

Auroville

NEWS & NOTES

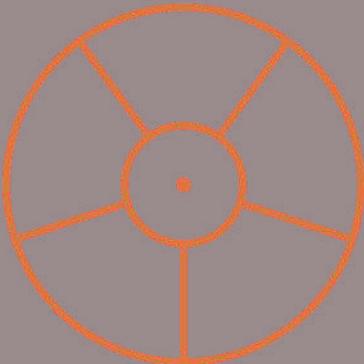
No 1106 - A weekly bulletin for residents of Auroville

1 January 2026

RA EDITION



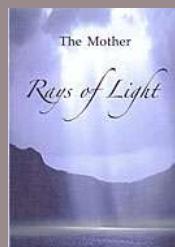
Red Sandalwood (*Pterocarpus santalinus*, ரக்தசங்கனம்) at night



PONDERING

We surrender to Thee this evening all that is artificial and false, all that pretends and imitates. Let it disappear with the year that is at an end. May only what is perfectly true, sincere, straight and pure subsist in the year that is beginning

The Mother, 1935, New Year Messages, Words of the Mother III
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#new-year-messages>



First Edition 1997, Fifth Impression 2011
 © Sri Aurobindo Ashram Trust, 1997
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 Web <https://www.sabda.in/>
 Printed at Sri Aurobindo Ashram Press, Pondicherry



THE PATH OF YOGA

THE INTEGRAL YOGA

page 16

Three Conceptions of the World

1. Buddhist and Shankarite:

The world is an illusion, a field of ignorance and suffering due to ignorance. The one thing to do is to get out of it as soon as possible and to disappear into the original Non-Existence or Non-Manifestation.

2. The Vedantic as very commonly understood:

The world is essentially divine, for the Divine is omnipresent there. But its exterior expression is distorted, obscure, ignorant, perverted. The one thing to do is to become conscious of the inner Divine and remain fixed in that consciousness without troubling about the world; for this external world cannot change and will always be in its natural state of unconsciousness and ignorance.

3. Sri Aurobindo's view:

The world as it is, is not the divine creation it is meant to be, but an obscure and perverted expression of it. It is not the expression of the divine consciousness and will, but this is what it is meant to become; it has been created to develop into a perfect manifestation of the Divine under all His forms and aspect - Light and Knowledge, Power, Love and Beauty.

page 17

This is our conception of it and the aim we follow.

24 February 1936

*

The usual sadhanas have for aim the union with the Supreme Consciousness (Sat-chit-ananda). And those who reach there are satisfied with their own liberation and leave the world to its unhappy plight. On the contrary, Sri Aurobindo's sadhana starts where the others end. Once the union with the Supreme is realised one must bring down that realisation to the exterior

Gold

Should only be used in the service of the Divine. - *The Mother*

Bauhinia tomentosa L.,

Leguminosae, Caesalpinioidae

St. Thomas tree, Yellow bauhinia,

Bell bauhinia

world and change the conditions of life upon the earth until a total transformation is accomplished. In accordance with this aim, the sadhaks of the integral yoga do not retire from the world to lead a life of contemplation and meditation. Each one must devote at least one third of his time to a useful work. All activities are represented in the Ashram and each one chooses the work most congenial to his nature, but must do it in a spirit of service and unselfishness, keeping always in view the aim of integral transformation.

To make this purpose possible, the Ashram is organised so that all its inmates find their reasonable needs satisfied and have not to worry about their subsistence.

The rules are very few so that each one can enjoy the freedom needed for his development, but a few things are strictly forbidden: they are (1) politics, (2) smoking, (3) alcoholic drink and (4) sex enjoyment.

page 18

Great care is taken for the maintenance of good health and the welfare and normal growth of the body of all, small and big, young and old.

24 September 1953

*

The more I go, the more I know that it is in work that Sri Aurobindo's integral yoga is *best done*.

9 October 1966

*

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

1971

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

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

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team

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FROM THE ENTRY SERVICE

ES # 273 DATED: 29-12-2025

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

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

We thank you in advance.

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

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

AUROVILIAN ANNOUNCED

- **Claudio ZAINI (Italian)** staying in Vikas and working at Linea Dental



- **Felicetta BRANDONI (Italian)** staying in Vikas and working at Auromics



- **Radhika SEILER RAMADAS (Swiss)** staying in Grace and working at CIRHU, Verite, and Matrimandir



- **Aishwarya KUWAR (Indian)** staying in Kalpana and working at Prisma



- **Gwijn DAIMARI (Indian)** staying in Maison des Jeunes and working at AuroOrchard



NEWCOMER PROCESS RESCINDED

- **Sohini MITRA (Indian)**

NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1111

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

COMMUNITY NEWS

COMMUNITY SHARING

[REMINDER]

★ SUPPORT THE AUROVILLE YOUTH CENTER ★

Dear Auroville family near and far,

So far we have received over **2,700 signatures** (as of 19.Dec) in support of the Auroville Youth Centre.

We must state clearly that the eviction of the youth and the destruction of the Youth Centre are unlawful and contradict the very spirit of Auroville.

The youth are our collaborators and vital co-stewards of Auroville. It is deeply unjust that they are subjected to continuous attacks by the Secretary, the Governing Board, and a handful of followers who have lost their moral as well as spiritual compass.

Petition link :

<https://c.org/YwknWYBCGP>

Please sign, share, and help protect our youth in these deeply troubling times.

In solidarity,

Concerned residents and well-wishers of Auroville

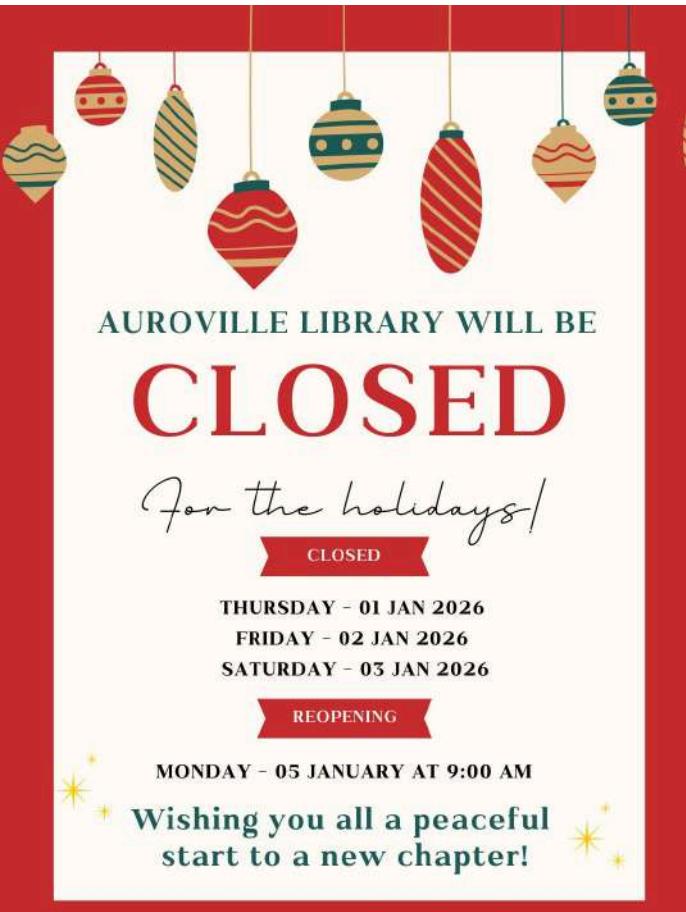
For extra information, please watch this video:

