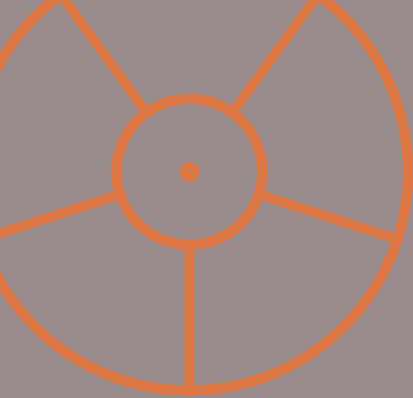




*Auroville*

# NEWS & NOTES

No 1096 - A weekly bulletin for residents of Auroville

23 October 2025

RA EDITION



*A pause in work at Annapurna*

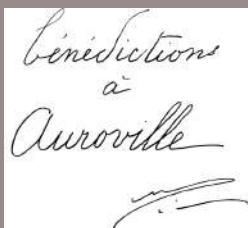
## PONDERING

It goes without saying that this work of organisation cannot be done once and for all. The mind, if it is to keep its vigour and youth, must progress constantly, revise its notions in the light of new knowledge, enlarge its frame-work to include fresh notions and constantly reclassify and reorganise its thoughts, so that each of them may find its true place in relation to the others and the whole remain harmonious and orderly.

*The Mother, November 1951, Mental Education, On Education*  
<https://motherandsriaurobindo.in/The-Mother/books/on-education/#mental-education>



# 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

### Page 102

It is not what you do but the spirit in which you do it that is important for the integral Yoga.

1971\*

\*

*... Divine Mother, I implore you to illumine and put a living faith in this dark area in me.*

Do not give any importance to that part and it will lose its strength and little by little even its existence.

My love and blessings are always with you.

1971

\*

Those who are ready for the transformation can do it anywhere. And those who are *not* ready cannot do it wherever they are.

12.11.1971\*

\*

The guidance is in your heart. Go ahead according to your inspiration.

14.1.1972\*

### Page 103

To find the psychic one must conquer the desires of the vital and silence the mind and then make a sincere submission to the Divine of whom the psychic is the instrument in man.

The inner contact with the psychic is a concrete and undeniable fact which imposes itself on all sincere consciousness.

5.4.1972\*

\*

Have faith in the Divine, and go deep inside yourself. My help is always with you.

7.4.1972\*

The city the earth  
needs.

The best way to get rid of the rule of the ego is to find the psychic being, instrument of the Divine in the human beings.

Go deep in yourself (i.e. the heart region) and aspire steadily. The true meeting of the psychic is unmistakable.

8.5.1972\*

\*

Have faith and go on.

13.7.1972

\*

*Why is there this dark and stupid personality in me? Does it lie hidden in everyone, or am I a specially difficult case?*

Certainly you are not the only one. Many are like this. Only those who have centred their whole being around the *conscious control* of the psychic can cure themselves of it.

July, 1972



**Aspiration for trust in the Divine**

An intense need for the immutable peace that is given by the certitude of the Divine Grace. - *The Mother*

*Asystasia dalzelliana* sant. [A. Violacea Dalzel. Ex C.B. Clarke.], Acanthaceae  
Violet asystasia

# 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](mailto: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](http://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](mailto:newsandnotes@auroville.services)

## LIST OF ACRONYMS:

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

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

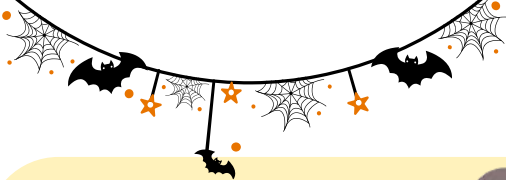
### Working groups selected by the Residents' Assembly:

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

### GB groups:

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





## NOTE FROM THE EDITORS

Dear Community,

### **Here is some important information:**

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

**NEWS  
&NOTES**

COMMUNITY EDITION

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# WORKING GROUPS NEWS

## FROM THE WORKING COMMITTEE

### VOICE OF AUROVILLE - ISSUE 09 (MARCH - SEPTEMBER 2025)



VOICE OF AUROVILLE

Dear Community,

We hope this message finds you well.

We are happy to share with you the ninth issue of our quarterly journal, *Voice of Auroville*, which aims to inform well wishers and friends of Auroville across India and the globe on the current unfolding events with factual updates and articles. We apologise for the delay in publication of this issue but as an entirely volunteer-run initiative with no budget, the VoA team struggles to balance limited resources with its commitment to independent community-based communication.

As with previous issues, this ninth edition focuses on the crisis Auroville is going through, **reporting on events between March through September 2025.**

- Please see the pdf attachment for the full edition, or download the pdf [here](#).
- In case you may have missed them, the earlier issues of *Voice of Auroville* are accessible [here](#).

**Please feel free to forward and share this email with friends and well wishers of Auroville.** This is how the news can spread and Auroville's voices can be heard. **Everyone's actions count.**

People who wish to be added to the subscribers list or be removed from it can email [voiceofauroville@auroville.services](mailto:voiceofauroville@auroville.services). Please also feel free to share any feedback or suggestions to [voiceofauroville@auroville.services](mailto:voiceofauroville@auroville.services).

As usual, we take this opportunity to express our gratitude to the *Voice of Auroville* editorial team, as well as to all those who provided us with contents and pictures to illustrate this issue. Thank you!

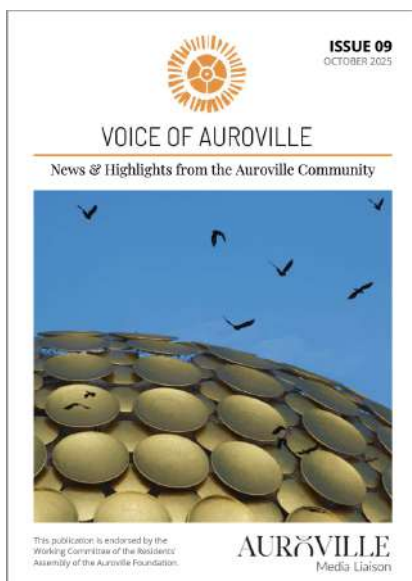
In community,

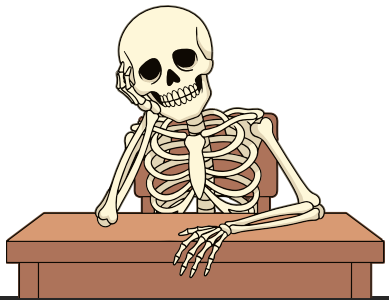
*Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli*  
The Working Committee of the RA



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

**DOWNLOAD  
ISSUE 09 HERE**





## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1101

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

## COMMUNITY NEWS

### COMMUNITY SHARING

#### STATEMENT ABOUT AFSANAH GUEST HOUSE

Dear Aurovilians, dear Friends,

We would like to inform the community of the forceful takeover of Afsanah Guest House, which occurred on Thursday the 16.10.25.

