Letter](#) if you believe that this is wrong.



With sincerity,
Concerned Residents

FROM THE TIBETAN LIBRARY - NEW TIMING

After a trial for opening the Library for a month, we have a few visitors on the given timing. Now we are open from **09:00am to 12:30pm**.

The library is open to ALL. Guests are requested to come with your guest cards and the volunteers too kindly come along with your volunteer card.

We look forward to seeing you in the Tibetan Pavilion.

Kalsang

FROM THE AUROVILLE LIBRARY

Diwali 2025

AV Library will be closed on
MONDAY 20th OCTOBER 2025 for Diwali.



May this celebration of
Light bring joy and
warmth to our family!

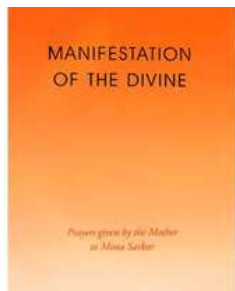
*Love from the AV
Library team*

New Arrivals!

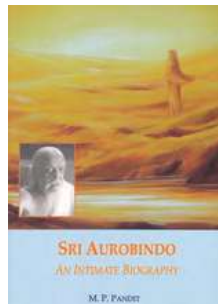
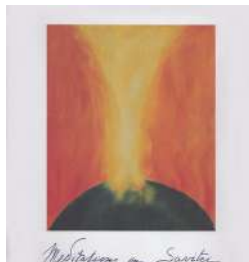
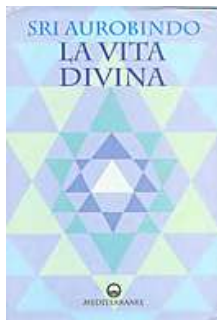
Dear Friends,

The Auroville Library invites you to come check out our **latest arrivals**.

In addition to books in English, French, Italian and German, we are happy to introduce **new works** from **fellow Aurovilians, Mother, Sri Aurobindo, and disciples**. (See some examples below!)



NEW!



And we didn't forget the children! There are plenty of fresh reads in the kids' room as well.

The Library also offers an assortment of **jigsaw puzzles** for borrowing. It's a wonderful way to while away wet, windy weekends.

Come visit us!

UPDATE ON THE AUROVILLE DOG SHELTER WITH THE NEW MANAGEMENT

The new Management team took responsibility in the first week of September and is still waiting to receive some more details from the previous management team.

There are some rumours going around in the community and outside that the Dog shelter under the new management and executives is literally going to the dogs...

We are glad to report that the dogs are doing very well; they are living in clean cages and shared free spaces, and are getting well fed: 50kg of rice, 50kg of chicken meat and 30 eggs daily, 7 days a week (for 183 adult dogs and 20 puppies who get milk and Cerelac).

Medical care is provided by two veterinarians who are present every day to give vaccinations, treatments and perform sterilisations.

Last month there were four rescues; unfortunately one rabid dog and one puppy at Progress Landscape in Aspiration had to be put to sleep.



From this past week's log:

- 10 very small puppies were dropped in
- 10 stray dogs of Kottakupam arrived to get sterilised and taken care of till they can go home. (Animal Welfare Center)
- Vaccination of stray dogs that were close to the rabid dog in New Creation
- Attending dogs with their owners for veterinary care.

So, overall all is well, and hopefully we can carry on the good work and find some caring friends to give homes to our dog friends: Some loveable young dogs are ready for adoption, sterilised and vaccinated.

Among them, a beautiful young Rottweiler and a super sweet white dog with blue eyes. And many adorable puppies...

We are in touch with the Animal Welfare Board and are doing all necessary procedures in order to comply with the regulations and be eligible for the same grants that were given to the old team. Still documents from that team are needed from June onwards.

The Dog shelter welcomes you to visit between 11 am and 4 pm.

You are very welcome to come and volunteer and help out with various tasks, to walk some of the dogs, or in case you can drive, help with pick up rescue cases sometimes, when possible Or cuddle the puppies....

Please reach us by WhatsApp: Dr Kumar 94432 03092 or Sonja 96268 86029.

Looking ahead:

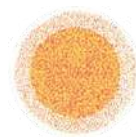
- Very soon it will be raining and that is always a hard time.

HOW YOU CAN HELP:

- Donate; old clothes and fabrics, blankets, old cushions, carpets, cardboard.
- The shelter is also looking for a used but working washing machine. so we clean and use fabrics.
- Donate financially. FS account 251391.

Thank you for caring! We look forward to reporting to the community regularly, in shared dedication.

Sonja on behalf of the Dog Shelter Team



SAIER

NOTES FROM SAIER: AN EMERGING PLATFORM

The closing session of IEPG 5 & 6 focused on **SAIER's Challenges and Opportunities**, opening a collective space for reflection and reimagining Auroville education. What began as an impromptu circle to brainstorm during an earlier IEPG has evolved into an active platform where every teacher and facilitator can connect their individual experiences to larger policy-level discussions and contribute to shaping the evolving landscape.

The creation of the Research Desk at SAIER stands as a direct example of what emerged from such a reflective exercise at IEPG 3&4.

The SAIER team identified four areas that required deeper clarity, fresh perspectives, and renewed ways of working — these were explored as SAIER's challenges and opportunities.

The four areas of focus this year were:

1. *Towards Flexible Learning Spaces – Dehashakti, Pranashakti, Jnanashakti*
2. *Equivalence Criteria – The Triple Challenge Framework*
3. *Assessment of Teachers and Rotation of Executives*
4. *Physical Education – Common Minimum Program*

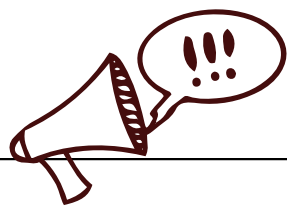
As an effort to push open the doors a little wider, over the next four weeks we will share a compilation of key discussions from this year's gathering on the four topics above.

The idea is to imagine and step by step create a platform which encourages us to reflect on the possible need for systemic changes as Auroville grows. To invite a wider range of individuals to plug-in and help find new approaches to our organisations and our attitudes in collectivities —our gaze clearly set on the *raison d'être* of Auroville— and find ways to focus on the increasing need to develop both the will for and capacity of synthesis of complex and seemingly opposing truths.

"Systematise we must, but even in making and holding the system, we should always keep firm hold on this truth that all systems are in their nature is transitory and incomplete."

Sri Aurobindo - Thoughts and Aphorism 75, CWSA Vol.12

For SAILER, Nilima



RESIDENTS SPEAK

THE HOLY FOOLS OF SHINING VALLEY

A CHILDREN'S STORY FOR GROWN-UPS : PART 5

The Great Lesson

Not all of the Holy Fools learned this lesson. Their leader, the one with the most important hat, continued to insist that his failed projects were actually great successes. He kept drawing new diagrams and making new speeches and blaming everyone else when things went wrong.

But many of the others began to understand something important: that true wisdom comes not from books alone, but from the marriage of knowledge and experience, of grand visions and gentle hands.



Some of them took off their ceremonial robes and picked up gardening tools. Others began learning traditional crafts from the valley artisans. A few discovered they had talents for music or cooking or teaching children that they had never known they possessed.

The New Understanding

The valley people welcomed these reformed Holy Fools with open arms, but they had learned something even more important: they realized that they themselves had invited this crisis by seeking outside authority and protection instead of trusting in what they had already built together.

"We thought we needed their approval, their official recognition," reflected one of the village founders. "But we forgot that our real protection comes from Life itself, from the living community we've nurtured, from the bonds we've woven through decades of shared work and dreams."

This realization was like waking up from a strange dream. The valley people saw clearly now that their strength had never come from official documents or important buildings, but from their daily care for each other and the land, from their ability to create beauty and meaning together, from their deep roots in something far more ancient and reliable than any human authority.

The muddy road was never finished, and wildflowers eventually grew over the abandoned machinery. The wobbly administrative building became a wonderful playground for children, who loved climbing through its maze of broken staircases and hidden rooms. And the Sacred Flying Machine made an excellent chicken coop.

But the real magic happened when the former Holy Fools helped the valley people see themselves with new eyes.

Through the outsiders' fresh perspective, the valley people began to recognize the extraordinary nature of what they had quietly created over fifty years -

- innovations in education and sustainable living that the outside world desperately needed to learn about.

"We thought we were just living simply," marveled one valley elder, "but you've helped us see that our children's school, our water systems, our way of growing food - these aren't just local solutions. They're answers to problems the whole world is struggling with."



The reformed Holy Fools, humbled by their failures, became bridges between the valley and the outer world, helping to share the valley's wisdom far and wide. But more importantly, this experience taught the valley people a crucial lesson: they had unknowingly invited this crisis upon themselves by seeking outside protection and authority when they already possessed everything they needed within their own community and in their connection to Life itself.

As for the leader with the important hat, he continued to pace around his cold office, muttering about ungrateful people and failed experiments. But everyone else had learned to simply smile and nod when he made his speeches, then go back to the real work of building a community based on love instead of rules, on listening instead of lecturing, on growing things instead of controlling them.