<https://www.youtube.com/watch?v=rtr0Li-MQbg>

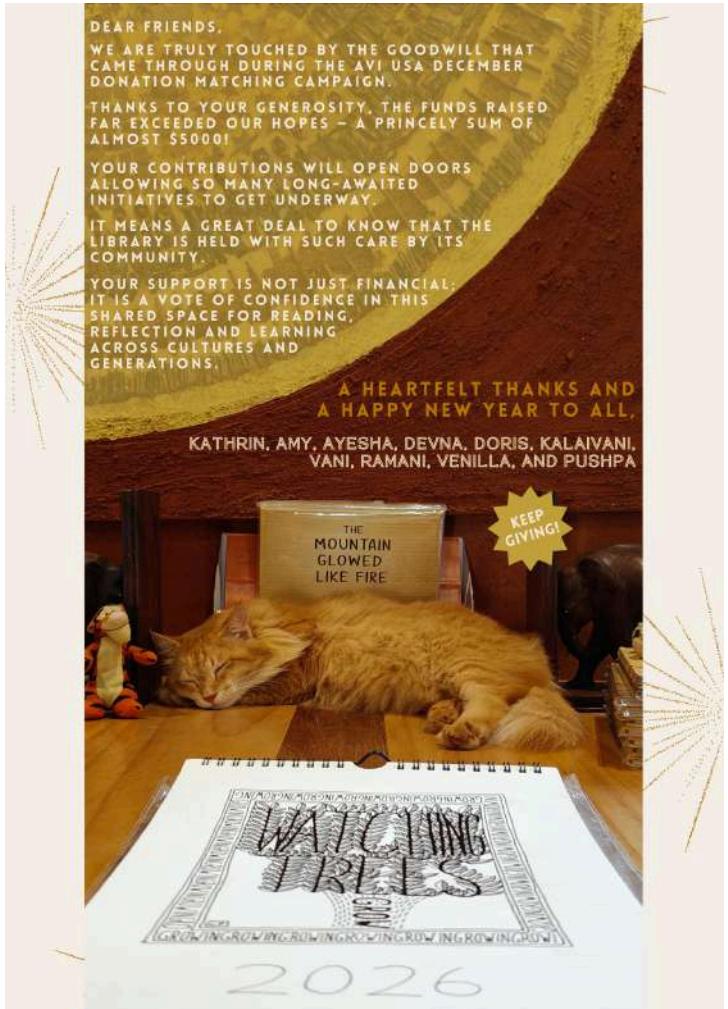
FROM THE AUROVILLE LIBRARY



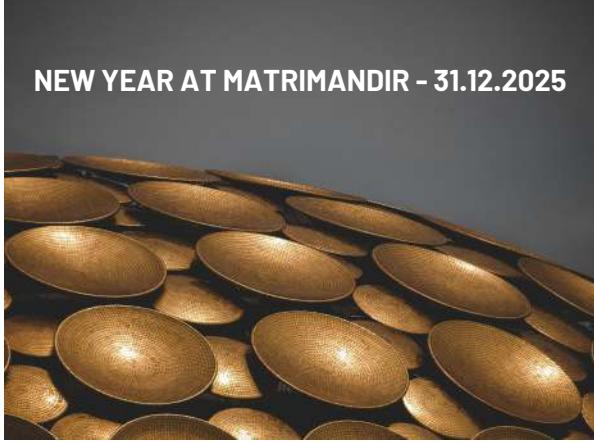
HOLIDAYS AND MAINTENANCE WORK CLOSING DAYS



THANK YOU NOTE - AVI USA DONATION CAMPAIGN



NEW YEAR AT MATRIMANDIR - 31.12.2025



*At the head she stands of birth and toil and fate,
In their slow round the cycles turn to her call;
Alone her hands can change Time's dragon base.*

Savitri, p.314

- **4:30 - 9pm:** the Inner Chamber will remain open for Aurovilians and New Comers for their concentration before the New Year. New Comers need to show their New Comer Card.
- **5 - 5:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree.
- **5:30 - 6:15pm: the three dragons: the dragon of the Earth, of the mind region and of the sky meet to manifest the truth...**

Deep Listening – Aspiration- Resonances.

Sound Reflections by Svaram Team at the Unity Garden.

Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15pm.

- **11pm - 12:15am:** Matrimandir will remain open for midnight meditation for Aurovilians and Newcomers only. New Comers need to show their New Comer Card. All are requested to be seated in the Inner Chamber latest by 11:45pm.

1.1.2026

- **6:30 - 7am: New Year Meditation under the Banyan Tree.** Entrance from the Office Gate, open at 6:15am. Guests are requested to carry their Aurocard with them. Last entry for guests at 6:30am.

Evening Program at the Amphitheatre

- **5:30 – 6pm: Savitri Music.** Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15 pm.



MEDITATIONS AT SUNSET WITH SAVITRI

From January 1st onwards, **Meditations at Sunset with Savitri** in Matrimandir Amphitheatre will once again happen on **THURSDAYS**.



RESIDENTS SPEAK

WE ALL ARE

Hey you! Steeped in confusion,
Pondering to escape to some heaven.

But wasn't it you who chose
To be here in the first place?

Look again closely at each being
Playing in this Great Cosmic Game:
The roles we are choosing to play.

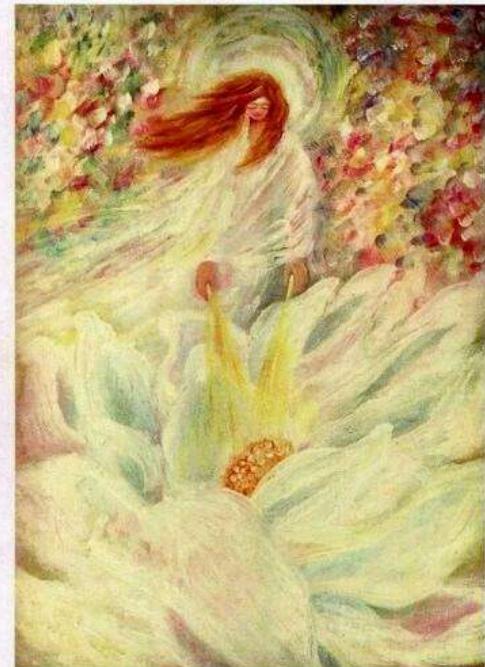
Or so it mesmerisingly seems.

Some are puppeteered by others
More cunning and powerful
Lurking in the dark shadows,
Incognito, unseen, in control.

To the receptive and restless,
The key to true freedom's emergence
Is to give yourself to a Force
Infinitely Greater than anyone else's
Including your puny little own.

And who is this Being Grand
In Earth's vast battleground?

...



