

Auroville

NEWS & NOTES

No 1099 - A weekly bulletin for residents of Auroville

13 November 2025

RA EDITION

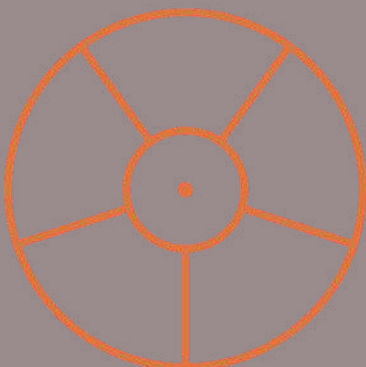


PONDERING

Can you explain in a few master strokes what you mean by "pulling down"? As I understand it, it is when one makes mental efforts of concentration and meditation without having any eagerness for it.

That is not what is meant by pulling. When one is open and too eager and tries to pull down the force, experience etc. instead of letting it descend quietly, that is called pulling. Many people pull at the Mother's forces—trying to take more than they can easily assimilate and disturbing the working.

Sri Aurobindo, 7 Apr 1935, Pulling the Mother's Force, The Mother and the Integral Yoga Letters of Sri Aurobindo
https://motherandsriaurobindo.in/chvureader.php?zbk=Sri-Aurobindo/books/the-mother-with-letters/pulling-the-mothers-force#page_220



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

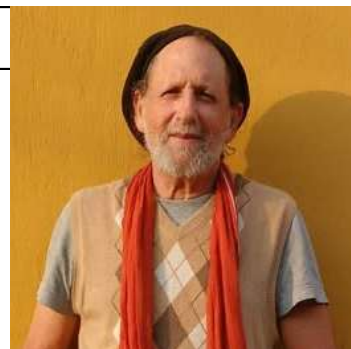


COMMUNITY NEWS

OBITUARY

REMEMBERING ROY

Roy (Roy Lawrence Chvat), who passed away in Auroville on 6th November 2025 at the age of 76, came to Auroville from the USA in 1971. Roy had learned about Auroville when seeing an image of the Galaxy



in a bookshop in New York, on the back cover of a book on modern utopias. He was in search of a spiritual community after experiencing a higher, non-mental state. He found a yoga teacher who knew about Sri Aurobindo and The Mother. Through the Lama Foundation community in New Mexico he met Ram Dass, among others. There he also met someone who had been to Pondicherry and visited the Ashram. "While he was telling me about it, I suddenly had a vision of an ugly green building with green shutters. I had no idea what that was", he recalled. Roy first arrived at the Ashram gate and was directed to a lodge in Pondy. There he happened to meet a lady from the UK, Margaret, who later on changed her name to Shraddhavan. The lodge turned out to be the green building he had seen in his vision earlier.

Roy would have liked to stay in the Ashram, where he had met the Mother, but having been advised to go to Auroville, he arrived in the Silence community, where he met Constance, Iris, Jocelyn, Daniel, Jaap, Diane and others who were creating a community near Kottakarai village.

Together with Constance, Roy started Auroville's first pottery there. Constance, who had been living in Kottakarai village, had noticed that plastic buckets and *kujas* were beginning to show up in the local villages, and he foresaw that the village potters would disappear unless they could start producing more durable products. The idea was to hire a village potter and teach him how to do glazing. This attempt, however, did not succeed, but the pottery did manifest in the end, and a simple building was built by 1976. When Patrick and Angad, both experienced potters, arrived, it took off. Roy had designed the all-wood building, inspired by a book on Japanese tea houses, and built it with Daniel, who had studied architecture with Christopher Alexander. Constance added the experimental bamboo-clay-and-fibreglass panels in the wooden framing at the front of the building and made a beautiful teak potter's wheel, which is still in use.

Roy soon started working at the Matrimandir construction, and stayed in the "Matrimandir Workers Camp".

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First kiln

From there he moved to Aurodam, where he stayed for many years with his partner, Gillian. He was involved with the H.E.R.S. store in Kottakarai, and took over as editor of the News&Notes in July 2021, until recently when he withdrew for health reasons.

From the beginning, Roy had premonitions and dreams that turned out to become reality later on. He recalls, in an issue of the News&Notes (1001-16 November 2023), having a vivid dream of Mother's passing. "It was 1972 and I was living in the [Matrimandir] Worker's Camp and I had a dream, a profound dream. In this dream I approached the Ashram, the main gate was closed but a seldom used side door was open. There was a long line of disciples winding its way slowly inside and there on the Samadhi lay the Mother's body. I approached and kissed her feet, they were blue in color, but a force surged through them and I knew she was not dead but in a deep state." The following year, 1973, in November, Roy found himself in Pondicherry when the Mother left her body. As he often did, he was playing "Go" with his friend Hsu, when their game stalled for some reason. It turned out to be the moment of Mother's passing.



Roy was not outgoing, not easy to get to know, more of a quiet presence. He describes himself modestly as "a short, a bit overweight, jewish guy from New Jersey who plays guitar and builds Tube amplifiers."

Roy was a good writer, with sharp insights into the various Auroville affairs. In one post on AuroNet, he observed:

"Getting Aurovilians to agree on any subject let alone a detailed description longer than a paragraph remains a kind of insolvable enigma and may be so for some time to come. Perhaps we may have to wait till the details of our policies are tackled by those Gnostic Beings**"

**In the Gnostic consciousness difference would not lead to discord but to a spontaneous natural adaptation, a sense of complementary plenitude, a rich many-sided execution of the thing to be collectively known, done, worked out in life. (The Life Divine , ch. XXVII: The Gnostic Being)*

At Roy's funeral, on Sunday 9th of November at the Auroville Cremation Ground, one of his friends recalled having asked Roy about his psychic being. Roy's answer: "For the last 60 years or so, my life has been Sri Aurobindo. Now I hope to be near him."

Sources: [AVToday #435, November 2023](#)
[News&Notes #1001, 16 November 2023](#)



Aurodam summer—Hoopoe and Go House. Painting by Roy

ROY: ANOTHER AGE

Roy was a typical New Yorker, with a streak of irony, wit and sardonic humour very much needed to counteract New Age religionism and spurious spiritualism; a typical fashion of the nineties, this new fad was supplanting the pioneers' hardcore lived values. Roy was the guy of the moment; impervious to hypocrite facades, he managed the News with lucid secularism.

Nor did I make his job more appetizing, with all my writings on Roger and the Galaxy, who were not his cup of tea; but he never refused to publish my articles, or asked me to alter them -- one more example of how we could decently coexist, even if on divergent camps, united by faith in Auroville. Those years we shared that spirit, as with the Tewari family I mentioned elsewhere to Hans.

