

Auroville

NEWS & NOTES

No 1098 - A weekly bulletin for residents of Auroville

6 November 2025

RA EDITION



PONDERING

There is only one way of being right, but there are many ways of being wrong.

The Mother, Do the Right Thing, Words of the Mother III

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#do-the-right-thing>



NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

- For further information, please [click here](#) 😊 to view our complete FAQ document.
- For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

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

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team

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WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 271 DATED: 03-11-2025

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

For your information, when a process is rescinded it is because the Newcomer has not met the criteria, such as working in Auroville, living in Auroville, contribution, etc.

We thank you in advance.

The Admission Committee aka **the Entry Board of the Residents Assembly**, under section 19 of the Auroville Foundation Act

(Amy B., Fabienne, Grace, Mirco, Sara, Sonja, Vadivel)

AUROVILIAN ANNOUNCED



- **Nethya SRINIVASAN (Indian)** staying in Savitri Bhavan Hostel and working at Savitri Bhavan

NEWCOMER PROCESS RESCINDED

- **Padmaja PYDAH (Indian)**

NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.

FROM THE AUROVILLE COUNCIL

RESIGNATION OF LUCAS

Dear Community,

The Auroville Council wishes to inform the community that Lucas Pollet has resigned from his position as a Council member due to visa challenges.

We thank Lucas for his contribution and commitment to the work of the Council and wish him all the best for the future.

The Auroville Council

Martin, Ramesh, Rju & Sathiya

FROM THE WORKING COMMITTEE

STATEMENT BY THE WORKING COMMITTEE SELECTED BY THE RA

Dear Community,

We are all going through challenging times and the challenges seem to have intensified in the recent period.

However, we are keeping our faith high that Auroville can go towards a more inclusive and collaborative spirit in the future.

Collaboration is one of the *raison d'être* of Auroville, but the actions of the new administration in the last few years, which have totally sidelined the residents, their representatives, and the community at large, have been completely going against this ideal.

We should keep in mind that we are not simply 'permitted residents' as certain communications from the Foundation Office are saying. We are all, as residents, a core part of the project of Auroville, and it is our responsibility and duty to contribute to its manifestation as willing servitors of the divine and not merely as inmates of a regulated institution.

For this reason, we would like to reassure you all once again that we are firm and resolute in continuing to navigate through this complex time until a better atmosphere returns.

We would like to remind everyone, also, that the legal matters concerning the Working Committee are still open in the Madras High Court. Recent communications that are trying to represent the judgement of 18th October 2024 on the Quo Warranto case in the Madras High Court as a final endorsement of the 'Working Committee' recognized by the Governing Board, the Secretary, and the Auroville Foundation Office, are incorrect and misleading.

All three cases concerning the Working Committee are still pending in the Madras High Court. The Quo Warranto order that is often quoted by the Foundation Office Administration was dismissed on technical grounds and does not claim to represent the final resolution of the matter. In fact, the same order says that for the time being the management and functioning of Auroville are regulated by a Court Order of 4th September 2023 that stipulates that the Residents' Assembly may function as provided under Sections 18 to 20 of the Auroville Foundation Act, 1988 provided it shall not take policy decisions which shall alter the existing structure and working of the Auroville Foundation. But the same limitations apply also to the Governing Board. The order of 4.9.2023 removed all restrictions to the functioning of the Residents' Assembly except for the above limitation. Under Section 20(3) of the Auroville Foundation Act, the manner of choosing the Working Committee members and their term of office shall be such as may be decided by the Residents' Assembly.

We feel that this part of the provisions have been repeatedly disrespected by the Auroville Foundation Office and the groups supporting it and used to falsely claim that our Working Committee selected by the RA is not legitimate. We would like to remind you that there have been a number of RADs in the past few years that have been carried out according to approved RA processes and which clearly show recognition of the legitimacy of this Working Committee and how it has been duly selected by the Residents' Assembly of Auroville.

It is important to note also that the sentence of the Supreme Court of March 2025 in the TDC case is concerning committees constituted by the Governing Board under Section 16 of the Auroville Foundation Act and has no relevance for the Working Committee, which is constituted under Section 20.

We maintain our faith that in due course, truth, reason and clarity shall prevail.

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



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1103

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

COMMUNITY NEWS

COMMUNITY SHARING

THE AUROVILLE LIBRARY - PHONE NUMBER CHANGE

Please note that our phone number for the
Auroville Library has been changed back to
0413 2622 894 !



NEW MATRIMANDIR LANDLINE PHONE NUMBERS

Please note the new landline numbers for Matrimandir:

Office	0413 350 9202
Office gate	0413 350 9214
Access group	0413 350 9206, 0413 3509 207
Offering desk	0413 350 9203, 0413 3509 204
Lake Office	0413 350 9213
Finance office	0413 350 9201
Security	0413 350 9216
StockRoom / Workshop	0413 350 9215

THE MOTHER'S ROOM DARSHAN - 17TH NOVEMBER AND SIDDHI DAY OR THE DAY OF VICTORY - 24TH NOVEMBER



Dear friends,

The Mother's Mahasamadhi and Siddhi Day are approaching. The Sri Aurobindo Ashram has announced that tokens will not be required for Room Darshan on either of these days.

If you would like to visit the Mother's Room on Monday, 17th November or Sri Aurobindo's Room on Monday, 24th November please go directly to the Ashram on these days.

Opening timings for both Darshans are from 5am to 12 noon.

With love,
Andrea

CALL FOR PROPOSALS FOUNDATION FOR WORLD EDUCATION 2026



A two-part application form is available from abundance.pcg@auroville.org.in on request to apply for funding from the Foundation for World Education in the first quarter of 2026.

The Foundation for World Education welcomes applications for impactful, future oriented initiatives.

Please refer to <https://www.foundationforworldeducation.org/guidelines/>

Please note that except in very rare circumstances, the FWE does not give grants for the maintenance of individual Aurovilians.

All documents related to this purpose are to be submitted in the prescribed format as email attachments to a covering letter and sent to abundance.pcg@auroville.org.in latest by **Monday 30th November**.