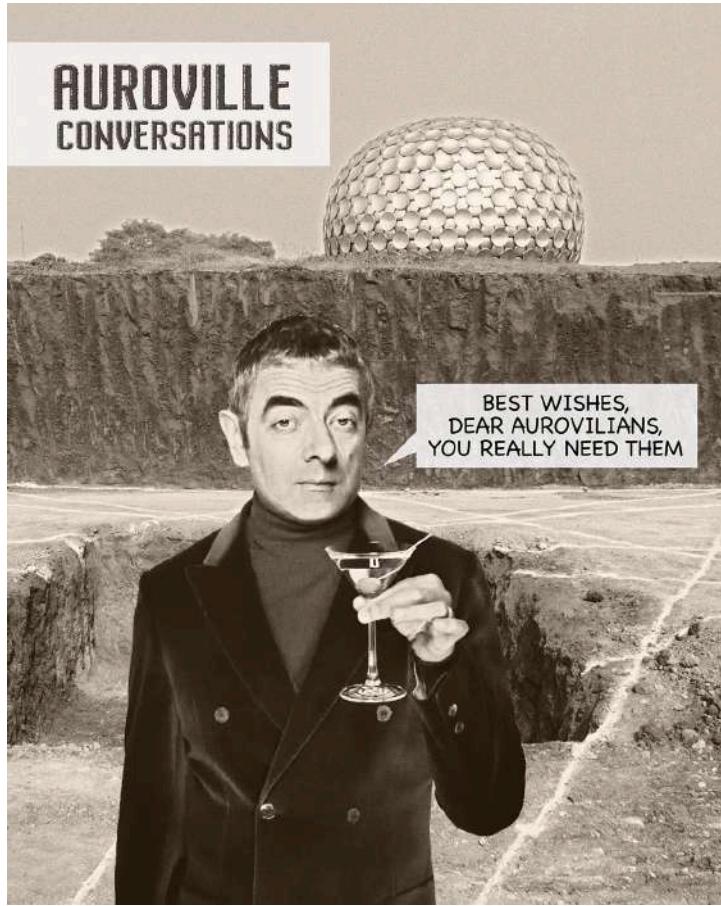
The Spirit of Auroville.



To continue reading, please scan the QR
Code to access the links or go to this blogsite
and open the post with the same title:
<https://zechjoya.blogspot.com/>

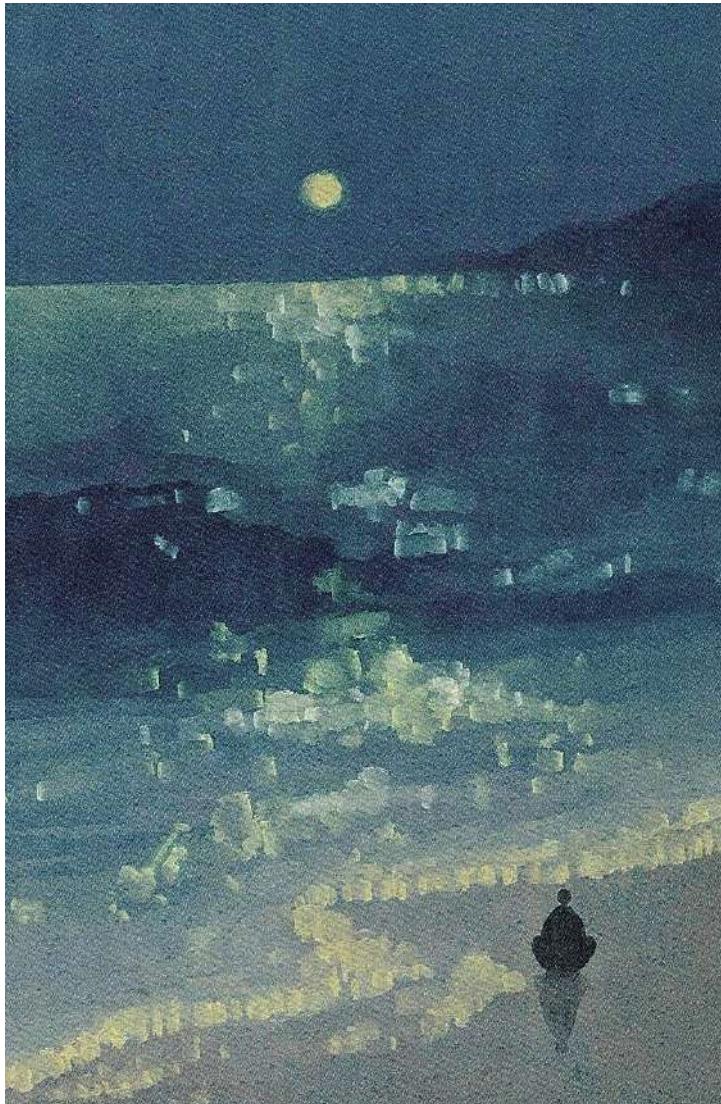
Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

A MOMENT TO PAUSE ...



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro-Traductions

1er Janvier 2026

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 6th January , 9 am - 12 noon
Focus: The Psychic being

Led by Ashesh Joshi

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



All are Welcome

SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration,
in the form of united prayer.

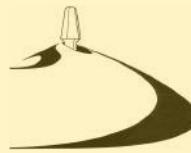
No prior singing experience is required.

At Savitri Bhavan - Square Hall



AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI



Every THURSDAY
from 5:30 to 6:00pm
(weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are **on weekly** for everyone to concentrate in this beautiful open space in the very center of Auroville.

- Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones, etc. **No photos.**
- Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance or the very day before 11am. Please bring your Aurocard with you.
- Access by Office Gate** for the Amphitheatre only from 5:15pm. Guests are requested to bring along their Aurocards. Last entry for guests at 5:30pm. Access limited for guests to the Amphitheatre.
- Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

These are sounds of the Beginning
These are sounds that cradled the worlds

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

Open Group - Everyday 3:00 - 4:30pm

At Mirabelle Education Center, Auromodele, Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

Please register in advance
Ph/WhatsApp: +91 94891 47202, +91 94862 47202
(Private sessions on request at other timings)

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.

#10 Humming Technique to quieten the mind after a Trauma

For mental agitation: hum forcefully for 5–10 minutes, morning and evening if possible. Direct the vibration inward, gradually down toward the pelvic floor. This clears the mind and brings peace and balance. It is a powerful way to balance the vagus nerve and hence bring back harmony into the digestive system and other organs in the body.

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



ANNOUNCEMENTS

BEFRIENDING DEATH

THURSDAY 8TH JANUARY, LIBRARY, CREATIVITY

Time: 10:45am - 11:45am

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

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

Hosted by Deepa.

