

Auroville

NEWS & NOTES

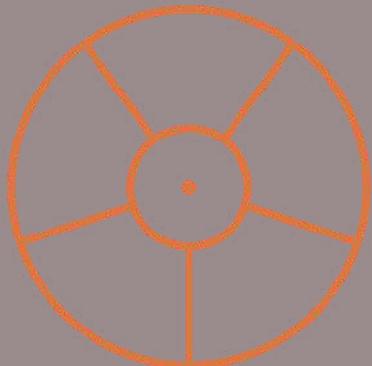
No 1100 - A weekly bulletin for residents of Auroville

20 November 2025

RA EDITION



Auroville, ten years ago...

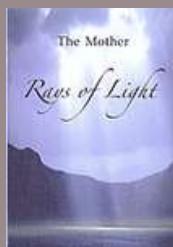


PONDERING

Fear is always a very bad adviser.

The Mother, Weaknesses, Words of the Mother II

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#fear>



First Edition 1997, Fifth Impression 2011
 © Sri Aurobindo Ashram Trust, 1997
 Published by Sri Aurobindo Ashram Publication Department, Pondicherry, 605002
 Web <https://www.sabda.in/>
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PUBLISHER'S NOTE

The sayings in this book deal mainly with the spiritual way of life envisaged by the Mother - its aims, conditions and method of practice; they deal also with the difficulties of spiritual life and with the spiritual seeker's relationship with others and the world. The text consists entirely of short written statements (notes, letters, messages) which are arranged according to subject. The sayings are taken from volumes 14 and 15 of the Mother's *Collected Works*. A sketch of the Mother's life and a glossary of terms are placed at the end of the book. The compilation was prepared by the Sri Aurobindo Ashram Archives and Research Library.

It is not the cold light of reason that helps life to grow and blossom, it is the warm and life-giving light of Truth; it is the sun when it pours its joyful rays on the world.

THE MOTHER



Hope

Paves life's way. - *The Mother*
Jacquemontia pentantha (Jacq.)
G. Don., *Convolvulaceae*.
 Skyblue cluster vine

page 1

MAN'S RELATIONSHIP WITH THE DIVINE

THE TRUE AIM OF LIFE

The aim of our life on earth is to become conscious of the Divine.

*

The true aim of life is to find the Divine's Presence deep inside oneself and to surrender to It so that It takes the lead of the life, all the feelings and all the actions of the body. This gives a true and luminous aim to existence.

28 March 1970

*

Life has a purpose.

This purpose is to find and to serve the Divine.

The Divine is not far, He is in ourselves, deep inside and above the feelings and the thoughts. With the Divine is peace and certitude and even the solution of all difficulties.

Hand over your problems to the Divine and He will pull you out of all difficulties.

3 July 1970

page 2

Life is meant for seeking the Divine. Life is realised when finding the Divine.

*

A life consecrated to union with the Divine is the only life worth living.

21 February 1971

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: newsandnotes@auroville.services
- Content must be community-building focused:
 - Open and accessible to all community members
 - Not profit-oriented
 - Contributing to collective growth or well-being
 - Promoting Auroville's ideals and values
- For further information, please [click here](#) 😊 to view our complete FAQ document.
- For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team

newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

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

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team



CONTENTS

01	Rays of Light - NEW BOOK !
02	Guidelines / Quick Guide / Acronyms
03	Note from the Editors / Table of Contents
03	WORKING GROUPS NEWS
03	From the Auroville Council
03	From the Working Committee
04	GB / FO GROUPS NEWS
04	COMMUNITY NEWS
04	Community Sharing
06	Residents Speak
07	Auroville Conversations
08	Food for Thought
08	French News & Notes
08	Inner Journey
09	ANNOUNCEMENTS
11	Support Needed
11	Work Opportunities
12	Looking For
12	Activities at Serendipity
12	Activities at JOI - Anitya Community
14	Workshops
15	CULTURAL ANNOUNCEMENTS
17	For The Bookworms
18	At Cripa
18	Food
19	Auroville Radio
19	Poetry
19	Cinema
20	Cinema Paradiso
21	COMMUNITY SERVICES
21	Essential Services
21	Health
23	Matrimandir Access Information - UPDATED
23	AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

FORCIBLE TAKE-OVER OF THE COUNCIL ROOM

Dear Community,

We are informing you that on the morning of Friday 14th, the room in the Town Hall in which the Council and other RA working groups have worked for many, many years, has been forcefully taken over. This room has been held by residents since July 2022, symbolising the empowerment of the residents and the fundamental need for Auroville's self-governance.

Around 12 people, including Antim, Sindhuja, Muriel, Joel, Giacomo, Selvaraj, Joseba, Balaji Srinivasan, Balasubramanian (AVFO), various security guards and a videographer were present against the lone Aurovillian woman who was present in the room. There was no prior intimation of any action.

The Auroville Council strongly condemns the takeover of the Council room which was carried out through deceit. We were informed that a member of the Foundation WC approached the woman from outside the room under the pretext of discussing an unrelated matter. After inviting him to come inside to discuss the matter and him declining, she came outside. The others, who had been waiting out of sight, then emerged and entered the room uninvited. There was no resistance or obstruction of the takeover of the room.

This is yet another community space that has been forcefully taken over by appointees, employees and an officer of the AVFO.

It is clear that the aim is a complete takeover and control of all aspects of our lives and governance, including bodies like the Auroville Council which has existed for decades as a community working group and is a body of the Residents' Assembly under Section 19 of the Auroville Foundation Act.

In spite of this, we would like to reassure the community that we continue to function and work for Auroville and its future.

We would also like to sincerely thank all those who have looked after the Council Room over the last 3 1/2 years, night and day, with such dedication.

With hope and faith,

The Auroville Council

Martin, Ramesh, Rju, Sathiya

FROM THE WORKING COMMITTEE

ABOUT THE AUROVILLE COUNCIL AND AURONET POST TITLED "PEACEFUL RE-POSSESSION OF ACUR OFFICE SPACE"

Dear Community,

We hope you have seen the statement from the Auroville Council about the forcible takeover of the meeting and work space in the Town Hall, which took place on the 14th of November.

