

Auroville

NEWS & NOTES

No 1107 - A weekly bulletin for residents of Auroville

8 January 2026



PONDERING

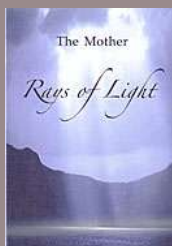
Psychic aspiration: constant, regular, organised, gentle and patient at the same time, resists all opposition, overcomes all difficulties.

The Mother, Aspiration, Words of the Mother II

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



RAYS OF LIGHT



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THE PATH OF YOGA

TAPASYA

page 18

A discipline imposed by the will for any spiritual end is tapasya.

★

Tapasya: a discipline aiming at the realisation of the Divine.

page 19

To be a man, discipline is indispensable.

Without discipline one is only an animal.

One begins to be a man only when one aspires to a higher and truer life and when one accepts a discipline of transformation. For this one must start by mastering one's lower nature and its desires.

9 March 1972

ASCETIC PRACTICES

I do not believe that sadhana in the cave is easy - only there the insincerity remains hidden, while in life and action it is revealed. You can *look* like a Yogi in a cave, but in life the humbugging is more difficult, because you have to *behave* like a Yogi.

6 September 1935

★

One thing we want to know is how much you are eating and whether you sleep regularly and sufficiently. These two points are of great importance, for a sadhana of this kind demands in order to bear it that the mind and body and nervous system should not be weakened by undernourishment and lack of sleep.

16 December 1940

★

page 20

Intimacy with universal Nature

This intimacy is possible only for those who are vast and without preferences or repulsions.

- *The Mother*

Lagerstroemia speciosa (L) Pers. [*L. Flos-reginae* Retz.], Lythraceae.

Queen's crape myrtle, Pride of India, Pinyinma



Here sensibleness is indispensable and the integral yoga is based on balance, calm and peace and not on an unhealthy need to suffer.

12 May 1969

*

As long as it is an austerity there are reactions.
When it becomes an imperative need, it is good.

*

Should I spend some time in solitude?

It is the old methods of yoga which demand silence and solitude.

The yoga of tomorrow is to find the Divine in work and in relation with the world.

Look within yourself, reflect upon it and tell me what your choice is.

24 January 1971

*

Entire physical retirement is seldom healthy, although a temporary retirement is often helpful. But the main thing is the inner detachment and complete turning to the Divine.

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*).

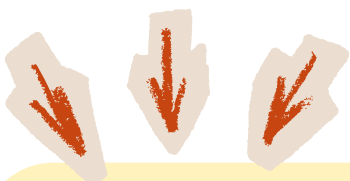
Working groups selected by the Residents' Assembly:

- 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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WORKING GROUPS NEWS



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1112

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

COMMUNITY NEWS

OBITUARY

IRA PASSES AWAY

This is to inform the community that Irina Zhovtan (Ira) passed away peacefully at home surrounded by her family early morning of Tuesday 6th January 2026.

~ OM ~



A SUMMARY OF EVENTS HAPPENING IN AUROVILLE TODAY (JAN 26)

'LIGHT FOR UNITY' GROUP LAUNCHES PETITION FOR ERAD

In an [Auronet post](#), a new group announced itself: Light for Unity, an initiative of Tamil Aurovilians that seek to “restore peace, harmony, dignity, and a conscious collective approach to community participation and governance.” As noted by one of their members, they have taken over an office in the Town Hall Graphic Section, after the current executive Guna had been forced to leave by AVFO ‘FAMC’ and ‘ATDC’. Noting the “extreme pressure” put on Guna, the Light for Unity team stepped in and [“secured the space”](#). Their new office is open as a “grievance and coordination hub” that seeks to address ongoing issues in the community.

On 26th December 2025, the Light for Unity team also retook the Auroville Council Room, which had been taken from RA control just weeks before. In another [Auronet post](#), one member of the team asserts that the use of the room is now again dedicated to the Auroville Council, “to support their ongoing work for peace, well-being, and the larger interests of the Auroville community.”