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>



JIVA AUROVILLE



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

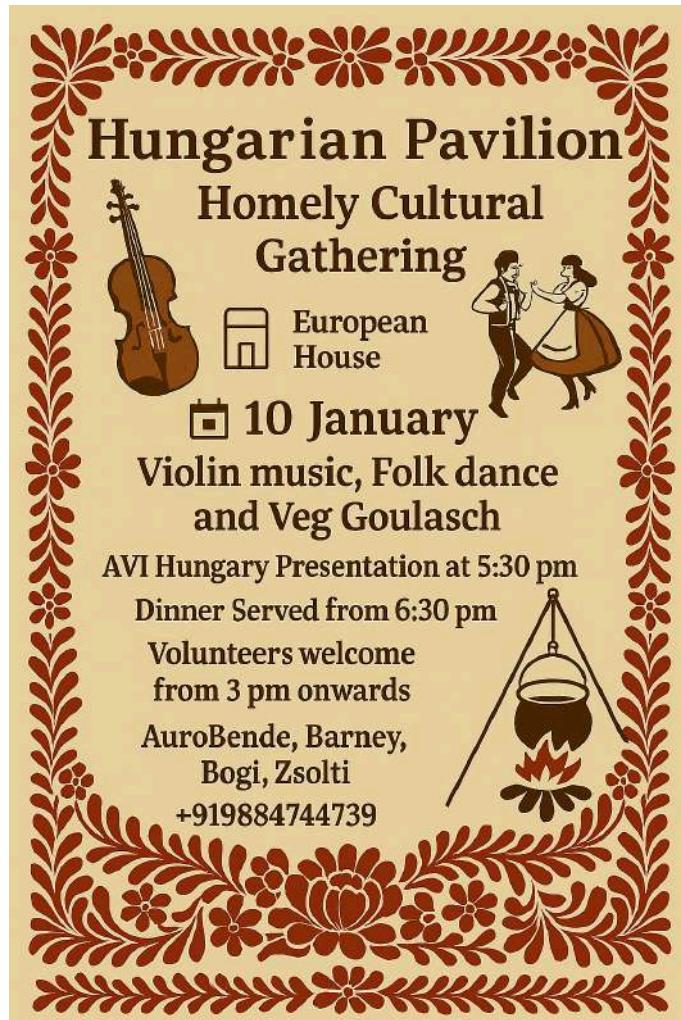
Regular offers

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

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

WA 96260 06961

**HUNGARIAN PAVILION –
HOMELY CULTURAL GATHERING**
SATURDAY 10TH JANUARY 2026, EUROPEAN HOUSE



AUROVILLE STORIES 2068 - THE FIRST 100 YEARS



How has Auroville changed your life?

What are your most hopeful visions for our collective future?

Last March, a packed Cinema Paradiso witnessed a dozen deeply personal short stories — reflections on why we came to Auroville and glimpses of our best imagined futures. Watch some at: <https://www.youtube.com/@AurovilleStories>

Please register at [bit.ly/AurovilleStories2068](https://www.youtube.com/@AurovilleStories) to join a **new cohort of storytellers** who will craft and share short (3–5 minute), realistic and hopeful “future memories” from Auroville’s 100th anniversary in 2068. Our intentions are to...

- **Inspire each other and the world**, at a time when many are yearning for hope, solidarity, and reminders of what Auroville and humanity are destined to become.
- **Rise above internal divisions and “find truth in the balance,”** remembering The Mother’s words: “*If you are on one side, you are necessarily wrong.*”
- **Give narrative form to Auroville’s evolving Master Plan**, illuminating inner, social, cultural, and planetary dimensions alongside physical development.
- **Have a lot of fun along the way!**

This is an **apolitical project**. Aurovilians, Newcomers and non-Aurovilians are welcome — from all perspectives and statuses. Our intention is to create a **safe space for dreaming, not diatribe**.

Daniel Greenberg, Ph.D. (daniel@ic.org), long-term Friend of Auroville (along with a few others) will facilitate the series and use story circles, guided visualizations, and creative exercises and prompts (including characters from his SciFi novel-in-progress) to help participants move beyond habitual frames and dream into lived possibilities.

Let's imagine — and remember — our future together.



THE INNERBEING PROJECT: LATEST UPDATES

Over the past month and a half, the InnerBeing Project has met several beautiful individuals and communities throughout the Iberian Peninsula who share the similar ideal as Auroville: fostering a new society that prioritizes Inner Guidance.



Now, we pause for a few days amidst olive trees before taking the ferry to Italy for the second part of our journey.

We've witnessed an uplifting paradox connected to Auroville that reflects a worldwide occurrence, and we'd like to share it with you.

On one hand, there still exists this medieval attitude where a handful of people are leading today's physical Auroville and the physical world in an outdated manner, blind and deaf to the shift of consciousness that is rippling everywhere on Earth.

On the other hand, countless people are recognizing the dead zone of this narrow-minded and egoistic attitude. They're opening their minds and hearts until they connect to their souls, and beginning to build the subtle new Auroville and the subtle new World from a new state of consciousness.

Many of these people that we encountered might not even have heard about Auroville, and yet they carry the true “Aurovillian Spirit” in their behavior.

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

To follow our journey, you might like to check out the following:

1. Interviews with other Communities: [The Foundry](#) (EN), [Terra de Luz](#) (EN), [Los Portales](#) (SP & FR)
2. Writings of: [David](#) (EN), [Sacha](#) (FR), [Alfonso](#) (SP)
3. Sacred Couples: [Débora & Emerson](#) (FR)
4. [Blog](#) of the IB Project's journey

If needed use the subtitle function on YouTube, and feel free to share, comment and suggest at innerbeing.world@gmail.com

We wish you in advance a blessed and uplifting start of 2026

Dan, for the InnerBeing Project Team

VOICE SOUND JOURNEY

SATURDAY 3RD JAN, HALL OF LIGHT, CREATIVITY

Voice sound journey

Hall of Light

Creativity community

Saturday, 3rd January

2026

from 9 to 12 pm & 3 to 5 pm



The healing power of the voice lies in its ability to gently shift the inner world. When sound flows through the body, it can create a sense of calm, ease tension, and reconnect the mind with the heart. The vibrations of humming, toning, or simple vocal expression help the body settle, clear emotional heaviness, and restore a feeling of wholeness.

Using the voice in this way invites a deeper presence, allowing the body to breathe more freely and the heart to open with renewed clarity.

To register contact Lola WhatsApp 9443069335

Limited number of spots

An Auroville activity under Hospitality trust



SOLITUDE FARM CAFÉ –

20 YEARS OF LIVING FOOD CULTURE

FREE GUIDED FARM TOURS EVERY SATURDAY

For over 20 years, Solitude Farm Café has been a living example of local and traditional food systems in Auroville. Rooted in cultural and nutritional heritage, the café prepares food using a wide diversity of edible weeds, tubers, flowers, leaves, roots, stems, seeds and seasonal vegetables, all grown through natural, non-interventional farming practices.

The food is deeply nutritious and full of distinctive flavour, while also addressing the ecological cost of industrial agriculture—monocropping, long food miles and heavy carbon footprints—by growing and cooking what truly belongs to this land.

Solitude serves breakfast and lunch daily, offers a daily local food thali lunch as an alternative lunch venue, and offers a Lunch Scheme for Aurovilians not on city service maintenance. A small farm shop on site sells Ayurvedic powders, jams, pickles and fresh farm produce.

Free guided farm tours take place every Saturday at 11:30 am, sharing the narrative of natural farming and the reclaiming of cultural nutritional heritage.

We look forward to receiving more Aurovilians at the farm.