Please submit earlier if possible. You are invited to send in a draft version of your proposal prior to the due date. ***(If you plan to submit a proposal, please carefully read this full announcement to the end!)***

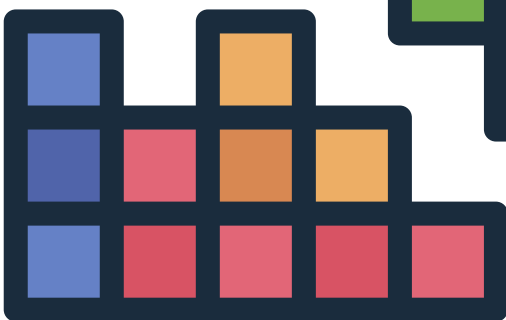
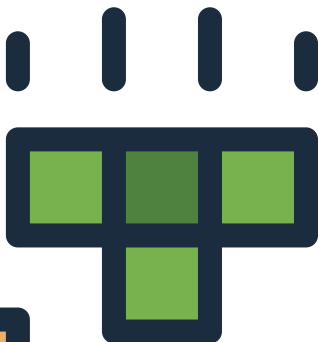
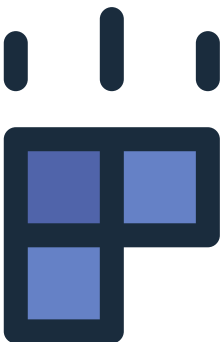
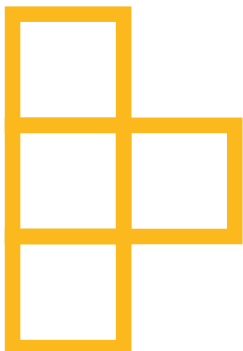
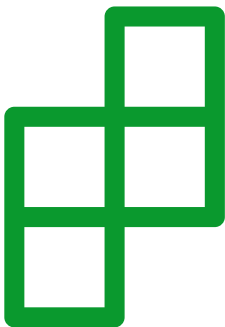
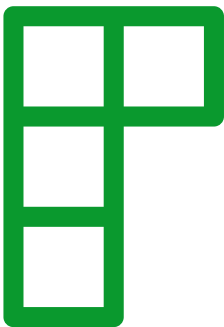
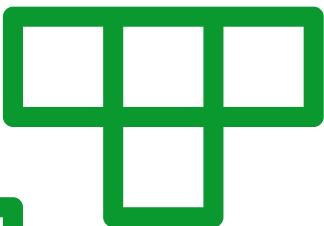
A grant application form and budget request form are available from abundance.pcg@auroville.org.in on request.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or students of any individual classes, your project is to be reviewed by all concerned School Boards prior to sending to Abundance PCG.. (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it.

NB If you have already received funding for a project from FWE or SDZ please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all funds have been utilized) before applying again.

For more information or assistance you are welcome to contact abundance.pcg@auroville.org.in via email.

The last date for submitting proposals for this call is **Monday, 30 November**.



Physical Education – Common Minimum Programme

“Of all the domains of human consciousness, the physical is the one most completely governed by method, order, discipline, process. The lack of plasticity and receptivity in matter has to be replaced by a detailed organisation that is both precise and comprehensive. [...] That is why all education of the body, if it is to be effective, must be rigorous and detailed, far-sighted and methodical.”

*The Mother, 1951
On Education, CWM, Vol. 12*

In the context of Integral Education, physical education holds great importance. This is something we seem to have accepted in the collective. Yet the quality of the physical education offered, the scientific understanding of the functioning of the body, as well as the rigorous discipline, and sense of far-sightedness has been a challenge.

In 2024, the Auroville Physical Education Body (AVPEB) was formed, reorganised much of the team at Dehashakti and ran a one year long Integral Approach to Physical Education (IAPE) course. This course continues to be proposed this year, as well as the setting up of a Common Minimum Programme (CMP), and taking cues from the sports vision of the Sri Aurobindo International Centre of Education (SAICE).

The programme follows a spiral progression from early years to adolescence, with running, relays, games, yoga, gymnastics, movement awareness, and quieting practices. Each week builds a rhythm of effort, concentration, and joy. Reflection is woven into the process, inviting students and coaches to observe inner development along with outer skill.

The CMP is currently being worked out, tried out and introduced across Auroville schools both in the city centre and outskirts of Auroville. This programme seeks to offer all students, (and later adults too) a shared base from which to grow—strong, joyful, disciplined, and inwardly awake.

One of the key challenges will be to see how our collective responds to a push towards a more structured course of physical education. For, while freedom to explore and progress in one’s own way is a key condition to the experiment of Auroville, yet each part of the being has its own rules and laws. The last several decades of education in Auroville have seen an increase in structure academically, —though the mind needs wide fields of constant expansion— but we have struggled to establish for ourselves as a collective a solid and comprehensive physical education programme. We see this as an important investment in the children's future.

As Auroville grows and diversifies, the CMP proposes to offer a common pulse, to set up a rhythm of physical culture that may clarify the process and helps anchor every individual in some physical discipline. It aims to bridge schools, backgrounds, and pedagogies while in time, allowing space for each to find their path across the varied offerings according to their capacities and expressions.

“The basic programme, will be to build a body, beautiful in form, harmonious in posture, supple and agile in its movements, powerful in its activities and resistant in its health and organic function.”

—The Mother

THANK YOU NOTE FROM YOUTHLINK



Dear Community,

Thank you so much for joining our Halloween gathering. We had over 100 kids, along with their parents and friends, and the energy was incredible. We didn't expect this, so many people showed up, had fun, and we're really happy it turned out even better than what we planned for.

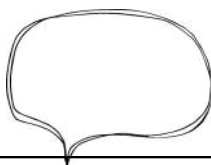


A special thank you to **Auro Orchard, Marc's Café, Bharat Nivas, and the Realisation community** for supporting the event.

We also want to appreciate all the kids who came, from Auroville and the outreach schools, you made it unforgettable.

Until next year! 🎃

— YouthLink Team



RESIDENTS SPEAK

AUROVILLE IS A MATTER OF LOVE

Love knows no calculation, no bargain. No money, no property. True unconditional love, where nothing exists but the beloved, is an exalted state that makes one feels walking on water, flying by the wind, dissolved into the other who is but oneself.

Love for the guru, or the ideal, are same. So overwhelming that there is nothing to renounce or sacrifice, love only exists. When this is a settled collective experience, as it was for the Auroville's pioneers, it is multiplied by each and all those who share in the marvellous adventure. Sustaining each other in wealthy times as in meagre times, come what may.

