

Auroville NEWS & NOTES

No 1101 - A weekly bulletin for residents of Auroville

27 November 2025

RA EDITION

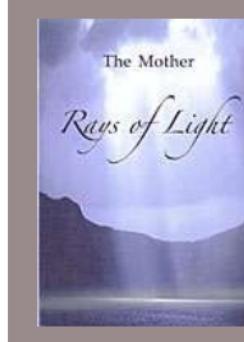


PONDERING

I need not appear to be good if my sincerity is perfect.
It is better to be than to seem.
Be honest towards yourself—(no self-deception). Be sincere towards the Divine—(no bargaining in the surrender).
Be straightforward with humanity—(no pretence and show).

The Mother, 25 June 1963, Insincerity, Pretension and Self-deception, Words of the Mother II
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-ii/#insincerity-pretension-and-self-deception>





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MAN'S RELATIONSHIP WITH THE DIVINE

page 2

THE TRUE AIM OF LIFE

Happiness is not the aim of life.

The aim of ordinary life is to carry out one's duty, the aim of spiritual life is to realise the Divine.

*

Do not live to be happy, live to serve the Divine and the joy that you will experience will be beyond all expectations.

March 1972

*

We seek not our personal salvation but the absolute surrender of our being to the Divine.



Divine Presence

It hides from the ignorant eye its ever-present magnificence. - *The Mother*

Tradescantia spathacea Sw. [Rhoeo spathacea (Swart) Stearn.], *Commelinaceae*.

Oyster plant, Boat lily, Cradle lily, Moses in his cradle

THE DIVINE

For those who are afraid of a word:

This is what we mean by "Divine": all the knowledge we have to acquire, all the power we have to obtain, all the love we have to become, all the perfection we have to achieve, all the harmonious and progressive poise we have to manifest in light and joy, all the new and unknown splendours that have to be realised.

7 September 1952

*

The Divine is indeed what you expect of Him in your deepest aspiration.

*

God is the perfection that we must aspire to realise.

8 November 1969

*

THE DIVINE IN MAN

Every being carries within him the Divine Inhabitant; and although no being in the whole universe is as weak as man, none is as divine as he.

2 October 1951

With regard to the Truth, we are all divine; but we hardly know it. And in us, it is precisely that which does not know itself as divine which we call "ourselves".

*

Our worth lies only in the measure of our effort to exceed ourselves, and to exceed ourselves is to attain the Divine.

*

Human mediocrity is intolerable.

We aspire for a knowledge truly knowing, for a power truly powerful, for a love that truly loves.

THE DIVINE IN THE UNIVERSE

Does the Divine exist in all things, even in the dustbin?

The whole universe is the manifestation of the Divine, but a manifestation which begins with a total unconsciousness of its origin and rises little by little towards this consciousness.

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

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

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team

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WORKING GROUPS NEWS

FROM THE WORKING COMMITTEE

LETTER TO SECRETARY RE "AUROVILLE MEDIA FRAMEWORK"

Dear Community,

For your information, please find below a letter, which is self explanatory, that we have sent to the Secretary regarding the "Auroville Media Framework".

In service,

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

To:

Dr Jayanti Ravi, IAS
Secretary
Auroville Foundation

Madam Secretary,

We are writing to you regarding the "Auroville Media Framework" that was approved in December of 2024 by the then Governing Board.

Below are a number of serious concerns we have about this 'Framework', which is yet another example of a decision being made without consultation with the wider Residents' Assembly and its selected working groups.

1. Mandate Concerns

While the stated aim of "bringing coherence and clarity" to Auroville's communication efforts appears constructive, the role of the Funds and Assets Management Committee (FAMC) in initiating or directing media policy raises serious procedural and ethical concerns.

- The FAMC's mandate pertains to:
 - financial oversight
 - asset management
 - coordination of trusts and units.
- It does **not** extend to:
 - regulation of communications
 - supervision of media expression
 - control of public discourse.

Any attempt to do so extends beyond its functional and legal purview.

2. Lack of Participation & Pre-Defined Content

Furthermore, the "Auroville Media Framework" is presented as a "proposal" but has in practice been pre-defined and administratively endorsed by the past GB (the term of which expired at the beginning of October 2025), Foundation Office and appointees, without participatory consultation or prior consent from the Residents' Assembly or the existing communication platforms.

This renders the framework less a process of co-creation and more another act of imposition, in a matter which deeply affects the residents and the project of Auroville.

Already formulated **before** any community input:

- preset objectives of “**supportive content**”
- mechanisms for monitoring “**misinformation**” (with no criteria provided)
- predetermined structures:
 - media tours
 - coordinated rebuttals
 - expanded centralised media functions.

3. Freedom of Expression and the Unity vs. Uniformity Conflict

The right to free expression is not merely a personal liberty but a foundational necessity for Auroville as a community aspiring toward human unity.

- Genuine unity arises from:
 - diversity of thought
 - transparent dialogue.
- It does **not** arise from:
 - enforced uniformity of message
 - centralised control of narrative/information.

Restricting, filtering, or “aligning” all Auroville-related communication under an appointed coordination group risks eroding both creative freedom and public trust.

This concern is heightened by policy objectives that shift communication away from community dialogue and toward narrative control. The framework’s emphasis falls on:

- **Visibility:** centred solely on one officially appointed entity, marginalising all other actors.
- **Repetition:** of predetermined narratives, and yet no transparent process exists for deciding what counts as “false” or “true.”
- **Narrative consistency:** enforced in support of a single viewpoint, leaving no room for differing perspectives.
- **“Combating misinformation”:** a stated aim that paradoxically permits the dissemination of selective or misleading information while silencing alternative accounts.

4. Spirit of Auroville & Constitutional Rights

In a community built upon voluntary collaboration, self-organisation, and higher consciousness, such a policy contradicts the very spirit it claims to represent.

True coherence would emerge from:

- trust
- mutual respect
- shared purpose

not from unilateral authoritarian decision-making and supervision.

Therefore, any discussion on Auroville’s communications must remain under the purview of its communicators and the Residents’ Assembly, in full recognition of:

- the constitutional freedoms of speech and expression guaranteed to all citizens of India
- the principles essential to Auroville’s experiment in human unity.

Instead of putting such efforts into some kind of “image” of Auroville, the present administration could heed the call of cooperation coming from the community and let the work towards human unity speak for itself.