Shortly before 1pm a group of 15 people came to Afsanah Guest House. Among those present were FO employees, Balasubramaniam and Narendra Pawar (with his young daughter), as well as multiple members of the Auroville Security Services, including Giacomo and Shenbagam, both of whom are executives of the Auroville Security Services appointed by the AVFO.

Under the instructions of Antim, Sindhuja, Malar and Josephine, three carpenters proceeded to break open the doors of the office, the dining hall and Room 7.

Giacomo, a professional martial arts instructor, violently pushed Auradha as she attempted to enter the office to collect her personal belongings, using a targeted attack to the throat called the c-strike maneuver, which resulted in physical injury.

The personal belongings of our team, which had been left in the office, have not been returned to us.

Rosy requested Mr. Balasubramaniam that an official hand over of the Guest House accounts, assets, etc. be done but Antim refused claiming it was unnecessary. They proceeded to put the computers and documents into Sindhuja's car and remove them from the Guest House compound.

Aurovilians who came to witness the events were blocked at the gate by the security guards and prevented from entering the Guest House compound. Those that were inside the compound were threatened to be physically pushed out by force.

We thank those that have offered us their support in so many ways over the past years, especially during the last 2 years that we have been facing repeated attempts at a forceful takeover without following due process or principles of natural justice, in spite of repeated requests to do so (which are well documented).

We thank those that were present on Thursday, for standing with us and bravely witnessing the wrongdoings of those that are currently ravaging Auroville.

*Rosy and Auradha*





## ⚡ [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  
<atsc@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*

## ANNOUNCEMENT FROM YOUTHLINK

Dear Community,

We at YouthLink would like to share that we are shifting our office space from **Virundhu Canteen (Townhall) to the Kailash building**, that will be hosting us and our new activities.

This move comes as part of our ongoing efforts to strengthen youth engagement and collaboration in Auroville. We understand that this change has affected many people who cared deeply for the earlier initiative, and it's important for us to honor the space by contributing to the community in service of the youth.

Through our work in this new space, we hope to make a living youth space; a place for learning, community building, and vocational exploration. We are currently in conversation with the Housing Service to take on the role of coordinating body for youth residency, Yuva Sangha, envisioning a youth collective to emerge and grow together.

Some of our plans for the space include:

- Vocational Training & Skill Building: expanding our VTC initiative to include both hard and soft skills.
- Youth Residency Program: providing transitional housing and mentorship for young Aurovilians, Volunteers & Newcomers.
- Community Activities: hosting workshops, cultural evenings, and collaborative projects.
- Integration & Support: offering guidance for youth navigating their role in Auroville and beyond.

We see this as a continuation of a collective dream, where we will nurture a vibrant, responsible, and creative youth collective.

With gratitude and hope,  
*The YouthLink Team*

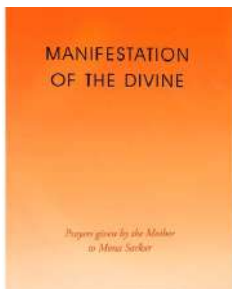
## FROM THE AUROVILLE LIBRARY

### New Arrivals!

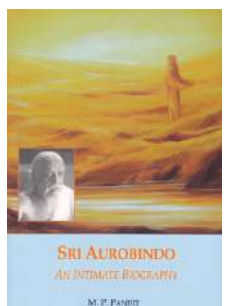
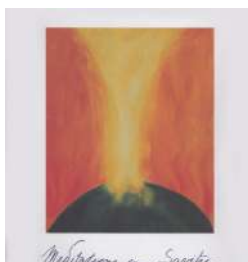
Dear Friends,

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!**

## FROM THE TIBETAN LIBRARY - NEW TIMING

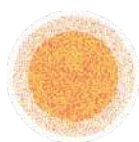
After a trial for opening the Library for a month, we have a few visitors on the given timing. Now we are open from **09:00am to 12:30pm**.

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*

## NOTES FROM SAIER: AN EMERGING PLATFORM



SAIER

### Educational Equivalence & The Triple Challenge Framework

*Acquiring a formal recognition for an Auroville education has long been a topic of conversation. Documents modelled on the Sri Aurobindo International Centre for Education, (which was recognized by the Government of India in the 1960s), were handed to the Ministry of Education in August and this is being formally followed up.*

*Let us see if it comes through.*

Though this could be an interesting first step in perhaps aiding to remove part of the concern many parents seem to have in relation to preparing their children for the world as it currently is, — this initiative does not respond to the problematic so present in today's world: our current means of measuring, assessing & evaluating students do not reflect the qualities or skills needed for a rapidly changing world.

So what is it Auroville — based on over half a century of exploration and experimentation — could offer?

If we are attempting to shift from a system of instruction to a process of conscious exploration, integral development, guided by a sense of meaning and purpose, ease and cheerful — *what have we learnt? What are the concrete propositions we can make in Auroville, for India and the world in terms of evaluating the qualities, capacities the youth of tomorrow seek to develop?*

These are the questions that led to the formulation of the **Triple Challenge Framework**.

The proposition stands thus: during the course of their secondary education a student may take up and face a total of 9 self-chosen challenges: three in the physical domain, three in the vital and three in the mental field. Through this we aim at self-knowledge — *Who am I? What do I wish to grow into?* — self-determination & enthusiasm in the face of challenges.

This initiative becomes interesting as the psychological preparation for it would need to be taken up from the very youngest ages: the encouragement to make choices, to face difficulties, to discover the sense of joy in progress, to trust that inner guide.

Moreover, such an experiment may be taken up simultaneously in education spaces & schools which prioritize inner discovery and an integral development, as well as in the hybrid structures we have

created which follow more formal curricula and certification courses, on the basis of individual student choices as a collective movement towards a growing *Free Progress* approach.

The proposition may be downloaded [here](#):

Or from the page [saiier.org/plugin](http://saiier.org/plugin)

For SAIER, Aurévan



## REPORT ON 2<sup>ND</sup> EDITION OF GREENRIDE CYCLOTHON 2025 ON OCCASION OF WORLD CAR FREE DAY 2025



**Green Ride Cycles** from Auroville involves motivating the people to use the bicycle for moving around in Auroville. This service started the “Auroville Cycle rides” in June, 2023 in creating a bigger family of bicycle lovers and users. The Cycle ride was organized on every second Saturday of the month and it’s an open invitation to everyone to participate. We organized for 15 to 20kms distance inside Auroville and had breakfast together after cycling.

Later we thought of organizing a Cyclothon and we did in March 10<sup>th</sup> 2024 under the name of Auroville Cyclothon (Joy of Cycling). We had 184 participants in it.