To love that way, unconditionally, needs psychologically healthy, fulfilled people, braving all hardships by faith, self-offering and one-pointed concentration. Nor can one do sadhana while pushing all that's foreboding and threatening down into the unconscious; starting from one's suppressed primal pain (intrauterine period, childbirth, early years of life characterized by the absence of true love by one or both parents etc.), forcefully resurfacing at any successive mishap. Old and new traumas are welded together into

a massive, monolithic block of pain, fashioned after the primal trauma that determines the course of all successive traumas, cutting off the essence of life.

One's primal pain (because of the original trauma, anesthetized and removed) cuts off from true love: we cannot give what we did not receive. ***"There are no bad children. There are only suffering children"*** wrote the psychiatrist Arthur Janov. The same is true about adults.

It is not that people don't understand Mother's guidelines (once they are informed!), which are crystal clear. It is that something within is broken, wings cannot grow.

In Auroville, minimal material conditions & moneyless living were still common in the early nineties – and not because there was no alternative: no one was forced to join, living that way. What made the difference is that people had a joie de vivre, or faith in the ideal, or both that made anything else redundant. Effortless, boundless enthusiasm were the pioneers' reaches.

Conversely, a deep primal trauma keeps adding defences: life is

killed. And love. No power, rule, amount of money or comfort can patch up one's poverty within.

"Whole, integral, total": this is the way to recover the Path, as individuals and as a group-soul. What once we have been, and should again be.

Mother's Guidelines, her City, are a work of love. Spontaneous, effortless, irresistible.

Psychic love, divine love.

Paulette

AUROVILLE AS KURUKSHETRA 10.0

The City of Dawn: The Crowning Battlefield for the Direct Supramental Action of the Dual Avatar Sri Aurobindo and the Mother, the Last Avataric Incarnations of the Supreme Divine Ishwara-MahaShakti in Human Bodies.

Progress Report Circa 30 October 2025:

Firstly, Unity is already.

There is Only One.

The Eternal Truth of Oneness in Diversity.

On this Earth evolutionary.

This the Divine's Play of the many as One

Hiding Itself in the utmost obscurity

Starting from zero equals undivine,

Cattle-prodded by typal forces anti-divine

In a trajectory back to total identification.

A massively multiplayer role-playing game

With personas wallowing in the illusion

Of a false-separative ego-mind,

A divisive consciousness-force

Projecting a world of differences,

A battlefield of allies and adversaries,

Which is only evolutionarily necessary

As part and parcel of individualisation.

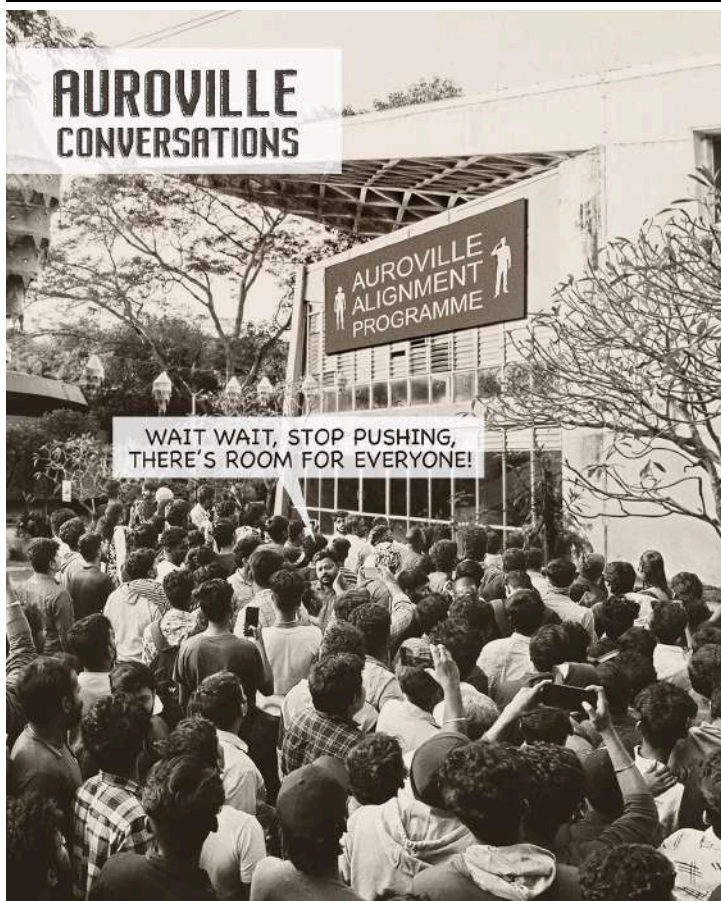


To continue reading, click [here](#), scan the QR Code, or go to this blogsite and open the post with the same title:

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

Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

30 Octobre 2025



Auro – Traductions

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



NOUVELLES D'AUROVILLE

6 Novembre 2025



Auro – Traductions

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



[Déclaration du Comité de travail
sélectionné par la RA](#)



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 11th November, 9 am - 12 noon
Focus: The Great Stair of Existence

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

Please note -

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

Minimum contribution -

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

(This is minimum contribution to meet the Program expenses, more is welcome).
(Aurovilians/ Newcomers excluded, but can donate as per their discretion).

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

Prior registration needed for online sessions.

Warmly, Debashish

HEALING PRACTICES FOR TRAUMA FROM THE PERSPECTIVE OF INTEGRAL YOGA



WHAT IS TRAUMA?

In 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.

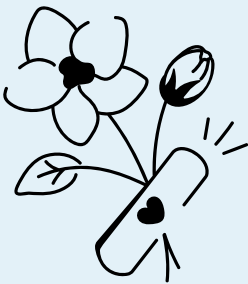
Healing Practices for Trauma from the Perspective of Integral Yoga

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.

#3 Working with the Body in Order to Heal Trauma

Trauma often leaves imprints in the body—tightness, fatigue, restlessness. Awareness of breath, gentle stretching, or conscious relaxation before sleep helps release these knots. One may also place a hand on the painful area and visualize the Mother's light shining there.

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 13TH NOVEMBER, LIBRARY, CREATIVITY

Time: 10:45am - 11:45am

Venue: Library, Creativity community, Auroville

- Open for all. No registration/ fee required.
- Phones on airplane mode.
- No entry after 10:45am.

Hosted by Deepa.

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>



JIVA AUROVILLE



A platform of Aurovilles therapists for therapy, workshops, classes, and professional training.