Also yesterday, there was an unsigned posting on Auronet disguised under the name of the 'Working Committee', which defines the Auroville Council as "a group which has been not formally recognised under the current framework of governance of the Auroville Foundation." This is absolutely false and outrageous.

The Auroville Council was created at the insistence of then Chairman of the Auroville Foundation, Shree Kireet Joshi, and is a committee formally constituted under Section 19 of the Auroville Foundation Act.

This statement shows shocking ignorance of the basic tenets of the Governance of the Auroville Foundation by people who persist in claiming to be the 'Working Committee of the Residents' Assembly' and are instead cooperating with and actively supporting the attempt of the existing administration to dismantle and discourage any participatory system of governance while violating the true intention and spirit of Auroville.

We echo the Auroville Council in strongly condemning this act, as well as the continuing pattern of attempting to marginalize and aggressively suppress the participation and voice of the wider body of Auroville's residents in its growth and development.

In service,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli

The Working Committee selected by the RA



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

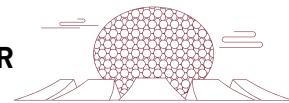
FROM THE FO N&N 1105

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

COMMUNITY NEWS

COMMUNITY SHARING

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

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

24.11.2025, SIDDHI DAY OR THE DAY OF VICTORY

"He breathes in the Waters like a seated swan.

Awake in the dawn he has power by the will of his works to give knowledge to the peoples. He is like the god of the nectar-wine and born of Truth and a creator.

He is like the Cow with her child.

He is all-pervading and his light is seen from a far distance."

Secret Of The Veda, p. 577

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.

AUM

MATRIMANDIR NEWSLETTER - NOVEMBER 2025



● [PLEASE SIGN!] PETITION AGAINST THE TERMINATION NOTICE ISSUED TO AN AUROVILIAN - NOVEMBER 2025

We invite you to sign this new petition opposing the “termination notice” issued to an Aurovillian by the Secretary, Auroville Foundation.

Please read the petition and sign using the following link:

<https://forms.gle/9jbkh1F9ttCgjRwg6>

This petition is open to Auroville residents as well as supporters, volunteers, and well-wishers of Auroville. Please share this link within your networks to help spread the word 🙏
Your confidentiality will be maintained.

Sincerely,

Concerned Residents of Auroville

NOTE: If you prefer to submit your signature via email, please send your name, your community name or city/country of residence, your response to the petition, and the title of the petition to: build.auroville.together@gmail.com



⚡ [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



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 a culture of unending education, constant progress

For many the attitude to work in Auroville is one of offering, it is our consecration, and one of the keys offered to us in this yoga of transformation.

The question of the pursuit of knowledge, however, remains somewhat vague. Mother has offered us the following as guidance in regards to **a true mental education**:

1. *Development of the power of concentration, the capacity of attention.*
2. *Development of the capacities of expansion, widening, complexity and richness.*
3. *Organisation of one's ideas around a central idea, a higher ideal or a supremely luminous idea that will serve as a guide in life.*
4. *Thought-control, rejection of undesirable thoughts, to become able to think only what one wants and when one wants.*
5. *Development of mental silence, perfect calm and a more and more total receptivity to inspirations coming from the higher regions of the being.*

For those who know our history, we remember that early on we rejected the mind, left it to its own devices and at grips with explosive forces of the unrefined vital. Then, as a response, we organised ourselves, collected our children and focused on creating safe and formative spaces for them, this turned into *schooling*. With, over time, perhaps semi-consciously an increasing emphasis on sending our youth out of Auroville to discover their '*potential*' in the '*real world*' – an odd phrasing perhaps in our context, when the great adventure lies within.

Auroville is a living laboratory. Many of us continue to learn throughout our lives, about ourselves, our chosen disciplines, about what we are here for. Young people from across India come as interns in various disciplines to study and experience through internships, what we have learnt. We have done well in many fields. Yet our collective attitudes seem to demonstrate that we have not done a very good job at training our minds in the exercises Mother proposes as a first step in the *Science of Living*, that Sri Aurobindo reveals across his works: to consider everything from as many points of view as possible, and as an exercise for the suppleness and elevation of thought, to set before the mind a clearly formulated statement and its very opposite, to find the truth behind the appearance of each one and then, attempt to bring these truths together to form a third, higher, larger, more comprehensive idea, **a synthesis**.

So how, in the context of an Integral Education and society of constant progress, are we developing our minds? Mother offered to Auroville four names—**Last School, After School 1 2 3, Super School, No School**—which seem to describe stages of inner development, and psychological progressions as an individual and perhaps a society transitions from one to another. So then, what is a *higher, wider, truer* education we can envisage in Auroville as a youth transitions into an adulthood of self-finding and constant progress?

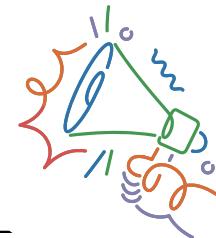
To address this current gap, a first proposition is emerging at SAIER, for interns, volunteers, and apprentices, shaped around five elements:

1. **Study through inquiry**, in any field under the guidance of a professional in that field.
2. **Explorations of Sri Aurobindo, the Mother, and the raison d'être of Auroville**
3. **Physical education** as a discipline of growth.
4. **Observation and self-reflection** through proposed tools and regular follow-up.
5. **A research or creative output** that consolidates the learning into a manifestation.

SAIER is looking to serve as a link between units, possible mentors, and learners: those who are ready to offer and those who are seeking to discover. This has taken its first steps, and we may be reaching out to some of you soon to explore possibilities.