In the same year, we thought of doing a cycling event in a competition way to attract the non cyclists around our regions.

**Race categories** to make it more fun and to attract professional riders to join. Therefore, we organized a GREENRIDE Cyclothon on **World Car Free Day 2024**. The event was organized under 3 categories.

The 75km, 52km and 23km. The first two categories 75 & 52kms were under Race categories and the 23km category was “Joy of riding bicycle” through the forest and Cycle paths of Auroville.

Following the successful year of 2024, we continued organizing the Cyclothon in March 2025 for Joy of riding. On 12<sup>th</sup> October 2025, we organized the **2<sup>nd</sup> Edition of Greenride Cyclothon** in occasion of the WORLD CAR FREE DAY.

- 65km Race – 33 Participants
- 47km Race – 52 Participants
- 15km / Joy of Cycling – 22 Participants

**Total : 107 participants.**

The event started at 05:35am for 65km Elite & Master categories from Certitude Sports Ground, Auroville following the escort vehicle till they reached the highway near Auro-Orchard farm. For the sake of riders the race started on the highway, instead of Auroville and village roads. So, the warm up ride happened from Certitude Sports ground to the Highway.

Following the Elite and Master Categories, the 47km for Amateur-Men, Women and Junior boys Categories rides started at 05:50am from Certitude Sports Ground.



At 06:15am the 15km category for Joy of Cycling started from Certitude Sports Ground, Auroville following the group leaders Eric Avril and Manikandan from Auroville. This ride went through beautiful cycle paths of Auroville Forests.

The Race format completed at the Punjabi Dhaba restaurant on the NH-66, highway near Auro Orchard Farm / Moratandi Toll Plaza.

The Results of the Event:

| CATEGORY            | KMS | PODIU<br>M<br>POSITI<br>ON | WINNERS NAME               | CITY                 |
|---------------------|-----|----------------------------|----------------------------|----------------------|
| ELITE-MEN           | 65  | 1st                        | Mr.RENEAV JEYAKUMAR        | CHENNAI              |
| ELITE MEN           | 65  | 2nd                        | Mr. SUKRIT                 | AUROVILLE            |
| ELITE MEN           | 65  | 3rd                        | Mr. ARTIK CHOWDHURY        | CHENNAI              |
| MASTER-MEN          | 65  | 1st                        | Mr. MATHEEN JAFFER FARMEN  | CHENNAI              |
| MASTER MEN          | 65  | 2nd                        | Mr. ELUMALAI GOPAL         | AUROVILLE            |
| MASTER MEN          | 65  | 3rd                        | Mr. ASHOKUMAR ARUMUGAM     | AUROVILLE            |
| AMATEUR-MEN         | 47  | 1st                        | Mr. PON AKILAN             | CHENNAI              |
| AMATEUR MEN         | 47  | 2nd                        | Mr. PARTHIPAN              | CHENNAI              |
| AMATEUR MEN         | 47  | 3rd                        | Mr. GURUSHIRAM             | SALEM                |
| JUNIOR-BOYS         | 47  | 1st                        | Mstr. MANTENA LAKSHMIPATHI | ANDHRA PRADESH       |
| JUNIOR BOYS         | 47  | 2nd                        | Mstr. VIHAN NIRMAR KUMAR   | AUROVILLE BIO REGION |
| JUNIOR BOYS         | 47  | 3rd                        | Mstr. DHARMESH RAM. S      | PONDICHERRY          |
| WOMEN-Open Category | 47  | 1st                        | Miss. ISHA KUTTY           | CHENNAI              |
| WOMEN Open Category | 47  | 2nd                        | Mrs. LEA KRISHNARAJU       | AUROVILLE            |
| WOMEN Open Category | 47  | 3rd                        | Mrs. ANANYA GOPALAN NAIR   | CHENNAI              |

The Prize distribution started around 09:30am at the Certitude Sports Ground, after all the riders returned safely.

As an Organizer, we thank **our beloved Volunteers** who had always supported us, when we need them. Without them we wouldn't complete this event in a better way. Their commitment and interest in promoting the sports in Auroville is unbelievable. They are ready to support any type of Sports in Auroville, which gives a big boost to organize multiple sports events often. We thank our photographer **Mr. Rajiv Shankar** for his passionate and active solo captures for his brilliant photos.

Our Sincere thanks to the **Deputy Superintendent of Police**, Kottakuppam, **Inspector of Police**, Auroville Police Station, **Inspector of Police**, Kiliyanur Police Station, **Sub-Inspector of Police**, Auroville Police Station and the constables from Auroville, Kottkauppam and Kiliyanur Police Stations. As an organizer, we were touched by the protection that they provided to all riders during the event. The gave special escort vehicles for each category riders, which gave 100% safe space to ride. Special thanks to **NALLAM Clinic** for providing an Ambulance support to the Event.

Our sincere thanks to our beloved donors, which still shows that Humanity is still alive and not destroyed to organize a common event in Auroville:

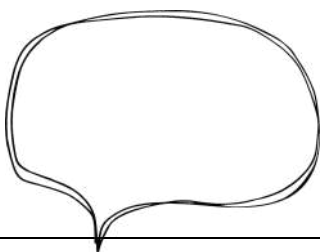
**Aneeta's**– *Gateway of Indian Cuisine*, **Central Cycle Store**-Pondicherry, **HIDESIGN**, **Kinetic Green**-Pondicherry, **Le Gourment**, **Miniature**, **NALLAM Clinic**-Pondicherry, **NIRAMI designs**, **T1 Cycles-India** (Montra), **Satyakam Devasmita**, **Sunlit Future** and **Tushita**.

Last and not least, we thank the **Certitude residents** and **Certitude Sports ground management** for letting us to host the event in Certitude.





In her Service,  
**Organizing Team**  
 For Green Ride Cyclothon AUROVILLE.



## RESIDENTS SPEAK

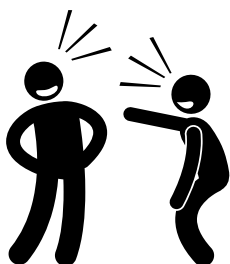
### THE HOLY FOOLS OF SHINING VALLEY

A CHILDREN'S STORY FOR GROWN-UPS : PART 6

#### The Moral of the Story

And what did the children of Shining Valley learn from all this? They learned that the most dangerous fools are those who think they are wise, and the most ridiculous tyrants are those who dress up their ignorance in holy robes.

But they also learned that laughter is stronger than fear, that kindness can transform even the most confused hearts, and that real wisdom always begins with the simple willingness to get your hands dirty and learn something new.



As the wise founders had taught them long ago: "The truth must be lived, not just proclaimed. And the most perfect plans are useless if they cannot grow a single flower or bake a single loaf of bread or bring a single moment of genuine happiness to a child's heart."