Sincerely,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli

The Working Committee selected by the Residents’ Assembly of the Auroville Foundation



WORKING COMMITTEE
of the Residents' Assembly

AUROVILLE FOUNDATION



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1106

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

COMMUNITY NEWS

TRIBUTES

TRIBUTES TO ROY

Roy was born in New Jersey on May Day 1949. From early on, he lived music and art. He grew up in Maplewood NJ, a pretty suburb whose main virtue was the nearby commuter train to New York City.

In high school he was encouraged by one his teachers to pursue art. He wasn't strong in academic subjects, although he was clearly very smart. But he had style and a sense of what was happening in the arts and music scenes from early on.

Roy loved going into the City to visit guitar stores and hang out in the Village. Guitar in hand and thanks to his hair and overall look, people would come up to him asking for an autograph, thinking he was Bob Dylan. He complied, always having had a wry sense of humor.

As a child Roy was sweet but also could be naughty. Once he and Justine, a cousin he was and remained close to, walked on their own many miles along a railroad track from their homes to our dad's outerwear factory. Roy was six and Justine was five years old!

Roy was in a jug band but also liked Bach organ music. He was interested in spirituality and was a deep thinker but also a lot of fun to be with. Roy Lawrence Chvat will be greatly missed.

Carol (Roy's sister)

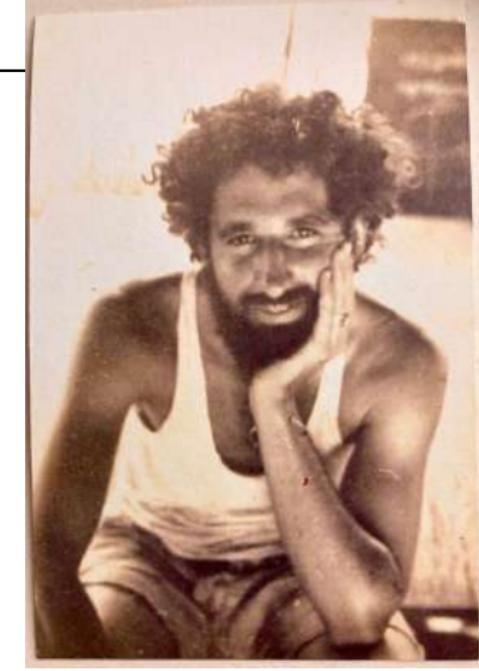


photo from 1972/73

Roy young
the slight curly beard and hair
open half smile, mala hanging down who
came to the door of his house in Kottakarai when
I knocked and knocked again (why this do I remember)
opened and I knew he had
been meditating and said sorry for disturbing—
replied that if he had been disturbed
then his meditation was the fault

and he was not disturbed.

Roy making tea; Roy throwing pots,
frying community dosai; Roy the wry
who followed the call as far
as it would go and seemed at
home wherever he went
ready to rise up to answer the door.

Gordon

Remembering Roy,

In the early days, beginning 70's, Mother gave us permission to move from Silence (now Bharat Nivas) to start a new community in Kottakarai with Daniel, Iris and Mitra, Constance, Larry, Diane, Aurolouis and Auralice, Jaap, myself, Mukta and Chandrah, Bobby, Gerhard, Shastri and Suryan.

We were all young, strong and hard working: digging wells, building our own houses, community kitchen, small workshops, cowshed, working in the vegetable garden, rain-fed agriculture, planting trees, bunding, making check dams, starting the first bakery in a barrel next to our community kitchen in the Palmyra grove and tending the children. Working with the village kids and having a small ayurvedic clinic in the village.

Amidst all these activities there was always Roy as a quiet, wise council, he read the books, meditated, played Go and always had time to listen to our tales of joy and woe, serving a Japanese tea in delicate porcelain bowls. He gifted friends with beautiful leather-bound books embossed in gold by Mother and Sri Aurobindo. Built, together with Constance, the first kiln and the beautiful wooden Japanese-style pottery (still there).

Farewell dear Roy, you have been a true friend.

Lisbeth

In the early days, in the hot, dry months prior to the summer monsoon, we would be visited daily by Hari, a sweet, diminutive man. He was usually shirtless – wearing only a white lungi. Hari was the father of Velayadhum, a close friend from Kottakarai. Every year at this time he would go a little crazy (or that was Velayadhum's explanation for his behavior). He walked the land and occasionally stopped by where we were working. He would stand silently and watch – then at some point take an archer's stance, point upwards to the sun ("Suryan," he announced), bend an imaginary bow and loose an invisible arrow at it. "Naan Arjuna!" He thumped his chest with one hand. "Aurovilians – yellarum Arjuna!" For a few weeks, he would come each day to offer this dramatic message.

"Aurovilians are all Arjuna" - courageous warriors - in service of the Divine - one pointedly aimed at the sun.

Constance

Roy the dude, the Big Lebowski. A Go player who played for the aesthetic aspect of it, not to win. For many years a group of us (Vijay, Gerhard, Santo, Jan, Auroson, Shastri, Amrit...) used to play at his and Gillian's house every Sunday after lunch, while enjoying carefully prepared brews which he would make individually for each one of us as we arrived.

An uncompromising jazz, Pat Metheny-loving guitar player, casting his spell over Aurodam and Center Field with his warm Guru (homemade) tube-amplifier tone, never shy to turn up the volume.

A hippie, painting delicate water colours that evoke the spirit of Native America. A shaman in previous lives?

When you meet him you feel at ease, because he is at ease, all agendas take a back seat. An embodiment of surrender with a take-it-as-it-comes attitude. He once said to me that as you get older you get to the point where the only thing that matters is being peaceful. Years later, it speaks to me of a mature realisation of the psychic being, as I learn the need for more peace and presence in my life.

A man of few words but many stories and always encouraging. He was simple but refined, authentic, non-judgemental, kind, and cared little what people thought about him.

Thank you Roy for the gift of your being. I'll miss you! Until we will meet again :)

Suryan



COMMUNITY SHARING

● [UPDATE] PETITION AGAINST THE TERMINATION NOTICE ISSUED TO AN AUROVILIAN – NOVEMBER 2025

We would like to thank the more than 500 Auroville residents and well-wishers who have signed this petition in support of Arun Ambathy, who received a "termination notice", and in support of the 35+ Aurovilians who have been issued "show-cause notices" by the illegitimately appointed groups of the then Governing Board supported by the Secretary.