A committed idealist, Roy wrote some striking comments, also in relationship to the Auroville Foundation Act. His non-adherence to the Galaxy didn't make him refuse Mother's guidelines; as a member of the only loving, equitable WC we ever had, he helped funding the compilation "Auroville Prosperity", which I dictated to the WC's secretary – to be picked up in the amphitheatre after the meditation for the new millennium.

Unity in diversity! May the original spirit of Auroville unify mental divergences, out of respect and goodwill finding the way back to the Source.

"Quiet presence" writes Uma. Roy never clashed, offended, humiliated, trashed anyone. In his own way, he was a kind of Wiseman.



Paulette



COMMUNITY SHARING

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

17.11.2025 THE DAY MOTHER LEFT HER BODY

"Although she leaned down to their littleness
Covering their lives with her strong passionate hands
And knew by sympathy their needs and wants
And dived in the shallow wave-depths of their lives
And met and shared their heart-beats of grief and joy
And bent to heal their sorrow and their pride,
Lavishing the might that was hers on her lone peak
To lift to it their aspiration's cry,
And though she drew their souls into her vast
And surrounded with the silence of her deeps
And held as the great Mother holds her own,
Only her earthly surface bore their charge
And mixed its fire with their mortality:
Her greater self lived sole, unclaimed, within."

Savitri, p.366

6:30 - 7 am: Meditation under the Banyan Tree at Matrimandir.

- Entrance from the Office Gate, open from 6 am.
- Guests are requested to carry their Aurocard.
- Last entry for Aurocard holders at 6.40 am.

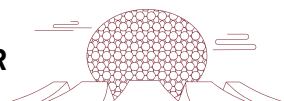
CHILDREN'S DAY CANCELLED ON TUESDAYS 18TH & 25TH NOVEMBER

Dear friends,

Due to Mother's Mahasamadhi day on 17th November, and the descent of the Overmental Consciousness on 24th November (Siddhi Day or the Day of Victory), children's day on 18th and 25th November are cancelled, and the Matrimandir will be open for the visitors.

We are sorry for the inconvenience.

Matrimandir Executives



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

Dear Community,

We would like to thank all those who signed the [Open Letter](#) expressing our profound disagreement with the illegitimate appointment of the 'Admission and Termination Registry' (ATR) and 'Admission and Termination Scrutinizing Committee' (ATSC).

We believe that their existence goes against the very spirit of our community and its potential collective progress.

So far, we have received 514 valid signatures from residents of Auroville for the open letter.

A hard copy of the letter has been posted to the 'ATR' and 'ATSC' group members, with a copy sent to the Secretary of the Auroville Foundation Office.

As many of you may already know, the latest abuse by these individuals is that of our new Auroville family member and active reforestation volunteer, Major (Retd.) Arun Ambathy, has recently received a "termination notice" signed by the Secretary.

In these times of deep crisis, when the very spirit of Auroville is under attack, we sincerely request your continued and dedicated support for our fellow Aurovilians and for upholding Auroville's core value: Human Unity.

In fraternity,

Concerned Residents

GAIA FIELD

To the Community,

Gaia field is a common sports field open for all to use.

But we would like to remind and request the community to also take care of the space and neighbors.

- Please use the field only for sports/physical activities, not driving practice or celebrations.
- Please use only during the daytime (6am - 7pm).
- Please use designated parking outside the field.
- Please clean up after yourselves (plastics, papers, snacks, Diwali fire crackers!).
- Please be aware of loud sound and disturbance for the neighbors.

And last but not least, we'd like to invite anyone interested to come use the space (you can contact us for timings).

Or come and join Ultimate Frisbee!

Thank you for participating in taking care of the space.

The Frisbee Team for Gaia field

Contact details:

Avultimate.womens@gmail.com

Avultimate@auroville.org.in



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

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**.

NOTES FROM SAIER: AN EMERGING PLATFORM



Towards Flexible Learning Environments: Dehashakti – Pranashakti – Jnanashakti

It's been a 50-plus-year journey for Auroville education, often dancing between extremes of structure and freedom.

As AI arrives, as numbers grow, as we question the education systems we have so carefully erected, can we zoom out of the context of schooling and imagine in the centre of Auroville – in the Cultural Zone – spaces for the development of each plane of the being?

At this year's two Integral Education Practitioners Gathering (IEPG), this question was put forward. The turn of the conversation was not one of a critique of schooling as it is being carried out, but of a collective reimagining of what learning, of what education could mean in Auroville — of life itself.

As mentioned in the Notes from SAIER last week, significant work has been initiated at **Dehashakti**, strengthening its foundations and reorienting it as a true centre for physical education in the light of Integral Yoga. This process is ongoing, it is a continuous work in progress like everything else in Auroville.

Currently, a team has come together to focus on **Pranashakti** — an Auroville Centre for Vital Education. In the spirit of translating ideas into form, the team is in the process of opening these conversations more widely to gather insights, inspirations, and ideas. The aspiration is to weave, together, the *cultural fabric of Auroville* — to let our collective imagination begin to shape the environments where the sense of constant progress and an unending education take deeper root.

Conversations on **Jnanashakti** for a deepened and accelerated mental education, the exploration of the great movements of thought and action approached through the works of Sri Aurobindo.

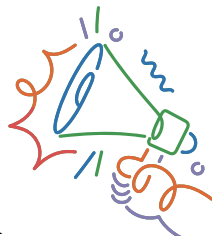
If we are to imagine these dedicated spaces, which flow naturally into one another, as we discuss and seek to imagine these, the necessity arises to dive back into the works of Mother & Sri Aurobindo, to clarify the particularity of each of these parts of our instrumental nature. How they are to be approached, refined, cultivated and how to organise their development around the central aspiration of the being.

For much of integral education seems to take place when one prepares a conducive environment for the psychic to emerge and take up the task of organizing and educating the rest of the parts. An environment of calm, of order and beauty, of refinement, and occasions to challenge oneself and discover courage and strength, of inquiry, and of the attempt to understand the truth to be found behind seemingly contradictory approaches. What have the collectivity in Auroville learnt about this in the last half a century? What can be brought together?

You will hear a call from the team at SAIER working on **Pranashakti** in the coming months, **inviting participation from all who feel moved to contribute**. When that moment arrives, we hope you will join hands — with your ideas, your experience, and your presence. There is much that has already been studied and imagined, proposed, and several ideas have emerged from past documents and reflections.

Perhaps this is the true aspiration behind “flexible learning environments”: not flexibility of structure alone, but flexibility of spirit — a readiness to adapt, to explore, to hold learning as a living, collective adventure.