Following on from a [community meeting](#) held at Kalabhumi on 27th December, the team shared a [meeting report](#) which stated that 175 people had attended.. The group [claimed](#) that they had been successful in [replacing a member](#) of the Housing Board, [removing an Executive](#) of Land Service as well as taking back the AVC room.

On 3rd January 2026, a petition was launched by the group members. The petition aims to collect at least 300 signatures in order to launch an Emergency RA Decision-making process (ERAD). If the petition is successful, an ERAD will be launched to ask for agreement for a new interim selection process which will fast track the selection of new members to fill the empty seats in the RA working groups.

Please find the petition with the text outlining the ERAD proposal [here](#).

ANITYA COMMERCIAL ACTIVITIES CLOSED

Anitya, a community of the Joy of Impermanence (Jol) project located close to the Edayanchavadi village, has been unilaterally ordered to close its commercial activities by the AVFO 'FAMC'. The community, which has a central space designed for hosting small groups and offering different healing modalities, was not informed of the decision beforehand nor of any reasons for the closure. Jol was given use of the abandoned plot to start a new community in 2018, and has built a thriving residential area that has been fully re-greened. One third of the Anitya community land was already lost recently, because of a radial built by the AVFO in 2024-2025 (but still not operational). This new road, stretching to the Visitors' Centre, is not mentioned on the Master Plan and had also led to the relocation of the Thamarai After School project for Edayanchavadi children, an initiative which was hosted by the Jol community.

PARLIAMENTARY STANDING COMMITTEE REPORT ACKNOWLEDGES RA'S CONCERNS

On 8th December 2025, the 371st Report of the Department-Related Parliamentary Standing Committee on Education, Women, Children, Youth and Sports was released. A Parliamentary Standing Committee has members from both Houses of Parliament. They study specific subjects of governance, and then write reports with recommendations for Parliament. The report of this particular Committee includes a section on the Auroville Foundation and contains several recommendations that align with positions the RA WCom has maintained over recent years. While not legally binding, the report asserts recognition of the role of the RA, its uniqueness as a community and its legitimacy as a statutory body of the AVF. The Parliamentary Standing Committee was chaired by Shri Digvijaya Singh, Member of the Rajya Sabha for the Congress Party, and had 31 members from both the ruling party and the opposition.

The report in brief:

- On governance and decision-making, the Committee recommends that any changes to the Auroville Foundation Act or the 1997 Rules should be made through a consensual process. The report emphasizes that "the three institutions must work together in close coordination and harmony" and that "the Governing Board should continue the practice of consultation and collaboration with the International Advisory Council and the Residents' Assembly before making any key decisions."
- On the implementation of the Master Plan, the Committee notes that it should be implemented in close consultation with the RA and other stakeholders. It also calls upon the AVFO to submit the Master Plan to the State Urban Planning Department of Tamil Nadu.

- On the relocation of Annapurna Farm, the Committee shares the RA's concern that the loss of Annapurna farmland will negatively impact Auroville's ability to achieve food sustainability. The Committee recommends that "Annapurna farms should not be disturbed and that alternative sites nearby should be found to situate the [IIT Madras] sustainability campus."
- On Auroville as an [Institute of National Importance](#), the Committee recommended granting this status to Auroville due to its unique characteristics, which distinguish it from other educational or research projects. This recommendation was widely reported in the national media, see [here](#) for one example.

The [RA WCom stated](#) that members of the Auroville community, including members of the RA WCom, had the opportunity to interact with the Chairman of the Parliamentary Standing Committee during his visit to Auroville and Annapurna Farm, expressing gratitude for the time and attention given.

The full Parliamentary Standing Committee Report is available [here](#).

THREAT TO YOUTH CENTRE FROM AVFO 'WORKING GROUPS'

The small group of residents remaining in the AVFO 'working groups' have recently directed the Auroville Youth Centre (YC) to close, indicating their intent to take over the space and assume control over its assets. Since the events of December 2021, which saw JCBs taking down Youth Centre structures amid protest from residents, these groups have repeatedly targeted the only cultural space in Auroville that is made by and for youth. Over time, the YC has also become a physical symbol of the resilience of Auroville's community spirit.