Stay tuned for the conclusion in the next issue...

(The full story can be read [here!](#))

Clam Aduelaie

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

AN ESSAY

With tears of joy, I follow the ceasefire in the Israel/Palestine war. People are dancing, laughing, singing in the streets. Many of them are waving white flags of peace. Not only in Palestine, but also in Israel and around the world. This touches me, and I know that justice, ethics, and human dignity are united in all our hearts. No matter what culture we belong to.

This peace, which will hopefully be lasting, was achieved through international solidarity and pressure from hundreds of thousands of people who protested in the streets around the globe: "Free, free Palestine" was the international slogan.

Of course, I cannot compare this war with the critical situation in Auroville, but I do hope that international solidarity will also help us to regain our human dignity.

The dignity to express our opinion freely, the dignity to live in Auroville without fear, and the dignity to elect our people who represent us Aurovilians inside and outside the community.

In my opinion, the members of the GB working group do not represent our interests. On the contrary, they are destroying the spirit of Auroville. So many non-Indians are leaving Auroville, and hardly any people from other cultures are coming. Why should they? Give up their homeland for an oppressive life in Auroville?

These coup leaders would never have been elected by the community, because we know who we can trust and who has the ability to take on these important positions. In my opinion, the members of the GB working group do not represent our interests. On the contrary, they are destroying the spirit of Auroville.

I hope that we will regain our rights, that the remaining members of the GB working groups will resign, there are not many left. That the residents can elect the working groups, what they have done all the years together. We will learn out of our mistakes and will build the city in harmony and collaboration.

Yes, we will dance, laugh, rejoice, and embrace each other in a big party:

"Free, free Auroville!"

I am deliberately not writing anonymously. I want to express my opinion freely, in solidarity with all the Aurovilians who have sacrificed themselves for us and continue to do so.

Rita

Arya Community



THE MEETING GROUND FOR HARMONY

"Beyond all preferences and limitations, there is a ground of mutual understanding where all can meet and find their harmony:

it is the aspiration for a Divine Consciousness."

<https://incarnateword.in/cwm/15/darshan-messages>

"But, to live in Auroville, one must be a willing servitor of the Divine Consciousness."

<https://auroville.org/page/core-documents>

The questions that followed:

- What is this Divine Consciousness according to Sri Aurobindo and the Mother?
- What is the most direct and effective way to embody this Divine Consciousness?

I posed these questions to one of our InfoComm Assistants Gemini, which I set to Clarity Mode. Check out the answers here:

<https://g.co/gemini/share/22fcc57eca80>

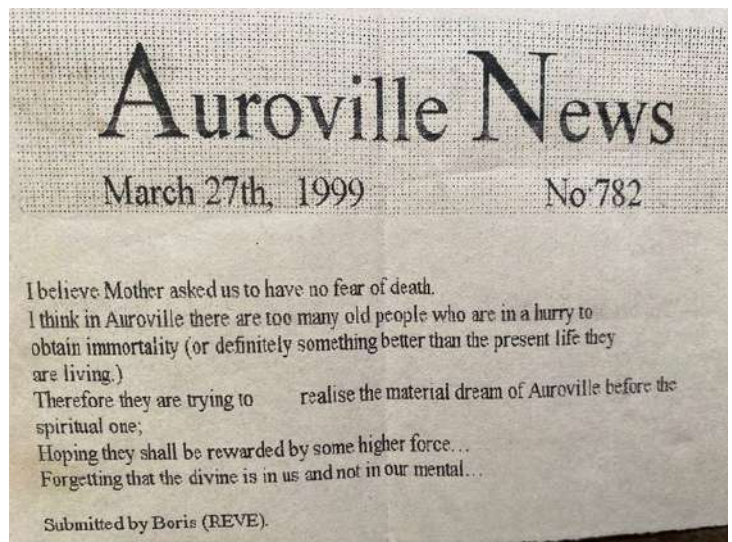


To continue reading, please scan the QR Code or go to this blog site and open the post with the same title: <https://zechjoya.blogspot.com/> (please also check out the comment, with "the secret" as shared by another aspiring True Aurovilian)

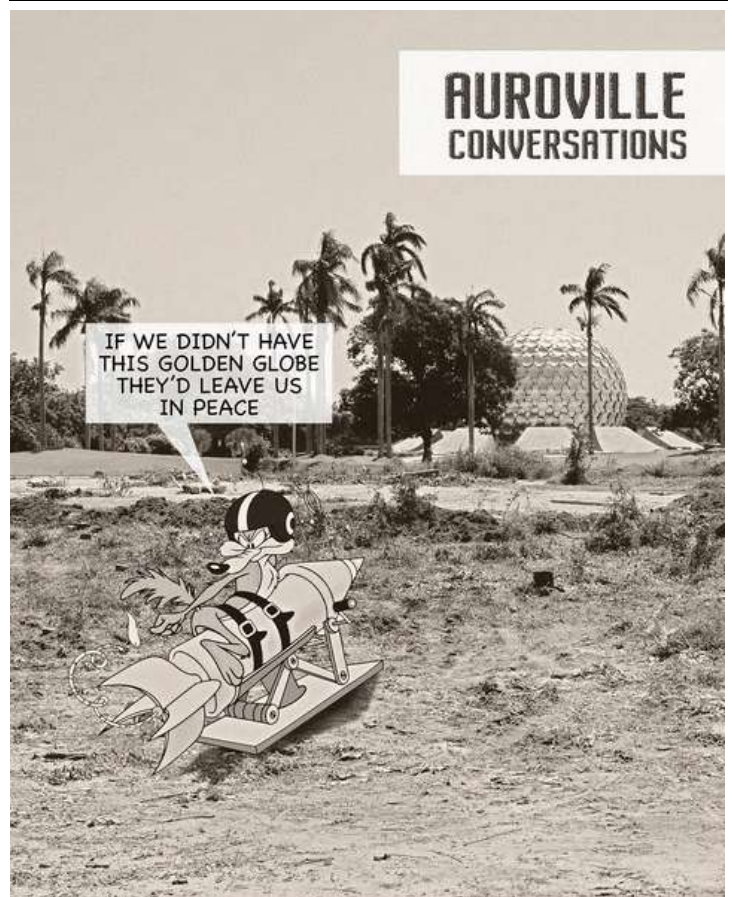
Zech

7

FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 21st October, 9 am - 12 noon
Focus: The Synthesis of Yoga

Led by Ashesh Joshi

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

All are Welcome



N&N 1095 - 16 October 2025

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

OM CHOIR WITH NARAD

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



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 use cameras, tablets, cell phones, etc. No photos.
- **Guests with Auocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance or the very day before 11am. Please bring your Auocard with you.
- **Access by Office Gate** for the Amphitheatre only from 5:15pm. Guests are requested to bring along their Auocards. Last entry for guests at 5:30pm. Access limited for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

Velmurugan for 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)



TATTVA BODH (WISDOM OF THE DIVINE)

BOOK READING CIRCLE & MEDITATION MARATHON

Weekly Event. Different Days, Different Authors

At **Harmony Hall** (Bharat Niwas) and Online

It gives me immense joy to finally conceive and put to action, book reading circles with embodiment practices. More sessions per week, more wisdom literature, more meditation tools. Includes *interactive book reading, live sound bath, pranayama, yoga, meditation, wisdom audibles, OM chanting, Perception building through Art, journaling and many more activities.* A high **intense spiritual state** is what we need, without any day off. Otherwise, we are bound to get lost in lower worldly consciousness, and inevitably invite pain in our lives. The daily program was the missing plug, and now it's been found. *(More books will be added in future).*

Program schedule

MONDAYS 6 PM - 7:30 PM	TUESDAYS 5 PM - 7 PM	THURSDAYS 5 PM - 7 PM	SATURDAYS 5 PM - 6:30 PM	SUNDAYS 5 PM - 6:30 PM
Online Ask for the link	Bharat Niwas Harmony Hall	Bharat Niwas Harmony Hall	Online Ask for the link	Online Ask for the link
				
SYNTHESIS OF YOGA Sri Aurobindo	BE AS YOU ARE Ramana Maharshi	BASES OF YOGA Mother's Talks	THE POWER OF NOW Eckhart Tolle	A NEW EARTH Eckhart Tolle
FOLLOWED BY				
 Meditation Breathwork	 Live Sound Bath	 Meditation Visualization	 Present Moment Meditation	 Book Meditation

Please note -

- Embodiment practice will happen in last 30 minutes of 2-hour session.
- Please wear loose comfortable outfits.
- Get notebook/pen to take notes/learnings/journaling.

Minimum contribution -

- Per session - INR 200
- One week Enrollment (4 sessions) - INR 600
- One Month Enrollment (16 sessions) - INR 2500

(This is minimum contribution to meet the Program expenses, more is welcome).

(Aurovilians/ Newcomers excluded, but can donate as per their discretion).

Please contact **Debashish (+91) 76782 08825** for queries. Direct walk-in permitted.

Prior registration needed for online sessions.

Warmly, Debashish

HEALING PRACTICES FOR TRAUMA FROM THE PERSPECTIVE OF INTEGRAL YOGA

WHAT IS TRAUMA?