Nilima, For SAIER
Auroville, November 2025
N&N 1099 - 13 November 2025



RESIDENTS SPEAK

HIGH-FUNCTIONING ANXIETY AND THE EVOLUTION OF COLLECTIVE CONSCIOUSNESS IN AUROVILLE

Brief Summary: Auroville has long been envisioned as a living laboratory of human unity, a space where individual and collective consciousness can evolve in harmony with the Divine. Yet, even here, the pressures of aspiration and the friction of authority reveal themselves in subtle but persistent ways. In recent years, I have observed a rise in High-Functioning Anxiety (HFA) among Aurovilians, an inner unrest hidden beneath competence, devotion, and intelligence. These patterns, familiar in high-functioning individuals, are mirrored collectively in the community. Far from being signs of failure, they are reflections of latent spiritual capacities, omnipotence, omnipresence, and omniscience, seeking expression amid disharmony.

This essay explores the interplay of HFA, collective evolution, and the crucial role of conscious authority in guiding all entities of the Auroville Foundation toward harmony.

Stress and High-Functioning Anxiety (HFA)

For the past several years, I have been exploring human stress, with a particular focus on High-Functioning Anxiety (HFA). High-Functioning Anxiety is a subtle form of inner unrest, cloaked beneath competence. It inhabits those who are capable, compassionate, and wise — yet quietly hosts a merciless inner critic, driven by the ceaseless urge to prove, please, or perfect.

In studying high-functioning individuals, I observed that they often have a remarkable tolerance for stress and pressure. On the surface, they appear composed, capable, and self-sufficient, giving little indication that they might need help or support. Indeed, they usually manage well — but their coping mechanisms often take the form of overdoing, overgiving, and overthinking. These recurring tendencies are what I call High-Functioning Anxiety (HFA) patterns.

Yet there is something deeper at play: these HFA patterns are not simply psychological behaviours to manage. They are signals of latent spiritual awakening, human capacities stretched under pressure, striving for harmony, and quietly reflecting the divine qualities within them: omnipotence, omnipresence, and omniscience.

The table below provides an overview:

HFA Pattern	Description	Strength	Imbalance	Divine Reflection
Overdoing	Individuals who persevere. They strive, create, and take responsibility tirelessly.	Will, action, purpose	Effort without ease	Omnipotence: the power to act effectively, expressed through <i>Karma Yoga</i>
Overgiving	Individuals who feel deeply responsible for others, prioritising others' needs over their own.	Heart, empathy, connection	Care without boundaries	Omnipresence: the presence that connects and cares, expressed through <i>Bhakti Yoga</i>
Overthinking	Individuals who constantly plan, anticipate, and analyse, seeking clarity to avoid mistakes.	Intelligence, discernment, clarity	Thought without rest	Omniscience: the wisdom to perceive deeply, expressed through <i>Jnana Yoga</i>

Aurovilians and High-Functioning Anxiety

In recent years, I have observed a marked rise in HFA among Aurovilians, friends, colleagues, acquaintances, and even within

myself. Perhaps this is not surprising. Many Aurovilians are here because of an inherent spiritual awakening, carrying within them the seeds of omnipotence, omnipresence, and omniscience. And when these capacities encounter friction — within themselves or through interaction with external structures — it is only natural that familiar HFA patterns emerge: overdoing, overgiving, overthinking.

I have seen devoted doers, generous givers, and deep thinkers showing signs of physical fatigue, emotional exhaustion, and mental burnout. This strain is amplified by the fact that the current authority is often experienced as:

- Judging with biased lenses
- Condemning with little understanding
- Punishing without discernment
- Belittling the goodness that has already been achieved

The strain in Auroville is evident at a collective level. Just as in individuals, Auroville as a collective organism is also experiencing HFA: the drive to do relentlessly more, give more, think more, to uphold its ideals and manifest the Dream, even under challenging circumstances. The community is under pressure, yet it is not in fear; it is in waiting, caught in the natural friction of evolution, where human aspiration stretches toward higher aims within structures and authorities not yet evolved enough to support them. Seen this way, the collective patterns of overdoing, overgiving, and overthinking are not flaws, but reflections of Auroville's latent divinity seeking expression and harmony.

Conditioned Authority vs Conscious Authority

What I have come to see is that the root of all stress is disharmony. Sri Aurobindo once wrote, *"All problems of existence are essentially problems of harmony."*

In the individual, this disharmony appears as a misalignment between different parts of the being; in the collective, as a misalignment between individuals or groups that have drifted from their shared purpose.

Indeed, every problem that surfaces, personal or collective, is life signalling that some aspect of our nature has fallen out of sync with its innate rhythm. What seeks restoration is not a mere solution, but first and foremost, harmony.

At present, the authority operating through the Auroville Foundation Secretary's Office has not yet evolved to meet the community's latent divinity seeking expression. For if it had, its actions would have united rather than separated, healed rather than harmed, encouraged rather than punished, inspired rather than coerced.

What was put in place to solve an essentially governance problem, in practice, created more problems than it sought to resolve.

As The Mother reminded us, and I am paraphrasing: *the true government is the government by the Divine Consciousness... until that is established, there will be a mixture. Authority should be exercised in the spirit of service, not power.*

In this light, a vital question arises, not as opposition, but as evolution:

What form of authority can truly support Auroville's movement from problem to harmony, from the strain of High-Functioning Anxiety to the conscious expression of its inherent omnipotence, omnipresence, and omniscience, in service of manifesting the Dream?

A Call for Conscious Authority: Moving from Problem to Harmony

Auroville today mirrors the patterns of High-Functioning Anxiety at a collective level, a community holding fast to its faith in the Dream by overdoing, overgiving, and overthinking. It is strained under the

weight of conditioned authority not yet evolved to support its deeper emergence. From the outside, this strain may appear as submission, compliance, or silence, but it is neither success nor failure. It is transition: a living organism straining and evolving toward a higher state of harmony.

If conditioned authority has brought us to this state of stress, then conscious authority must become the bridge toward harmony. Auroville was never meant to be governed through control, but guided through consciousness. The question is not merely who holds authority, but how authority itself is held, whether it constrains or liberates, divides or unites, coerces or inspires.

If Auroville is a living laboratory of human unity, then its authority too must become an experiment in conscious evolution. Each of the three pillars, the Residents' Assembly, the Governing Board, and the International Advisory Council, carries a responsibility that is not merely administrative, but evolutionary. Their true task is to embody states of consciousness: the sincerity of collective aspiration, the wisdom of experience, and the wideness of global perspective.

To move from problem to harmony, authority must cease to react from fear or control. It must learn to listen deeply, without defensiveness or judgment, to what life itself is revealing through conflict and resistance. Every crisis in Auroville is a call to refine the vibration through which we act.