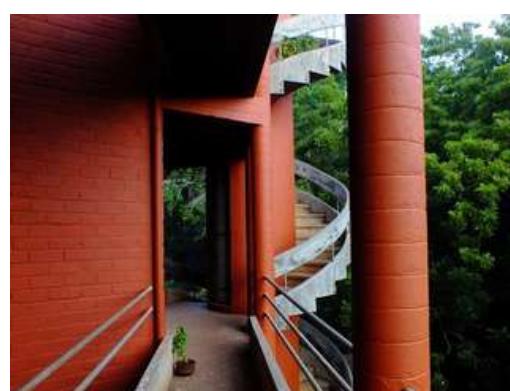
Aurevan for SAIER

Last School
After School 1 2 3
Super School
No School



RESIDENTS SPEAK

MINIMALIST LIVING AFTER THE PIONEERS' YEARS: EARLY VIKAS



After fourteen years in the greenbelt (the first nine my toilet was a hole covered by a cement slab, along the canyon), in 1999 I moved to Vikas' third block. With Sailam, the first

community in the residential zone, right at the centre. Not much changed, though: for years here too we had only solar panels and fans, no electricity. I toured Pondy for hours, till I discovered a noisy mini-fan consuming only 40 watts.

As in the green belt, in Vikas too water came from the windmill, the tallest of Auroville. No turning due to no wind? Instead of Grace sending a bullock cart with a barrel, it was now the Water Service that succoured us with enormous containers and we carried buckets up to three floors. After six days in a row of this exercise, in one hour I gave away my twenty-seven pots of roses.

All we had was a collective phone in the common kitchen; those who used it paid a monthly supplement. We shared, so time was

limited; sometimes an oversensitive neighbour abruptly interrupted the conversation. To call Canada, I went to Arka; the alternative was the phone cabin next to Tanto – or Ponds.

Exceptionally, in view of my publication work, I was granted the use of a rudimentary 14" computer, the only one in Vikas; a few hours a day, in the daytime – and only if the collective solar panels could charge the batteries. The screen was black and white: all that solar permitted. Having no internet, needless to say, I went to the internet cafe' on top of the Solar Kitchen: screens unreadable, disastrously slow, copy and paste was the trick. Arka was slightly better, but with longer waiting lines. Sometimes I cycled to Annamaria in Certitude, but often the connection there did not work. The best option was the internet cafe' in Nehru Street, Ponds; reduced tariff for one hour, no interruptions because of Aurovilians queuing. At times I took the trip just for this. The SAIER bus, free, twice a week, was often full; but to meet with friends, seldom seen on the city-centre plateau due to the absence of public transport, was a feisty occasion.

This is how we lived in Vikas, up to the first years of the new millennium. Centuries seem having passed by, sometimes I wonder: was it real? Were we better off, despite the material constraints we daily faced? Happier? Undoubtedly yes. The first collective building had a Spartan touch, and so had the lego aums; one of them only had a sliding door, there was no key. The lego aums had been built by the residents themselves, after a three weeks training course. In two capsules with a keet roof we housed adventurous guests or people with no means; to one we even provided a cycle. A mother with child, also with no financial means, took shelter in an experimental straw house. Those temporary structures are no more, relics of a bygone age, but what they represented is vivid in my memory.

We still had no servants, originally this was part of the guidelines to be accepted in Vikas. My early neighbours talked about Sri Aurobindo, the Mother, the Agenda; enthusiasm was contagious and we truly believed that Auroville was happening. This was the reward, after spending the full day on the Third Building's construction site, which I supervised for three months in Satprem's absence. Practical difficulties and daily challenges knitted us close together, same as in the green belt but... Vikas stood in the most central residential zone!

Satprem left in 1999, and so did the early residents; some quit Auroville altogether. When all over Auroville comfort and easy-living started replacing the minimalist lifestyle of the pioneers, Vikas too caved in. House servants (forbidden by Vikas' guidelines) were hired. We got electricity, phones, heaters, televisions, air conditioners, WiFis, what's app, polluting vehicles, even a car. Amazon's couriers steps in all the time with their motorbikes.

Vikas, UNESCO earth-chair, conceived as the first ideal community of Auroville, with its own Prosperity, turned into a semi-rural conglomerate linked to consumerism as anywhere else. Same challenge, in Vikas as in Auroville. We lost the capacity to dream, and share, and be. The austere beauty of satwic architecture was now seen as a handicap; Housing treated Vikas as a third world colony, the infrastructure fell into disrepair and cheap alterations to house extra people became the norm.

The past is over? No, that was the future. The joy of owning nothing but the consciousness of serving the Divine. All we need are wings.

Paulette



CRYSTAL CLEAR

Now we can clearly see
The forces preventing
The Mother's Divine City
From fully manifesting.
Crying for human unity
But deep within actually
Discriminate on "others",
Treating them as outsiders,
A clear sign of the ego-mind,
False-separative and undivine.
"Elites" themselves they define
Revealing the anti-divine
Wearing coats of humans.
Thus the Dual Kalki Avatar
Sri Aurobindo and the Mother
Came not just to announce
The coming of a new species,
Initiated Direct Action,
Bringing Truth-Unity's Substance,
Divine Light, new Consciousness
Into the Earthplay to hasten
The Divine Manifestation
Of the Supramental being
To replace the imperfect form
That is the transitional human.

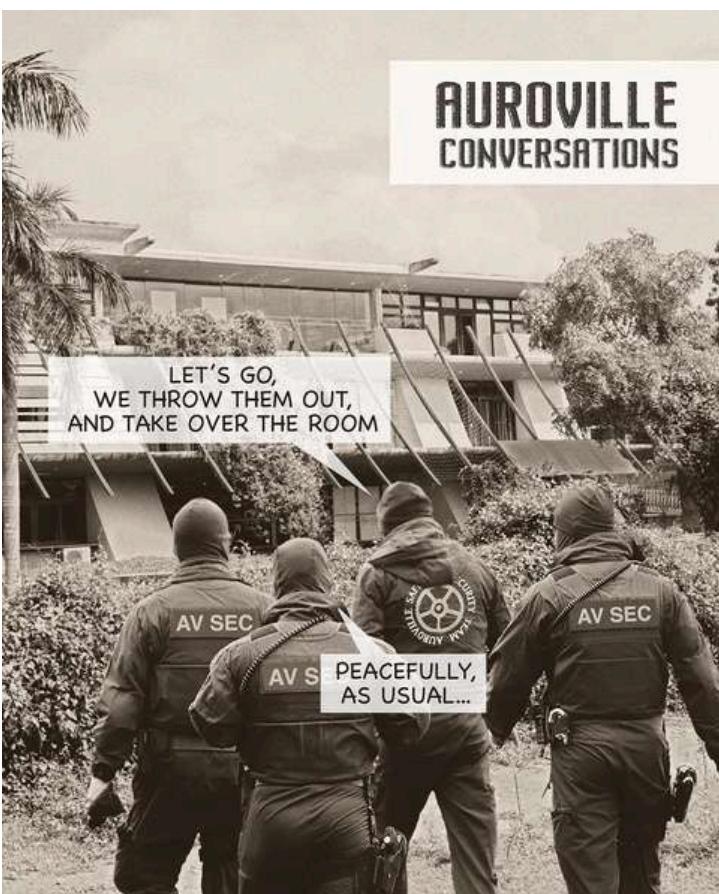
...