Regular offers

- Natural Horsemanship & Horse Assisted Therapy: Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork Sundays 4:30 - 8pm
- Cosmic Dance wave Saturdays 5 - 6:30pm.

Upcoming workshops

- Inner Childwork in the perspective of Integral Yoga 8th & 9th Nov
- Body in Light 21st - 23rd Nov.

And more ...

www.auroville-jiva.com contact@auroville-jiva.com

WA 96260 06961

CREATIVE VOICE SOUND HEALING

EVERY THURSDAY, HALL OF LIGHT, CREATIVITY

**HALL OF LIGHT
CREATIVITY COMMUNITY
AUROVILLE**

**CREATIVE VOICE
SOUND HEALING**

**EVERY THURSDAY
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



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

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

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE



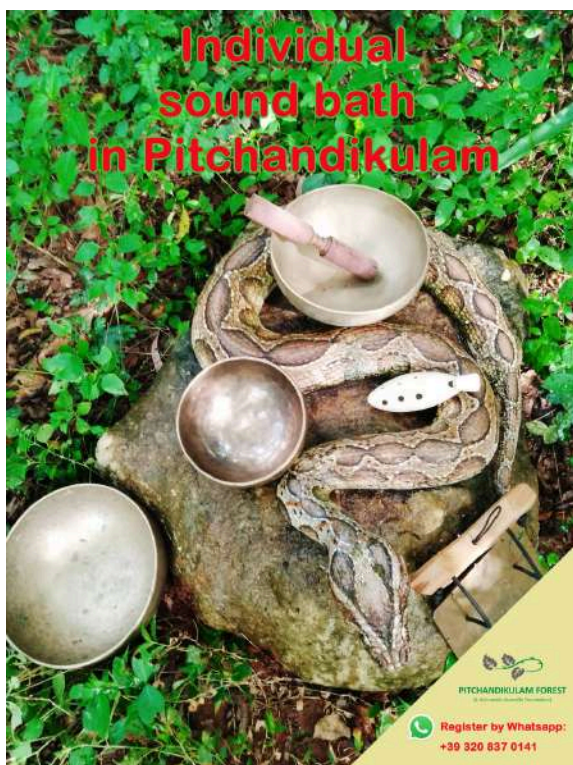
Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

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

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

SUPPORT NEEDED

APPEAL TO SUPPORT THE MULTIMEDIA CENTRE AUDITORIUM - CINEMA PARADISO



Appeal to Support MMC-CP

Multimedia Center Auditorium – Cinema Paradiso

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance—everything else, from fuel to essential upgrades, we manage together. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

We need at least 5 more Auroville units to join the two already contributing ₹3,000/month each, seven contributors total. **Individuals and film lovers are welcome to support too.**

Indian nationals and unit holders can easily donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to Cinema Paradiso (MMC-CP FS Account #105106). Direct payments to our FS Account are not considered donations and will incur an 18% GST—but if that works better for you, please go ahead.

Every contribution counts. It helps keep screenings alive and strengthens community spirit. Be part of the story!

Thanking you
MMC-CP Team

WORK OPPORTUNITIES

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



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

What You’ll Do:

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

Who We’re Looking For:

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

Why Join Us:

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

How to Apply:

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

“Part-Time Video Editor Application” –
serena_aurora@auroville.org.in

SOCIAL MEDIA MANAGER – AURORA’S EYE FILMS, AUROVILLE

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

Role:

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

Responsibilities:

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

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

Requirements:

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

What we offer:

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

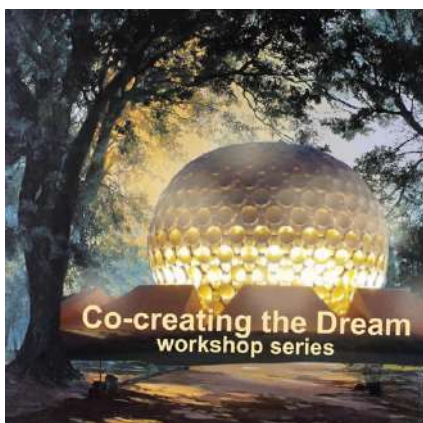
✉ How to Apply:

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

WORKSHOP

CO-CREATING THE DREAM WORKSHOP SERIES

SATURDAY 18TH
OCTOBER, VÉRITÉ



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

Each workshop is a stand-alone experience.

The series continues on **Saturday 8th November in Verite** with our third workshop:

"From Thorns to Roses - Increasing Collaboration by Transmuting Defensiveness"

Join us for a transformative workshop that deepens awareness of defensiveness and its roots. Instead of suppressing defensive behaviours, we'll explore them as valuable signals of unresolved experiences and learn gentle ways to release past hurts, making it easier to stay open, connect authentically, and collaborate with greater ease in the community.

Register at [Verité](#).



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

HOUSE SITTING

Dear Community,

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

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

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

With love,
Enzo



ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES FOR OCTOBER :

Hatha Yoga with Ramesh

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

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

Traditional Sanskrit Mantras with Sonia

- **Friday from 5 - 6pm (Regular students only)**

In the recitation of Sanskrit Mantras the sound is very important, and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Private Classes on request (for groups or individuals)

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



ACTIVITIES AT JOI - ANITYA COMMUNITY

JOURNEY TO INNER PEACE :

HOLISTIC HEALING SERVICES JOI ANITYA



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

- **Location:** Anitya Community, Centerfield, Auroville (500m after Center GH). Road work is ongoing so follow the sign after Nandanam School.
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages).
- **WhatsApp Group:** We have created a new WhatsApp group for those interested to know what activities we offer - [join here!](#)

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 15TH NOVEMBER, ANITYA

**FAMILY
CONSTELLATION**

With Shanti

In Anitya

A circular portrait of a woman with grey hair, smiling, wearing a white top and a white flower in her hair.