If you have not yet signed, please read the petition and show your support for those who have stood at the frontline, courageously requesting respect, dignity, dialogue and transparency in the Auroville Foundation's administrative processes.

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

Please help spread the word so that more people become aware of the ongoing situation and recognize the selfless dedication of those working for the community.

In fraternity,

Concerned Residents of Auroville



NOTE: Your confidentiality will be maintained. If you already signed, please don't submit your signature again.

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

THURSDAY 5TH DECEMBER
SRI AUROBINDO'S MAHASAMADHI



On this day, the Sri Aurobindo Ashram opens Sri Aurobindo's Room for a Darshan.

- No tokens for entry are required.
- Please join the general queue from 5:00am to 10:00am.
- For seniors or anyone who may require additional physical ease or support, there will be a possibility to visit Sri Aurobindo's Room in the afternoon of the same day, between 3:00pm – 3:30 pm.

MEDITATIONS AT SUNSET WITH SAVITRI
MATRIMANDIR AMPHITHEATRE

From Tuesday 2nd December onwards, Meditations at Sunset with Savitri in Matrimandir Amphitheatre will happen on **TUESDAYS** instead of Thursdays.

Antoine for MM Executives

MATRIMANDIR NEWSLETTER - NOVEMBER 2025





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.

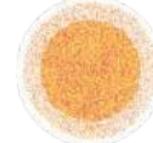
Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or students of any individual classes, your project is to be reviewed by all concerned School Boards prior to sending to Abundance PCG.. (Please contact any individual schools mentioned 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



SAIER

Educational research: documenting our experiments

SAIER initiated a Research Program in July 2025, comprising 12 sessions. Six sessions have been completed so far, and we are glad to share some updates from the ongoing work.

The program aims to:

- Demystify research through collaborative exploration and discover deeper methods of enquiry that resonate with Auroville.
- Kickstart written and formal documentation of Auroville's educational practices, with the vision of presenting this work as an inspiration to the wider world.
- Encourage and support teachers and practitioners to undertake research independently.
- Reflect collectively on the educational work currently happening in Auroville.

We are deeply grateful for the encouragement from the community and for the enthusiasm of Auroville's teachers, who, despite their busy schedules, have committed themselves to research.

The program began with around 47 participants, and we continue to have a dedicated group of about 25–30 members actively pursuing research in their respective areas.

Across the six sessions completed so far, participants have explored and refined their research questions, undertaken literature reviews, developed tools for data collection, and some have already begun the process of data gathering.

Most recently one of the research projects on the practice of Morning Meetings at CRSTREAM Land got selected for a presentation at the International Conference on Vedic Pathways to Mind, Culture, and Society that was held in association with Miranda house. ICVMCS is an academic forum that bridges ancient Vedic wisdom with modern behavioral science to generate evidence-based, contextually grounded insights across diverse disciplines.

We have four upcoming presentations at the International Conference of STEM Education in Bhutan.

We have also submitted a paper on Reimagining Education with Youth Practitioners who learn, grow, work, teach and how this helps them, to an upcoming conference at Azim Premji University, Bangalore. While we are yet to hear about the status of acceptance, we are happy to share that we completed writing the paper.

This is just a start! There is a deepening within research that we seek to co-create as we discover and learn more about spiritual research. Stay tuned for more.

Feel free to write to us at: saiier-research@auroville.org.in

Love,
Sohela & Auroshree for SAIER

UPDATE FROM THE DOG SHELTER

Dear Community

You might have missed an update from the Dog shelter.

But we are very busy taking care of approximately 180 adult dogs and 30 puppies. A big family indeed.

Every week we receive at least 8 to 10 puppies that need to be kept safe in quarantine as they might have been infected and are a threat to the other puppies. Abandoned puppies come in cardboard boxes or in bags thrown over the fence at night. Many have wounds as well.

They all receive treatment on arrival and are kept very warm and cosy until they get their first vaccination.

If they are very small, like less than a week, it's difficult to keep them alive. They need to be bottle fed every two hours!

Also, if young puppies have not had their mother's milk, they do not have immunity and are susceptible to the horrible virus of Parvo. Which will kill them in a few days. But the strong ones survive and become jolly company for the older young dogs once they have the full set of vaccinations.

Sterilisations: We are glad to report that this week, because of the gracious donation of some well-wishers, we were able to increase the number of sterilisations again. For this week 8 abandoned dogs. The work is done by an expert doctor from Pondy.

These dogs were waiting for quite some time and now we need to focus on the important after care. Then we could post them for adoption. They are truly beautiful dogs and very well mannered as we walk them on a leash every day.

Out patients: Every day we receive dog with their owners for vaccinations and special wound care. In this rainy season it is very important to give treatment immediately as maggots can do major damage in a very short time.

Rabid dogs: This month we needed to capture two times a Rabid dog that was roaming in the center of Auroville .

Another dog, a labrador, that was caught as it appeared aggressive was taken into observation but was not Rabid, but poorly got a maggot infection in and around her eye. It's getting daily treatment now. She is a very sweet girl and we hope to get her adopted once she is better.

Escaping dogs: We have a few clever escapist dogs who found a hole in a fence and they squeezed themselves out and wandered over the vast meadows in the back of the shelter. These clever ones come back for lunch and dinner and for sleeping dry. As we received strong concerns about loose dogs, we have closed the hole and made the fence more solid.

There are some dogs that roam around the Shelter, returning "home" from previous times being released and still getting some food over the fence.

Administration: There are large funds belonging to the shelter which are sitting in the account with DMT. Before they can be released. The "taken by surprise" new executives have to write lengthy reports of all the spendings in the last months, of which we do not have all information and are trying hard to retrieve it, hoping for cooperation from the previous team. The executives hopefully complete that task soon as the shelter is using yet the last piece of funding .

We would like to call for support especially from the regular donors in AV.

If this release of funds is not cleared we will be in dire straits.



Then there are some points.

The present management is having to face a storm of accusations on different whatsapp groups and complaints to the Animal Welfare Board on a regular basis. There seems to be a campaign happening to bring us into discredit.

Without actually seeing the Shelter from the inside.

It is Fake news or malicious gossip

And to be clear,

We don't euthanize dogs daily . Only one time in 3 months as the dog was suffering unbearingly .