Until we are capable of living entirely by the inner law of the Divine, some form of external authority will remain necessary. But even that authority can aspire to reflect the higher law, flexible rather than rigid, discerning rather than dogmatic, sincere rather than strategic. Such authority does not rule; it serves the unfolding of consciousness.

Let us, then, together, RA, GB, and IAC, take responsibility to restore harmony. Let us not merely replace a conditioned authority, but replace the very spirit of authority, so that it may remember its true purpose: **not to rule, but to serve the Divine unfolding of Auroville.**

With faith in the latent divinity of each Aurovilian and the unfolding of the Dream,

Mandakini Skoles



BISON – KAALAMAADAN



I watched *Bison – Kaalamaadan* recently and the film lingered with me long after the lights came up. It is a work of fiction inspired by the life of sportsman Manati Ganesan. Though it runs close to three hours, it never felt long — it felt complete. Mari Selvaraj's choice to let the story breathe, tracing the life of a sportsman and the place he hails from, and the struggles he undergoes over time without rushing, is exactly what the film needed. The pacing allowed small moments to land: a childhood echo, a single pause before a kick, a quiet look that says more than dialogue ever could. I left the theatre with that rare, satisfied quiet — the kind that follows a film that has honoured its subject and carried you along with it.

For me the film's heart lives in its language and sounds. I grew up in Tirunelveli, and the local dialect — the clipped consonants, the everyday idioms, the exact way a neighbour calls from the street — opened a door to old evenings of football with school friends and the occasional game of kabaddi. My uncle once played kabaddi, so some of those moments felt deeply familiar. These were not accents chosen merely for realism; they were the pulse of the place. The dialogues sounded like the real speech of the people, and that authenticity made every character immediate and human. You don't just watch the scenes — you inhabit them.

Sound and music are the movie's secret muscles. The background score doesn't shout; it lingers and resonates. Ambient sounds — the snort of a bull as a raider charges in a kabaddi moment, the ring of local instruments, distant market calls — are woven into the music so scenes feel lived-in and tactile. A small hum beneath a conversation, a single drone that arrives as a memory surfaces — these details made me feel as if the film were not being shown to me but being remembered with me. On the screen, the cast and crew deliver performances that feel sculpted rather than staged; each line carries the weight of an ordinary life made extraordinary through care. I loved the songs so much that I listened to them repeatedly afterward.

Alongside the film itself, Mari Selvaraj's own journey adds another layer of meaning. Hearing him speak in interviews about leaving home, pausing his law studies, taking up odd jobs, and then moving to Chennai to work in humble roles that opened doors to cinema.. The line he once wrote in a diary — "From learning to be part of the big city Chennai to — own the city someday" — reads now not as boast but as an incandescent ambition realized through steady reading, listening, and work. Knowing the artist's path deepens the film: it becomes both a portrait of another life and a mirror of the filmmaker's resolve.

What moved me most is how Mari Selvaraj holds difficult truths without reducing them. The film doesn't sensationalise pain or flatten caste violence into a headline; it lets loss and rage and tenderness coexist. That refusal to simplify is political and humane at once. It made me think of how cinema can be both witness and balm — an honest account that also opens a space for healing. Watching the film felt like being invited into a conversation that has been going on for generations and finally has a voice that will be heard widely.

If you have the chance, see *Bison – Kaalamaadan* in a good cinema with strong sound — you'll get the full architecture of its art. And if you're curious about the maker behind it, listen to his interviews or follow his work; there's a generosity in the way he speaks about reading, music, family and craft that inspires as much as the movie itself. For anyone who loves stories rooted in place and people, and for anyone who believes in the slow work of becoming, this film — and the filmmaker's journey — is nourishment.

I'd love to hear which moments stayed with you.

Sivakumar

- Mari Selvaraj — [Instagram](#)
- Mari Selvaraj — [Interview with Baradwaj Rangan \(YouTube\)](#)
- Mari Selvaraj — [Wikipedia \(biography & filmography\)](#)
- IMDb — [Bison: Kaalamaadan \(title & ratings\)](#)
- [Bison's Journey | The Making | Exclusive](#)
- Bison Kaalamaadan - [Trailer](#)

COATS OF FALSEHOOD

"Truth is stronger than falsehood.

There is an immortal Power that governs the world. Its decisions always prevail. Join with it and you are sure of the final victory.

Worship Truth.

It will cure you of Falsehood

When men will be disgusted with the falsehood in which they live, then the world will be ready for the reign of the Truth.

14 August 1971

Before dying falsehood rises in full swing.

Still people understand only the lesson of catastrophe.

Will it have to come before they open their eyes to the truth?

So I ask an effort from all so that it has not to be.

It is only the Truth that can save us; truth in words, truth in action, truth in will, truth in feelings. It is a choice between serving the Truth or being destroyed.

26 November 1972



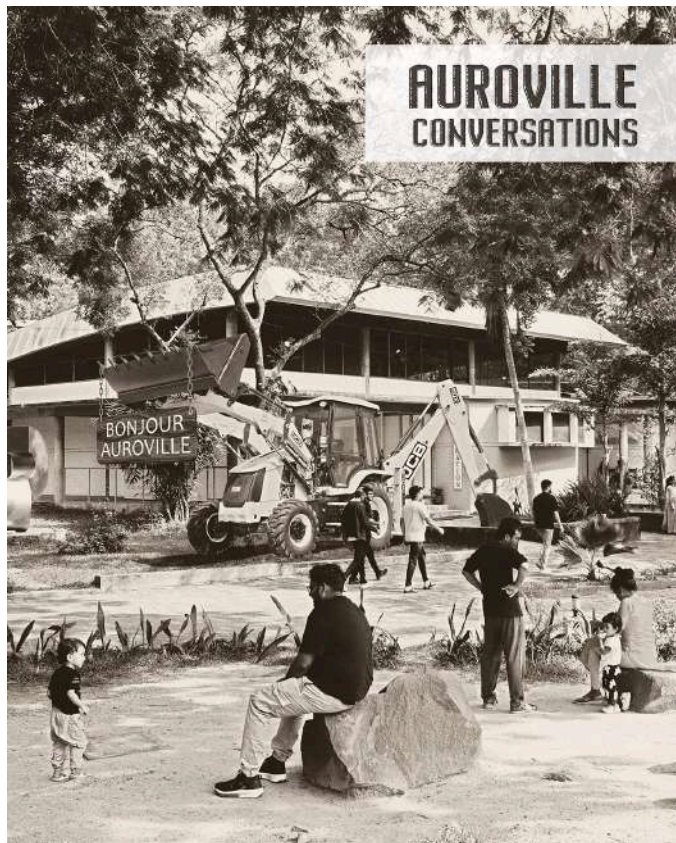
To continue reading, click [here](#), scan the QR Code, or go to this blogsite and open the post

with the same title:

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

Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FOOD FOR THOUGHT

"Where there is equality,
there can be sanity."