And in Shining Valley, the flowers bloomed, the bread rose, and the children's laughter rang out clear and true, carrying on the breeze a message that no amount of official proclamations could silence: that love is always stronger than law, and that the greatest teachers are often the smallest seeds, growing quietly in the good earth of an open heart.

### ***The End***



**(Read the full story [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.*

## **A VISIT TO THE AVATAR'S AUROVILLE**

19 Oct 2025: Observing the throng of visitors, one is looking like she has reached the Divine Sanctuary that is the Avatar's Auroville. This seemingly weary traveller of this wacky human world now seems to expect a little bit of utopia. But lo and behold! The external troubles are even concentrated here! "Where then to go?" She asks. "To Gaza", one human points. "To Hawaii", another offered the possibility. "But lots of volcanoes." A bit too fiery. "To Goa! And just party." "Ooh... too much of that already." "Then to where?... as even here someone suggested it's gonna be World War III." Ayayay!

"But wait a minute! Isn't this supposed to be the City of Dawn of the Divine Consciousness, where the new divine species the Supramental being will emerge, ushering in the Golden Age? The Life Divine? The City the World needs? But what are all these sentinels of the past that seeks to endure doing here loitering about, amongst some very nice good willing and looking folks, anyway?"

After a bit of chit-chat here and there, through muddy slippery supposed-to-be-a-city Auroville roads...

"Aah, it's Unity in Diversity actually... silly me."

...



**To continue reading**, please scan the QR Code or go to this blog site and open the post with the same title:

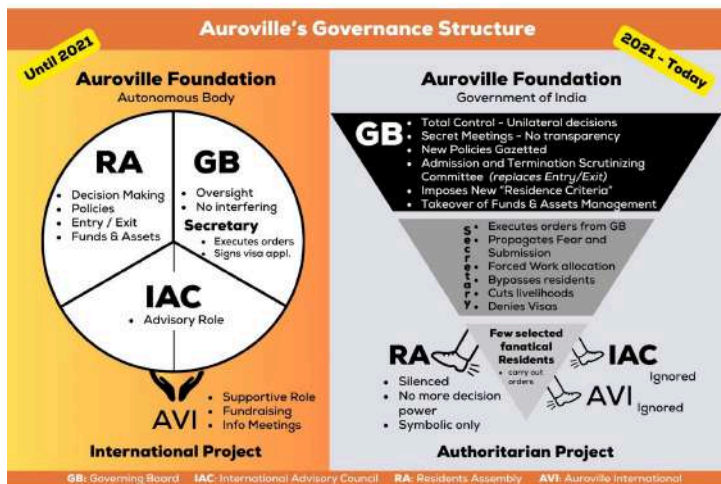
<https://zechjoya.blogspot.com/>

*Zech*

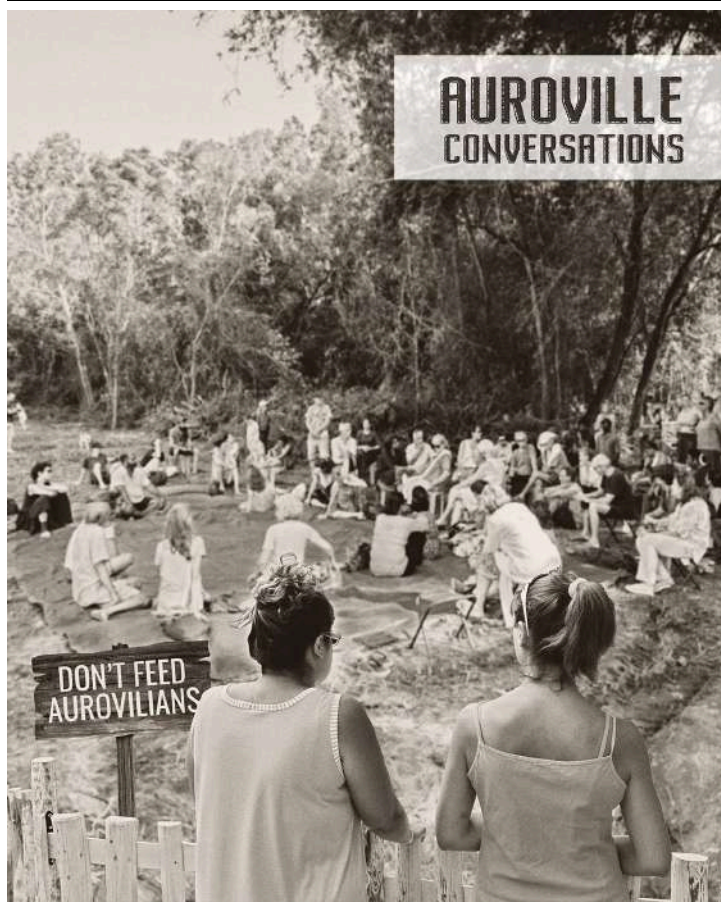




# FOOD FOR THOUGHT



# AUROVILLE CONVERSATIONS



*Submitted by an Aurovillian*

# INNER JOURNEY

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

**Tuesday 28<sup>th</sup> October, 9 am - 12 noon**  
**Focus: Intimacy with the Divine**

Led by Ashesh Joshi

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

All are Welcome



## SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

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 Aurocard** 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 Aurocard with you.
- **Access by Office Gate** for the Amphitheatre only from 5:15pm. Guests are requested to bring along their Aurocards. 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](#)) 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<br>6 PM - 7.30 PM                                                                                       | TUESDAYS<br>5 PM - 7 PM                                                                                   | THURSDAYS<br>5 PM - 7 PM                                                                                           | SATURDAYS<br>5 PM - 6.30 PM                                                                                            | SUNDAYS<br>5 PM - 6.30 PM                                                                                 |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Online<br>Ask for the link                                                                                      | Bharat Niwas<br>Harmony Hall                                                                              | Bharat Niwas<br>Harmony Hall                                                                                       | Online<br>Ask for the link                                                                                             | Online<br>Ask for the link                                                                                |
|                               |                        |                                 |                                     |                        |
| SYNTHESIS<br>OF YOGA<br>Sri Aurobindo                                                                           | BE AS YOU ARE<br>Ramana<br>Maharshi                                                                       | BASES OF YOGA<br>Mother's Talks                                                                                    | THE POWER OF<br>NOW<br>Eckhart Tolle                                                                                   | A NEW EARTH<br>Eckhart Tolle                                                                              |
| FOLLOWED BY                                                                                                     |                                                                                                           |                                                                                                                    |                                                                                                                        |                                                                                                           |
| <br>Méditation<br>Breathwork | <br>Live Sound<br>Bath | <br>Meditation<br>Visualization | <br>Present<br>Moment<br>Meditation | <br>Book<br>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 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.