Team Solitude Farm Café

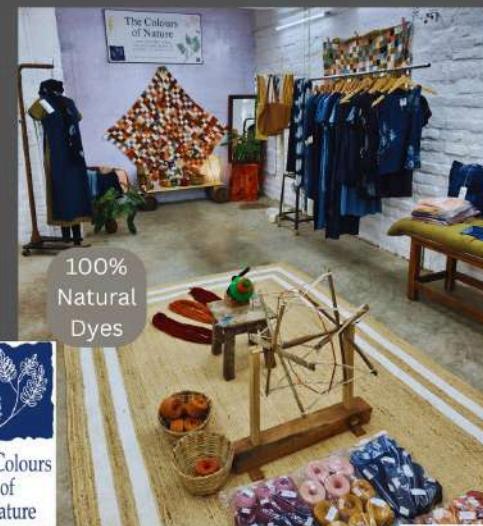
98433 19260

solitudepermaculture@gmail.com

THE COLOURS OF NATURE

NEW POPUP/PRODUCT SALE

Looking for Christmas gifts?



Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovilians. Also some new stock and cheaper reject sales. www.thecoloursofnature.com



The Colours of Nature
Production HQ
Next to Isai Amabalam Arnew GH
Auroshilpani, Auroville, Tamil Nadu
Contact: colnature@gmail.com

ASHTANGA YOGA CLASSES WITH MONICA

MONDAY TO SATURDAY, PITANGA

Ashtanga Yoga

with Monica Marinoni

KPJAYI Authorised
Level 1 & 2 teacher

Monday - Friday
9am – 11am (self paced)

Saturday
9.40am – 11.10am
(led primary series)

NO classes on:
Sundays,
New & Full Moon days,
Public holidays



Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Dristi), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.
Booking with the teacher only:
marinonimonica@gmail.com – QR code

More information:
www.monicamarinoniashangayoga.com
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403

A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037RY3N

SRI AUROBINDO AND MOTHER'S THOUGHT IN LAST SCHOOL

Sri Aurobindo and Mother's Thought in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

Whatsapp +447515377896 or email misha@auroville.org.in

HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN
HOUSE



FREE ON EVERY FRIDAY

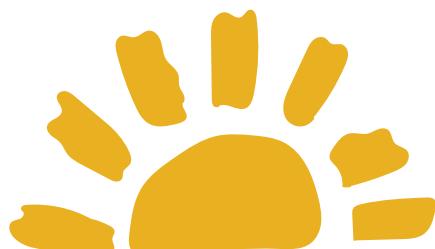
More Info : +91 90 42 75 95 40 | www.auromode.in

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 MASTERCCLASS 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



Be Part of The Story: Support

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance. We handle everything else ourselves, from fuel to upgrades. 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.

To cover ongoing expenses, we set a goal of 8 Auroville units. Three units already contribute ₹3,000/month each, and we are grateful for their support. We now invite 5 more units to join them. Individuals and film lovers are also welcome to contribute as well. Every bit of support helps.

Indian nationals and unit holders in Auroville (from any nation) can donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to MMC – Cinema Paradiso (FS Account #105106). Direct payments to our FS Account are not considered donations and will incur 18% GST for us. However, if that works better for you, please go ahead. Non-Indian nationals (from within Auroville or elsewhere) are welcome to contribute by contacting AV Unity Fund at Financial Service for guidance.

Your contribution helps keep screenings alive and strengthens community spirit. Be part of the story.

Thanking you
MMC-CP Team



LOOKING FOR

LOST KEYS

I lost on the road of large door key plus three smaller lock keys.

If found pl contact

Frederick
94864 75457



STOLEN MOTORBIKE



Hero Passion X Pro, Grey color, Registration No. PY 01 CM 0556.

Stolen from Realization community garage, Auroville.

Reward for information leading to recovery.

AVAILABLE

BIG WOOLLEN CARPET



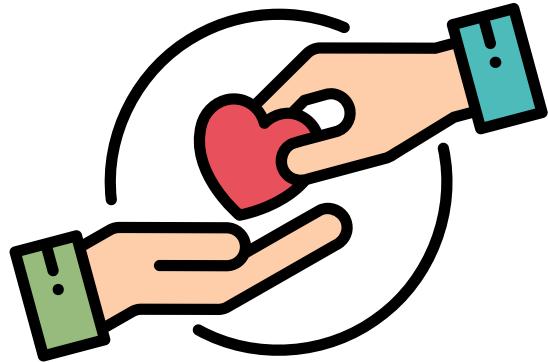
approx, measures 3'40 by 2'40.

Joan, joan@auroville.org.in

OFFICE SPACE

I am looking for an office space. If you have a room I can use, please let me know.

Krishna D
98841 20010



TRANSLATORS AND PROOFREADERS

Looking for translators and proofreaders for questions (written in English) on conscious dying.

- **Proofreaders** needed for:

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

- **Translators** needed for

Indian / foreign languages not mentioned above.

- No prior experience required. Just enthusiasm and interest in this topic

Regards, Deepa,

stigmatad@gmail.com

More about Deepa's work- life- travels

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



2 BICYCLES TO GO BY DONATION



These bikes are there to go by donation to one AV project.

Contact by WhatsApp only 96268 86029, Sonja

TAXI SHARING - SUNDAY 11TH JANUARY



To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport on Sunday 11th January 2026**.

Departure from Auroville Town Hall at around 9:00PM (21:00).

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

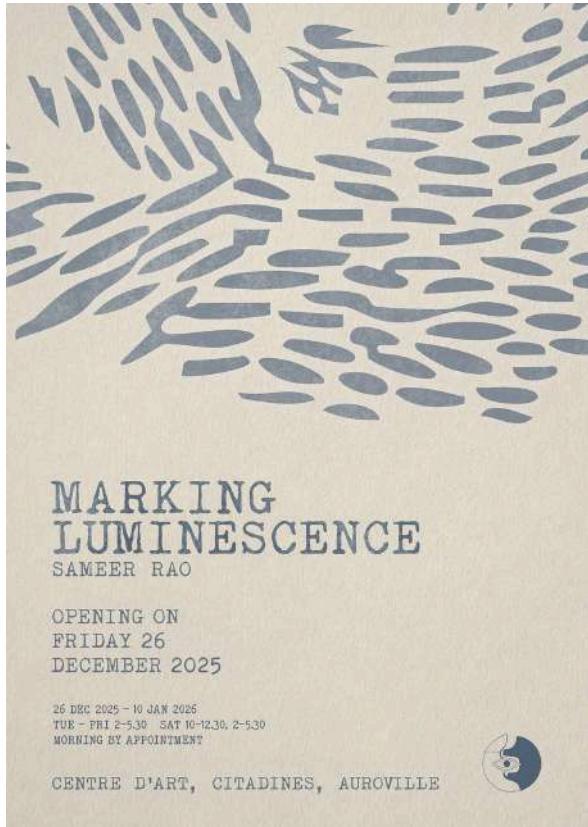
Many thanks, Sunny

CULTURAL ANNOUNCEMENTS

DOUBLE EXHIBITION :

- FIELDNOTES BY MADHURI K.
- MARKING LUMINESCENCE BY SAMEER RAO

FROM 26TH DECEMBER - 10TH JANUARY, CENTRE D'ART



MARKING LUMINESCENCE by Sameer Rao

Sameer's artworks unfold like quiet interior landscapes — spaces shaped not by geography, but by memory, sensation, and the small fragments that remain with us long after a moment has passed. His images do not aim to describe the outside world directly; instead, they form terrains built from impressions: a ladder, a footprint, an animal form, a soft patch of colour, a cluster of dots, the grain of plywood, the gentle pull of cotton. Together, these elements settle into expanses that feel lived-in, travelled through, and remembered.