— George Orwell, 1984



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

13 Novembre 2025



Auro-Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 18th November, 9 am - 12 noon
Focus: The Collective Yoga

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

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				
 Meditation Breathwork	 Live Sound Bath	 Meditation Visualization	 Present Moment Meditation	 Book Meditation

Please note -

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

Minimum contribution -

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



ONE-DAY ANĀPĀNA MEDITATION COURSE FOR CHILDREN (AGES 13-18)

SATURDAY 15TH NOVEMBER 2025 | 9:00 AM - 3:00 PM

- **Venue:** SAIER Hall (1st Floor, SAIER Building, next to Town Hall), Auroville, Tamil Nadu - 605101
- **Maps:** <https://maps.app.goo.gl/JxSsGTW2BmpWwaur9>
- **Course Language:** English

A one-day *Anāpāna* meditation course for children will be held in Auroville to introduce the practice of mindful breathing in a peaceful, supportive environment.

What is Anāpāna?

Anāpāna is the ancient technique of observing the natural breath — simple, yet profoundly effective in developing concentration and self-awareness. Taught in the tradition of Vipassana meditation, it helps children calm their minds, improve focus, and cultivate positive qualities such as patience, gratitude, and compassion. Many students find that regular practice enhances their ability to manage emotions, study with clarity, and interact more kindly with others.

- **Lunch:** Vegetarian lunch will be provided.
- **Dress code:** Children are requested to wear loose, short sleeved, and comfortable clothes suitable for sitting cross-legged on the floor.
- **What to bring:** Only a water bottle. All other materials will be provided.
- **Registration (COMPULSORY):** Fill out the registration form (https://docs.google.com/forms/d/e/1FAIpQLSf6ogmL-Q3LEP14eFRd_s3_IXUkFLruwqy7Cpl4bBpsZLSAoQ/viewform?usp=header).
- **Parents:** Please drop children off before 9:00 AM and pick them up at 3:00 PM. Please spread the word among friends and family so more children can benefit from this beautiful practice.
- **Contact:** WA Vallari +91 97403 22447 | Deven +91 88988 63351 | Laure +91 88074 34864

(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.

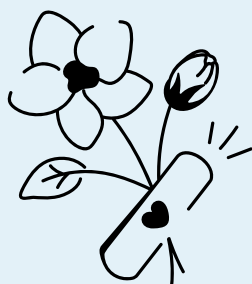
Healing Practices for Trauma from the Perspective of Integral Yoga

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.

#4 Calling for Help in Difficult Moments of Trauma

When painful memories or fears arise, instead of being overwhelmed, remember the Presence. Repeat a mantra or the Divine's name—such as simply "Ma"—and inwardly place yourself in Her arms. This shifts the vibration.

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 20TH 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

- 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

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're looking for **at least 5 more Auroville units** to join the three already contributing ₹3,000/month each — **grateful to them**. That will bring us to the needed eight contributors. **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. *Non-Indian supporters, you're welcome to write to us or contact AV Unity Fund at Financial Service for guidance.*

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



LOOKING FOR

TRANSLATORS AND PROOFREADERS

Looking for translators and proofreaders for questions on conscious living and dying. These are written in English.

- **Proofreaders** needed for:

Gujarati, Kashmiri, Kannada, Bengali, Marathi, Sindhi, Tamil, Portuguese, Turkish, Japanese, Spanish, Chinese.

- **Translators** needed for

Indian (except Hindi and English) / foreign languages not mentioned above.

- No prior experience required. Just enthusiasm and interest in this topic
- One question per day. Thus super easy pace dividing 100-200 questions amongst many translators/ proofreaders so that one does not feel overwhelmed/ burdened.
- One can quit anytime. There is no obligation. Just let us know. Communication is key in such heavily interdependent projects.
- Full credits shall be shared if/ when this project goes public.

Thank you for reading and thinking of offering your time for this.

Love, *Deepa*

More about Deepa's work- life- travels

- <https://tinyurl.com/v9nwba2>



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



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

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:

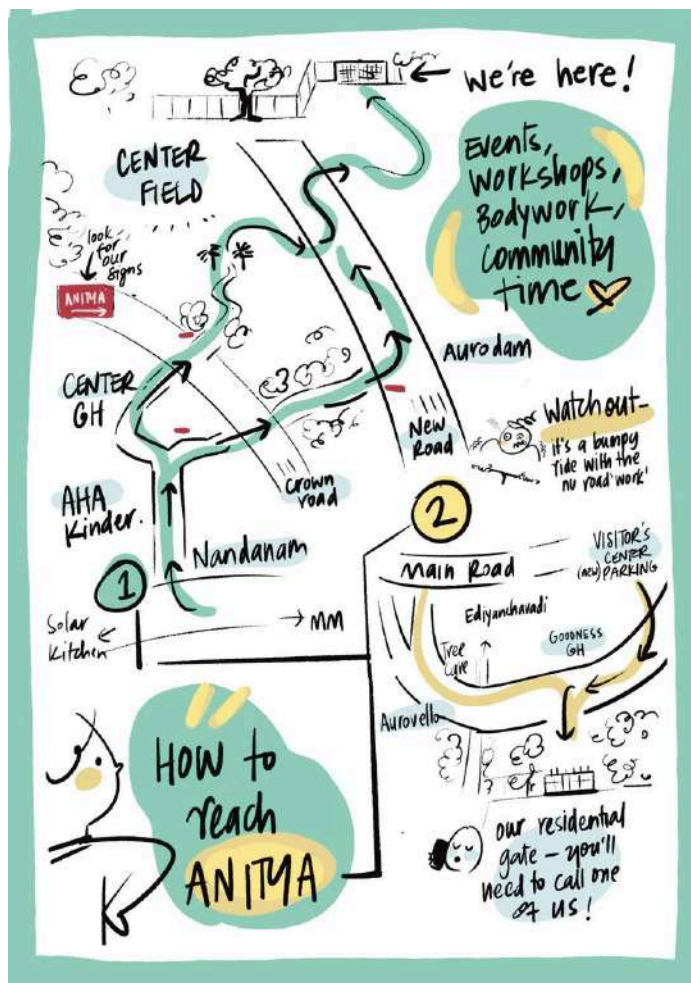
- Wear comfortable sports clothes
- Open to everyone aged 15 and above
- No previous experience needed
- Location: Joy of Impermanence – Anitya Community
- Contribution for JOI Anitya:
 - Guests – 100 Rs
 - Volunteers, Newcomers, and Aurovilians – free / donation welcome.