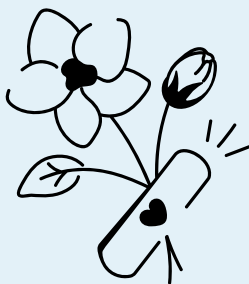
### Healing Practices for Trauma from the Perspective of Integral Yoga

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.

#### #1 Creating a Quiet Space Within to Heal Trauma

Trauma agitates the mind and nerves. A daily practice of sitting in silence, turning inward, and invoking peace gradually calms these vibrations. No need to "empty the mind" forcefully—simply sit quietly, breathe calmly, and offer yourself to the Mother, asking Her peace to descend into the body and heart.

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



## ANNOUNCEMENTS

### BEFRIENDING DEATH

THURSDAY 30<sup>TH</sup> OCTOBER, LIBRARY, CREATIVITY

**Time:** 10:45am - 11:45am

**Venue:** Library, Creativity community, Auroville

Open for all. No registration/ fee required.

Hosted by Deepa

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>





THE INNERBEING PROJECT IS  
DELIGHTED TO PRESENT TO THE  
COMMUNITY:

## KALOU: FROM THEATER TO FLIGHT: WHEN CIRCUS BECOMES AWAKENING



Auroville, India  
[Innerbeing.world](http://Innerbeing.world)

Discover Kalou's inspiring journey in this second episode of our PASSION series. From her beginnings in Parisian theater at the Avignon Festival to her discovery of circus and integral yoga in Auroville, Kalou shares how life guided her toward her true soul mission: transmitting body awareness to children through the art of aerial circus. Far more than simple technical instruction, Kalou uses aerial disciplines as an active meditation to help young people transform their fears into possibilities, develop their self-confidence, and live fully in the present moment. A touching testimony about heart-to-heart transmission, transcending the ego, and the dream of creating an Auroville circus company to share this transformative practice with the entire world.

Documentary in **French**, please find your preferred language by clicking on parameters / captions / subtitles.

Follow the other Passion' episodes on:

<https://innerbeing.world/passions/>

And subscribe to our YouTube channel:

<https://youtube.com/@theinnerbeingproject>

Dan & Svenja

The InnerBeing Project

## SPOOKY NIGHT MASQUERADE

FRIDAY 31<sup>ST</sup> OCTOBER, YOUTH CENTRE



Boo 🦇 Get your costumes ready!

\*Spooky Night Masquerade\* is coming on Friday 31<sup>st</sup> October at Youth Centre, Auroville 🕯️

Gothic vibes • Music & Dance • Magic • Mystery • Pumpkin Fun 🎃

Dress Code: 🤍 🖤 🖤 White, Black & Red

🌟 Plan your look early — it's going to be a night to remember!

#SpookyNight #AurovilleEvents #MasqueradeBall #Halloween2025

## HALLOWEEN

SATURDAY 1<sup>ST</sup> NOVEMBER, YUVA SANGHA (KAILASH)



Dear Community,

YouthLink is happy to invite you and your kids to our Halloween Celebration on **Saturday 1<sup>st</sup> November**, from **3:00 to 7:00 pm** at **Yuva Sangha (Kailash, Near SK)**.

Join us for an afternoon filled with fun activities including a haunted house, ghost bowling, art and craft, board games, quidditch, spooky snacks, a costume fashion show, and more.

This is a small local gathering for Aurovilians, Newcomers, and Volunteers only. For parents, kids, and friends to enjoy together.

Please note that the event is **not open to guests** this time, as we have limited space. We look forward to welcoming everyone once our new venue is ready.

If you would like to volunteer for decorations, food, or games, or if your child would like to set up a small stall, please message Ivy (91761 22030) on WhatsApp.

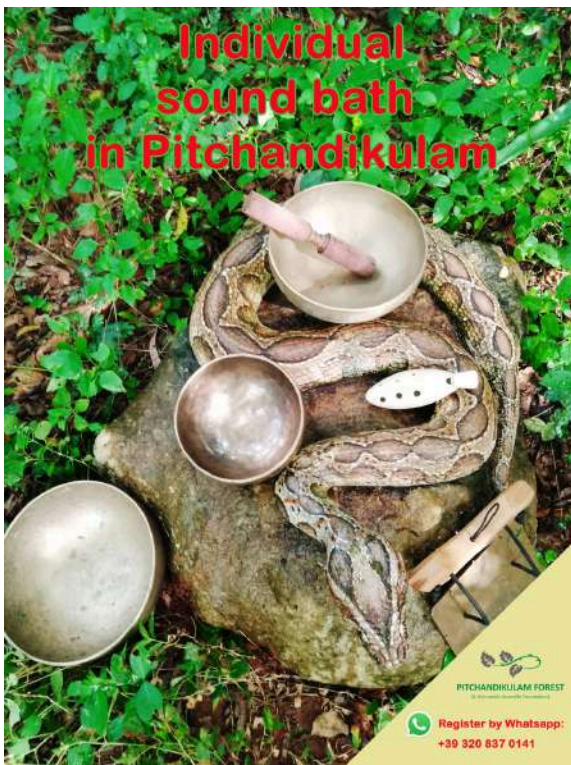
Warm regards,  
The YouthLink Team





## INDIVIDUAL SOUND BATH

### PITCHANDIKULAM 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*

## 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: lola 9443069335.

## HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive**  
COWORKING SPACE

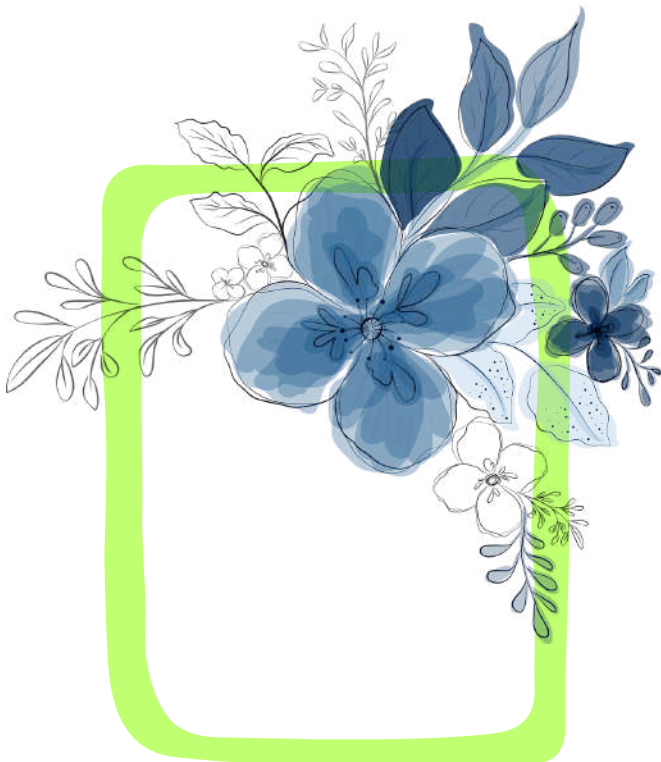
FREE ON EVERY FRIDAY

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

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

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

**All are Welcome!!!**



# 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](mailto: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](mailto: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 THIS ABANDONED DOG!