I have added a commentary to this poem for added clarity. To continue reading, click [here](#), scan the QR Code, or go to this blogsite and open the post with the same title:
<https://zechjoya.blogspot.com/>

Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FOOD FOR THOUGHT

Fascism is not in itself a new order of society. It is the future refusing to be born.

- Aneurin Bevan



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE
20 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 25th November, 9 am - 12 noon
Focus: The Divine Mother

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodel
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, Auromodel, 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
				
Méditation Breathwork	Live Sound Bath	Meditation Visualization	Present Moment Meditation	Book Meditation

Please note -

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

Minimum contribution –

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

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

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

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

Prior registration needed for online sessions.

Warmly, Debashish

HEALING PRACTICES FOR TRAUMA FROM THE PERSPECTIVE OF INTEGRAL YOGA

WHAT IS TRAUMA?

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

Causes of Trauma

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

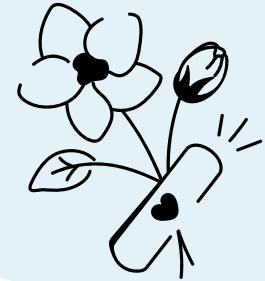
Healing Practices for Trauma from the Perspective of Integral Yoga

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

#5 Patience and Sincerity when Healing Trauma

Integral Yoga teaches that deep transformation takes time. Trauma may persist because parts of the being cling to it. Patience—without discouragement—is essential. Sincerity means not hiding from the wound but not letting it define you. Even a small shift—from heaviness to calm, from darkness to a spark of light—is already a beginning of transformation.

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



ANNOUNCEMENTS

BEFRIENDING DEATH

THURSDAY 27TH NOVEMBER, LIBRARY, CREATIVITY

Time: 10:45am - 11:45am

Venue: Library, Creativity community, Auroville (not AV library)

- 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>



MEETING OTHER COMMUNITIES

The InnerBeing project seeks out individuals and communities in Europe and around the world who share the same ideal as Auroville: to organically and gently establish a new society that prioritises Inner guidance through compassion and care for others.

We strive to build bridges between Auroville and the outside world for the mutual benefit of all, and we document each encounter.

We believe that a day will come when Auroville will be the whole world, and the whole world will be Auroville, regardless of the name the new humanity gives to Auroville or the world.



Today,

Episode 1, the Foundry, Galicia, North Spain.

<https://youtu.be/IVHTPUodaQs>

Dan & Svenja, for the InnerBeing Project



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.
- Transforming Trauma : 22nd & 23rd Nov
- Flow Game : 29th Nov
- Mindfulness Retreat : 29th Nov
- Inner Childwork in the perspective of Integral Yoga : 29th & 30th Nov

And more ...

www.auroville-jiva.com contact@auroville-jiva.com
WA 96260 06961

WE BLOOMO! TOGETHER

SAT 22ND NOV, THE MOTHER'S FLOWER GARDEN NEAR SOLAR KITCHEN

Play BloomO! at Mother's Flower Garden
Sat, Nov 22nd 2025 / 4:30-6pm



Flowers speak to us when we know how to listen to them; it is a subtle and fragrant language. ~ The Mother

Soul Flower Card game

Monthly BloomO! play sessions for collective, soulful experience with and for the community. Play as you learn about the spiritual significance of flowers. An engaging and fun way to connect with nature and yourself!

mothersflowergarden@auroville.org.in



Join the group for participation and updates

Discover the spiritual significance of flowers with BloomO! the soulful flower card game of memory and reflection. BloomO! can be played in an engaging way as a group of 4 to 7+ or individually for reflection and concentration within. Age: 7+

- **When:** Saturday, November 22nd 2025 from 4:30 - 6pm
- **Where:** The Mother's Flower Garden near Solar Kitchen, Auroville
- **Host:** Purvi Bhanot

Participation

If you are interested in volunteer experience to facilitate and/or host the monthly BloomO! play sessions, please reach out in the group - scan QR code provided and join "We BloomO!"

Context for playing BloomO!

The game can be an enriching, engaging experience as part of group activities including workshops, retreats, events. And also a recurring activity as part of school or learning institute classes.

BloomO! team

mothersflowergarden@auroville.org.in

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.

FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE

AI CLASSES ARE BACK!

Restarting with fresh energy

FREE

A man in a green shirt is pointing at a whiteboard with icons like a lightbulb, a robot, a bar chart, and a brain. The whiteboard also lists 'Prompt Engineering', 'Generative AI (GenAI)', 'AI Development', and 'Data Science'.

Every Saturday: 10am to 11am

Location: Hive, Auroville

Registration: RSVP to +91 9886740850

Join us on this journey once again

Hive
COWORKING SPACE

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

Open for all, no prior experience needed.

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

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



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>



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, stigmatad@gmail.com

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



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.

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



FAMILY CONSTELLATION WITH SHANTI

SATURDAY 20TH DECEMBER, ANITYA



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.