We do not dump dogs in the village. But as government regulations go, we cure, vaccinate and sterilize dogs and bring them back to their environment. Long time dogs we still hope to find good adoptions for. (A dog in a shelter longer than a year can not be released any more)

You are welcome to come and check us out yourselves. Just let us know a moment so we can receive you. The dogs give you a barking welcome concert if they don't know you. This can be a bit scary.

If you have any questions please contact us directly.

And yes we still need lots of clothes and our gratitude for the dogs if you can donate on our **fs account. 251391**

Greetings from the Dog Shelter team

Dr Kumar ,Sugar, Vijyan (tos)

NewSonja. And 3 fantastic caring ladies and 3 strong boys.



RESIDENTS SPEAK

A TRIBUTE TO AUROVILLE TODAY

Auroville Today

Auroville's monthly news magazine since 1988

I was shocked and saddened to see the end of Auroville Today.

For many years as a subscriber I would consume Auroville Today sometimes in one sitting, and feel viscerally connected to our utopian experiment.

Later joining as a writer, I discovered that behind those pages I had read from afar, the editorial and writing standards were high, accompanied by a sincere commitment to being as truthful as possible. There were weekly editorial meetings exploring and discussing Auroville and its life, sometimes debating different viewpoints. Subjects covered much of the community's diversity, from profiles of well and lesser known Aurovilians to featuring new projects and the ongoing governance issues of a burgeoning community. The regular features on the penultimate pages: In Memoriams, short news, book reviews, art exhibitions, caught some of the unsung Auroville.

Some good Auroville writers over the years, Bindu, Roger, Diane amongst many, found a home in its weekly meetings around it's appropriately round table. Similarly some iconic photographers and artists were featured and a few notable Youth edited editions.

37 years of monthly issues are a testament to the dedication of not just communicating our community life, but to the spirit of Auroville. Alan and Carel have been there for all those issues, bringing Auroville to life for readers near and far. It leaves a rich and important legacy of our communal life.

Peter L

COUNCIL ROOM: GRATITUDE FOR THE COMMUNITY'S LONGEST VIGIL

1230 DAYS AND NIGHTS, NEARLY 3 1/2 YEARS - OR ALMOST 40'000 HOURS!

A huge, heart-felt thank-you to all those who gave endless hours to keep Council room as a shared community space who, in so many ways, helped to turn the room into a welcoming hub who restored its vital systems time after time, even after wilful power-cuts and an electrical fire who jumped in to fill gaps at the last minute, again and again and who kept the room safe across day-long curfews imposed on Auroville...

Gratitude for courage and endurance
for so many friendships born and deepened
for sharing and caring, strategising and meditating,

listening and laughing and learning and churning,
for countless sessions of work, study and exploration,
for Delta flights, language classes, healing sessions, heart-led
gatherings and the occasional potluck,
and envisioning Auroville's rebirth past the present ordeal...

Thankfully remembering those of us who have left for new shores,
and those who have journeyed to the Light beyond,
What has been built through the heart's force cannot be undone
And we shall yet gather again in celebration of all that has been
given and shared...

Did not Mother assure us that when one door closes, a yet better
one is about to open?

Looking forward to meeting again and again, along the mystery
trails of the unfolding adventure...



submitted by Jasmin

GROWING UNFIT FOR THE ORDINARY WORLD



Sri Aurobindo's Siddhi Day. Intermittent showers, grey sky. Auroville, forty years later? Most of those who took the Pondy bus on Darshan Days are no more; others grow old. We do know, in tacit resignation. And yet we did believe. Believe what?

As my last incarnation proceeds through the last stage of life, memories of those who have preceded me vividly surface. They all searched for something, no

matter how imperfectly. Even those from whom I kept a distance. Even those I disliked and mistrusted. Those who fought me and whom I fought. Those who went astray and betrayed and quit and came back; not necessarily better, but unable to give up, whatever 'Auroville', for better as for worse, may mean. Each one with his/her story and burden and path – his/her victories and defeats, hopes and dark nights of the soul.

Choosing to join in difficult material conditions, the way Auroville still was at the beginning of the new millennium, made them – us – different, as if coming from another planet. What's true for Auroville is true for the world at large; centuries passed by, aeons, lost civilisations that will never return but which configured the Dream in an eternal NOW, a forever unseizable mirage eternally present. For there is no other Reality but THAT, here and now.

Even if not yet, it is.

Ten years ago, cycling on the nude earth of the still unpaved crown road, I had an experience. An amalgama of roots, intertwined, stretched underneath Auroville's land, filling every inch. Those roots were the Aurovilians who had come to build and were no more; indissolubly linked in death, as if dissolved into each other, linked throughout eternity since the beginning of time. When, attending some funeral or cremation of someone who represented something, somehow, of an indefinite Auroville, passing by the tombs in the burial ground I feel those people are alive: what they sought for, in their own way, never dies. So many gave their life to Auroville, which must and will happen, even if it happens in one thousand years Auroville will be, it is decreed: the Mother said.

We were and are different because embracing Auroville and living here, for years, in so difficult material conditions, necessarily makes one different, unfit to return to the ordinary world we abandoned for good. The more advanced is one's experience of Auroville, the more radical and complete – the more impossible to adjust somewhere else, to compromise to the non-living of ordinary existence.

There is an Avatar's circle, and there is an Auroville's circle: an amalgama of roots, intertwined, stretching underneath Auroville's land, filling every inch – and reaching the sky.

Paulette

THE INTEGRATED VISION-GOAL & PRIME DIRECTIVE OF AUROVILLE

"Auroville belongs to nobody in particular. It belongs to humanity as a whole."

Everyone on Earth: Divine, undivine, anti-divine

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

The definitive choice for the consenting invited participants: a conscious rejection of the undivine and anti-divine.

Here's Sri Aurobindo to clarify:

<https://incarnateword.in/cwsa/32/the-mother-i>

The rest of the integrated Vision-Goal — A Dream, The Auroville Charter, To Be a True Aurovilian — maps out the Adventure of Consciousness and Life of the Individual and the Collective engaging in Auroville.



These must be lived, clearly communicated to everyone and implemented accordingly, legally, by the official members of Auroville as it has evolved as the legislated Auroville Foundation functioning within the Rule of Law and the Eternal Truth, the Sanatana Dharma of the Guru of Nations, Mother India who is Bharat Mata, with the Prime Directive:

"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent."