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!



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.

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.

CULTURAL ANNOUNCEMENTS

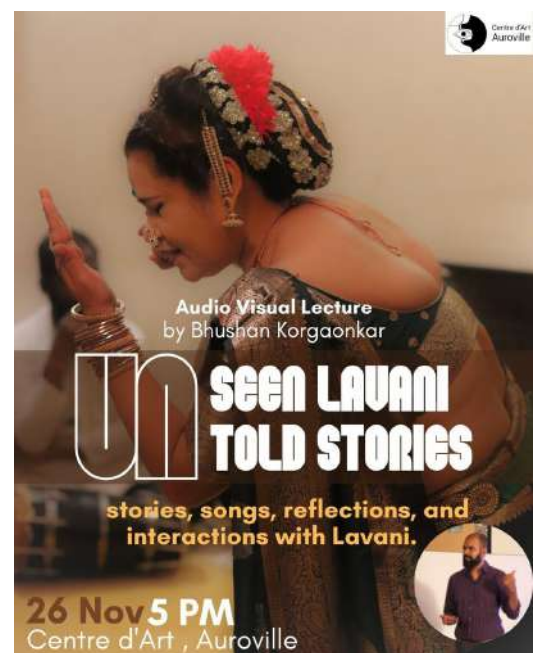
DOUBLE EXHIBITION AT CENTRE D'ART

FRI 31ST OCTOBER - SAT 15TH NOVEMBER



UNSEEN LAVANI, UNTOLD STORIES

WEDNESDAY 26TH NOVEMBER, CENTRE D'ART



- **Title:** Unseen Lavani, Untold Stories
- **Genre:** Lecture/ Interactive Talk/ Presentation
- **Language:** English
- **Duration:** 90 min including Q & A
- **Venue:** Centre d'Art, Auroville
- **Date:** Wednesday 26th November
- **Time:** 5pm
- **Synopsis:**

Step into the fascinating world of Lavani — a bold, beautiful, and deeply misunderstood art form rooted in matriarchal traditions.

In this interactive session, writer-researcher **Bhushan Korgaonkar** takes you into the lives of Lavani women — artists who “marry their ghungroos” and live by rhythms that defy easy categorization. Are these practices empowering or exploitative? What lies between performance and personal freedom?

Through rare anecdotes, stories, and songs, Bhushan unravels the creative and social worlds of Lavani — from the making of a song to the dynamics of performance. You'll discover what a *Baithakichi Lavani* truly is, how women collaborate in this form, and the complex reality that exists beyond glamour and judgment.

Join us for **an hour-long journey** through stories, songs, and reflections — followed by a **30-minute Q&A** with the audience. Discover Lavani as you've never seen it before.

• About the speaker:

Bhushan Korgaonkar is a multilingual writer, theatre director, lyricist and translator. He has been engaging with Lavani artists since 2002, which led him to write his award-winning book 'Sangeet Bari' in 2014. Based on this book, he created the much-acclaimed shows 'Sangeet Bari', 'Lavani Ke Rang', 'Love & Lavani' and also curated and directed many other shows through his company B Spot Productions. He has written Lavani and other songs for music videos produced by 'Agents of Ishq'. Bhushan also writes fiction that primarily deals with sexuality and crime. His erotic stories on the 'Storytel' app are widely popular, as are his periodic features in 'Loksatta' and 'Mint Lounge' chronicling his relationship with unique cuisines. He has also translated Shahu Patole's Marathi book 'Dalit Kitchens of Marathwada' by Harper Collins.

• In this session:

Dive into the unknown world of **matriarchal communities** of Sangeet Bari with an Audio Visual presentation including **clips** of live private performances and shows.

Understand basics of the form, brief **history and current status**.

Analyse lyrics and understand the **raw expression**.

NEW EXHIBITION AT THE AUROVILLE LIBRARY



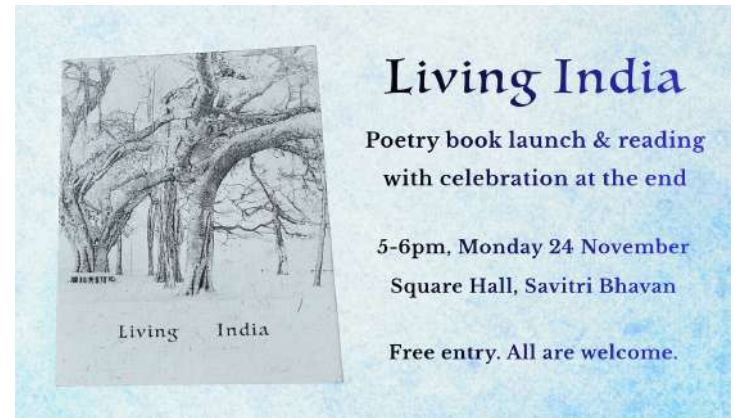
Mornings: Mon - Sat: 9am - 12:30pm

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

FOR THE BOOKWORMS

LIVING INDIA : POETRY BOOK LAUNCH & READING

MON 24TH NOVEMBER, SQUARE HALL, SAVITRI BHAVAN



5 - 6pm, Monday 24 November 2025

Square Hall, Savitri Bhavan, Auroville

Living India, experiencing the essence of it and its countless eyes, names, faces, facets and flavours.

Q&A on poetic inspirations, book design and publishing
With celebration at the end.

Free entry. All are welcome.

Anandi

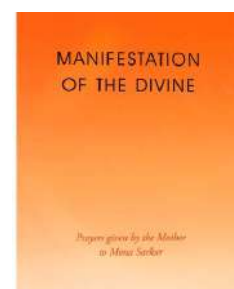
AUROVILLE LIBRARY

New Arrivals!

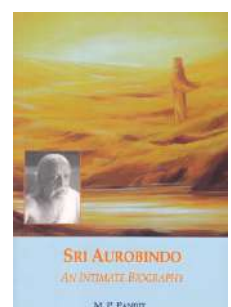
Dear Friends,

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!

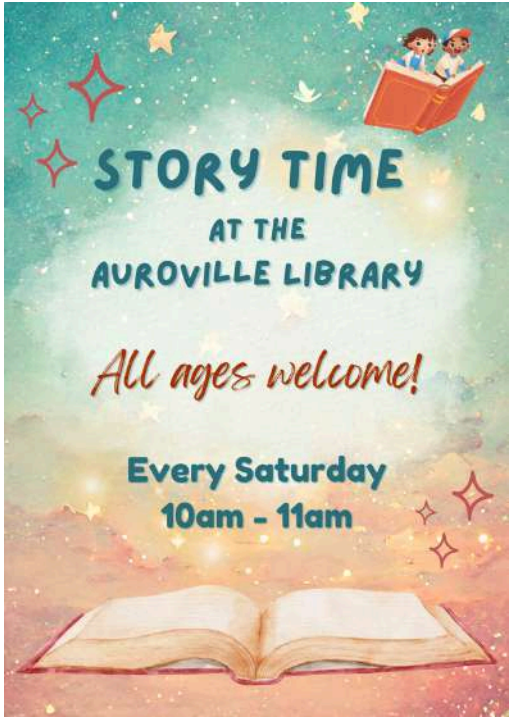


And we didn't forget the children! There are plenty of fresh reads in the kids' room as well.