In these works, abstraction becomes a way of organising memory. Shapes appear like markers on a map: hints of land, pathways, shifting fields, or ambiguous forms that echo both nature and dream. His strokes — small, precise, layered — gather and disperse across the surface like winds moving over open ground. The colours, subtle and muted, wash gently over the composition, creating quiet horizons and soft depths. One senses distance, a slow unfolding, a landscape that holds its own time.

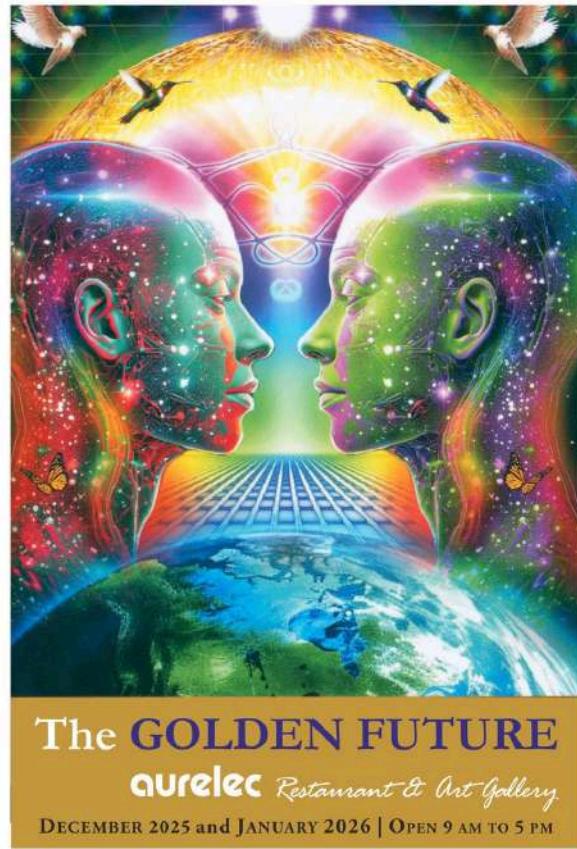
There is a steady rhythm across his works, a way the elements return — not as repetition, but as continuity. Footsteps, animal forms, shadows, patterns of dots or lines: these are like recurring features of his internal terrain. Nothing is literal, yet everything feels placed with intention, creating a feeling that each artwork is another part of the same vast map.

To look at Sameer's art is to move through a land shaped by thought and emotion. The surfaces invite the viewer not to decode, but to drift — to follow the gentle suggestions of texture and form, to sense rather than interpret. His works open a quiet space where imagination can walk freely, discovering landscapes that belong as much to the viewer as to the artist.

NEW EXHIBITION : THE GOLDEN FUTURE

DEC 2025 - JAN 2026, AURELEC

We are living in turbulent times, as we all know. However, the good news is that we are moving towards a new fifth-dimensional Golden Age that will be a time of peace and happiness when the world will have changed beyond recognition for the better.



What is a golden age?

A Golden Age is when every person, animal, tree, plant and the land itself radiates a golden aura. Gold is the colour of love and wisdom, so a Golden Age is a time of peace, harmony and abundance, when everyone co-operates for the highest good.

In the coming Golden Age, the air and water will be pure and there will be nutritious food for everyone. New spiritual technology will support us, providing limitless ecological and free power.

In fifth-dimensional consciousness, everything we need will come to us automatically and effortlessly. We will all be attuned to the angelic and spiritual worlds.

Diana Cooper

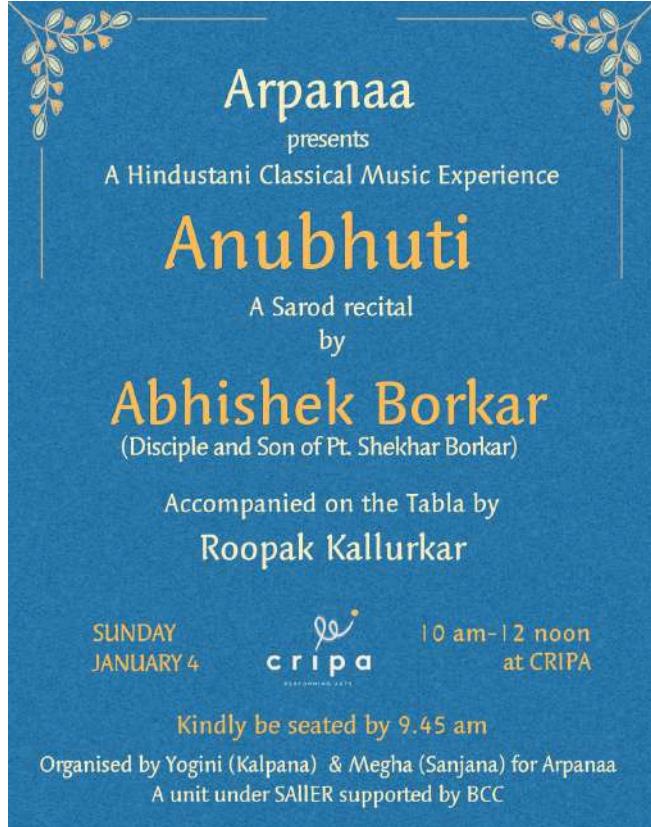


The second half of the program invites the audience to participate in group dances, celebrating global traditions such as American Square Dance, Italian Tarantella, Irish Ceilidh, Greek Hora, and more.

 : Saturday 3rd January
 : 5pm
 : Cripa, Auroville

ARPANAA PRESENTS ANUBHUTI ~ HINDUSTANI MUSIC CONCERT

SUNDAY 4TH JANUARY



Arpanaa presents Anubhuti ~ Hindustani Music Concert, ushering in the New Year on a harmonious note.

Join us for a Sarod concert by Abhishek Borkar, accompanied on tabla by Roopak Kallurkar.

A leading young musician of his generation, Abhishek Borkar who trained under his father, Guru Pt. Shekhar Borkar of the Maihar Senia Gharana - has captivated audiences worldwide with his mastery of sur and laya since his acclaimed debut at age 10. Come immerse yourself in magical morning ragas the perfect start to the New Year.

 : Sunday 4th January
 : 10:00am – 12:00pm (Kindly be seated by 9:45 am)
 : Cripa, Auroville



FOR THE BOOKWORMS

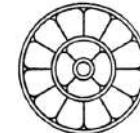
AUROVILLE LIBRARY



BOOK GIVE AWAY :

SRI AUROBINDO, THE MOTHER, THEIR DISCIPLES, AND AUROVILLE RELATED

MONDAY 5TH - SATURDAY 31ST JANUARY



Dear Community,

the Auroville Library will be giving away books by **Sri Aurobindo, The Mother, their disciples, and Auroville related from 5th - 31st Jan.** Most are in English and French, with a few in other languages.

Please pass by during our opening hours to have a look. If you have some related books at home that you would like to pass on to others, you are welcome to add them to our give-away.

See you!