October 18

November 15

December 20

JOI Anitya is registered under Hospitality Trust, AV

Dear community,

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

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

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

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

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

About the facilitator:

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

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

Contact them to register:

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

NATURAL CRAFTS FOR AGES 4 - 7

EVERY WEDNESDAY - FOR NOVEMBER

NATURAL CRAFTS

AGE 4 - 7

EVERY WEDNESDAY
FROM 2:30 TO 4:00 PM

ANITYA COMMUNITY

More infos :
Meghan +916385549802

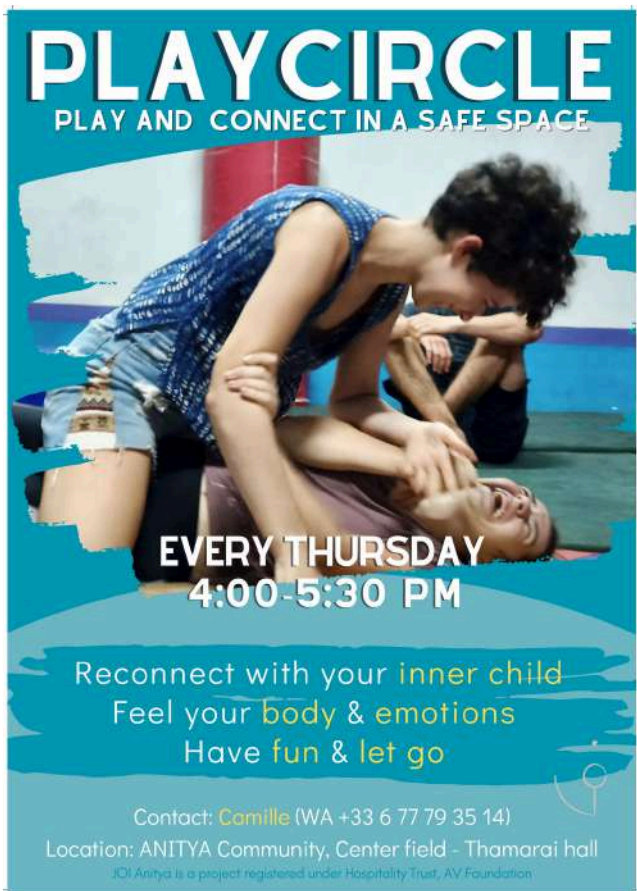
Av/Nc/
Volunteers
150rs/class or
500rs/month
Guests
250rs/class

Please, stay with your kids to engage them
in the activities if you think it is necessary

JOI Anitya is registered under Hospitality Trust, Auroville Foundation.

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.

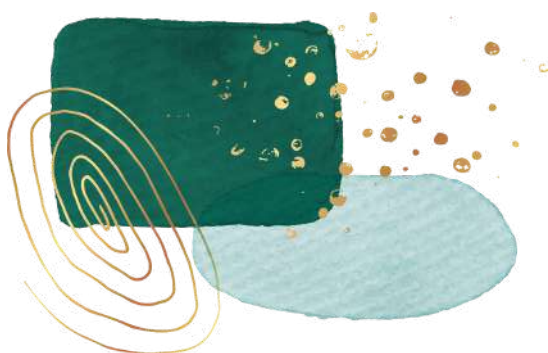
Camille (WhatsApp: +33 6 77 79 35 14), a trained practitioner, will guide you safely through this fun and mindful experience.

Guidelines:

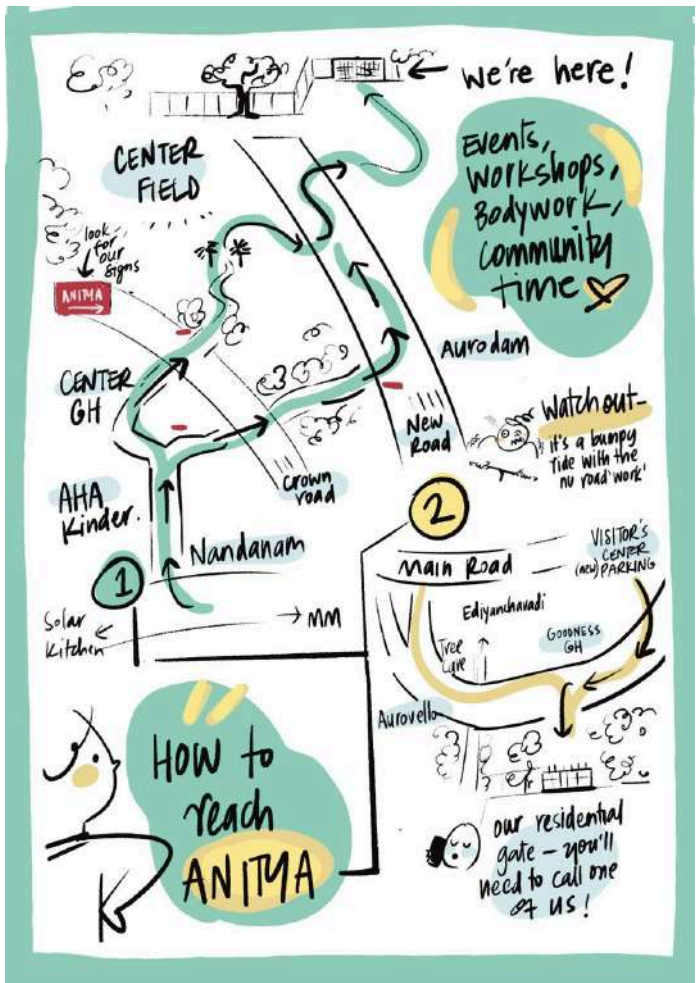
- Wear comfortable sports clothes
- Open to everyone aged 15 and above
- No previous experience needed
- Location: Joy of Impermanence – Anitya Community
- Contribution for JOI Anitya:
 - Guests – 100 Rs
 - Volunteers, Newcomers, and Aurovilians – free / donation welcome.

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!



HOW TO REACH ANITYA!



CULTURAL ANNOUNCEMENTS

DOUBLE EXHIBITION AT CENTRE D'ART
FRI 31ST OCTOBER - SAT 15TH NOVEMBER

A poster with a dark blue background featuring a white spiral pattern. At the top, a painting titled 'RISHI - The Other Side' is shown, depicting a red building, a blue sky, and a black figure with a red eye. Below it, a red banner reads 'Opening on 31 October at 4.30pm'. At the bottom, a painting titled 'FOULAX - Décollages' is shown, depicting a group of people in a colorful, abstract setting. The text '31 Oct - 15 Nov' is at the bottom left, followed by 'TUE to FRI 2-5.30 SAT 10-12.30, 2-5.30' and 'Morning by appointment centredart@auroville.org.in'. A small logo of an eye is at the bottom right.

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.