In today's times of extreme stress, pressure, and sudden changes on both global and local levels—and even on personal levels—it is important to explore this term in detail. We will look at its possible causes, signs and symptoms, and approaches to healing. Our aim is to help people recognize possible reactions in themselves or in loved ones, colleagues, children, or anyone close to them after a negative experience, and to give hope that trauma can be healed if identified, taken seriously, and addressed—sometimes with professional help.

In the light of Integral Yoga, trauma can be seen as a deep imprint left on our being by experiences that overwhelm our ability to assimilate, integrate, or respond harmoniously. More generally, trauma refers to the physical, psychological, and emotional response to deeply distressing or disturbing events that exceed a person's capacity to cope. It is the lasting impact of experiences that threaten one's safety, identity, or wellbeing, or that fall outside the range of typical human experience.



Causes of Trauma

Life events causing trauma may be personal or collective: sudden shocks, long-term stress, abuse of power or authority, violence of any type (physical, emotional, or psychological), extreme pressure, painful relationships (personal or professional), political abuse, threats, displacement, loss of loved ones, loss of home or work, forced changes, witnessing violence, accidents, illness of oneself or others, diagnosis of a serious disease, and many other situations.

Healing Trauma

It is important to know that there are effective ways to heal trauma, which we will explore later in this series. Some methods are simple and fast, while others are more complex. The choice depends on how recent the trauma is, how often it has occurred, how intense it was, the age at which it happened, and one's personality. When symptoms appear, it is always advisable to consult a therapist and seek professional guidance.

Typical reactions after experiencing a trauma

Trauma can affect the body, emotions, energy, relationships, and mind. This is commonly referred to as PTSD (Post-Traumatic Stress Disorder).

Fight, flight and freeze (becoming unable to think, speak, act, move, react or respond in an articulate way) are the typical reactions after experiencing trauma. We are not always able to be aware of these reactions and do not notice that we are in one of the typical states of PTSD. We then need someone else, a well-wishing person in our environment, to point this carefully out to us.

Physical Effects of Trauma

On the physical level, symptoms can include digestive problems, headaches, breathing difficulties, skin issues, sensory weakness, or hair loss. Eating disorders may arise (overeating or anorexia, which may lead to significant weight loss). Diffuse body pains may appear. Over the long term, trauma may contribute to more serious conditions such as autoimmune diseases, neurodegenerative disorders, cancers, or simply the aggravation of earlier symptoms.

Psychological Effects of Trauma

Trauma may cause distorted judgment, overreaction, mood swings, instability, irrationality, and difficulty with self-control. Some people may find themselves unable to express naturally, sometimes developing blocks or stuttering after trauma. It can damage the nervous system and subconscious, affecting behavior and decision-

making. It may disrupt sleep—causing difficulty going to sleep, falling asleep, staying asleep throughout the night, or feeling refreshed in the morning as well as recurring nightmares.

Energetic Effects of Trauma

On the energetic level, trauma may disturb the auric field, which often precedes physical disturbance. It may feel like pressure in a particular body part, diffuse heaviness, or repeated injuries in the same area. Subtle relational difficulties may also arise, as though others feel repelled.

Relational Effects of Trauma

After trauma, interactions may carry tension, misunderstandings, discord, or a lack of attunement. One may feel out of sync with others, sensing an unspoken heaviness in the subtle space between people. This may lead to intolerance, harshness, impatience, or self-centeredness.

Emotional Effects of Trauma

Trauma can lead to excessive anger, uncontrollable emotional outbursts (tears, fear, aggression, violence), or overwhelming sadness and grief. It may cause short-tempereness, hypersensitivity, and impatience, with difficulty understanding or managing one's emotions. Things once considered normal may feel intolerable.

Mental Effects of Trauma

Trauma may cause difficulty concentrating, listening, or focusing on tasks. Some may struggle to find words in conversation, to understand others, or to retain new information. Short-term memory can be impaired. In children, these issues may be misinterpreted as lack of intelligence, though they are circumstantial and can often be healed. Trauma can reduce discernment, coherence of thought, and may bring recurring intrusive memories.



Spiritual Perspective of Trauma

From a spiritual standpoint, trauma is not only a wound but also a sign that a part of the being is calling for light, healing, and transformation. Sri Aurobindo and the Mother often described the subconscious and vital layers of our nature as places where such difficulties accumulate. With aspiration, sincerity, and patience, knots of suffering can be gradually dissolved and even turned into occasions for growth.

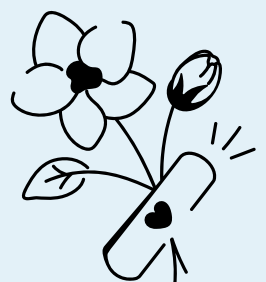
Approach in Integral Yoga to Healing Trauma

Healing should not be forced. The path requires patience, compassion toward oneself, and openness to the Divine Force, which alone can bring complete healing. Psychological tools and supportive relationships can complement spiritual practice.

Healing Practices for Trauma from the perspective of Integral Yoga

There are a few ways, inspired by Integral Yoga, to approach trauma with gentleness and the Mother's presence. These are not quick fixes, but steady movements of consciousness that invite healing and transformation over time.

There will be a healing practice shared each week in the News & Notes. This series is a weekly offering by an Aurovillian therapist, to help people to engage with their personal healing.



ANNOUNCEMENTS

VISIT OF THE TIBETAN DOCTOR - OCTOBER 2025

THUR 16TH - SAT 18TH OCTOBER, TIBETAN PAVILION

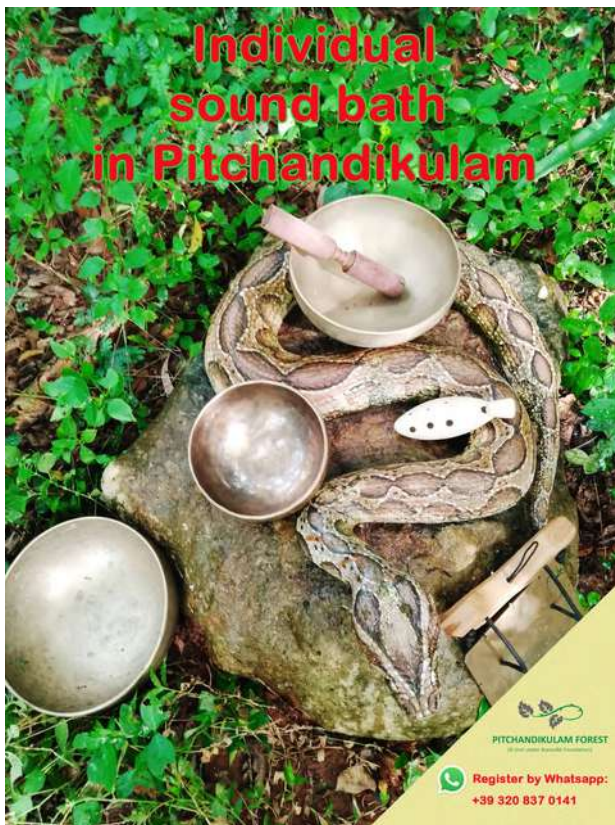
This is to your information, that the Tibetan Doctor and the team are visiting us on:

- Thursday 16th October, 2:00 to 5.30pm
- Friday 17th from 8:30am to 1pm, 2:00 to 5:30pm
- Saturday 18th, 8:30am to 1pm.

The consultation is held in Pavilion Of Tibetan Culture, International zone Auroville.

INDIVIDUAL SOUND BATH

PITCHCHANDIKULAM FOREST



There is a little house in the heart of one of Auroville's oldest and best-preserved forests, where you can enjoy a very special sound bath.

The sound of birdsong and insects, the rustling of leaves will be the only background.

A certified sound facilitator will perform a personalized session, just suitable for you, according with your needs and desires.

And in the end a meditative walk in the forest will be, if you like, the perfect ending to the experience 🌿

Book your session now by texting to Whatsapp +39 3208370141

Silvia



BEYULS - HIDDEN REALMS OF GURU PADMASAMBHAVA

A TALK BY CLAUDE ARPI

FRIDAY 17TH OCTOBER, TIBETAN PAVILION

The Pavilion of Tibetan Culture

Invites you to a talk by Claude Arpi

Beyuls

Hidden Realms of Guru Padmasambhava



'Hidden Lands' or 'Beyuls' are secret valleys where Padmasambhava concealed religious texts. These 'hidden lands' or realms are also places of refuge and preservation of the Dharma in times of crisis.

The Pavilion of Tibetan Culture, International Zone
October 17th 2025 at 5.30pm

LE PAVILLON DE FRANCE VOUS INVITE À PARTICIPER AUX DISCUSSIONS

FRIDAY 17TH OCTOBER, FRENCH PAVILLON

Un rendez-vous **en français**, ouvert à tous, pour réfléchir ensemble à des questions de société, d'identité ou de sens.