Timeline of recent events:

- 31st October 2025 - The YC hosted a 'Spooky Night' celebration for Halloween, organised by a registered AV unit called Hibiscus Art.
- 3rd November - The electricity (and therefore water) supply to YC was cut and FS accounts were shut down, without prior notice, on the orders of the AVFO 'FAMC'.
- 13th November - After an intervention from Hibiscus Art, the FS accounts to YC were restored. The electricity supply has not been restored to date and YC has to rely exclusively on the use of a generator to provide electricity to the site.
- 6th December - YC residents were called to a meeting with AVFO 'WCom'. At the meeting, they were asked to share their plans for the upcoming YC Christmas fair. The YC residents pointed out that they were uncertain of what their plans for the fair are due to the electricity situation.
- 9th December - The AVFO 'WCom' [called the YC residents](#) to a second meeting with AVFO 'FAMC', under the pretext of discussing electricity reconnection and their plans to hold future events. However, at the meeting they were told of the unilateral decision to shut YC down. The decision was presented as a fait accompli, that they had no choice but to comply with.
- 14th December - The AVFO 'WCom' announced on Auronet their decision to close the Youth Center.

Although they were assured at the meeting that they would be given immediate housing solutions, in the [email that followed](#) they were told that housing would only be given once they are

registered in the RoR. There is no evidence to show that anyone has been registered in the RoR since the Secretary began her term in 2021, therefore if the YC residents leave the site they might effectively be homeless.

The AVFO 'WCom' claimed in [their post on Auronet](#) that the location of the YC was deliberately chosen to obstruct the path of the Crown Road and the Master Plan. The history of the YC, its location and genesis, is long and complex and involves many different groups of Aurovilians who moved in and out of its development over time. The YC has functioned as a vibrant space for community fairs, plays, and as a home for the youth of Auroville for over 30 years. The AVFO 'Wcom' has recast the YC as a place of 'risk' and 'concern' and as "a focal point for activities not aligned with the ideals of Auroville." For a full history of the YC and its activities, please see [this report](#). On 18th December the current residents of the YC shared a detailed [response](#) to the AVFO 'WCom' claims. They stated that the massbulletin was "selective and misleading" and that it did not "accurately reflect either the history of the YC or the nature of the engagements that have taken place." They also pointed out that "the framing of this situation as one of tolerance followed by enforcement obscures a deeper issue: the erosion of trust, due process, and community spirit over the last four years."

To show the Youth Centre your much-needed support, you can sign their [petition here](#), which has already garnered over 6,000 signatures from wellwishers across the globe.

ETERNITY EXCHANGE WITH A LAND SHARK SUPPORTED BY AVFO

Residents of the Eternity community have been informed that the AVFO's intention is now to exchange the entirety of the land stewarded by them (a total of 18.5 acres). This information was given to them at a meeting with the AVFO 'WCom', who claimed - without providing any evidence - that this plan had been approved by the GB before they completed their tenure.

The community was aware that the GB had approved 7.5 acres of Eternity (valued at over 100 Crores) for exchange, in return for various scattered land parcels totalling 7.3 acres which have a combined total value of just 15 crore, a low sum for this amount of land. The beneficiary of that [proposed exchange](#) in Eternity is the son of T. Kannan, who was the beneficiary of the AuroOrchard land exchange.

In a move that calls into question the effectiveness of AVFO land exchanges, T. Kannan has begun constructing stone walls around a recently purchased land parcel located opposite the Visitors' Gate entrance to the Matrimandir. He has also been widely informing people that he plans to build a hotel on that land. Questions have since been raised [on Auronet](#) about how this situation has been allowed to happen, particularly because this land was only purchased following the AuroOrchard exchange.



There has been no transparency from the AVFO groups about what lands they plan to exchange for Eternity, nor how the loss of such high-value land would benefit Auroville. At the same time, significant pressure has been placed on Eternity community members to move out, with the exchange situation presented as a fait accompli.