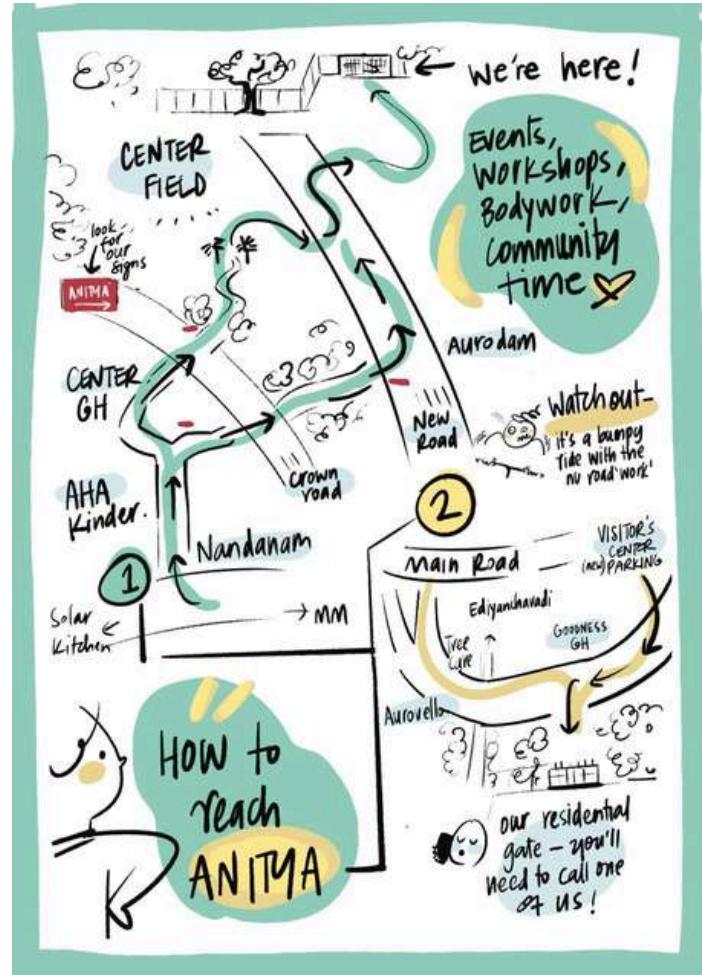
Guidelines:

- 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!



WORKSHOPS

AWARENESS THROUGH THE BODY (ATB)

SAT 6TH - SUN 7TH DECEMBER

ATB Awareness Through the Body

ATB 1

Workshop

6th - 7th of December

in Auroville

A space to cultivate an inner positioning that allows us to grow in awareness of what we do, how we act, feel and think, instead of reacting to situations and circumstances.

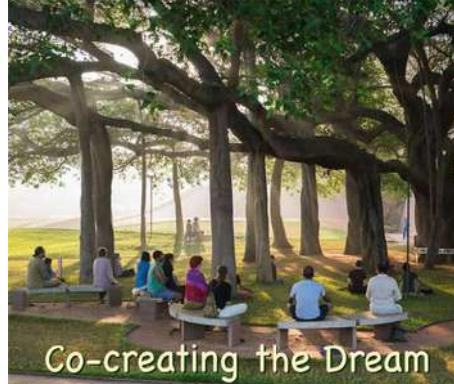
contact and enrollment:
connect@atbwithamir.com

www.awarenessthroughthebody.org

CO-CREATING THE DREAM WORKSHOP SERIES

SATURDAY 22ND

NOVEMBER,
VÉRITÉ



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

Each workshop is a stand-alone experience.

The series continues on **Saturday 22nd November from 9:15-12:15** in Verite with our fourth workshop:

"The Ideal Organisation"

This workshop explores how we can co-create organisations that embody unity in diversity. Guided by the Prosocial Core Design Principles, we'll reflect on how shared purpose, fairness, and trust can help our groups become expressions of collective wellbeing and conscious collaboration in service of the whole.



Register at [Verité](#).

CULTURAL ANNOUNCEMENTS

NEW EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE

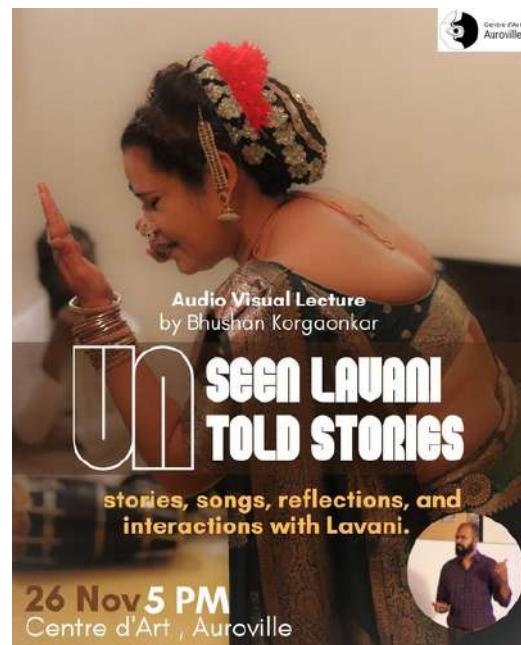


Mornings: Mon - Sat: 9am - 12:30pm

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

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**.

RESILIENCE BY MARIE-CLAIRES BARSOTTI

OPENING ON FRIDAY 28TH NOV / 28 NOV - 17 DEC 2025,
CENTRE D'ART



Opening on Friday 28 November at 4:30pm.

One fine day, upon returning from a trip, French artist Marie-Claire Barsotti found her thirteen volumes of Mother's Agenda devoured by termites and now unreadable in her library. Once she got over the initial shock, she wondered how to deal with the disaster.

She first thought of burning them or throwing them away, but couldn't bring herself to do it. The red-covered volumes, read and reread, annotated in her own hand, had accompanied her throughout her life and had brought her here, to Auroville.

Could there be a message hidden in the extraordinary convolution created by the termites? Had these books been too sacred to her, was this an invitation to merge them into herself, no longer considering them as external entities?

For Marie-Claire, the artistic act is a living alchemical process, through which a transformation takes place in the creator and its creation simultaneously.