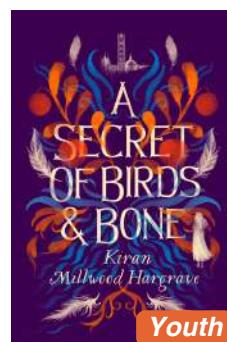
Kathrin, Amy, Ayesha, Kalaivani, Vani, Devna, and Pushpa
- your Auroville Library team.

NEW ARRIVALS!

Dear Friends,

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

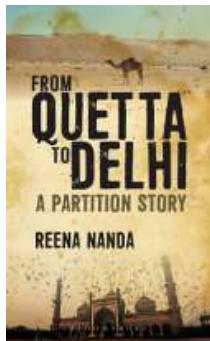
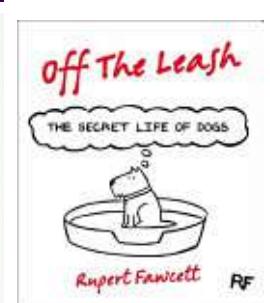
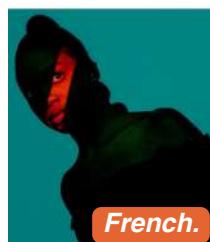
In addition to books in English, French, Italian and German (see some examples below), we are happy to introduce **new works** from fellow Aurovilians, **Mother, Sri Aurobindo, and disciples**.



NEW!

Gaëlle Bélem

Un monstre est là,
derrière la porte



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!

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari- B 1, C18: "Mind and Supermind" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.521 \(Integral Yoga\)](#)
- [Savitri - Ep.31 : 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 17: "The Divine Soul" \(Sri Aurobindo\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.520 \(Integral Yoga\)](#)

Latest Youtube Videos

- [EP. 1 : Journeying stars with 'Marie-Claire Barsotti'- Interviewed by Anandi Zhang.](#)
- [CHRISTMAS CONCERT by Auroville Youth Choir | Live from Cripa](#)
- [Integrating Vedantic Wisdom into Daily Life - Dr. R Rangan | Auroville Literature Festival](#)
- [Udaya Shreyas - Discovering Sanskrit through the Mother's Verses | Auroville Literature](#)
- [Dr Sampadananda Mishra - The Wonder that is Avadhanam | Book Launch at Auroville Literature Festival](#)
- [15-year-old girl chanting Chapter 12 verse from Bhagavat Gita | Auroville Literature Festival 2025](#)

....and more! on www.aurovilleradiotv.org.

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

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

POETRY

Weeping Weapons

The cry for battle
seeps into human minds—
through cracks in human hearts—
from tainted warlords
who paint the world
with stains of blood,
shed or slain,
drop by drop.

History recycles.
Humans strive to survive,
and suffer again,
licking the open wounds
cut by weeping weapons—
by words that incite,
by swords that spite.

In the humdrum of it all,
few have paused to wonder:
in cutting the cord of connection
with the Mother's womb,
what utter separation we suffer
from the Source,
from the siblings of our own blood.

The evil once vanquished
has risen again—
so close, closer than breath—
ready to feed the fire
that may drug us into night,
or light the house from inside.

Anandi Z

CINEMA

CINEMA PARADISO PRESENTS - MAURI

THURSDAY 8TH JANUARY, MMC AUDITORIUM



Cinema Paradiso Presents

On Thursday, 8 January, 2026 @ 8pm @ MMC Auditorium, Auroville

Maurizio Benazzo & Zaya Benazzo's

MAURI

"When someone walks into the room,
the healing has already begun."
— Atarangi Muru

Mauri

USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 70mins, English w/ English subtitles, Rated: NR (PG)

A moving journey into Māori ancestral healing, this film follows the voices of Tohe Ashby, Atarangi Murupaenga, and Donna Kerridge as they share profound wisdom rooted in tradition, confronting the scars of colonial trauma while celebrating resilience and cultural continuity. Through intimate storytelling and breathtaking imagery, it immerses viewers in practices that honor land, spirit, and community. Visually stunning and deeply evocative, it reveals how the life force binds all beings, offering a restorative path of memory, identity, and cultural survival.

With gratitude to Science and Non-Duality (SAND) for this generous sharing, the second in a continuing series that invites us into stories of remembrance, renewal, and our shared humanity.

Your generous support to help sustain and grow this community space.

EVERY CONTRIBUTION COUNTS!

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 5th - 11th January 2026



Cinema Paradiso programs at the MMC warmly welcome the community. Doors open 15 minutes before showtime and close once the film begins, so please arrive on time.

For everyone's enjoyment, kindly avoid crossing in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.

INDIAN - MONDAY 5 JANUARY, 8:00 PM:

- IDLY KADAI (IDLY SHOP)

India, 2025, Writer-Dir. Dhanush w/ Dhanush, Arun Vijay, Sathyaraj, and others, Drama, 148mins, Tamil w/ English subtitles, Rated: U (G) Murugan's glittering life in Dubai collapses after tragedy, drawing him back to his village and his father Sivanesan's humble idli shop. With Kayal, Meera, and Ashwin shaping his journey, he discovers that dreams may take you afar, but home gives them meaning—a moving story of family, food, and fresh beginnings.

POTPOURRI - TUESDAY 6 JANUARY, 8:00 PM:

- MONTY PYTHON'S THE MEANING OF LIFE

UK-USA, 1983, Dir. Terry Jones w/ John Cleese, Terry Gilliam, Eric Idle, and others, Satire-Musical, 107mins, English w/ English subtitles, Rated: R

From birth to death, Fish #2, Gunther, Bert, and the Grim Reaper lead outrageous sketches lampooning love, war, religion, and mortality. With biting satire and musical absurdity, this award-winning tale hilariously unravels humanity's quest for meaning - life distilled into laughter, chaos, and madness; *an irresistible combination not to be missed!*

SELECTION - WEDNESDAY 7 JANUARY, 8:00 PM:

- TANCUJ, MATYLDÓ (WALTZING MATYLDA)

Czech Republic, 2023, Writer-Dir. Petr Slavík w/ Karel Roden, Regina Rázlová, Antonio Soposki, and others, Comedy-Drama, 113mins, Czech w/ English subtitles, Rated: NR

Debt collector Karel grapples with his bohemian mother Matylda and estranged son Pavel. When Matylda's Alzheimer's worsens and she loses her home, the family must face old wounds. As Pavel becomes her unexpected caregiver, love, resentment, and duty collide in a poignant tale of memory, reconciliation, and fragile bonds in this award-winning heart-wrenching yet uplifting film.