The land at Eternity has been restored and stewarded by the family that is currently living there since 1986. It has been transformed into a thriving, ecologically biodiverse forest which was nurtured over 40 years using the family's own funds. During major environmental disasters such as the 2004 tsunami and Cyclone Thane in 2011, it was widely acknowledged that the forest and the community's living fences provided strong coastal protection in that area.

For further context, please see [this note from the RA WCom](#) outlining the recent, highly questionable land exchanges.

70TH GOVERNING BOARD MEETING - OCTOBER 2025

The Governing Board (GB) held its 70th meeting on 1st October 2025 at the Auroville Foundation, the final meeting of their four year tenure. In his opening remarks, the Chairman R.N. Ravi stated that the Board had undertaken "course correction" and expressed satisfaction with progress made on infrastructure development and the formalization of rules and regulations. The GB collectively thanked Dr. Jayanti S. Ravi for her tenure as Secretary. Dr. Ravi's second, [one-year term as Secretary](#) which began on 20th December 2024, has concluded.

While the GB expressed satisfaction with infrastructure progress and formalization of rules and regulations, many residents have raised concerns about incomplete and poorly built roads, lack of completed infrastructure projects, and the use of community funds for ongoing repairs. During the GB's tenure, the only completed infrastructure project was a [55-lakh elevator](#) at Town Hall. Multiple new projects have been announced, and in many cases the ground has been cleared of trees (such as at the Southern Service Node, at Creativity, and next to Existence), but nothing has actually been built. Vast amounts of money has been spent on projects such as Mother's Flower Garden (12 crore budget, ref [64th GB MoM](#)), the new building opposite Kalpana - which appears to have no function, - and landscaping of the Kalpana/Sante stretch of the Crown Road, where precious shade trees have been replaced by lawns and flowers. Recently, there have also been announcements of a ['Toy Train'](#) and a tender for a [Virtual Reality Museum](#). Residents have also expressed concern regarding the frequency of new administrative directives and the lack of clarity around their implementation, as well as limited communication from individuals identifying as members of AVFO 'working groups'.

The most concerning outcome of the meeting is that the GB approved a move toward centralized authority over all working groups, granting the Secretary final decision-making power regarding the reconstitution of working groups, committees, units, trusts, and entities. While existing group members may nominate new members and resource persons, the Secretary was authorized to make final decisions "in the interest of the Auroville Foundation."

Other matters discussed at the 70th GB meeting include:

- Approval for new "Procedures for engagement and functioning of the Residents' Assembly", about which no further information was shared.
- Zero-tolerance alcohol policy
- Water provision to Kottakarai village
- Greenbelt road development

- You can find the [full meeting notes here](#).

The AVFO 'working groups' have introduced an increase in amount to parts of the Aurovilian maintenance system. However, it does not apply to a significant number of people who currently receive support from community funds.

In an [email](#) sent to all BCC maintenance recipients, it was stated that the increment would apply only to Aurovilians who live and work in Auroville for a minimum of 35 hours per week, as required under the [Standing Order – Residence Criteria](#). Although the increment was first [mentioned publicly](#) on Auronet in August 2025, recipients were [informed](#) that they had 24 hours to complete a work survey in order to qualify for the increment from 1st December, as well as for retroactive payments from August to November. No explanation was provided for the extremely short deadline.

In a subsequent communication, it was clarified that the maintenance increase does not apply to the following categories:

- Newcomers
- Half-maintenance recipients
- Children and students
- Apprenticeships
- Care packages
- Bridging
- Maternity
- Infirm (medical) categories
- The Silver Fund category (incorrectly described as “unauthorised”)

As a result, a large number of Aurovilians are excluded from the increment, including individuals who work full-time for Auroville but do not receive full maintenance through the BCC. This includes, for example, farmers and foresters who continue their work despite having their maintenance cut to a care package.

Regarding the Silver Fund, an elderly resident [repeatedly attempted](#) to request this support from the AVFO 'FAMC' and 'BCC' over recent years. To date, these communications have not received a response. Please also see [here](#) for a full outline of the history of the Silver Fund.