- 🗣️ Chacun est invité à partager son point de vue,
- 👂 Ecouter celui des autres
- ❤️ Et nourrir une discussion profonde,
- 🤝 Dans un cadre bienveillant.

Un espace de parole libre, dans l'esprit d'Auroville : ouverture, respect et quête de sens.

Après les discussions sur la religion et la propriété, cette fois questionnons :

« L'argent »

- 📅 **Rendez-vous ce vendredi 17 octobre 2025**
- 🕒 **à 17h**
- 📍 **au Pavillon de France**

Cécile pour le Pavillon de France



LE PAVILLON DE FRANCE

vous invite à participer aux :

Ce vendredi explorons ensemble le thème de

L'argent



VENDREDI 17 OCTOBRE 2025
17H - 18H30
PAVILLON DE FRANCE, AUROVILLE

DISCUSSIONS

CREATIVE VOICE SOUND HEALING

EVERY MONDAY, HALL OF LIGHT, CREATIVITY

**HALL OF LIGHT
CREATIVITY COMMUNITY
AUROVILLE**



**CREATIVE VOICE
SOUND HEALING**

EVERY MONDAY
FROM 5 TO 6,30 PM

Experience vocal techniques,
breathing, toning, singing,
dancing, etc

To promote relaxation, self
discovery, emotional release,
free expression and happiness.
We discover our heart voice
through singing.
Exploring our different voices
and small instruments.



**NO EXPERIENCE NEEDED
NO REGISTRATION
AUROVILIANS AND NEWCOMER FREE
CONTRIBUTION
300 Rs FOR GUEST**

CONTACT: Iola 9443069335.



HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive**
COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

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

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE

AI CLASSES ARE BACK!
Restarting with fresh energy

FREE



• Prompt Engineering
• Generative AI (GenAI)
• AI Development,
• Data Science

🕒 **Every Saturday: 10am to 11am**
📍 **Location: Hive, Auromode**

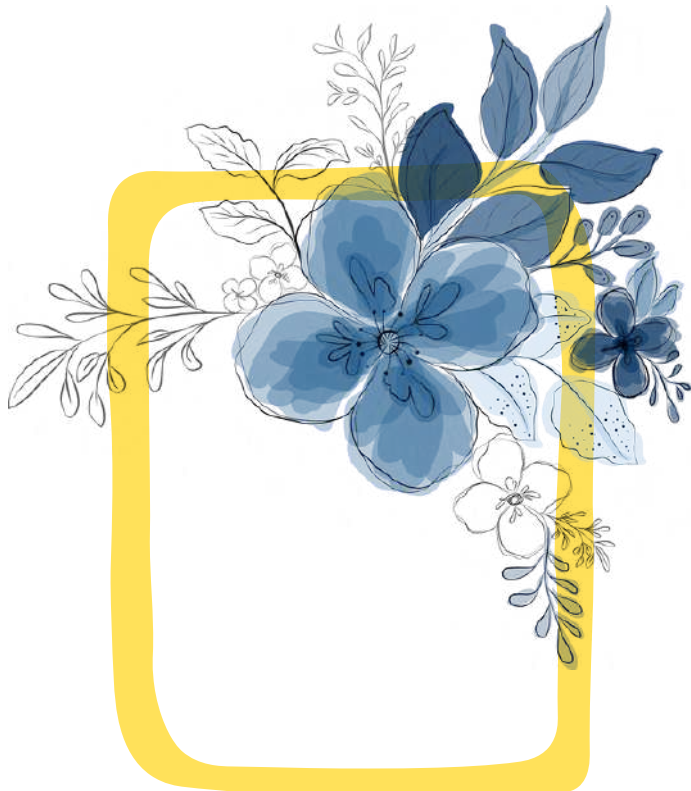
Registration: RSVP to +91 9886740850
Join us on this journey once again

Hive
COWORKING SPACE

Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

Contact: +91 98867 40850 / auromodehive@auroville.org.in



WORK OPPORTUNITIES

PART-TIME VIDEO EDITOR – AURORA'S EYE FILMS, AUROVILLE



Aurora's Eye Films is looking for a **creative and skilled video editor** to join our team on a **part-time basis** in Auroville. We create documentaries, web series, and short films that explore **human stories, spirituality, and transformative experiences**.

What You'll Do:

- Edit interviews, web series, short films, and documentary footage
- Collaborate closely with the director to shape compelling visual narratives
- Add graphics, subtitles, and basic motion design as needed
- Ensure videos are optimized for multiple platforms (YouTube, Instagram, Facebook)
- Manage project files and deliver timely edits.

Who We're Looking For:

- Proficient in **Adobe Premiere Pro, Final Cut Pro, or similar editing software**
- Strong sense of storytelling, pacing, and emotion
- Attention to detail and high-quality visual aesthetics
- Ability to work independently and meet deadlines
- Previous experience with short documentaries, interviews, or web series
- Based in or able to work from **Auroville**.

Why Join Us:

- Work on **meaningful, inspiring projects**
- Flexible part-time schedule
- Be part of a **creative and collaborative team** in the heart of Auroville
- Opportunity to **grow your skills** and gain exposure to international audiences.

How to Apply:

Send your **CV, showreel, or sample edits** with the subject line:

"Part-Time Video Editor Application" –

serena_aurora@auroville.org.in

SOCIAL MEDIA MANAGER – AURORA'S EYE FILMS, AUROVILLE

Aurora's Eye Films is looking for a **Social Media Manager** to help us share our stories with the world. We create films, documentaries, and web series that explore consciousness, community, and the spirit of Auroville. We're seeking someone creative, organized, and passionate about digital storytelling to grow our online presence and engage with our audience.

Role:

- Part-time, based in Auroville (remote collaboration possible for the right candidate)
- Focus on content strategy, posting, engagement, and growth across platforms (Instagram, YouTube, Facebook, LinkedIn, etc.).

Responsibilities:

- Develop and implement a social media strategy aligned with our creative projects
- Create and schedule engaging posts, captions, and stories

- Edit short-form video content (Reels, Shorts, trailers) for maximum reach
- Track analytics and optimize content for growth and engagement
- Engage with our online community and respond to comments/messages
- Collaborate with the film team to capture behind-the-scenes and promotional material.

Requirements:

- Experience managing social media accounts for brands, projects, or creative organizations
- Strong writing and communication skills
- Basic video/photo editing skills (Canva, Premiere Pro, CapCut, or similar)
- Understanding of trends, hashtags, and algorithms across major platforms
- Passion for storytelling, film, and conscious media.

What we offer:

- Opportunity to shape the voice of a growing independent film studio
- Creative freedom to experiment with new ideas and formats
- A chance to work on projects rooted in meaning, community, and awareness
- Collaborative, international work environment in Auroville.

How to Apply:

Send your CV, portfolio/links to previous work, and a short note about why you'd like to join us to serena_aurora@auroville.org.in



SUPPORT NEEDED

APPEAL TO SUPPORT THE MULTIMEDIA CENTRE AUDITORIUM – CINEMA PARADISO



Appeal to Support MMC-CP *Multimedia Center Auditorium – Cinema Paradiso*

MMC-CP is one of Auroville's most active venues, hosting booked events and free community screenings. We're thankful that rental and personnel maintenance are covered, but our modest monthly budget—for generator, aging equipment, and networking, etc stopped since Oct 2024. Booked programs that once created a surplus have reduced, as several activities scaled down or closed. New costs like accounting, audits, and generator fuel (₹15K-/month for free screenings) add pressure.

Can You Help?

Auroville units can contribute via the Unity Fund to MMC-CP FS A/C 105106. Just ₹3,000/month from 10 contributors sustains us —**two have stepped up, eight more needed**. Individual donors, especially Indian nationals, can also contribute any amount via the Unity Fund. One-time payments to our account, though subject to GST, are still helpful and appreciated. **Every contribution counts.**

Thanking you in advance,
MMC-CP Team

LOOKING FOR

A NEW HOME FOR GUJJU THE KITTEN!



OPEN FOR
Adoption

Hi, I'm Gujju!
6-month old male

Favorites
Napping, running
around with
other cats, and
eating!

Health
Fully vaccinated,
dewormed and
neutered.

INTERESTED TO MEET HIM?

8870246901

A NEW HOME FOR THIS ABANDONED DOG!



The gentleman dog from La Terrace is still waiting for adoption. Meanwhile he is injured.

He is such a nice dog and he needs urgent a home. He is an abandoned dog. Angelika and Rita taking care, he got medicine food and love. But this is not enough and we both cannot take him.

For contact

Rita 63846 93167

OFFER ME A HOME COOKED MEAL AND I WILL LEAVE THE KITCHEN CLEAN!

5 years ago, when i had moved to Auroville, i had no money and phone. I received meals in exchange for stories and helping people cook/ wind up the kitchen. This introduced me to many people in the community and their lives in Auroville. I would like to re explore connecting like this and look forward to dinner invitations. Thank you for inviting me to your home!

Love, Deepa

98115 74667 (no wa, only sms)

stigmatad@gmail.com

insta: nomadicdeepa

MISSING DOG - DOBBY

MISSING DOG!

WE'RE LOOKING FOR DOBBY!