SACRED FROST FLOWERS

DESCEND UPON THE CITY OF DAWN

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



PHOTO CIRCLE MEETS AGAIN

FRIDAY 7TH NOV, CENTRE D'ART MULTIMEDIA ROOM,
CITADINES

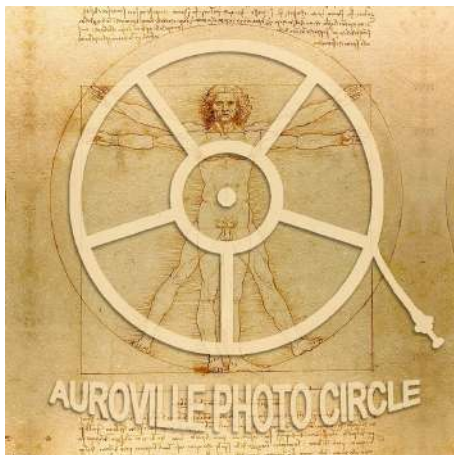


Photo Circle meets again on **FRIDAY 7th NOVEMBER at 5pm in the Centre d'Art multimedia room, at Citadines.**

The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anybody can bring and screen a small selection of images.

Everybody's welcome.

THE MOUNTAIN GLOWED LIKE FIRE : EXHIBITION

SAT 1ST - SAT 15TH NOVEMBER, PITANGA



Exhibition: 1st – 15th
November 2025 in Pitanga
Cultural Centre

Monday to Saturday, 8.30am -
12pm and 2.30pm - 5.30pm.

NEW EXHIBITION AT THE AUROVILLE LIBRARY

We are happy to exhibit artworks by
Claudine from Minati.

All are welcome during opening
hours.



Mornings: Mon - Sat: 9am - 12:30pm

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

FOR THE BOOKWORMS

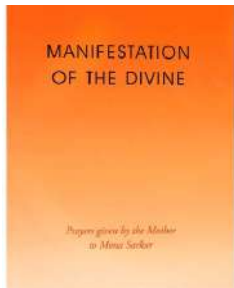
AUROVILLE LIBRARY

New Arrivals!

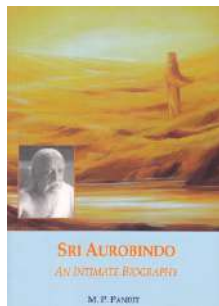
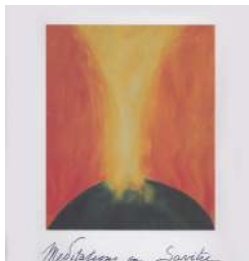
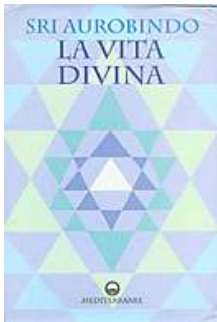
Dear Friends,

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!

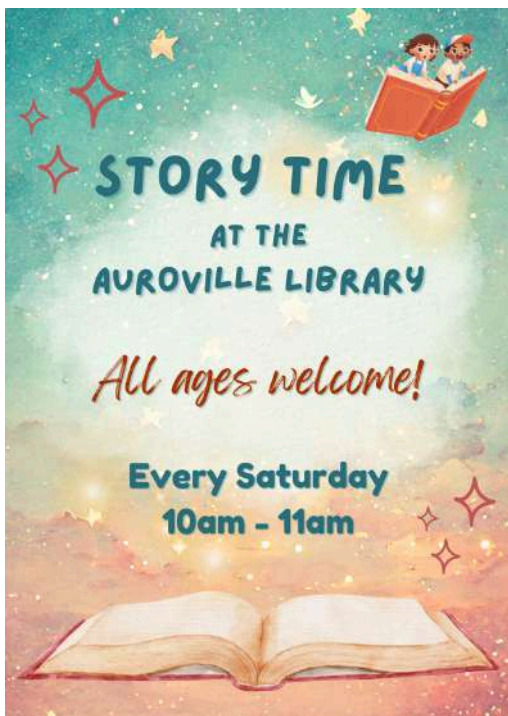


And we didn't forget the children! There are plenty of fresh reads in the kids' room as well.

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!

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



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

Farming !

Come by to check out our selection!



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,

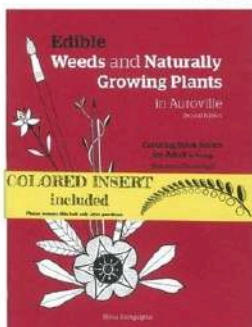
Submitted by Kalsang

On behalf of Pavilion Of Tibetan Culture International zone



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

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



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

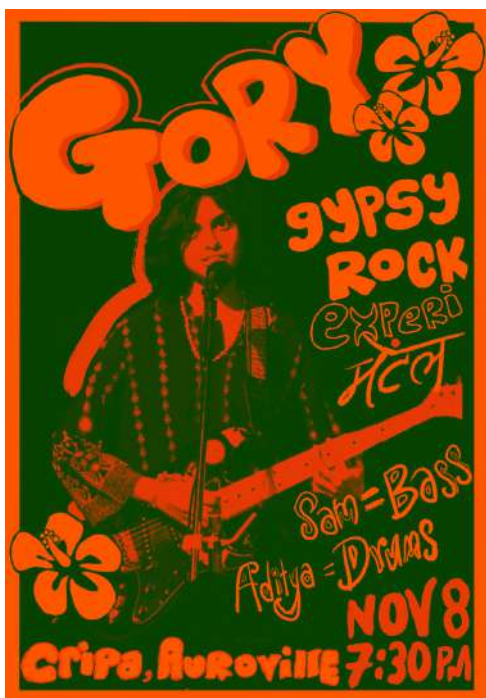
In Auroville and the bioregion, copies can be picked up—after payment—from designated spots like Town Hall or PTDC. Price: ₹600 (pickup) / ₹750 (with S/H).

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

Thank you,
Nina

edibleweedwalk@gmail.com | FS Account # 251937


PRESENTING GORY: GYPSY ROCK EXPERIENCE


SATURDAY 8TH NOVEMBER

Gory believes each song writes itself born from experience, stitched together by memory and melody. Her music is for those who know love, who honor the art of listening, who are hungry for words that mean something that change something

Join her as stories unfold in sound with Aditya on drums and Sam on bass straight from the 60s. Raw, real, and unguarded.