To continue reading, click [here](#). For readers of the print version please scan the QR Code to access the links or go to this blogsit and open the

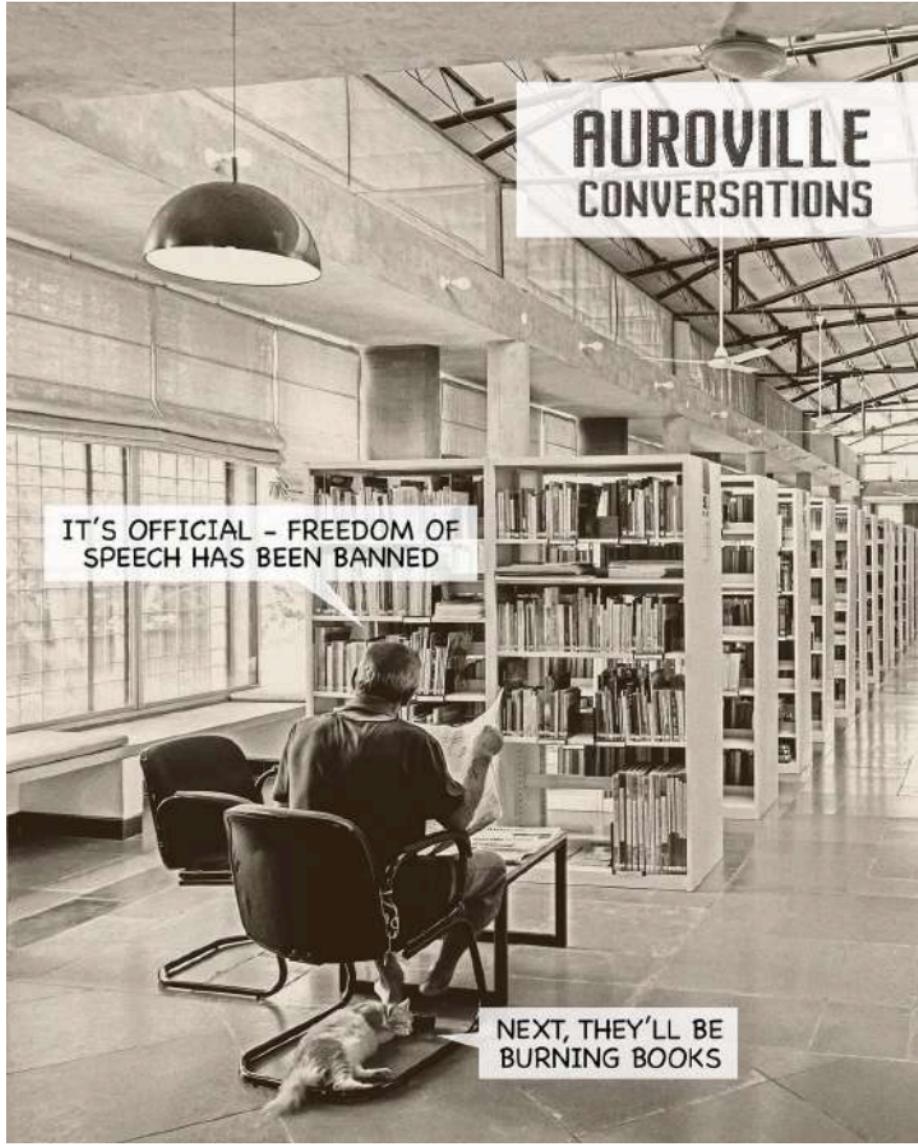
post with the same title:

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

Zech



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 2nd December, 9 am - 12 noon
Focus: The Supermind

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 TUESDAY
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

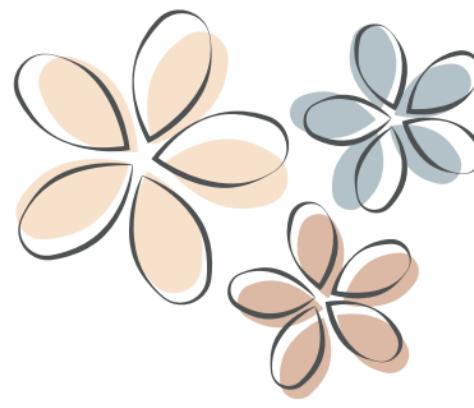
Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh

Joshi

Please register in advance

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)



TATTVA BODH (WISDOM OF THE DIVINE)

BOOK READING CIRCLE & MEDITATION MARATHON

Weekly Event. Different Days, Different Authors

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

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

Program schedule

MONDAYS 6 PM - 7.30 PM	TUESDAYS 5 PM - 7 PM	THURSDAYS 5 PM - 7 PM	SATURDAYS 5 PM - 6.30 PM	SUNDAYS 5 PM - 6.30 PM
Online Ask for the link	Bharat Niwas Harmony Hall	Bharat Niwas Harmony Hall	Online Ask for the link	Online Ask for the link
SYNTHESIS OF YOGA Sri Aurobindo	BE AS YOU ARE Ramana Maharshi	BASES OF YOGA Mother's Talks	THE POWER OF NOW Eckhart Tolle	A NEW EARTH Eckhart Tolle
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

VIPASSANA MEDITATION

Dear Meditators,

You are all very welcome to the monthly 1 day Vipassana meditation course for "old students" only (those who have completed at-least one 10-day course as taught by SN Goenka). There will be an AT conducting this 1 day course and will be available for interviews.



- **Date:** Sunday 30th November
- **Time:** 8:30 am to 2:30 pm followed by interviews. Lunch will be served. Part-time meditators are welcome at 8:30 am only. *Note:* Due to space constraints full time meditators will be given the first preference.
- **Venue:** 1 Vibrance, Vikas Radial Rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage. Location [here](#).
- Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.
- **Contact:** Please DM vallari@gmail.com / WA 97403 22447 by 9 pm **Friday**.

ANAPANA MEDITATION (BREATH AWARENESS) FOR CHILDREN AND YOUTH

Happy to share that the one-day course on Anapana Meditation (Breath Awareness) was successfully held on 15th November, 2025 at SAIER with participation from 20 children/youth (age 12 to 18) studying in diverse spaces like Isai Ambalam, Thamarai, The Study, SAICE (Ashram School), Deepanam and Last School.

As the overall feedback from students was encouraging, we will be organising more such courses with durations ranging from 90 minutes to a full-day course.

If you'd like to be informed about the upcoming courses, know more details or wish to volunteer to support these programs, feel free to reach out to us at vipassanaauroville@gmail.com

Gratitude.