HE'S
THE
BROWN
DOG IN
THE
PICTURE

COLLAR
Green
camouflage
belt

(The collar was
changed, so it's
not as in the
picture)

LAST SEEN

Art Forest Area
July 9, 2025, at
10:00 AM

AGE
3 years old
GENDER
Male



REWARD
₹ 1,000/-

CONTACT
Pet Parent JAYA +91 7598570329

1 - MEDIUM/LONG TERM HOUSING SUPPORT



Dear Friends of Auroville,

We're Alex, Lion and Lynx a small family from the US, transplanted to Germany and now beautiful Auroville. Alex is a long-term volunteer at CSR working in GIS and Data Analysis. We're a tight-knit family looking for suitable accomodation so that we may

stay together for the coming months, beginning latest from 10 November. If you have any ideas or leads, please feel free to reach out via the methods below.

Warmest Regards, *Alex, Lion and Lynx*

+91 84381 40591, alex.nadolny@proton.me

2 - LOOKING FOR HOUSE SITTING

Dear Community,

I am Enzo, Aurovilian, originally from Italy and I am looking for a house sitting, if possible a long-term one. Starting from now or from October on.

I am a single, neat, clean, quiet, reliable and respectful person.

Please reach out on +91 86676 48515 or solespazio@gmail.com

With love,
Enzo

3 - HOUSESITTING OR GUESTHOUSE

We are a couple (39 + 41) working as volunteers in Auroville for a year. We are looking for a house-sitting or another place to stay, starting October 12th, preferably on longer term. We would be grateful for any suggestions or offers.

Best, *Simon & Valérie*.
Contact: +918438 923946



AVAILABLE

EUREKA VACUUM CLEANER

As new, hardly used Eureka vacuum cleaner, red color washable filter, and blower attachment with valid warranty

Available against a contribution via email contact Isha@auroville.org.in



FOR TAKING:

- One corner sink.
- One Western toilet (damaged during removal but still functions. Broken part could be cemented over. See pictures).
- Photos: <https://photos.app.goo.gl/eZJTopSQdbk99FPM8>

Contact Island 75981 03616

COCONUT MATTRESS TO GIVE AWAY



- 195 x 125 cm, with a nice new cover, fully clean and functional, but quite heavy.
- Please call Birgitta 94423 00574

ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES FOR OCTOBER :

Hatha Yoga with Ramesh

- Monday and Thursday from 5:30 - 6:30pm

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

Traditional Sanskrit Mantras with Sonia

- 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.

Private Classes on request (for groups or individuals)

- **Hatha Yoga with Ramesh** - for more details contact Ramesh at: +91 98451 68490
- **Traditional Sanskrit Mantras with Sonia** - for more details contact Sonia at: +91 89402 88090

ACTIVITIES AT JOI - ANITYA COMMUNITY

JOURNEY TO INNER PEACE :

HOLISTIC HEALING SERVICES JOI ANITYA



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 GH). Road work is ongoing so follow the sign after Nandanam School.
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages).

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.

Andres is also a **Hatha Yoga** teacher with over 15 years of teaching experience. Trained in Ashtanga, Dharma Yoga, Breath-Based Yoga, and Bhakti Yoga, he now focuses on Vinyasa Flow, connecting movement with breath in a smooth, energizing way. He can design a class just for you, whether you seek strength, flexibility, inner calm, or spiritual connection. Session can also include pranayama (breathing practices) and mantras for a deeper experience. Contact him for more info.

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.

Dave is also offering **Sacred Song Circles: Singing from the heart** and **Authentic Relating: Relational Group Games**. Contact him for more info.

Relationships as a Spiritual Practice with Prem Shakti

- **Contact:** +91 94892 44823

Prem Shakti guides individuals and couples to explore connection not just as an emotional exchange, but as a sacred journey. Drawing upon tools like Nonviolent Communication (NVC), Authentic Relating, circling, and embodiment practices, she supports participants in cultivating deep listening, emotional intelligence, presence, and compassionate connection.

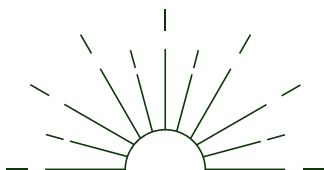
Prem Shakti also focus on **Spiritual Weddings & Ceremonies**, creating spiritually rich, non-religious ceremonies such as conscious weddings, vow renewals, engagement rituals, and bridal blessings. She is also a **Dances of Universal Peace** leader. Contact her for more info.

Re-turn to your (Flower) Essence with Louise Rose

- **Contact:** +91 73053 73562

Flower medicine ceremonies (for individuals or groups). Blending Naturopathy, Dance & Somatic therapy, and Sonic Healing. Through a holistic Naturopathic approach; you will be guided to work with plant oversouls as allies, to explore your subtle, emotional and physical landscape. These sessions support reconnection to Inner and outer Nature.

*Tailor-made tinctures, herbal teas and aromatherapy blends provided for both group circles and 1 on 1 sessions.



FAMILY CONSTELLATION WITH SHANTI

SATURDAY 18TH OCTOBER, ANITYA



Dear community,

Family Constellations will again be offered in Anitya. Shanti is the facilitator for the constellations, and Louise Rose the organizer.

The workshop will be offered from **10 am - 12:30 pm** in Maloka Hall in Anitya community on these dates:

- **Saturday 18th October**
- **Saturday 15th November**
- **and Saturday 20th December**

Family constellation is a process which helps people resolve family traumas and heal ancestral wounds. It uses the facts of the family history. Since it is systemic work, it asks us to include those we don't usually consider as belonging to the family: for example, an ex-partner of a parent. Participants in the workshop will stand as "representatives" in the constellation.

It is not essential that you have experienced Family Constellations before -- just that you have the inner feeling to bring your full presence and that you understand that by coming you will be part of the field in which the work happens. Shanti will give an overview of what is important in this work and teach us how to be a representative.

About the facilitator:

Shanti found this work in 1999 and took many trainings with Bert Hellinger -- the originator of this work -- and with several of his long-time students over the years, both in India and in Germany.

Shanti is offering this work as her gift to the community. Donations for the space in Anitya are appreciated.

Contact them to register:

- Louise for WhatsApp: +91 73053 73562
- Shanti for email: anandshanti@proton.me and landline: (0413) 2623314

PLAYCIRCLE

EVERY THURSDAY



Are you ready to explore a new way of connecting with yourself and others? To move, play, and express yourself freely in a safe and welcoming space?

PLAYCIRCLE invites you to rediscover the joy of play through games, gentle body interactions, and moments of connection with your inner child.

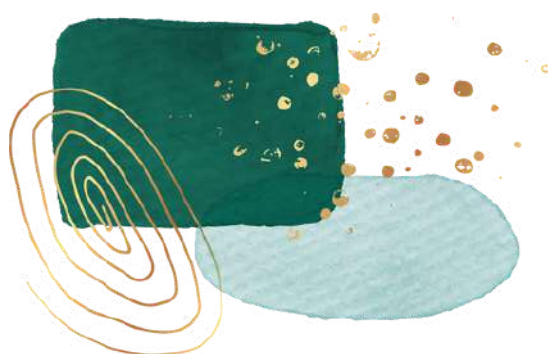
Camille (WhatsApp: +33 6 77 79 35 14), a trained practitioner, will guide you safely through this fun and mindful experience.

Guidelines:

- Wear comfortable sports clothes
- Open to everyone aged 15 and above
- No previous experience needed
- Location: Joy of Impermanence – Anitya Community
- Contribution for JOI Anitya:
 - Guests – 100 Rs
 - Volunteers, Newcomers, and Aurovilians – free / donation welcome.

Join the WhatsApp [group](#) for regular updates.

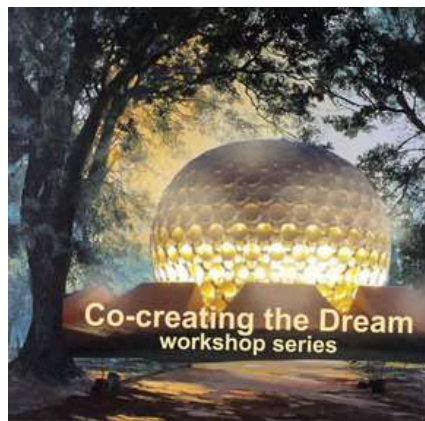
Come and rediscover the simple joy of playing together, feeling your body, and reconnecting with your inner child!



WORKSHOPS

CO-CREATING THE DREAM WORKSHOP SERIES

SATURDAY 18TH
OCTOBER, VÉRITÉ



A few Aurovilians have taken online ProSocial courses based on Nobel Laureate Elinor Ostrom's research, in which she identified eight core principles based on communities around the world that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution. The ProSocial training also included listening, communication and other internal skills. Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for enhancing interpersonal relationships, working in units, and collective life.

Each workshop is a stand-alone experience.

The series continues on **Saturday 18th October in Verite** with our second workshop:

"Authentic and Effective Conversations"

This workshop explores how to bring more clarity, balance and care into our conversations - especially the difficult ones. Together we will practice three core skills: speaking authentically, listening deeply and creating safe structures for dialogue.