The dog from la Terrace is still waiting for a home.

He is vaccinated, dewormed, gets food everyday from Angelika and Rita. But this abandoned really nice dog needs a home.

To know more or if interested, contact 63846 93167

### 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**

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

With love,  
*Enzo*





## 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 [lsha@auroville.org.in](mailto:lsha@auroville.org.in)



### 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](mailto: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 15<sup>TH</sup> NOVEMBER, 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 18<sup>th</sup> October~~
- **Saturday 15<sup>th</sup> November**
- **and Saturday 20<sup>th</sup> 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.

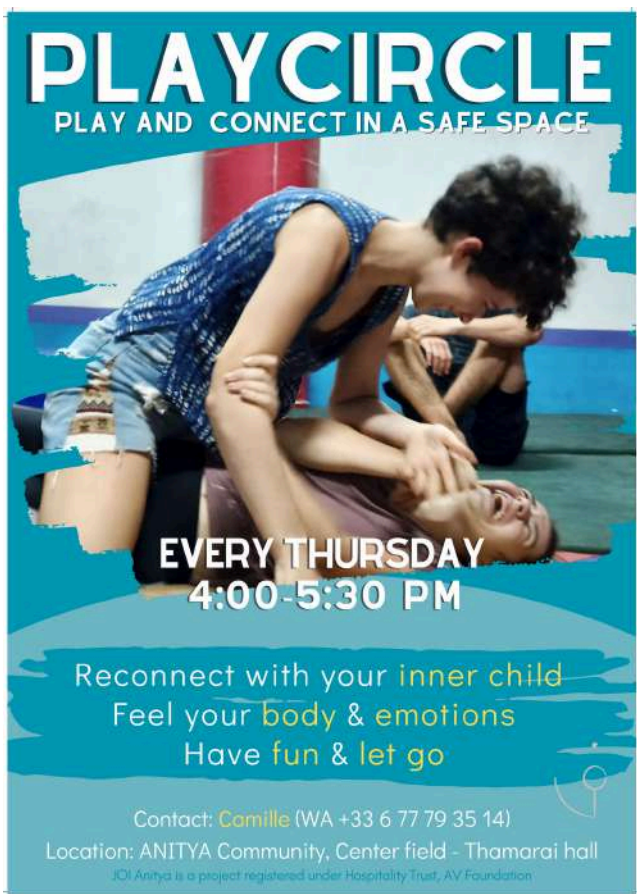
Shanti is offering this work as her gift to the community. Donations for the space in Anitya are appreciated.

### **Contact them to register:**

- Louise for WhatsApp: +91 73053 73562
- Shanti for email: [anandshanti@proton.me](mailto: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.

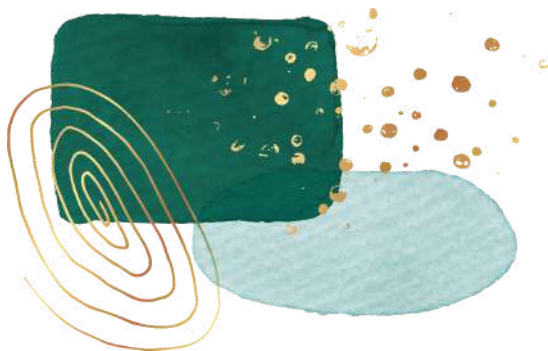
Camille (WhatsApp: +33 6 77 79 35 14), a trained practitioner, will guide you safely through this fun and mindful experience.

### 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!**





# CULTURAL ANNOUNCEMENTS

## BOJAGI ART WORKSHOP AND EXHIBITION

16<sup>TH</sup> - 25<sup>TH</sup> OCTOBER, CENTRE D'ART



**BOJAGI ART**  
EXHIBITION

Opening **21 Oct 2025 | Tuesday | 4:30 pm**  
**21 - 25 Oct 2025 | 10 am - 12:30 pm & 2 pm - 5:30 pm**  
(Morning by appointment only)

Learn the ancient Korean art of beautiful Bojagi wrapping techniques for gifts of all shapes and sizes. Participant's creations will be on display as part of the exhibition.

Workshop **16, 17 & 22 Oct 2025 | 3:30 pm - 5 pm**  
**Rs 500 per session**  
Aurovillian voluntary contribution  
contact **94899 04112**

 Centre d'Art Auroville  **KOREAN PAVILION**  
COMMISSARIAT DE LA REPUBLICA DE COREE

Centre d'Art, Citadines, Auroville, Tamil Nadu 605101

## SACRED FROST FLOWERS

## DESCEND UPON THE CITY OF DAWN

SAT 11<sup>TH</sup> OCT - MON 10<sup>TH</sup> NOV, TIBETAN PAVILION



**Sacred Frost Flowers  
descend upon  
The City of Dawn**  
*by Dr. Kuo Yong Chin*

**Opening Ceremony:**  
**11/Oct/2025 (2 - 5pm)** 

**Exhibition Day: 11/10 ~ 10/11/2025**  
9am - 12:30pm  
2 - 5pm (except Sun. & N. Holiday)

**Pavilion of Tibetan Culture  
International Zone Auroville**



## DOUBLE EXHIBITION AT CENTRE D'ART

31<sup>ST</sup> OCTOBER - 15<sup>TH</sup> NOVEMBER



### **DECOLLAGES** by Foulax

Graduation day in Transition School is the last day for the 8th grade students before they move on to high school. It is always an emotional moment for Foulax as he greets his students goodbye after teaching them for two years. It's a similar feeling than when your own child leaves home.

Foulax decided to prepare photos and collage for each of them. Originally, it was just a little gift, some funny pictures taken with his first digital camera and some computer effects. But after some years, it slowly became more refined, more detailed.

These collages were always trying to be a bit wild and out of mind to take a break from the more serious field of mathematics. That is why the title is about flying collages, "Décollage" in French means taking off.

### **THE OTHER SIDE** by Rishi

Rishi's paintings seek to break through the veil of perception, exploring the hidden layers of psychology and spirituality. He creates a made-up language of symbols and abstraction, driven by a longing to unveil what lies beyond illusion. Each brushstroke is a step toward the unknown, inviting viewers to confront their inner landscapes and question what's behind the curtain of reality.

His brushstrokes are instinctive and fluid, shaping movement and depth in a way that feels more channeled than planned. He welcomes unpredictability, often scraping, erasing, and reworking the surface to uncover hidden forms and emotions. This meditative process allows him to access a deeper state of consciousness, where painting becomes a bridge between the tangible and the unknown.