The Auroville Vipassana group

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

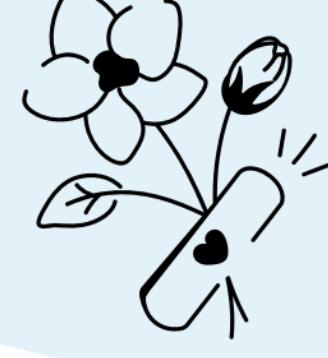
There are a few ways, inspired by Integral Yoga, to approach trauma with gentleness and the Mother's presence. These are not quick fixes, but steady movements of consciousness that invite healing and transformation over time.

#6 A Gentle Self-Practice to heal Trauma

Sit comfortably, close your eyes, and breathe naturally. Let thoughts pass like clouds. Imagine vast peace above your head, like a calm sky.

- Bring the Mother into your heart as light or as love and compassion. Silently repeat: *“Mother, I am here. I open myself to You.”*
- If heaviness or memory arises, don't resist. Place it in Her hands: *“Mother, I give this to You. Please transform it.”*
- Stay quiet, imagining Her light descending into your body, filling your heart, and touching all that needs healing. End with gratitude: *“Thank You, Mother, for being with me.”*
- **Important:** Do not worry if nothing “special” happens. Even a moment of calm or the act of offering is powerful. Over time, this builds a rhythm where trauma dissolves into peace and strength.

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.



INNER WORK THROUGH GARDENING

FRIDAY 28TH NOV, SANGAM HALL, SAVITRI BHAVAN



Inner Work through Gardening

a talk by Sangeetha Sriram

November 28th (Friday)

4:00 – 5:00 pm

Sangam Hall, Savitri Bhavan

All are welcome



Dream Divine Series is a relaunch of an initiative designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

ANNOUNCEMENTS

BEFRIENDING DEATH

THURSDAY 4TH DECEMBER, 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>



OPEN CALL TO PERFORMERS -

AUROVILLE'S GOT TALENT

FRIDAY 12TH DECEMBER, YUVA SANGHA (KAILASH)



Auroville's Got Talent is an open mic for anyone young, old, or in-between to come and express what they love. Music, dance, poetry, stand-up, movement, or something completely your own... It's all welcome.

It's a warm, lively space where the crowd is on your side, cheering for you as you try something, share something, or simply step onto a stage for the first time.

To register, please scan the QR code provided.

We're gathering on **Friday, 12th December, 6:30–8:30pm at Yuva Sangha (Kailash)** to celebrate expression, confidence, and creativity together.

If you feel it, try it!

— YouthLink Team

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

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



JIVA AUROVILLE



*Your journey
in healing and
transformation*

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

- 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

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



NEED A PLACE TO WORK?

OPEN
HOUSE

Hive
COWORKING SPACE

FREE ON EVERY FRIDAY

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

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee -

-All for FREE on our Open House.

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

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE



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

TAXI SHARING - CHENNAI TO AUROVILLE

TUESDAY 16TH DECEMBER

To stay ECO FRIENDLY am very willing to share a taxi **from Chennai airport to Auroville on Tuesday 16th of December 2025 around 3:00PM (15:00).**

Please contact via WhatsApp +34685673777 or email: srimaa221@gmail.com

Many thanks, *Sunny*



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>



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.

Shola

- **Contact no:** (WA): 82202 89812
- **Email:** premshola@gmail.com

NEW!!

Offerings:

- **Craniosacral Therapy:** Craniosacral Therapy works with the body's central nervous system by using gentle touch along the spinal cord, to release blockages and ease both acute and chronic pain. This therapy helps relieve physical discomfort as well as emotional pain and deep-seated trauma.
- **Hypnosis/Regression Therapy:** A psychosomatic approach to connect the body-mind for emotional and physical healing. Every dis-ease begins with an initial traumatic event or unconscious decision, which shapes our destiny and causes the emotional disturbance or physical disorder we may experience later in life. Hypnosis reconnects us with those forgotten memories and supports the healing process by making them conscious.
- **Psychological Counselling:** This session provides clarity, direction, and a space to rediscover your inner strength. Through a blend of mind-body connection, emotional processing, and practical tools, I help clients understand their experiences, cultivate self-awareness, and navigate anxiety, trauma, and relationships with resilience and self-compassion.



FAMILY CONSTELLATION WITH SHANTI

SATURDAY 20TH DECEMBER, ANITYA



Dear community,

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

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

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

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

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

About the facilitator:

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

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

Contact them to register:

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

PLAYCIRCLE

EVERY THURSDAY



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

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

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

Guidelines:

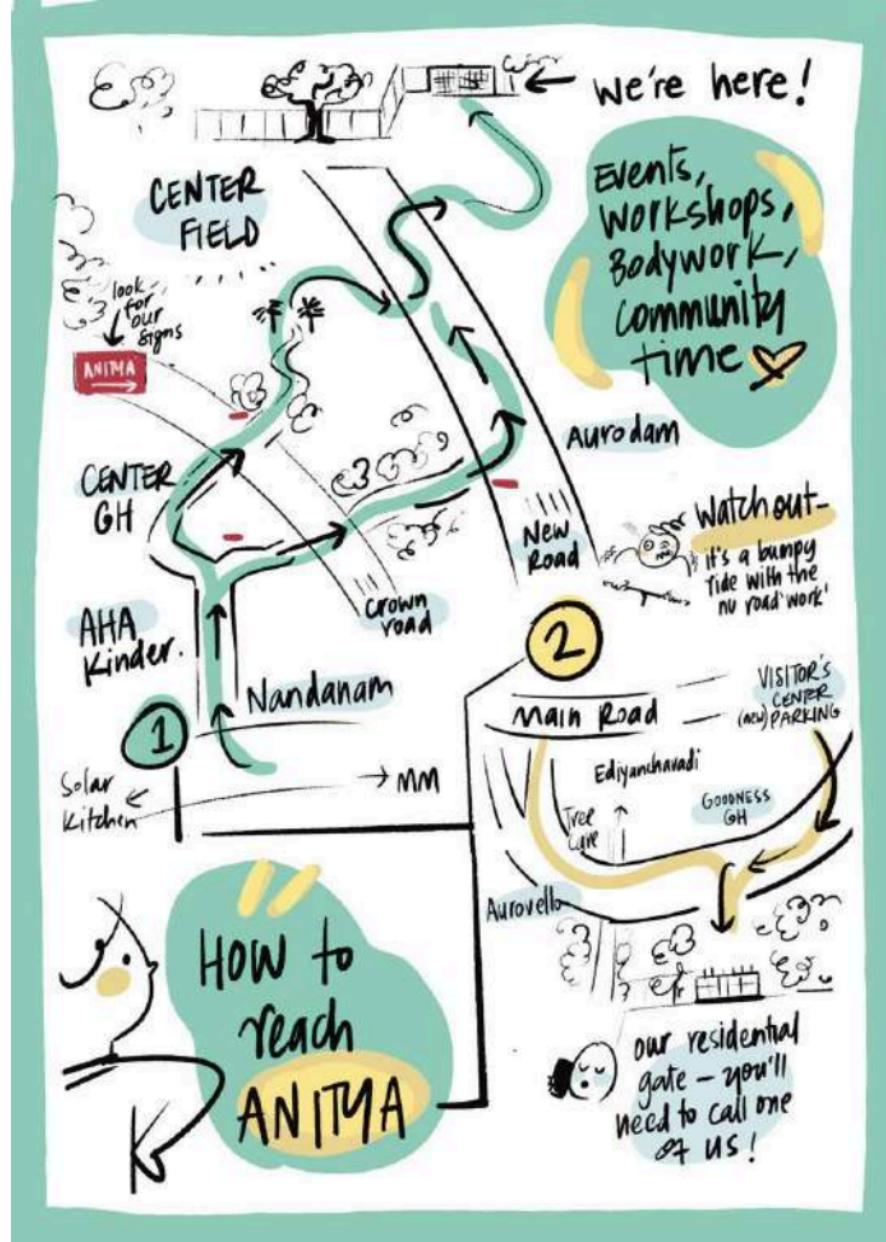
- Wear comfortable sports clothes
- Open to everyone aged 15 and above
- No previous experience needed
- Location: Joy of Impermanence – Anitya Community
- Contribution for JOI Anitya:

- Guests – 100 Rs
- Volunteers, Newcomers, and Aurovilians – free / donation welcome.

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

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

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

EXPLORE THE MAHABHARATA WITHIN JANUARY 2026



Explore The Mahabharata Within

Since the beginning of 2023, a small group of Auroville residents have been working with Raghu Ananthanarayanan on the "Heartweaving" process and to deepen our work we are exploring a 6-day, residential program in January 2026 called the **Mahabharata Immersion**. We'd like to know if there are more Auroville residents who'd like to join this program and the Heartweaving process. If it interests you, kindly fill this form:

<https://tinyurl.com/avmahabharata>

Feel free to share your questions and suggestions on:
deven@auroville.org.in or heartweaving.auroville@gmail.com

CULTURAL ANNOUNCEMENTS

EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE

We are happy to exhibit artworks by Claudine from Minati. All are welcome during opening hours.



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

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

Tues: 4pm - 6:30pm

RESILIENCE BY MARIE-CLAIRE 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

PHOTO CIRCLE

FRIDAY 5TH DEC, MULTIMEDIA ROOM, CENTRE D'ART



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

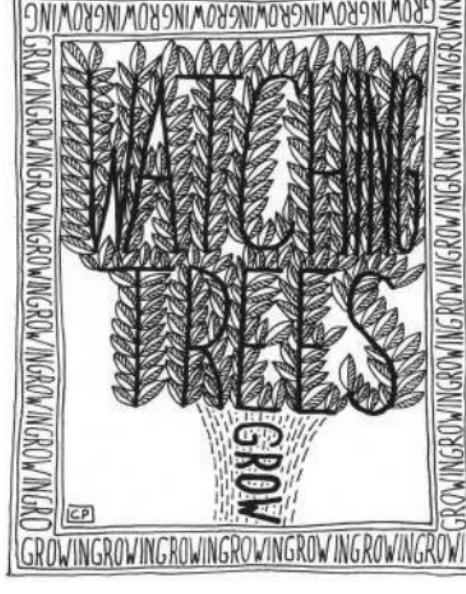
The Photocircle brings together Auroville's photographers and amateurs.

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

Everybody's welcome.

WATCHING TREES GROW - RELEASE EVENT

SUNDAY 7TH DECEMBER, ANUSUYA



WATCHING TREES GROW RELEASE EVENT

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

DECEMBER 7, 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

NEW DATE!

As the current cyclone alert suggests that the planned event would rather become "Watching Trees Fall" next weekend, please note that the release event and small forest exhibition in Anusuya is postponed by one week to **Sunday, December 7**.

Thank you for your understanding.

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

THE MOUNTAIN GLOWED LIKE FIRE - BOOK READING AND EXHIBITION

TUESDAY 2ND DECEMBER, AUROVILLE LIBRARY

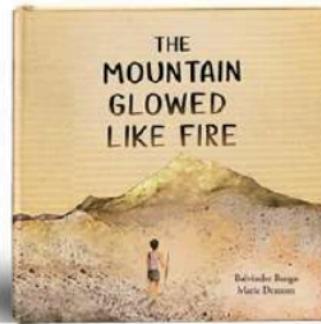
THE MOUNTAIN GLOWED LIKE FIRE

Balvinder Banga - Marie Demont

Book Reading
At the Auroville Library

TUESDAY
2 DECEMBER
6.30 PM
TILL 7.30

EXHIBITION OF THE DRAWINGS 1ST TO 15TH DECEMBER 2025 AT THE LIBRARY



Book Reading: Tuesday 2nd December 2025, 6:30 - 7:30 pm at the Auroville Library

Exhibition: 1st – 15th December 2025 at the Auroville Library.

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

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

AUROVILLE LIBRARY

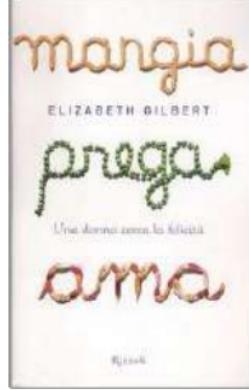
New Arrivals!