These practices support us in living unity in diversity, and nurturing harmony in Auroville.

Register at [Verité](https://www.auroville.org/verite).



CULTURAL ANNOUNCEMENTS

PHOTO CIRCLE MEETS AGAIN ON

FRI 17TH OCT, CENTRE
D'ART MULTIMEDIA
ROOM, CITADINES



Photo Circle meets again on **FRIDAY 17th OCTOBER at 5pm** in the **Centre d'Art multimedia room, at Citadines**.

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images.

Everybody's welcome

SACRED FROST FLOWERS

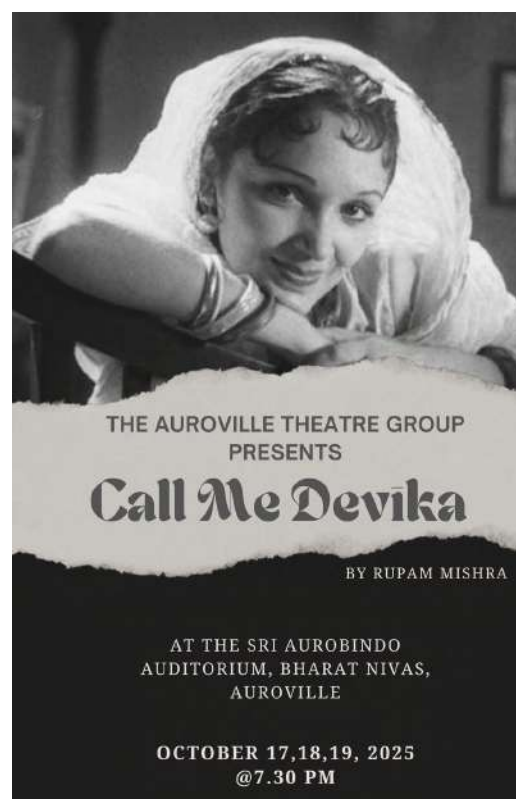
DESCEND UPON THE CITY OF DAWN

SAT 11TH OCT - MON 10TH NOV, TIBETAN PAVILION



CALL ME DEVIKA

FRI 17TH - SUN
19TH OCT, SRI
AUROBINDO
AUDITORIUM,
BHARAT
NIVAS



CALL ME DEVIKA,

by **Rupam Mishra**. Directed by **Jill Navarre**.

- At the Sri Aurobindo Auditorium Bharat Nivas, Auroville.
- Friday 17th - Sunday 19th 2025 at 7:30pm.
- Language: English/Hindi
- Age 16+
- Duration: 2 hours
- CALL ME DEVIKA [teaser](#)

About the event

This play is the **first in a longer series exploring the inner lives and legacies of forgotten women** — artists, rebels, mystics, and political figures who shaped history in invisible ways. Devika Rani was not just the “First Lady of Indian Cinema.” She was a visionary — a woman of immense talent and steely resolve who co-founded Bombay Talkies with Himanshu Rai in the 1930s, ran it single-handedly after his death, and nurtured stars like Ashok Kumar and Dilip Kumar. Her life was marked by rebellion, beauty, intelligence, and trauma — from her dramatic romantic life to navigating patriarchal expectations in both art and love. Despite her contributions, Devika Rani remains on the margins of public consciousness. Popular culture remembers her for her looks or scandals, not her extraordinary courage or leadership. Through this play, Rupam Mishra aims to **restore her complexity and rightful place in the cultural imagination**.

Reasons to attend

- Enjoy a wonderful story of India's first lady of Indian cinema, and the beginning of Bombay Talkies, one of the first Indian film companies.
- Understand and appreciate the struggles and courage of women in the early days of Indian cinema.
- Get acquainted with the early days of Hindi cinema; the style of acting, the music, dance and singing that has made Indian cinema an international phenomena.
- Watch some video clips of some of the early Indian movie actors: Devika Rani, Himanshu Rai, Naj-Mul Hasan, Ashok Kumar, Dilip Kumar. How did they get their start in film?

Cast and Crew

- **Rupam Mishra**, Playwright, performing as Devika Rani
- **Ojas Abhishek Kumar** as Svetoslav Roerich
- **Ian Christian** as Himanshu Rai
- **Eakansh Sharma** as Naj-mul Hasan
- **Ayaan Diwan** as Dilip Kumar
- **Tushar Sateja** as Ashok Kumar
- **Genie (Ranjani Karthikeyan)** as the Makeup Artist/Personal Assistant to Devika Rani
- **Priyanka Sunkesula** as the Reporter
- Costumes by **Radha Ganesan**
- Lighting Design by **Sugumar Shanmugam**
- Set Design by **Maitreyee Kuhu & Rohit Xavier Shaji**
- Projections by **Sajiv Pasala**
- Props by **Izabelle, Anu, and Raghuram**
- Asst. Director/Sound by **Hareeshh Ram**
- Stage Manager **Raghuram**
- Directed by **Jill Navarre**



BOJAGI ART WORKSHOP AND EXHIBITION

16TH - 25TH OCTOBER, CENTRE D'ART



Korean pavilion is delighted to present a unique workshop and exhibition on Bojagi, the traditional Korean art of wrapping, which embodies both beauty and practicality. Characterized by vibrant colours, and magnanimity of spirit, Bojagi is deeply rooted in Korean culture and has been passed down through generations as a symbol of blessing, care, and creativity.



Bojagi Knotting Workshops:

Learn the art of tying and wrapping Bojagi in hands-on sessions!

3 slots available:

- Thursday 16th October, 3:30 pm – 5:00 pm
- Friday 17th October, 3:30 pm – 5:00 pm
- Wednesday 22nd October, 3:30 pm – 5:00 pm

Venue: Centre d'art

Register: WhatsApp +91 94899 04112 (Limited seats available)

Bojagi Art Exhibition:

Opening on **Tuesday 21st October at 4:30 pm.**

The opening will feature a special Bojagi light installation, accompanied by traditional Korean tea and snacks.

LE PAVILLON DE FRANCE
AUROVILLE PRÉSENTE



LE PAVILLON DE FRANCE PRESENT GAME NIGHTS

EVERY
WEDNESDAY,
FRENCH PAVILION



OPEN TO ALL LEVELS
EVERY WEDNESDAY, 4:00 TO 5:30 PM
AT FRENCH PAVILION - INTERNATIONAL ZONE



FOR THE BOOKWORMS

AUROVILLE LIBRARY

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
HAVE YOU RE(a)D THESE?

*Come by to check out our
selection!*



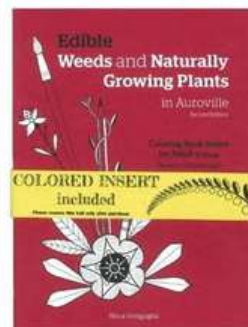
STORY TIME AT THE AUROVILLE LIBRARY

EVERY SATURDAY



EDIBLE WEEDS AND NATURALLY GROWING PLANTS COLORING BOOK : 2ND EDITION

Edible Weeds and Naturally Growing Plants Coloring Book :2nd Edition



Following the closure of Freeland Bookstore, many have asked about the book. It's available by writing to edibleweedwalk@gmail.com.

In Auroville and the bioregion, copies can be picked up—after payment—from designated spots like Town Hall or PTDC. Price: ₹600 (pickup) / ₹750 (with S/H).

Hand-bound with a handmade paper cover, this is an artisanal production. Now a project under Prani, The Living (Service Trust), the book offers special discounts for schools and groups ordering 20+ copies. To avail, just reach out.

Thank you,

edibleweedwalk@gmail.com

edibleweedwalk@gmail.com | FS Account # 251937

TIBETAN PAVILION LIBRARY

Dear all,

This is to your information that we are going to open the library to the readers we have vast collection of books on **Tibetan history, Buddhism, medicine, environment and etc**, and also a section of books on **India, China, Bhutan and spiritual books on Sri Aurobindo and the Mother.**



Our opening hours are:

- Monday, Tuesday Wednesday mornings
- Open from 09:00am to 12:30pm.

All reader's are invited.

We will be closed on the national holidays.