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,

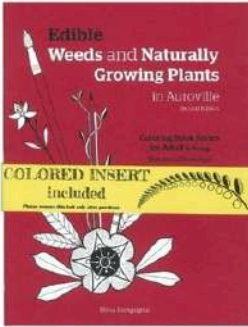
Submitted by Kalsang

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

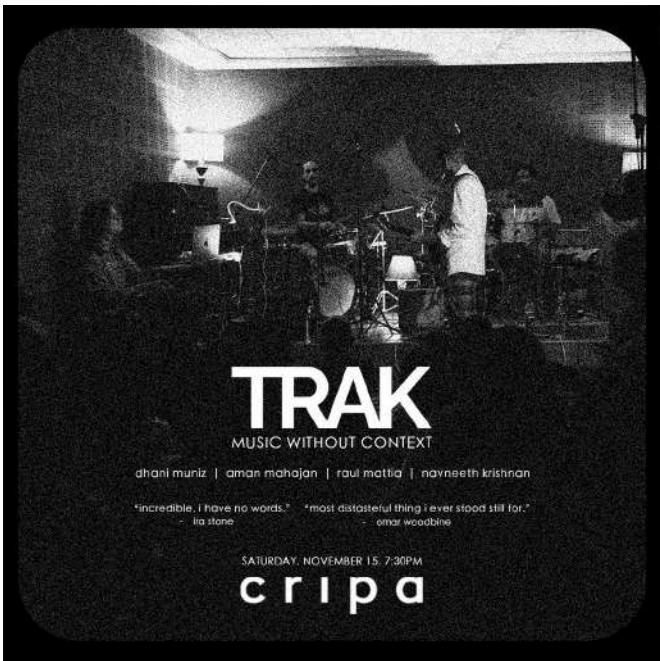


AT CRIPA

cripa
PERFORMING ARTS

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.

17 Saturday 15th November

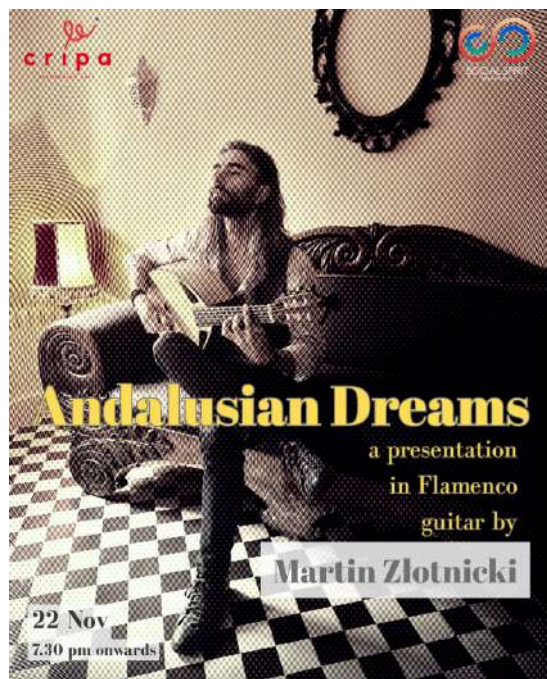
7:30pm

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.

17 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



AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.157](#) (Literature)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari- B 1, C 11: "Delight of Existence: The Problem"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.514](#) (Integral Yoga)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

In A Golden Dawn

June 19, 2004

The rivers of our Inconscience meet the sea
Of our unknowing, we are the foam of tide,
Tossed by desire's waves relentlessly
Though oceans call and continents untried.

Our dreams are beached on cold unfriendly shores
And hope is washed away upon the sands,
Propelled by an inevitable force
The hours seem controlled by unseen hands.

Is there a soul yet born that has not known
The loneliness unbearable when love
Beyond this tenement of time has flown
To reaches inaccessible above?

But faith now sees what mind cannot conceive,
That soon in a golden dawn there shall descend
Such beauty that our hearts no more shall grieve
As trumpets clarion darkness' end.

Narad

Wandering in the World

Wandering in the world,
Sometimes I wonder —
Where is the "happily ever after"
For the hallucinated adults
Who used to read such stories,
Who once believed?

Who still choose to live here and now,
And not leave —
Even when dreams drift away,
And there is nothing much to lean on?

Just now, in the thick of night,
It dawned on me
That perhaps, just perhaps,
We are still scripting the story —
Savoring the multi-flavored juice of it,
Hungry for more sweet assurance,
Even when we are, well, fed up
And grown up.

The end is yet to come.

Anandi Z

CELEBRATE WORLD KINDNESS DAY -
WITH A FILM OF KINDNESS AND HOPETHURSDAY 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.



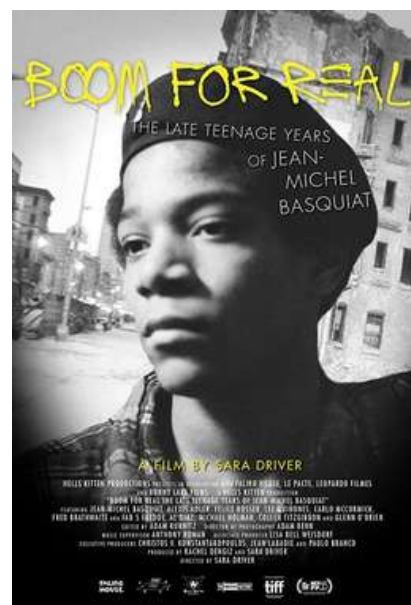
The film runs about 35 minutes, leaving us with time for shared reflection and connection. We'll also be sharing a brief update on our research project, 'The Potential of Kindness', which we're preparing to present to the community in December.

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

NEW MOON MOVIE : BOOM FOR REAL

THUR 20TH NOVEMBER, MULTIMEDIA ROOM, CENTRE D'ART

Every New Moon day, Art movie screening at Centre d'Art, Citadines. This month it will happen on **Thursday 20th November at 5pm**, in the Multimedia room.

BOOM FOR REAL, The Late Teenage Years of Jean-Michel Basquiat, by Sara Driver, 2017 - 80 minutes - original version with English subtitles.