The time had undoubtedly come to let go of the certainties of the past and venture down unknown paths. To show resilience, to surrender. She used the destruction wrought by the insects to rebuild.

For nearly two years, she created, with Mother's words and her intuition, her own colours and shapes, poetic and shimmering collages like butterflies emerging from their chrysalis.

In a second stage, the Matrices were born, representing a synthesis of the path travelled, an integration of the infinite realities of the world.

The Matrices are layered grids of interpretation, each corresponding to a different frequency, from the most troubled to

the purest. At the very bottom, we can glimpse the golden vibration of divine consciousness, gradually covered by layers symbolising different planes of existence that are more or less unconscious and negative, up to the threatening grids on the surface that seem to block access.

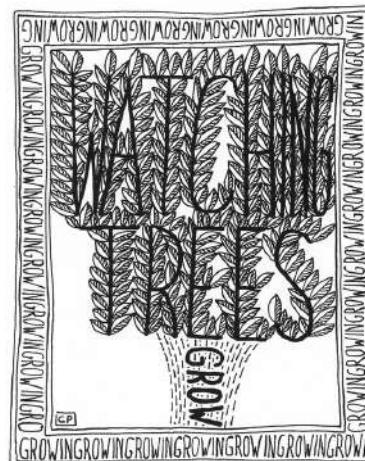
Marie-Claire Barsotti's lyrical abstraction has a contagious power. Behind an apparent difficulty, the alchemist artist opens the way for us to the splendid depths where divisions are abolished and invites us to experience within ourselves this unity that transcends all oppositions.

Dominique Jacques 2025

- **Friday 28th Nov - Wednesday 17th Dec 2025**
- **Centre d'Art Auroville**
- **Tue - Fri : 2 - 5:30pm**
- **Sat : 10am - 12:30pm, 2 - 5:30pm**
- **Morning by appointment**

WATCHING TREES GROW - RELEASE EVENT

SUNDAY 30TH NOVEMBER, ANUSUYA



**WATCHING TREES GROW
RELEASE EVENT**

13 BLACK & WHITE TREE DRAWINGS
INSPIRED BY MADHUBANI
AND THE AUROVILLE FORESTS

SUNDAY, NOVEMBER 30, 2025
(ONLY IF IT'S NOT RAINING, AS IT'S OUTDOORS)

9 A.M. - 5 P.M.

AT THE 3-WAY CROSSING IN ANUSUYA

CHRISTOPH

OPEN CALL FOR EXHIBITIONS, ACTIVITIES, ARTIST RESIDENCIES - CENTRE D'ART



**OPEN CALL
26/27**

**Exhibitions
Activities
Artist residency**



Every year Centre d'Art organizes art exhibitions, workshops, collective projects, lectures, activities, and invites an artist for a two-month residency.

Application deadline is **31 JAN 2026**.

Here you can find the info:

- for Exhibitions and Artist Residency: <https://centredart.in/artist-residency-auroville/>
- for Activities: <https://centredart.in/activities-open-call/>
- If you need more info please send us an email to centredart@auroville.org.in

Centre d'Art team



FOR THE BOOKWORMS

LIVING INDIA : POETRY BOOK LAUNCH & READING

MON 24TH NOVEMBER, SQUARE HALL, SAVITRI BHAVAN



Living India

Poetry book launch & reading
with celebration at the end

5-6pm, Monday 24 November
Square Hall, Savitri Bhavan

Free entry. All are welcome.

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

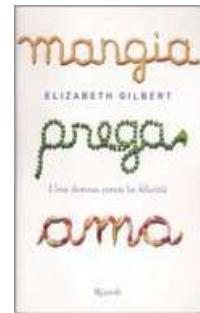
AUROVILLE LIBRARY

New Arrivals!

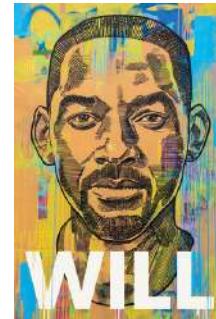
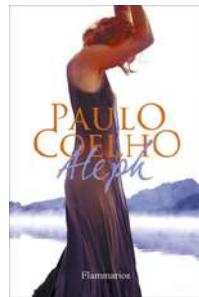
Dear Friends,

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

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



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!

THEME OF THE MONTH

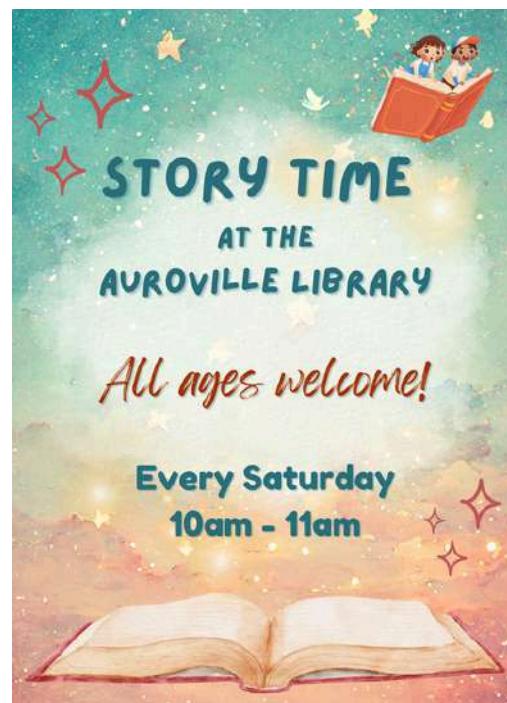
Every month, we choose a topic and set up a display of books from our collection.

This month's theme is
Farming !

Come by to check out our
selection!

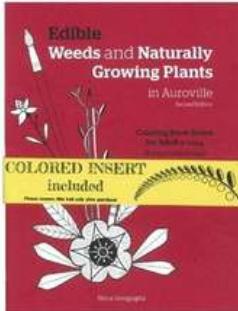


STORY TIME
AT THE
AUROVILLE
LIBRARY
EVERY
SATURDAY



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

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



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

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

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

Thank you,
Nina
edibleweedwalk@gmail.com | FS Account # 251937

TIBETAN PAVILION LIBRARY

Dear all,

This is to your information that we are going to open the library to the readers we have vast collection of books on **Tibetan history**,



Buddhism, medicine, environment and etc, and also a section of books on India, China, Bhutan and spiritual books on Sri Aurobindo and the Mother.