We look forward of seeing you in Tibetan pavilion,

Submitted by Kalsang

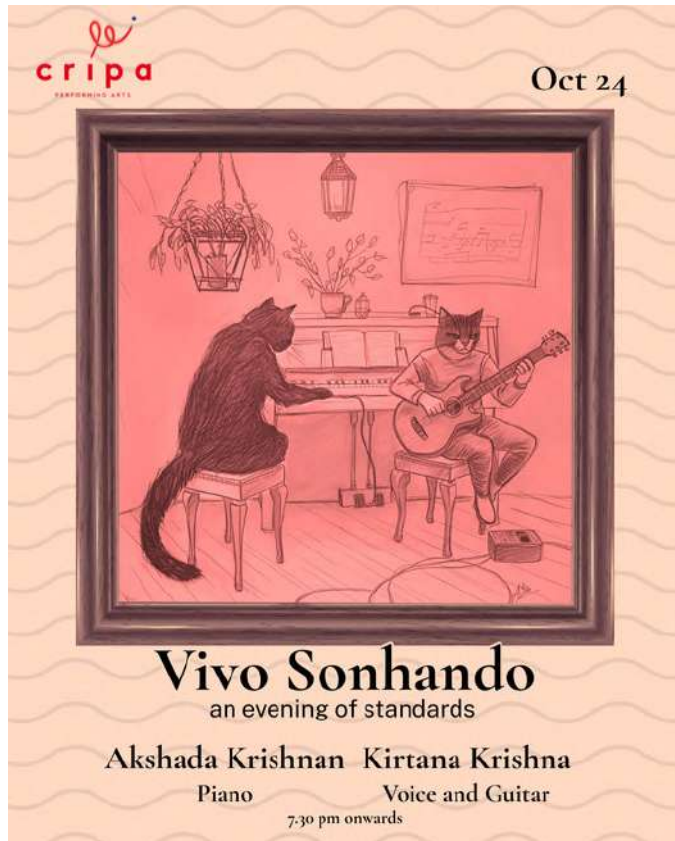
On behalf of Pavilion Of Tibetan Culture International zone



AT CRIPA

PRESENTING: VIVO SONHANDO - AN EVENING OF STANDARDS

FRIDAY 24TH OCTOBER



Akshada Krishnan and Kirtana Krishna form a fresh and captivating jazz duo, blending lyrical melodies with rhythmic finesse.

Akshada, one of India's most versatile jazz pianists, brings a refined touch and deep understanding of both classic and contemporary jazz styles.

Kirtana, a gifted guitarist and vocalist, complements the sound with warm, expressive phrasing and thoughtful arrangements. Together, they reinterpret jazz standards and explore creative arrangements, offering audiences an intimate and engaging listening experience.

Friday 24th October

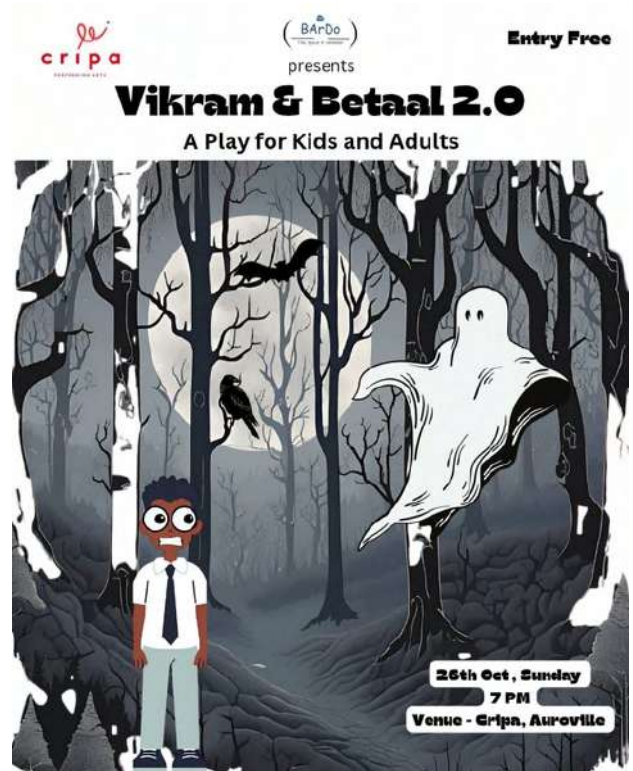
7:30pm

Cripa, Auroville

Entry free - contributions welcome.

VIKRAM & BETAAL 2.0

SUNDAY 26TH OCTOBER



This play is inspired by the classic tale 'Vikram aur Betaal'. However, this time around, Vikram is not a mighty king, but a 10-year-old boy, and the challenges he face are new and different. He ventures into the forest in search of Betaal, but is unaware of the difficulties that lie ahead and with each story, Vikram and Betaal go deep into the quest of finding themselves.

Sunday 26th October

7pm

Cripa, Auroville

Entry free - contributions welcome.

Cast

- Shafali
- Shivesh
- Praveen
- Zalina
- Akshay

Lights

- Zalina

Poems

- Srijita

Masks

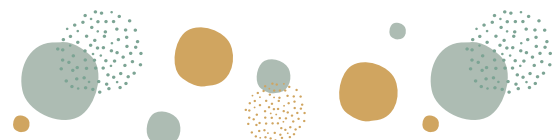
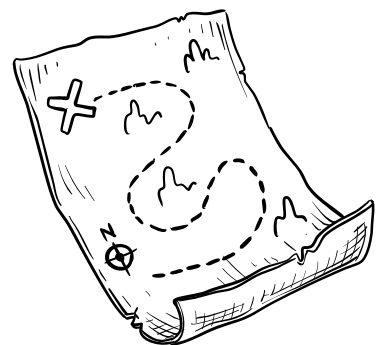
- Yukta

Music

- Praveen

Devised and Directed by

- Shafali & Shivesh





FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community

(5 min from AV Bakery)

WhatsApp Sarah: 9047421044

www.myfoodforest.in



RIGHT PATH CAFE, VISITOR'S CENTRE

Dosa corner starts from 6:30pm

**CAFETERIA VISITOR CENTER
RIGHT PATH CAFE
ORGANIC RESTAURANT**

FOR AUROVILIANS & NEWCOMERS

EVERYDAY - 50% OFF ON BREAKFAST DISHES TILL 9AM
THURSDAY - 50% OFF ON KOREAN VEG. DISHES (LUNCH & DINNER)
FRIDAY - 50% OFF ON ALL NON VEG. DISHES (SEAFOOD, FISH AND ORGANIC CHICKEN)

We support Auroville farms and organically Auroville grown food and organic products.

SPECIAL VEGAN SHAKE	
Jackfruit	150 rs
Mango	150 rs
SPECIAL DRINKS	
Sugarcane mint cooler	130 rs
Sugarcane mint soda	150 rs
Kombucha (fermented drink)	100 rs

Smoothie	180 rs
Smoothie bowl	350 rs
Vegan coffee	95 rs
Fruit salad	150 rs

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.153 \(Literature\)](#)
- [Savitri - Ep.23: Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 7: "The Ego and the Dualities" \(Sri Aurobindo\)](#)
- [Marlenka's weekly Offering – Ep.152 \(Literature\)](#)
- [Savitri - Ep.22 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 6: "Man in the Universe" \(Sri Aurobindo\)](#)
- [Menstrual Well-Being-Ep.5 | மாதவிடாய் நன்னலம் - "Know Your Flow: Tracking & Signs" with Kalvikarasi \(Health & Wellness\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.510 \(Integral Yoga\)](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV

CINEMA

NEW MOON MOVIE - PINA

WED 22ND OCT, MULTIMEDIA ROOM, CENTRE D'ART, CITADINES

Every New Moon day, Art movie screening at Centre d'Art, Citadines.

This month it will happen on **Wednesday 22nd October at 5pm**, in the **Multimedia room**.

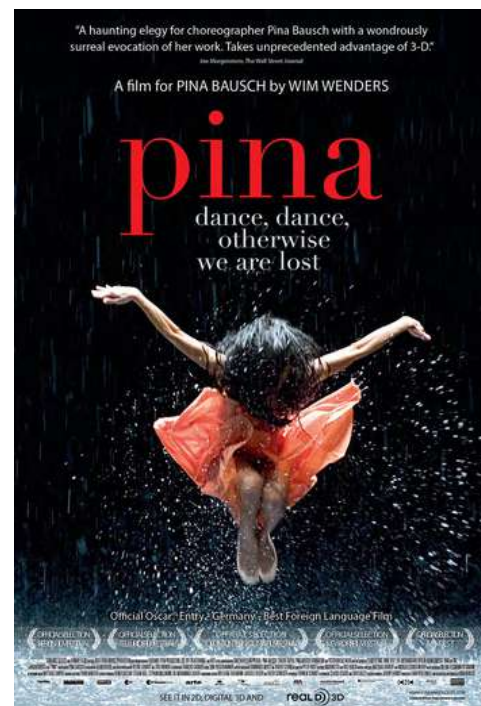
PINA

by Wim Wenders, 2011 - 104 min - original version with english subtitles.

Wim Wenders pays tribute to legendary choreographer Pina Bausch, who died

in 2009, and her groundbreaking, inventive work with the Tanztheater Wuppertal Ensemble. Longtime troupe members re-create classic pieces for the big screen, pouring out of the theater and into the city of Wuppertal.

Everybody is welcome



Cinema Paradiso

Multimedia Center (MMC) Auditorium
Film program: 20th - 26th October 2025



Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15 mins before screening and stops as the film starts. Kindly arrive on 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 20 OCTOBER, 8:00 PM:

• THE GLASSWORKER

USA-Pakistan, 2024, Writer-Dir. Usman Riaz w/ Art Malik, Sacha Dhawan, Anjali Mohindra, and others, Animation-Drama, 98mins, English-Urdu w/ English subtitles, Rated: NR

When war fractures a fragile homeland, young glassblower Vincent learns the delicate craft from his father Tomas as his bond with Alliz, a military officer's daughter, deepens into love. This acclaimed hand-drawn animation balances artistry and empathy, letting love, loyalty, and choice speak louder than conflict — a tender, timeless coming-of-age set against turbulence.