MEDIA & OTHER LINKS

- RA FOREST CARETAKERS TRAGI-COMIK NEWSLETTER #15: English Version > [HERE](#) French Version > [ICI](#)
- RA FOREST CARETAKERS TRAGI-COMIK NEWSLETTER #16: English Version > [HERE](#) French Version > [ICI](#)
- 8th December 2025, News by Careers 360: [Parliament panel flags large-scale vacancies in research bodies, low stipends; suggests fellowship hikes](#)
- 11th December 2025, The Print: [Auroville-IIT Madras land row: House panel echoes residents, recommends alternative site for campus](#)
- 27th December 2025, Shankar IAS Parliament: [Institution of National Importance \(INI\) tag](#)



COMMUNITY SHARING

LIGHT OF UNITY TEAM INVITES ALL TO A MEETING

THURSDAY 8TH JANUARY, KALABHUMI

Dear Community,

The Light for Unity team (L4U) is happy to call a community meeting to share:

- How this group was formed,
- Our motivation, aim, and purpose
- Our upcoming plans and steps

All are welcome to join the meeting.

When : Thursday, 8th of January 2026

Time : 5 pm

Where : Kalabhummi

With gratitude and sincerity,

The Light for Unity Team



அன்பார்ந்த சமூகத்தினருக்கு

ஒற்றுமைக்கான ஒளி குழு (Light for Unity - L4U)

கீழ்க்கண்ட விஷயங்களைப் பகிர்ந்து கொள்ள

ஒரு சமூகக் கூட்டத்தை மகிழ்ச்சியுடன் ஏற்பாடு செய்கிறது:

-இந்தக் குழு எவ்வாறு உருவானது

-எங்களின் உந்துதல், -நோக்கம் மற்றும் இலக்கு

-எங்களின் வரவிருக்கும் -திட்டங்கள் மற்றும் அடுத்தடுத்த நடவடிக்கைகள்
இந்தக் கூட்டத்தில் அனைவரும் கலந்து கொள்ள அன்புடன் வரவேற்கப்படுகிறார்கள்.

நாள் : வியாழக்கிழமை, 8 ஜனவரி 2026

நேரம் : மாலை 5 மணி

இடம் : கலாபூமி

நன்றியுடனும் நேர்மையுடனும்,

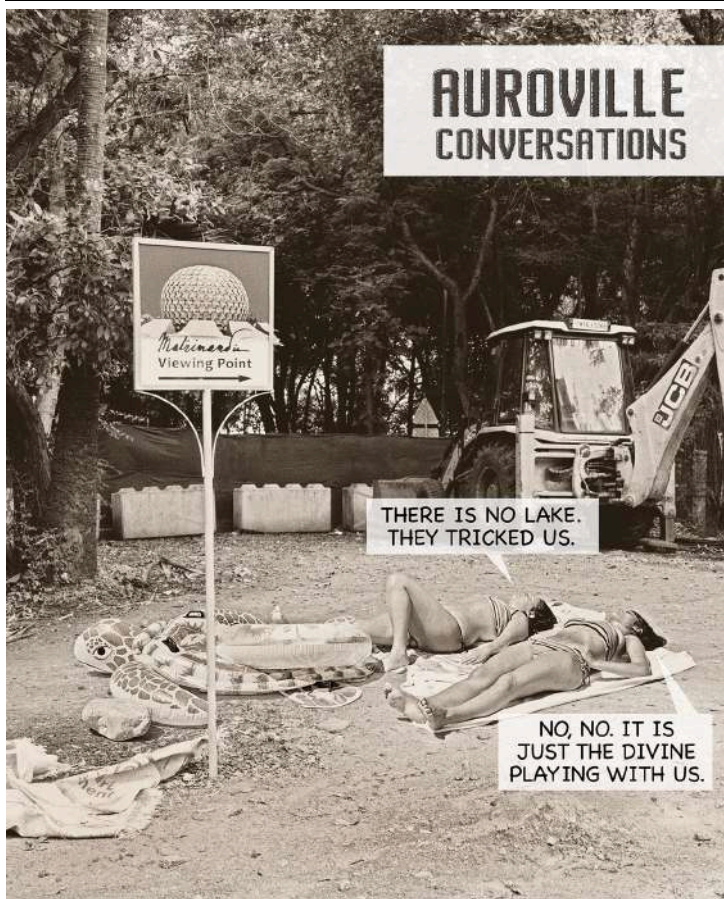
ஒற்றுமைக்கான ஒளி குழு



MEDITATIONS AT SUNSET WITH SAVITRI

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

AUROVILLE CONVERSATIONS



THERE IS NO LAKE.
THEY TRICKED US.