 **Saturday 8th November**

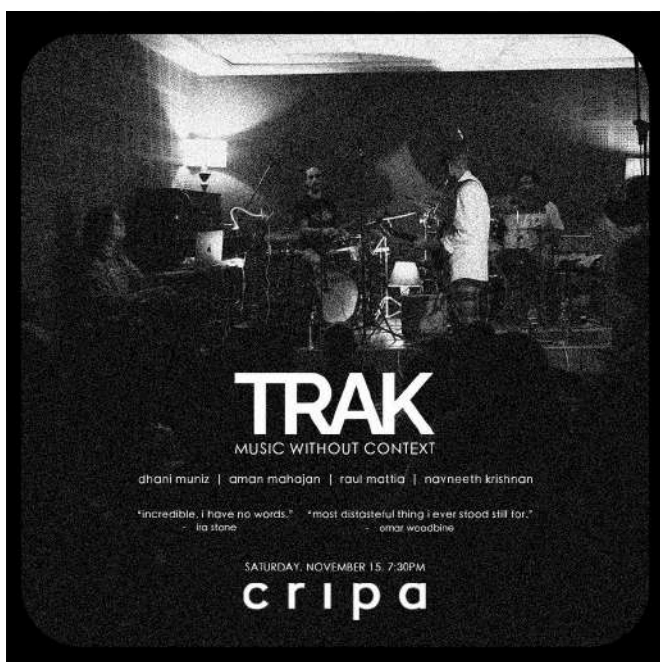
 **7:30pm**

 **Cripa, Auroville**


Entry free, contributions welcome 😊





TRAK: MUSIC WITHOUT CONTEXT

SATURDAY 15TH NOVEMBER

Dhani Muniz's new group is a field for artistic horseplay with some of India's most exciting musicians, as the leader's brash, feral guitar playing and skeletal compositions (taken from his 2024 debut album Chimu Fiesta) fuel keyboardist Aman Mahajan's endlessly imaginative, often disembodied reveries and the percussive octopus that is the dual-drummer team of Raul Mattia and Navneeth Krishnan. Playing wildly intense, often humorous sets that tease a merry-go-round of musical genres and worlds, TRAK takes the concepts behind improvisational music return to their original purposes- creating for the individual listener a feeling of weightlessness, a sense of being removed from time altogether, and the urge to listen not only with the ear, but with the entire body.

 **Saturday 15th November**

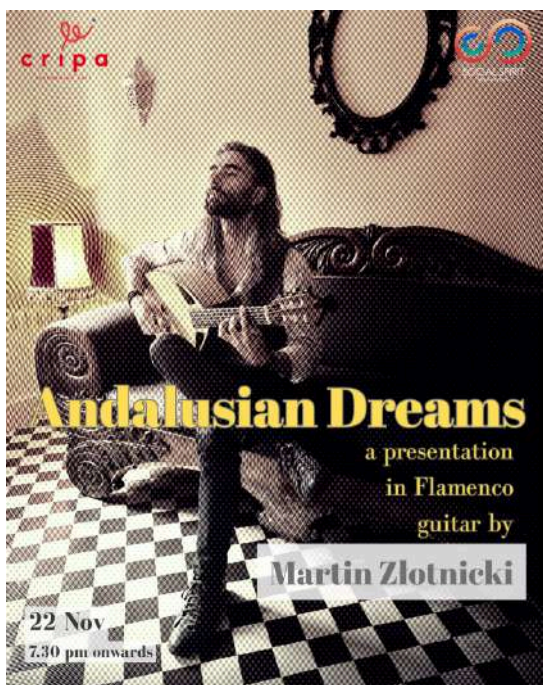
 **7:30pm**

 **Cripa, Auroville**

Entry free, contributions welcome 😊

ANDALUSIAN DREAMS - A PRESENTATION IN FLAMENCO GUITAR BY MARTIN ZLOTNICKI

SATURDAY 22ND NOVEMBER





Martin Zlotnicki brings to life the soul of flamenco through his dynamic and heartfelt guitar performance. Drawing from the deep traditions of Andalusian music, his playing weaves together rhythmic intensity, melodic grace, and the emotional rawness that lies at the heart of Flamenco.

With a background that bridges classical technique and contemporary expression, Martin explores the guitar as both a percussive and lyrical instrument - his interpretations move seamlessly from intricate falsetas to moments of quiet reflection. His repertoire ranges from traditional palos to original compositions that reflect his own journey through the art form.

This performance invites listeners into the intimate dialogue between rhythm and emotion - a meeting point of passion, discipline, and improvisation that defines Flamenco at its core.

 **Saturday 22nd November**

 **7:30pm**

 **Cripa, Auroville**

Entry free, contributions welcome 😊

FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044



www.myfoodforest.in

RIGHT PATH CAFE, VISITOR'S CENTRE

Dosa corner
starts from
6:30pm

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

FOR AUROVILIANS & NEWCOMERS

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

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



AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.156](#) (Literature)
- [Savitri - Ep.26: Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 10: "Conscious Force"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.513](#) (Integral Yoga)

Latest Youtube Video

- [Days of Beauty - Ola Gjeilo | Cover performed by The Auroville Choir](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

POETRY

The Spark

The spark in your eyes,
In your countless eyes,
That drew me here, drew me near,
That hooks me here.
The spark that shines brighter with a laugh,
Then wanes, and loses its track.

I see all this—
Sometimes with a smile,
Sometimes with a sigh.
Sometimes I turn to the mirror,
Just to see
If the spark is there
In my eyes.

I hold it dear—dearer than all the treasures in life—
That there is still this spark in your eyes,
In your countless eyes,
And in my eyes,
Even when we play mischief,
Even when we do not see
Eye to eye.

Anandi Z

CINEMA

CELEBRATE WORLD KINDNESS DAY - WITH A FILM OF KINDNESS AND HOPE

THURSDAY 13TH NOVEMBER, BHUMIKA HALL, BHARAT NIWAS



To celebrate World Kindness Day, we warmly invite you to a special screening of the Oscar-winning animated short, **'The Boy, the Mole, the Fox, and the Horse.'**

Based on the beloved children's book, this is a heartwarming, hand-drawn film—perfect for all ages—that beautifully tells a story of kindness, friendship, courage, and hope.



The film runs about 35 minutes, leaving us with time for shared reflection and connection. We'll also be sharing a brief update on our research project, 'The Potential of Kindness', which we're preparing to present to the community in December.

This is a free event, and all are welcome so feel free to bring your friends and family to enjoy the movie.

We start at **2:30pm** and will be finished by 4pm latest. If you have any questions WA Helen on 70947 53054.