LE PAVILLON DE FRANCE PRESENT GAME NIGHTS  
EVERY WEDNESDAY, FRENCH PAVILION

LE PAVILLON DE FRANCE  
AUROVILLE PRÉSENTE



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!*

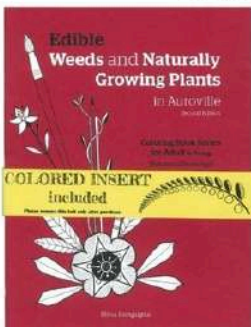


**STORY TIME AT THE AUROVILLE LIBRARY**  
**EVERY SATURDAY**



**EDIBLE WEEDS AND NATURALLY GROWING PLANTS**  
**COLORING BOOK : 2<sup>ND</sup> EDITION**

**Edible Weeds and Naturally Growing Plants**  
**Coloring Book : 2<sup>nd</sup> Edition**



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

[edibleweedwalk@gmail.com](mailto: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*

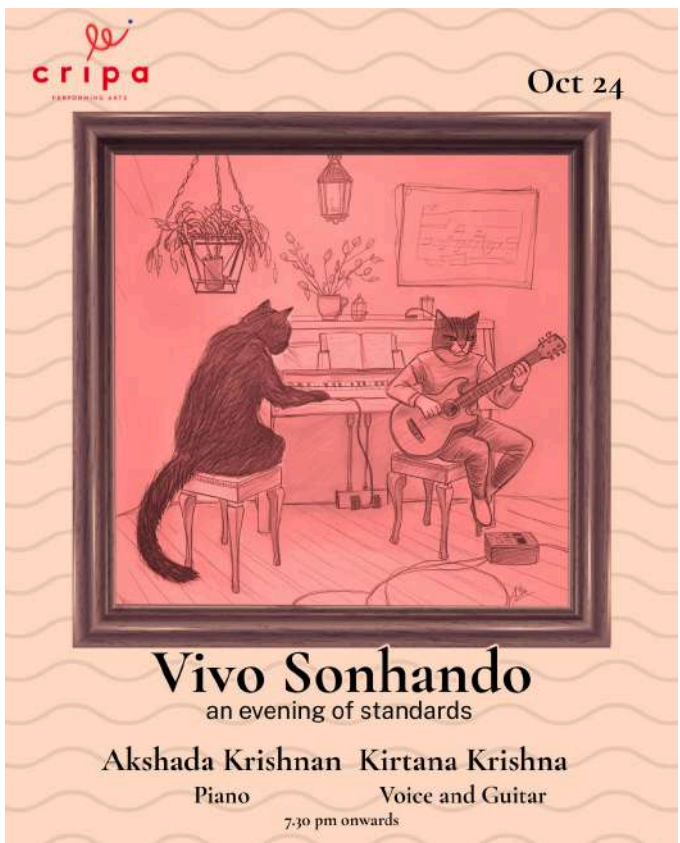
On behalf of Pavilion Of Tibetan Culture International zone



**AT CRIPA**

## **PRESENTING: VIVO SONHANDO - AN EVENING OF STANDARDS**

FRIDAY 24<sup>TH</sup> 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 24<sup>th</sup> October**

 **7:30pm**

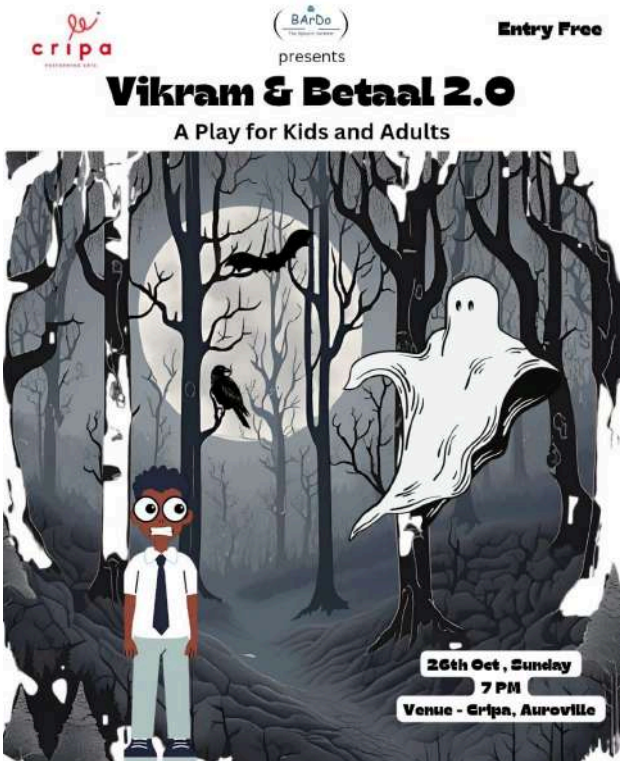
 **Cripa, Auroville**

Entry free - contributions welcome.



# VIKRAM & BETAAL 2.0

SUNDAY 26<sup>TH</sup> 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 26<sup>th</sup> October**  
 **7pm**  
 **Cripa, Auroville**

Entry free - contributions welcome.

## Cast

- Shafali
- Shivesh
- Praveen
- Zalina
- Akshay

## Lights

- Zalina

## Poems

- Srijita

## Masks

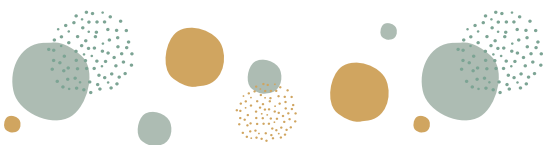
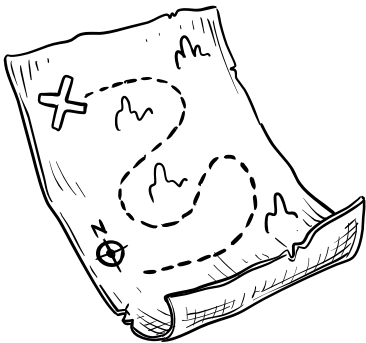
- Yukta

## 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](http://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 |  |

# POETRY

## Conferees of Grace

11/14/03

The ruby night sparkles with silver and gold,  
The car is warm, protected from the cold

And the roadways of our dreaming lead us home  
To a haven of safety beneath a star-pierced dome.

The tires hum a hypnotic lullaby  
As the mountains of our childhood pass us by

And we are safe in a moulded tin cocoon.  
But when the night shall yield again to noon

Might we recall a wistful melody  
Or richly wrought plaintive harmony

That moved the soul to wake from its long sleep  
The bridges of our ignorance to leap

As visions passed before the inner eye  
Of former lives and future destiny.