Our opening hours are:

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

All reader's are invited.

We will be closed on the national holidays.

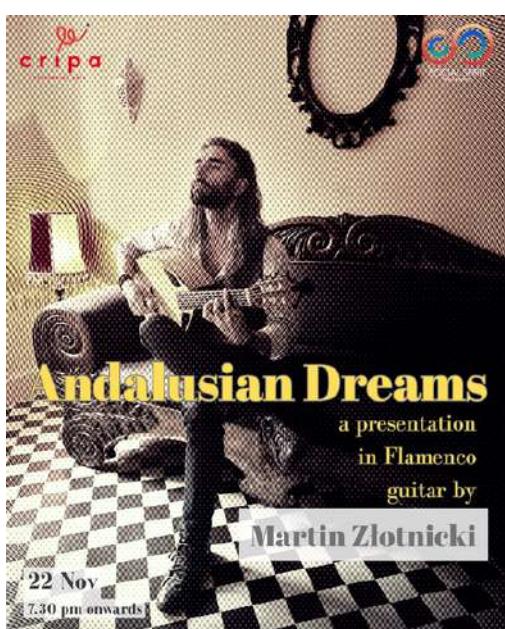
We look forward of seeing you in Tibetan pavilion,

Submitted by Kalsang

On behalf of Pavilion Of Tibetan Culture International zone

AT CRIPA

c r i p a
PERFORMING ARTS



ANDALUSIAN DREAMS - A PRESENTATION IN FLAMENCO GUITAR BY MARTIN ZLOTNICKI
SATURDAY 22ND NOVEMBER

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

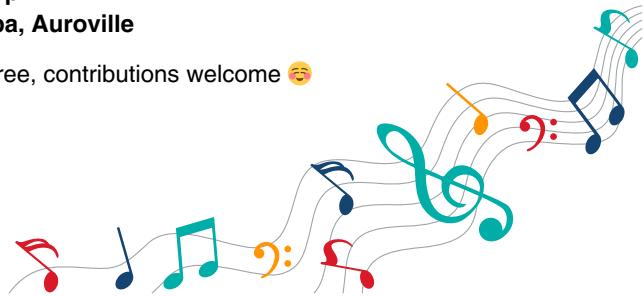
With a background that bridges classical technique and contemporary expression, Martin explores the guitar as both a percussive and lyrical instrument - his interpretations move seamlessly from intricate falsetas to moments of quiet reflection. His repertoire ranges from traditional palos to original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

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

Saturday 22nd November

7:30pm
Cripa, Auroville

Entry free, contributions welcome 😊



FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044 www.myfoodforest.in



RIGHT PATH CAFE, VISITOR'S CENTRE



The cafeteria at visitor center is offering a south indian non veg lunch scheme :

- Organic white rice / Brown rice / millet
- Organic chapati
- Seasonal Auroville vegetable
- Sambar

- 3 x a week with veg kurma & rasam
- 3 x a week with organic chicken curry,
- or fish kuzhambu, or auroville egg kuzhambu
- Home made organic pickles.

3700/- per month

REMINDER!

OTHER MONTHLY SCHEMES :

- Organic Vegetarian South Indian Mini Meal - Rs 2500/-
- Healthy Plate based on AV organic products - Rs 3700/-
- For those, a half month scheme is also available.
- Enquiries and registration: email cafeteria@auroville.org.in
- Whatsapp 90430 04919

Open to Aurovilians, Newcomers, Volunteers with Aurocard and registered Interns.



AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.158 \(Literature\)](#)
- [Savitri - Ep.27 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari- B 1, C 12: "Delight of Existence: The Solution" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.515 \(Integral Yoga\)](#)

Latest Youtube Video

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1 - Chapter 3](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

POETRY

Fragrant Fingers

I wouldn't wash them,
If I just held your hands,
Caressed your hair,
Meddled with mud,
Touched a flower,
Or a chocolate crêpe...

Some fragrance would linger still,
Seeping through my skin
To secure a place
Somewhere in my heart.

I will keep these fragrant fingers
For a little while — longer than usual

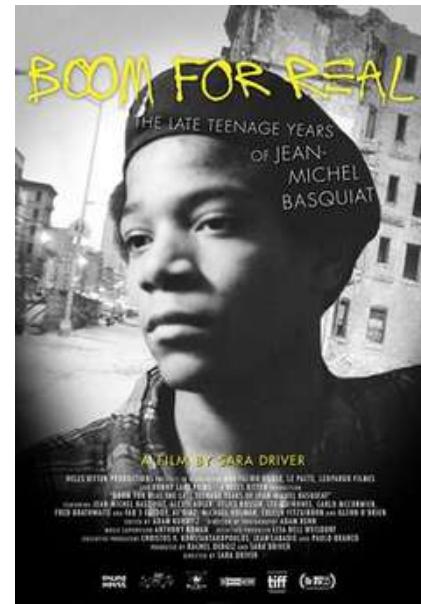
—
Smelling the scent,
Stilling the mind,
Stealing one more smile
From the circling stars.

Anandi Z

CINEMA

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.

First Ever German Film Week

at the Multimedia Center (MMC) Auditorium, Auroville

24 November 2025 to 30 November 2025



Step into stories from Germany as we celebrate our first ever German Film Week in Auroville, arriving in the festive spirit of Carnival (Karneval/Fasching/Fastnacht). Expect films that are bold, tender, quirky, and unforgettable.

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.

Let the screen light up with laughter, drama, and discovery. Willkommen!