Helen & Nikethana



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 10th - 16th November 2025

Cinema Paradiso—Multimedia Center is operating at full seating capacity. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time.

Kindly refrain from using mobile phones during the screening and note that food and beverages are not permitted inside the hall.

INDIAN – MONDAY 10 NOVEMBER, 8:00 PM:

• SONGS OF PARADISE

USA-India, 2025, Writer-Dir. Danish Renzu w/ Saba Azad, Soni Razdan, Zain Khan Durrani, and others, Drama-Musical, 106mins, Hindi w/ English subtitles, Rated: U (G)

In 1950s Kashmir, Noor Begum dreams of becoming a singer in a world where women's voices are silenced. Inspired by the life of legendary artist Raj Begum, her journey unfolds through music, defiance, and grace. As Noor rises against tradition, she reclaims melody as a form of freedom and identity. *In the hush of tradition, she found her song.*

POTPOURRI – TUESDAY 11 NOVEMBER, 8:00 PM:

• LA GRANDE VADROUILLE (DON'T LOOK NOW... WE'RE BEING SHOT AT!)

France-UK, 1966, Writer-Dir. Gérard Oury w/ Bourvil, Louis de Funès, Claudio Brook, and others, Slapstick-War, 123mins, French-English-German w/ English subtitles, Rated: G

This film is being brought to you in collaboration with Alliance-Française. Awarded and celebrated for its comedic brilliance, this wartime farce follows British pilot Sir Reginald, shot down over Nazi-occupied France, as he's rescued by Stanislas, a grumpy orchestra conductor, and Augustin, a quirky house painter. Their chaotic journey to smuggle him to safety is packed with disguises, blunders, and laugh-out-loud moments. *War has never been this funny.*

SELECTION – WEDNESDAY 12 NOVEMBER, 8:00 PM:

• MULHOLLAND DRIVE

France-USA, 2001, Writer-Dir. David Lynch w/ Naomi Watts, Jeanne Bates, Dan Birnbaum, and others, Mystery-Thriller, 147mins, English-Spanish-French w/ English subtitles, Rated: R

When aspiring actress Betty arrives in Los Angeles, she meets Rita, an amnesiac woman hiding from a violent past. As they search for clues to Rita's identity, their journey spirals into a haunting maze of obsession, illusion, and fractured identities — in this much acclaimed mystery where nothing is as it seems. *A love story in the city of dreams... or nightmares.*

INTERESTING – THURSDAY 13 NOVEMBER, 8:00 PM:

• THE HUMAN TRIAL

USA, 2022, Dir. Lisa Harper & Guy Mossman w/ Meren Badger, Eugene Brandon, Kevin D'Amour, and others, Documentary, 91mins, English w/ English subtitles, Rated: NR

Diabetes is one of the world's most silent and deadly epidemics — and India bears one of the highest burdens globally. With 14th November observed as World Diabetes Day, this film is our offering on the issue. In this film, Lisa, Maren, and Brandon risk everything in a groundbreaking clinical trial that could redefine the future of Type 1 diabetes and offer hope to millions worldwide.

EVERY CONTRIBUTION COUNTS

INTERNATIONAL – SATURDAY 15 NOVEMBER, 8:00 PM:

• MARY AND MAX

Australia, 2009, Writer-Dir. Adam Elliot w/ Christopher Massey, Oliver Marks, Daisy Kocher, and others, Adult-Animation, 92mins, English-Yiddish w/ English subtitles, Rated: NR (R)

In 1976, lonely 8 yrs old Mary from Melbourne writes to Max, a 44-year-old New Yorker with Asperger's syndrome. Their decades-long pen-pal bond unfolds through letters filled with humor, heartbreak, and raw honesty — revealing how two strangers can become each other's lifeline in a world that often misunderstands them. An award-winning film that highlights sometimes the greatest friendships are the most unexpected.

CHILDREN'S MATINEE – SUNDAY 16 NOVEMBER, 4:00 PM:

• THE BAD GUYS

USA, 2022, Dir. Pierre Perifel w/ Sam Rockwell, Marc Maron, Awkwafina, and others, Animation-Adventure, 100mins, English Spanish w/ English subtitles, Rated: PG

Mr. Wolf leads a crew of notorious animal criminals — Mr. Snake, Mr. Shark, Mr. Piranha, and Ms. Tarantula — who pretend to reform to avoid prison. But when Mr. Wolf starts enjoying doing good, the gang faces a hilarious identity crisis. Can bad guys truly change, or is the con just too good?

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 16 NOVEMBER, 8:00 PM:

• KAFKA

USA-France, 1991, Dir. Steven Soderbergh, w/ Jeremy Irons, Teresa Russell and Others, Drama-Sci-Fi, 98mins, English w/ English subtitles, Rated: PG.

Kafka, an insurance worker gets embroiled in an underground group after a co-worker is murdered. The underground group is responsible for bombings all over town, attempting to thwart a secret organization that controls the major events in society. He eventually penetrates the secret organization and must confront them.

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

To organize a seminar/program at MMC Auditorium, kindly email us at mmcauditorium@auroville.org.in.

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

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

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



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

ELECTRICAL SERVICE (AVES)

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

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

Afternoons:

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

Children's Storytime! All ages welcome!

- Every **Saturday** between 10am - 11am.
- **Phone** : 0413 350 9191
- **Email:** avlib@auroville.org.in
- **Website:** <http://library.auroville.org.in/>



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.

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

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

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

HEALTH CENTER - KUILAPALAYAM

Contact: (0413) 3509942 / 3509943

Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007 / 2622265
- **Email:** aurodentalcentre@auroville.org.in

NURSE SERVICES

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

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

Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: 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 before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the [form](#) one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

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

The Matrimandir is a place for silent individual concentration

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

Monday – Saturday	6:00 am - 8:00 am 4:30 pm - 7:30 pm
Sunday	6:00 am - 12:00 pm 4:30 pm - 7:30 pm
- The Inner Chamber is open to SAVI registered Volunteers:

Wednesday - Monday	8:00 am - 8:40 am
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Arrival at 7:45am at the Office Gate.
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:

Any day except Tuesday & Sunday	8:00 am - 8:35 am
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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
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- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday	8:00 am - 8:30 am
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Petals of the Matrimandir

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

Daily	7:00 am - 8:00 am 5:00 pm - 6:00 pm
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Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point: The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

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

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: auroville.org

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108