In childhood's open moments of release  
When soul rose up and silent bands of peace

In the playpen of our innocence came down  
And the great unanswered "why" was vaguely known

We glimpsed the past, some hint of who we were.  
In the labyrinthine mind began to stir

The seeds of consciousness so deeply sown  
In plant and animal, not man alone,

Accepting death as life's deep searing scars  
In former births attending future stars

To grow towards a supramental race,  
Participants and conferees of grace.

**Narad**





# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 27<sup>th</sup> October - 2<sup>nd</sup> November 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 27 OCTOBER, 8:00 PM:

### • SU FROM SO

India, 2025, Writer-Dir. J.P. Tuminadu w/ Raj B. Shetty, Shanil Guru, Prakash Thuminad, and others, Comedy-Horror, 137mins, Kannada w/ English subtitles, Rated: U/A (PG-13)

Ashoka, a carefree young man from Marlur, finds his life turned upside down when villagers claim he's possessed by the ghost of Sulochana from Someshwara. What begins as playful teasing spirals into chaos, comedy, and unexpected tenderness as Ashoka confronts love, fear, and the mystery of a spirit that refuses to be forgotten. When a ghost has a crush, things get complicated.

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

### • KAIDAN (KWAIDAN)

Japan, 1964, Dir. Msasaki Kobayashi w/ Michiyo Aratama, Misako Watanabe, Rentarô Mikuni, and others, Fantasy-Horror, 183mins, Japanese w/ English subtitles, Rated: NR (R)

The title literally translates to Ghost Stories. A blind musician, Hoichi, is summoned by spectral samurai to perform haunting ballads. A snow spirit, Yuki, saves a man, but love tests her vow. A samurai glimpses a chilling vision in his teacup. A greedy swordsman abandons his wife for wealth. Four eerie tales from Japanese folklore unfold in this acclaimed and awarded cinematic masterpiece.

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

### • NOVEMBER

Estonia-Poland-Netherlands, 2017, Dir. Rainer Sarnet w/ Rea Lest, Jürgen Liik, and others, Romance-Horror, 115mins, Estonian German-Italian w/ English subtitles, Rated: NR (R)

In a frostbitten Estonian village, Liina longs for Hans, who pines for a noblewoman. Amid werewolves, plague spirits, and soul-stealing kratts, love and survival blur in a world where magic is traded for scraps and hearts are bartered like goods. From the Nordic world comes this much-awarded, haunting and poetic tale of desire, folklore, and grotesque. In a land ruled by spirits, love is the most dangerous spell.

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

### • AU CIMETIÈRE DE LA PELLICULE (THE CEMETERY OF CINEMA)

France-Senegal-Saudi Arabia-Guinea, 2023, Dir. Thierno Souleymane Diallo w/ Thierno Souleymane Diallo, Penda Lam, Aboubacar Condé, and others, Documentary, 93mins, French Malinka-Pular w/ English subtitles, Rated: NR (G)

*This film is being brought to you in collaboration with Alliance Française.* Even with “cemetery” in the title, this is not a scary ghostly film. The Guinean director sets out to find Mouramani, a lost film from 1953 believed to be the country's first. His journey through archives and remote villages becomes a moving reflection on Guinea's forgotten cinematic heritage—a poetic tribute to memory, identity, and the spirit of storytelling.

EVERY CONTRIBUTION COUNTS

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

### • SINNERS

USA-Australia-Canada, 2025, Writer-Dir. Ryan Coogler w/ Miles Caton, Saul Williams, Andrene Ward-Hammond, and others, Horror Music, 137mins, English-Chinese w/ English subtitles, Rated: R  
In 1932 Mississippi, twin brothers Elijah “Smoke” and Elias “Stack” return to Clarksdale seeking redemption from their criminal past. But the town holds more than memories. As they face a ruthless landowner named Hogwood and a rising supernatural evil, their journey becomes a chilling clash between history, horror, and heart. *This much-acclaimed film was shared by youth member Prashast Gautam.*

## CHILDREN’S MATINEE – SUNDAY 2 NOVEMBER, 4:00 PM:

### • CASPER

USA, 1995, Dir. Brad Silberling w/ Chauncey Leopardi, Spencer Vroom, Malachi Pearson, and others, Comedy-Fantasy, 100mins, English w/ English subtitles, Rated: PG  
*Who says ghosts can’t be friendly?* Kat moves into a spooky mansion and meets Casper—a sweet, lonely ghost who just wants a friend. But his silly ghost uncles love causing trouble! Together, Kat and Casper discover secrets, share laughs, and show that even ghosts have hearts. It’s a magical adventure full of fun and friendship.

## CLASSIC WORLD CINEMA @ CINÉ-CLUB

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

### • THE LOST CITY OF Z

USA, 2016, Dir. James Gray w/ Charlie Hunnam, Robert Pattinson, Sienna Miller, and Others, History–Drama, 140mins, English–Spanish w/ English subtitles, Rated: PG.  
A true story of British explorer Major Percival Fawcett, who ventures deep into the Amazon and uncovers signs of a lost advanced civilization. Dismissed by the scientific elite, he returns repeatedly to prove his theory—until his final expedition in 1925 ends in a mysterious disappearance.

**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](mailto: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](mailto:mmcauditorium@auroville.org.in).*

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



# 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](mailto:financialservice@auroville.org.in)

### ELECTRICAL SERVICE (AVES)

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

### GAS BOTTLE SERVICE

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

### WATER SERVICE

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

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

### POUR TOUS PURCHASING SERVICE (PTPS)

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

### AUROVILLE LIBRARY

#### Timings:

#### **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](mailto:avlib@auroville.org.in)
- **Website:** <http://library.auroville.org.in/>





***In separateness lies the world's greatest misery; in compassion lies the world's true strength.***

Buddha

## 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.

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

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](mailto: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: [madhiazhagan014@gmail.com](mailto:madhiazhagan014@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](mailto: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<br>4:30 pm - 7:30 pm  |
| Sunday            | 6:00 am - 12:00 pm<br>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](mailto: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](mailto: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<br>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](http://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](mailto:matrimandir@auroville.org.in).

**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<br>94422 24680 | PIMS<br>0413 2656271 |  |
|--------------------------|----------------------|--|

**Security (24/7):**

|                                             |                                               |                                       |
|---------------------------------------------|-----------------------------------------------|---------------------------------------|
| Auroville Police<br>Station<br>0413 2677318 | Kottakuppam Police<br>Station<br>0413 2236148 | Vanur Fire<br>Station<br>0413 2677368 |
|---------------------------------------------|-----------------------------------------------|---------------------------------------|

**Health:**

|                                            |                       |                         |
|--------------------------------------------|-----------------------|-------------------------|
| Health Center<br>0413 3509942 &<br>3509943 | Santé<br>0413 2622803 | Farewell<br>89038 36246 |
|--------------------------------------------|-----------------------|-------------------------|

**Mental Health 24/7 Support:**

Vandrevala Foundation +91 99996 66555

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