Exploring the pre-fame years of the celebrated American artist Jean-Michel Basquiat, and how New York City, its people, and its tectonically shifting arts culture of the late 1970s and '80s shaped his vision.

Cinema Paradiso

Multimedia Center (MMC) Auditorium
Film program: 17th - 23rd November 2025



Cinema Paradiso–Multimedia Center is open to the community. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time.

Kindly refrain from running in front of the screen or using mobile phones when lights are off.

Food and beverages are not permitted inside the hall.

INDIAN – MONDAY 17 NOVEMBER, 8:00 PM:

• STHAL (A MATCH)

India, 2023, Writer-Dir. Jayant Digambar Somalkar w/ Nandini Chikte, Taranath Khiratkar, Sangita Sonekar, and others, Drama, 104mins, Marathi w/ English subtitles, Rated: U/A (PG-13)

In this debut feature by the director, set in a rural village in Maharashtra and featuring non-actors from the community, Savita dreams of becoming a government officer. But as she's paraded before suitors in the arranged marriage circuit, she faces caste prejudice, color bias, and rigid gender roles. This award-winning film traces her defiance against a system that sees her only as a bride. *She's not waiting to be chosen — she's choosing herself. How? You'll have to find out.*

POTPOURRI – TUESDAY 18 NOVEMBER, 8:00 PM:

• AMISTAD

USA, 1997, Dir. Steven Spielberg w/ Morgan Freeman, Nigel Hawthorne, Anthony Hopkins, and others, Biography-History, 155mins, English-Mende-Spanish-Portuguese w/ English subtitles, Rated: R

When Sengbe Pieh (Cinqué) leads a revolt aboard a Spanish slave ship, he and his fellow Mende captives are imprisoned in the U.S., sparking an international legal battle. With the help of abolitionists like Theodore Joadson and lawyer Roger Baldwin, their case reaches the Supreme Court, challenging a nation's conscience and the very meaning of liberty. *Freedom needs to be claimed, even when it is ours by birth.*

SELECTION – WEDNESDAY 19 NOVEMBER, 8:00 PM:

• WHAT'S COOKING

UK-USA, 2000, Writer-Dir. Gurinder Chadha w/ Mercedes Ruehl, Victor Rivers, Docuglas Spain, and others, Drama-Comedy, English Spanish-Vietnamese-Yiddish w/ English subtitles, Rated: PG-13

On Thanksgiving Day in Los Angeles, four families, the Avilas, Nguyens, Seeligs, and Williamses — prepare feasts that reflect their Latino, Vietnamese, Jewish, and African-American roots. As tensions simmer and secrets surface, Elizabeth, Trinh, Ruth, and Audrey navigate love, identity, and generational divides. *A story of cultural mingling in one unforgettable Thanksgiving, especially timely with the holiday approaching next week.*

INTERESTING – THURSDAY 20 NOVEMBER, 8:00 PM:

• APPRENDRE (ELEMENTARY)

France, 2024, Dir. Claire Simon, Documentary, 105mins, French w/ English subtitles, Rated: NR (G)

This film is being brought to you in collaboration with Alliance Française. At Makarenko public elementary school near Paris, children strive to learn and be uplifted, while teachers know they're shaping lives. Through care, tenacity, and daily effort, students grow into responsible citizens and compassionate human beings. This film captures the spirit of learning through the eyes of both children and educators.

INTERNATIONAL – SATURDAY 22 NOVEMBER, 8:00 PM:

• THE ROOM NEXT DOOR

Spain-USA-France, 2024, Writer-Dir. Pedro Almodóvar w/ Julianne Moore, Tilda Swinton, John Turturro, and others, Drama Psychological, 107mins, English w/ English subtitles, Rated: PG-13
When Ingrid, a celebrated author, learns that her estranged friend Martha is terminally ill, she agrees to accompany her through the final chapter of life. As Martha shares her story — including strained ties with her daughter Michelle — the two-women rediscover intimacy, confront mortality, and reflect on the emotional terrain of their past. *A poignant drama about friendship, mortality, and memory, set against the quiet urgency of time.*

CHILDREN'S MATINEE – SUNDAY 23 NOVEMBER, 4:00 PM:

• THE BAD GUYS 2

USA, 2025, Dir. Pierre Perifel & JP Sans w/ Joey Naber, Omid Djalili, Monia Ayachi, and others, Animation-Adventure, 104mins, English w/ English subtitles, Rated: PG

Mr. Wolf, Mr. Snake, Ms. Tarantula, Mr. Shark, and Mr. Piranha are trying to live clean after their criminal past — until an all-female crew forces them into one last job. As old instincts clash with new morals, the gang must outwit their rivals, dodge the law, and prove they're more than their reputations.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

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

• INCENDIES

France–Canada, 2010, Dir. Denis Villeneuve w/ Luna Azabal, Mèlissa Désormeaux-Poulin and Others, Drama–Mystery, 131mins, French–Arabic w/ English subtitles, Rated: R

A mother's last wishes send twins Jeanne and Simon on a journey to the Middle East in search of their tangled roots. Adapted from Wajdi Mouawad's acclaimed play, Incendies tells the powerful and moving tale of two young adults' voyage to the core of deep-rooted hatred, never-ending wars and enduring love.

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



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 2622 894

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

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



“

We may have all come on different ships, but we're in the same boat now.

”

Martin Luther King, Jr

HEALTH

SANTÉ SERVICES IN NOVEMBER 2025

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

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

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

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

HEALTH CENTER - KUILAPALAYAM

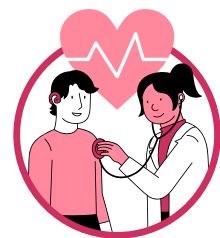
Contact: (0413) 3509942 / 3509943

Pharmacy:

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

Doctor Consultation:

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



DENTAL CLINIC - KUILAPALAYAM

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

NURSE SERVICES

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

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

Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiashagan014@gmail.com

MONSOON WITH AYURVEDA AND LOCAL PLANTS



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

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

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

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

IN THE FOOD :

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

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

AVOID :

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

IN ACTIVITIES :

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

AVOID :

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



Most of the above aggravate Vata.

HERBS AND MEDICINAL PLANTS FOR THE RAINY SEASON :

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

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



The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

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

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

The Matrimandir is a place for silent individual concentration

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

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

- The Inner Chamber is open to SAVI registered Volunteers:

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

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

Any day except Tuesday & Sunday
8:00 am - 8:35 am
Arrival at 7:45 am at the Office Gate

- The Inner Chamber, the Petals, and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am

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

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

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

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

Access to Matrimandir for Visitors and Guests

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

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

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108