GERMAN FILM – MONDAY 24 NOVEMBER, 8:00 PM:

- **DIE FRAU DES PILOTEN (COPILOT)**

Germany-France-Lebanon-Ireland, 2021, Dir. Anne Zohra Berrached w/ Canan Kir, Roger Azar, Darina Al Joudi, and others, Drama-Romance, 118mins, German-English-Arabic Turkish w/ English subtitles, Rated: NR (R)

When Asli, a bright medical student, falls for the enigmatic Saeed in 1990s Germany, their secret marriage defies her family's wishes. But as Saeed's hidden convictions surface, Asli is forced to confront the devastating cost of loyalty, love, and the secrets we keep. A gripping love story shadowed by a global tragedy.

GERMAN FILM – TUESDAY 25 NOVEMBER, 8:00 PM:

- **ICH WAR NEUNZEHN (I WAS NINETEEN)**

East-Germany, 1968, Dir. Konrad Wolf w/ Jaecki Schwarz, Vasiliy Livanov, Aleksey Eybozhenko, and others, Biography-Drama, 114mins, German-Russian w/ English subtitles, Rated: NR (R)

Home is not always where you left it. Gregor Hecker, a young German who fled the Nazis, returns as a Soviet officer in 1945. As he navigates a shattered homeland, he confronts identity, memory, and the haunting contradictions of liberation and belonging. A powerful coming-of-age story set in the ruins of war.

GERMAN FILM – WEDNESDAY 26 NOVEMBER, 8:00 PM:

- **DAS LEBEN DER ANDEREN (THE LIVES OF OTHERS)**

Germany-France, 2006, Writer-Dir. Florian Henckel von Donnersmarck w/ Martina Gedeck, Ulrich Mühe, Sebastian Koch, Mystery-Thriller, 137mins, German w/ English subtitles, Rated: R

In 1984 East Berlin, Stasi agent Gerd Wiesler is assigned to monitor playwright Georg Dreyman and his partner Christa Maria. As he listens, Wiesler becomes emotionally drawn into their lives and begins to question the regime he serves. This film is a masterclass in storytelling, exploring how empathy can emerge in the most unlikely places. A winner of several major international awards, it remains one of the most compelling portrayals of surveillance, conscience, and transformation.

GERMAN FILM – THURSDAY 27 NOVEMBER, 8:00 PM:

- **PLASTIC FANTASTIC**

Germany, 2023, Writer-Dir. Isabella Willinger w/ Josua Baca, Michael Braungart, Ingemar Bühler, and others, Documentary, 102mins, German w/ English subtitles, Rated: NR (PG)

What we throw away never really leaves. Plastic is everywhere — but what lies beneath the surface? This award winning film follows a group of experts who uncover the hidden costs of our dependence on plastic, revealing how pollution, greenwashing, and climate injustice are woven into everyday life. It invites viewers to rethink what sustainability truly means.

GERMAN FILM – SATURDAY 29 NOVEMBER, 8:00 PM:

- **ROTER HIMMEL (AFIRE)**

Germany, 2023, Writer-Dir. Christian Petzold w/ Thomas Schubert Paula Beer, Langston Uibel, and others, Comedy-Romance, 102mins, German w/ English subtitles, Rated: NR

A haunting summer unfolds as desire, ego, and nature collide. Leon, a brooding writer, joins his friend Felix at a seaside cottage to work on his manuscript. But unexpected guests and a looming forest fire unravel their plans. As tensions simmer and emotions ignite, deeper truths begin to surface. *Winner of major international awards, this film is a masterclass in storytelling, exploring how empathy can emerge in the most unlikely places. A film that leaves a lasting impression.*

GERMAN CHILDREN'S MATINEE – SUNDAY 30 NOVEMBER, 4:00 PM:

- **PETTERSSON & FINDUS – KLEINER QUÄLGEIST, GROSSE FREUNDSSCHAFT (PETTSON AND FINDUS: A LITTLE NUISANCE, A GREAT FRIENDSHIP)**

Germany, 2014, Dir. Ali Samadi Ahadi w/ Ulrich Noethen, Marianne Sägebrecht, Max Herbrechter, and others, Animation-Family, 86mins, German w/ English subtitles, Rated: NR (G)

One grumpy man. One cheeky cat. One unforgettable friendship. Pettersson, a solitary old man, finds his peaceful life turned upside down when a mischievous talking cat named Findus moves in. Through playful chaos and unexpected adventures, their bond deepens, proving that even the most unlikely friendships can bring the greatest joy.

GERMAN FILM – SUNDAY 30 NOVEMBER, 8:00 PM:

- **DIE EHE DER MARIA BRAUN (THE MARRIAGE OF MARIA BRAUN)**

Germany, 1979, Writer-Dir Rainer Werner Fassbinder w/ S Hanna Schygulla, Klaus Löwitsch, Ivan Desny, and others, Drama, 120mins, German w/ English subtitles, Rated: R

This much-awarded film, set in postwar Germany, is a fierce and unforgettable portrait of ambition, love, and survival. Maria marries Hermann in the final days of World War II, only to lose him to the chaos of war. As she claws her way through Germany's economic boom, her choices blur the lines between loyalty and self-preservation. She built a future from the ruins of 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



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

ELECTRICAL SERVICE (AVES)

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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



Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

Government Ambulance (24/7) - Phone: 108

Appointment

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

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

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

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

HEALTH CENTER - KUILAPALAYAM

Contact: (0413) 3509942 / 3509943

Pharmacy:

• 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

• 8:30am - 5:00pm Monday to Friday

(1 - 2pm Lunch Break)

• 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

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

NURSE SERVICES

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

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

Services:

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



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

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiazhagan014@gmail.com

MONSOON WITH AYURVEDA AND LOCAL PLANTS



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

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

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

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

IN THE FOOD :

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

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

AVOID :

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

IN ACTIVITIES :

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

AVOID :

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



Most of the above aggravate Vata.

HERBS AND MEDICINAL PLANTS FOR THE RAINY SEASON :

- Moringa – Moringa Oleifera: to balance Vata and Kapha by increasing the digestive power
- Bhunimba (Nilavembu) – Andrographis paniculata: 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 Auroids.
- Savitri Readings on Thursday evenings: Guests holding only Auroids 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
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- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

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

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

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

Access to Matrimandir for Visitors and Guests

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

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

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108