INTERESTING - THURSDAY 8 JANUARY, 8:00 PM:

- MAURI (LIFE FORCE / VITAL ESSENCE)

USA, 2024, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 70mins, English w/ English subtitles, Rated: NR (PG)

Where ancestral wisdom heals the wounds of history, the voices of Tohe Ashby, Atarangi Murupāenga, and Donna Kerridge guide a visually stunning journey into Māori healing traditions. Confronting colonial trauma and celebrating resilience, it reveals how the life force binds all beings, offering a restorative path of memory, identity, and survival. *We thank SAND for this generous sharing, the second film in a series that will continue to move and inspire in the months ahead. Can you miss it ?!*

**Your generous support to help sustain
and grow this community space.
EVERY CONTRIBUTION COUNTS!**

INTERNATIONAL FILM - SATURDAY 10 JANUARY, 8:00 PM:

- HIVER À SOKCHO (WINTER IN SOKCHO)

France-S.Korea, 2025, Writer-Dir. Koya Kamura w/ Bella Kirsch, Zem, Park Mi-hyeon, and others, Drama, 104mins, Korean-French-English w/ English subtitles, Rated: NR

At a seaside guesthouse, Sooha drifts between routine chores and her mother's fish stall, her life marked by repetition and unanswered questions. The arrival of French artist Yan Kerrand unsettles that stillness, stirring memories of her absent father and a search for identity. As winter deepens, fragile bonds emerge, carrying Sooha through longing, discovery, and a journey of subtle awakening and delicate metamorphosis. Acclaimed worldwide, the film already holds six major award nominations pending.

CHILDREN'S MATINEE - SUNDAY 11 JANUARY, 4:00 PM:

- KINA ET YUK, RENARDS DE LA BANQUISE (KINA & YUK)

France-Canada-Italy, 2022, Writer-Dir. Guillaume Maidatchevsky w/ Virginie Efira, Véronique Boileau, and others, Animal Adventure, 85mins, French w/ English subtitles, Rated: NR (PG)

This film is being brought to you in collaboration with Alliance Française. In this acclaimed film, Kina and Yuk, two Arctic foxes, face the shifting dangers of melting ice as they prepare for their first litter. Separated by drifting floes, their struggle for reunion becomes a tale of endurance, love, and survival across dazzling yet fragile landscapes reshaped by climate change.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 11 JANUARY, 8:00 PM:

- LE RETOUR DE MARTIN GUERRE (THE RETURN OF MARTIN GUERRE)

France, 1982, Dir. Daniel Vigne w/ Gérard Depardieu, Nathalie Baye and others, History-Drama, 112mins, French w/ English subtitles, Rated: PG.

During the middle of the 16th century, Martin Guerre returns to his village in southwestern France, after being away in the war for almost a decade. The villagers who knew him as a young man suspect he is not Martin, but he seems to know all about his friends, his family and his wife, even the most unusual things. Is this man really Martin Guerre?

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 2622 894
- Email:** avlib@auroville.org.in
- Website:** <http://library.auroville.org.in/>

“
For last year's words belong
to last year's language
And next year's words await
another voice.

T.S. Eliot

HEALTH

SANTÉ SERVICES IN DECEMBER 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 Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Mon / Tues / Wed / Fri	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
Holistic Therapy with Louis Patrick: Monday to Friday	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.

Welcoming Louis Patrick: Holistic Balance & Energy Work

Sante is delighted to expand our offerings with the introduction of **Louis Patrick** and his unique approach to Holistic Therapy.

Louis aims to restore deep balance within the body's energy and physiological systems. His sessions integrate precise ancient modalities, such as Acupuncture, with a highly **intuitive approach to energy work**. This combination helps address the root cause of imbalances, promoting profound healing and well-being.

HEALTH CENTER - KUILAPALAYAM

Contact: 0413 291 0005

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

AYURVEDIC RECOMMENDATIONS FOR WINTER



We are now at the peak of *Visarga Kala*, when the moon has more influence in the Northern Hemisphere and provides calming, soothing energy. The cold outside urges us to turn inwards, and this prevents the *doshas* from being over-stimulated by external factors and situations. In this "cocooning" atmosphere, *Kapha* and *Agni* contribute to protect us from the cold. Through a digestive fire (*Agni*) that becomes stronger and asks for more nourishing food and bigger portions, we are strengthening and reinforcing our immunity, nourishing well the body tissues for the year to come. The three constitutions (*prakruti*) experience their *Kapha* increasing with the adipose tissue to protect from the cold: less for *Vata* people, moderate for *Pitta* people and more for *Kapha* people.

In the energy, there's a feeling of coming back to the warmth of our inner place. If this energy is imbalanced, it may give a sense of emptiness in the heart, dullness in the mind or feeling depressed or lonely (these are *Vata* or *Kapha* imbalances).

During winter, we are going to assist the body to regenerate by keeping a strong digestive fire (*Agni*) – in the abdomen for an optimum nutrient assimilation, in the mind for clarity and in the heart for joy and kindness.

GENERAL GUIDELINES IN THE FOOD:

"The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow" from the book *Ashtanga Hrdaya*, *Sutrasthana*, Chapter 3 *Rtucharya*, Sloka 11-14

- Sweet, sour and salty tastes are best for this season
- Eat warm, cooked food spiced up with: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- Proteins: Mungdal, black gram (Maasha) beans, chickpeas, lentils, white meat, egg, mutton (meat soup), nuts and seeds, spirulina, hemp seeds
- Vegetables: green leaves, carrot, beet, eggplant, cauliflower, broccoli, bitter-snake-bottlegourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet

- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery, sugarcane juice, golden milk with turmeric

TO AVOID:

- Cheese, yogurt, curd, lassi at dinner (they should be eaten at breakfast or lunch)
- Cold beverages, ice-cream
- Raw vegetables and food that is heavy and difficult to digest (deep fried, etc.)

HEALTHY ROUTINE FOR WINTER:

- Main principle: stabilize, centre, nurture and recharge
- Sleep longer
- Keep a regular rhythm (with meals and bedtime)
- Massage with sesame oil + apply heat to let the oil penetrate
- Hot shower or bath, Foot bath with warm salty water
- Keep the body warm with cotton, wool, silk, leather
- Physical exercise: 30 minutes daily of stimulating Yoga, Pranayama, Meditation-concentration, Qi-Gong, Toning...
- Nasya: put 1 drop of Anu Tailam in each nostril at bedtime or in the morning if the nose is congested

TO AVOID:

- Prolonged fasting
- Humid and cold air, wind, fan
- Long hours at the computer
- Stay awake late at night

SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:

- For a better digestion: ginger, cinnamon, pippali (long pepper), Be No1 (ginger, turmeric, black pepper) or Trikatu (for *Kapha*), Hingwashtak churna (for *Vata*), Avipatikar churna (for *Pitta*), taken after a meal with a little bit of honey
- For cold, cough and respiratory infections: tulsi, karpuravalli (*Coleus amboinicus*), Be No3 (ginger, turmeric, black pepper, tulsi, amla, cinnamon), Sitopaladi churna, Talispatradi churna
- For inflammation, joint pain: turmeric, Be No4 (ginger, turmeric, fenugreek), Dashamoolarishtam
- For energy and vitality: Chyavanprash

Wishing you a nurturing and loving winter,
Be @ Sante Clinic



MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the 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 only daily, 9am - 3:30pm.
- Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11:30am except Tuesday when they can come from 9am to 11am.**
- 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.
- 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 Tuesday 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 registered 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 registered Volunteers:

Wednesday - Monday	8:00 am - 8:35 am
Arrival at 7:45am at the Office Gate.	
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:**

Any day except Tuesday & Sunday	8:00 am - 8:35 am
Arrival at 7:45 am at the Office Gate	
- The Inner Chamber, the Petals, and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am	
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- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

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

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

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

Access to Matrimandir for Visitors and Guests

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:
<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

EMERGENCY NUMBERS

Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108