Dear Friends,

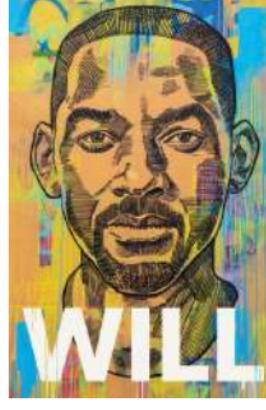
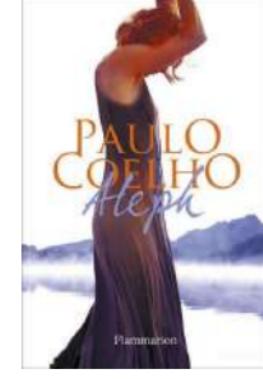


The Auroville Library invites you to come check out our **latest arrivals**.

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!



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

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

- 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@aurovile.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.159 \(Literature\)](#)
- [Savitri - Ep.28 : 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 13: “The Divine Maya” \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.516 \(Integral Yoga\)](#)

Latest Youtube Videos

- [“To Music” by Betty Bertaux performed by the Auroville Youth Choir 2025](#)
- [Savitri Ep.8 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

POETRY

With a heavy dose of light humour,
We managed to make our friend
Change course in the dire mire
Of heavily soaked, sullen seriousness,
And emerge with muddy mischief.

Anandi Z



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 1st - 7th December 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 1 DECEMBER, 8:00 PM:

• MADHUMATI

India, 1958, Dir. Bimal Roy w/ Dilip Kumar, Vyjayanthimala, Johnny Walker, and others, Drama-Musical, 166mins, Hindi w/ English subtitles, Rated: NR (G)

When Anand seeks refuge in a mysterious mansion, he is drawn into haunting memories of his past life with Madhumati, a spirited tribal woman whose love was shadowed by the cruelty of Raja Ugra Narayan and whose story unfolds across lifetimes in a tale of passion, injustice, and reincarnation. *A timeless romance where love defies death and destiny.* This award-winning classic received multiple honors. Directed by a legendary filmmaker, with the story penned by none other than Ritwik Ghatak and music composed by Salil Chowdhury, the exemplary thinker, songwriter, and composer. This presentation is offered as a tribute to Salil Chowdhury's birth centenary on 19 November.

POTPOURRI - TUESDAY 2 DECEMBER, 8:00 PM:

• YEELEN (LIGHT/ ILLUMINATION)

Mali-France-Burkina Faso-W.Germany, 1987, Writer-Dir. Souleymane Cissé w/ Issiaka Kane, Aoua Sangare, Niamanto Sanogo, and others, Drama-Fantasy, 105mins, Bambara-Fulah w/ English subtitles, Rated: NR (PG)

Recipient of the Jury Prize at Cannes, a landmark recognition for African cinema, this outstanding film follows Niankoro, a young man with mystical powers who undertakes a perilous journey to seek his uncle's aid against his tyrannical father Soma, a sorcerer of the Komo society. Guided by visions and ancestral forces, his quest becomes a struggle between light and darkness that will shape the fate of his people. Celebrated as one of Africa's greatest cinematic achievements, it weaves myth, spirituality, and cultural heritage into a visually stunning narrative.

SELECTION - WEDNESDAY 3 DECEMBER, 8:00 PM:

• THE HIPPOPOTAMUS

UK, 2017, Dir. John Jencks w/ Roger Allam, Tim Charles, Rod Glenn, and others, Dark-Comedy, English w/ English subtitles, Rated: NR (G) Disgraced poet Ted Wallace, drowning in cynicism and drink, is called to his friend's grand estate to uncover the truth behind a series of supposed miracles. His sharp wit and skeptical eye unravel secrets that blur the line between faith, folly, and farce.

INTERESTING - THURSDAY 4 DECEMBER, 8:00 PM:

• THE WISDOM OF TRAUMA

USA, 2021, Dir. Maurizio Benazzo & Zaya Benazzo w/ Gabor Maté, Russell Brand, James Doty and others, 87mins, English w/ English subtitles, Rated: NR (PG-13)

Dr. Gabor Maté journeys into the hidden wounds that shape human lives, exposing how trauma fuels addiction, illness, and despair. Through raw stories and profound insight, he reveals a path where compassion transforms suffering into strength, inviting us to rethink healing and the society we build. *Can our deepest pain become the doorway to healing?*

INTERNATIONAL - SATURDAY 6 DECEMBER, 8:00 PM:

• DIDI

USA, 2024, Writer-Dir. Sean Wang w/ Izaac Wang, Joan Chen, Shirley Chen, and others, TeenDrama-Comedy, 93mins, English Mandarin w/ English subtitles, Rated: R

In this acclaimed film, Chris, a 13 yrs-old Taiwanese American boy, spends the summer before high school navigating first love, friendship, and his cultural identity. As he bonds with friends, skateboards through his neighborhood, and connects online, he also wrestles with his relationship with his hardworking single mother. This heartfelt coming-of-age story explores family, self discovery, and finding one's place in the world.

CHILDREN'S MATINEE - SUNDAY 7 DECEMBER, 4:00 PM:

• ASTÉRIX & OBÉLIX : MISSION CLÉOPÂTRE (ASTERIX & OBELIX: MISSION CLEOPATRA)

France-Germany-Belgium, 2002, Writer-Dir. Alain Chabat w/ Gérard Depardieu, Christian Clavier, Jamel Debbouze, and others, Adventure, 107mins, French w/ English subtitles, Rated: PG

This film is being brought to you in collaboration with Alliance Française. Cleopatra bets Julius Caesar, she can build a grand palace in record time. Architect Numérobis enlists Asterix and Obelix to defy sabotage and Roman schemes, turning the challenge into a dazzling adventure of wit, strength, and friendship.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB - SUNDAY 7 DECEMBER, 8:00 PM:

• NOTORIOUS

USA, 1946, Dir. Alfred Hitchcock w/ Cary Grant, Ingrid Bergman, and Others, Thriller-Drama, 92mins, English-English w/ English subtitles, Rated: PG.

In order to help bring Nazis to justice, U.S. government agent T.R. Devlin recruits Alicia Huberman, the American daughter of a convicted German war criminal, as a spy. As they begin to fall for one another, Alicia is instructed to win the affections of Alexander Sebastian, a Nazi hiding out in Brazil. When Sebastian becomes serious about his relationship with Alicia, the stakes get higher, and Devlin must watch her slip further undercover.

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.

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

Thanking You,

MMC/CP Group

Account# 105106 | Email: 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 350 9191
- **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

Santé

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 asefetida 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



MATRIMANDIR ACCESS INFORMATION

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.

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