POTPOURRI - TUESDAY 21 OCTOBER, 8:00 PM:

• BUTCH CASSIDY AND THE SUNDANCE KID

USA, 1969, Dir. George Roy Hill w/ Paul Newman, Robert Redford, Kathrine Ross, and others, Epic-Docudrama, 110mins, English w/ English subtitles, Rated: PG

Outlaws Butch Cassidy and the Sundance Kid — real figures of the Wild West — charm and outwit their way through legendary train robberies. When a relentless posse closes in, they escape with Etta Place to Bolivia, where their legend meets its fate. A true story brought to life, now a timeless classic. *Our tribute to Robert Redford, an outstanding actor and a major influencer in the world of cinema.*

SELECTION - WEDNESDAY 22 OCTOBER, 8:00 PM:

• SOMETHING'S GOTTA GIVE

USA, 2003, Writer-Dir. Nancy Meyers w/ Jack Nicholson, Diane Keaton, Keanu Reeves, and others, Romantic-Comedy, 128mins, English-French w/ English subtitles, Rated: PG-13

Harry Sanborn, a wealthy bachelor known for dating younger women, suffers a heart scare while vacationing with Marin, his latest girlfriend. In the care of Marin's mother, Erica Barry, a sharp playwright, he's unexpectedly drawn to her. Their clashes turn to affection, confronting love, aging, and vulnerability. When love arrives late, it still takes your breath away. *Our tribute to Diane Keaton, Golden Globe winner for this role, a graceful and gifted actor we bid farewell to.*

INTERESTING - THURSDAY 23 OCTOBER, 8:00 PM:

• SOME ROOTS GROW UPWARDS -THE THEATRE OF RATAN THIAM

India, 2003, Writer-Dir. Kavita Joshi & Malati Rao w/ Ratan Thiyam and others, Documentary, 56mins, Manipuri-English w/ English subtitles, Rated: NR (G)

Step into the world of visionary Manipuri theatre artist Ratan Thiyam, whose "Theatre of Roots" redefined Indian performance. Drawing on Manipur's traditions while confronting modern crises, his productions fuse ritual, politics, and poetry. This documentary traces his creative journey and the power of theatre to mirror society's struggles and hopes — art that rises upward from deep roots. *With this PSBT-Doordarshan production, we honor his enduring legacy following his recent passing.*

INTERNATIONAL - SATURDAY 25 OCTOBER, 8:00 PM:

• LE QUATRIÈME MUR (THE FOURTH WALL)

France-Luxembourg-Belgium, 2024, Writer-Dir. David Oelhoffen w/ Laurent Lafitte, Simon Abkarian, Manal Issa, and others, Drama-History, 116mins, French-Arabic w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance Française. Georges, a disillusioned stage director, is persuaded by his terminally ill friend Samuel to attempt the impossible: staging Antigone in war-torn Beirut. With Marwan, Imane, and a fragile troupe drawn from opposing factions, they risk everything to carve out two hours of peace amid chaos. Art becomes both defiance and fragile hope in the shadow of conflict. *In the ruins of conflict, a stage becomes a battlefield of hope.*

CHILDREN'S MATINEE - SUNDAY 26 OCTOBER, 4:00 PM:

• OVER THE HEDGE

USA, 2006, Dir. Tim Johnson & Karey Krikpatrick w/ Bruce Willis, Garry Shandling, Steve Carell, and others, Animation-Adventure, 83mins, English w/ English subtitles, Rated: PG

Scheming raccoon RJ tricks cautious turtle Verne and his band of woodland friends — including hyperactive squirrel Hammy and skunk Stella — into raiding suburban homes for food. What begins as a risky heist to repay a menacing bear becomes a hilarious adventure about trust, family, and finding where you belong.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 26 OCTOBER, 8:00 PM:

• JAMAICA INN

UK, 1939, Dir. Alfred Hitchcock w/ Maureen O'Hara, Robert Newton, and others, Crime-Drama, 98mins, English w/ English subtitles, Rated: NR.

In early 19th-century Cornwall, young orphan Mary is sent to live with Aunt Patience and Uncle Joss, landlords of the Jamaica Inn. She soon discovers the inn is a base for ship-wreckers who lure vessels to their doom on the rocky coast — and begins to fear for her life.

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 Auditorium, kindly email us at mmcauditorium@auroville.org.in.

Support MMC-CP: Every Contribution Counts: Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106, or contribute directly at the venue.

If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Write to share your proposal and let us know how you'd like to be involved at mmcauditorium@auroville.org.in.

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

EVERY CONTRIBUTION COUNTS

COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132 / 94888 68747 for fault works, repair works and job works
0413 2622264 for clarifications reg. electricity bills, job and repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

- Monday to Saturday : 9am - 12:30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

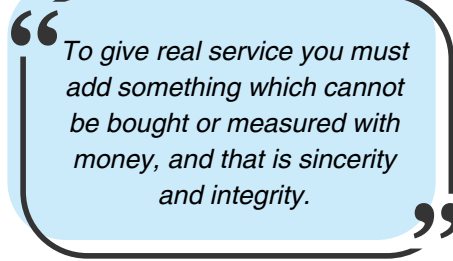
Children's Storytime! All ages welcome!

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

- **Phone :** 0413 350 9191

- **Email:** avlib@auroville.org.in

- **Website:** <http://library.auroville.org.in/>



Douglas Adams

HEALTH

SANTÉ SERVICES IN SEPTEMBER 2025

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

Government Ambulance (24/7) - Phone: **108**

Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana: Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday / Wednesday / Friday (TOS 9 th onwards)	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya / Thilagam: Monday to Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena – inquiry email adminsante@auroville.org.in	

In Santé, we value our patient's confidentiality and 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

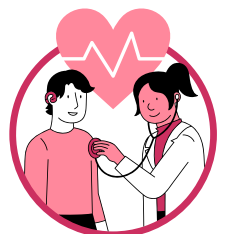
Contact: (0413) 3509942 / 3509943

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

NURSE SERVICES

My name is Madhi and I'm 27 years old. I was born and brought up in AV.

I have done my bachelor degree in B.SC (Nursing) and I have more than three years experience as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV for the past 2 years.

Services:

- Patient assessment and care plan.
- Medication administration.
- Vital signs monitoring.
- Wound care.
- To provide blood and lab test .
- Personal care assistance.
- Patient education.
- Fall prevention strategies.
- Providing assistance with bathing, dressing, grooming, and toileting needs.
- Communication and collaboration with physicians.
- Documentation of medical reports.
- End-of-life care.



If you need any assistance please do contact the below mentioned email or contact number.

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiashagan014@gmail.com

MONSOON WITH AYURVEDA AND LOCAL PLANTS



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

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

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

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

IN THE FOOD :

- All meals are warm, cooked in a sauce-pan, easy to digest, light, spicy
- **Proteins:** Mung dal, beans, chickpeas, lentils (all of these cooked with asafetida to prevent bloating), white meat, egg, peanut
- **Vegetables:** amaranth, green leaves, carrot, beetroot, cauliflower, bitter-snake-bottlegourd, moringa (drumstick), chow-chow, radish, pumpkin – all should be well washed to avoid contamination
- Sweet taste with old grains - barley, rice, millet, oat, wheat
- **Fruits:** apple, pomegranate, banana, papaya, grape, guava, pear

- **Spices:** ginger, pepper, long pepper (pippali), turmeric, cumin, clove, asafoetida, mustard seeds, ajwain, cinnamon, fennel seeds, fenugreek seeds, onion, garlic
- Ghee or sesame/olive/sunflower oil (cold pressed)
- **Drinks:** herbal teas, warm or boiled water, with honey or jaggery
- **Ayurvedic formulas to take after meals:** Panchakola, Trikatu, Hingwashtak churna... with honey.

AVOID :

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

IN ACTIVITIES :

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

AVOID :

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



Most of the above aggravate Vata.

HERBS AND MEDICINAL PLANTS FOR THE RAINY SEASON :

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

Enjoy the rain and stay warm and cosy!
Be @ Sante Clinic



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 registered Newcomers daily, 6am - 7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am - 3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the [form](#) one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers, and SAVI Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday 6:00 am - 8:00 am
4:30 pm - 7:30 pm
Sunday 6:00 am - 12:00 pm
4:30 pm - 7:30 pm

- The Inner Chamber is open to SAVI registered Volunteers:

Wednesday - Monday 8:00 am - 8:40 am
Arrival at 7:45am at the Office Gate.

- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:

Any day except Tuesday & Sunday
8:00 am - 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 - 11:00 am

- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily 7:00 am - 8:00 am
5:00 pm - 6:00 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 charge. 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.

Starting from the Visitors Centre.
Daily, 9:00 am - 5:30 pm

The Inner Chamber of the Matrimandir 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, or to go to the website: auroville.org

- 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.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

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

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108