NO, NO. IT IS
JUST THE DIVINE
PLAYING WITH US.

Submitted by an Aurovillian

A MOMENT TO PAUSE ...



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

8 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 13th January , 9 am - 12 noon

Focus: Self-realisation

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

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

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

NEW!

A cinematic visualization :

[Savitri, epic poem by Sri Aurobindo, Book 1, Canto II, The Issue \(part 1\).](#)

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.

#11 Releasing Attachments after experiencing a Trauma

If trauma was inflicted by someone, visualize yourself in a circle or a sphere of bright light. Place this person in a separate circle. Connect the two circles with the figure of "8" and trace it repeatedly in your mind or on paper. This cuts unhealthy attachments (anger, resentment, disappointment, rage, the sense of revenge, etc.) without harming true love or goodwill in case it is there between the two people.

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 15TH JANUARY, LIBRARY, CREATIVITY

Time: 10:45am - 11:45am

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

- **Please be seated by 1030am. No entry after 1040am.**
- Open for all. No registration / fee required.
- 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.

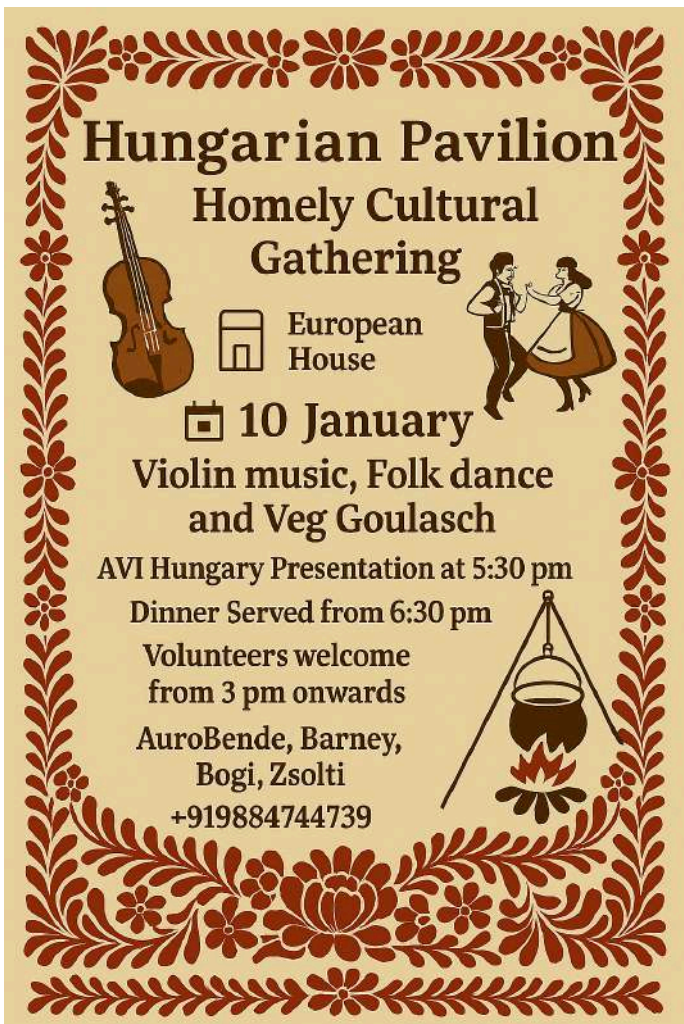
www.auroville-jiva.com contact@auroville-jiva.com

WA 96260 06961

HUNGARIAN PAVILION -




HOMELY CULTURAL GATHERING


SATURDAY 10TH JANUARY 2026, EUROPEAN HOUSE



A poster for a Hungarian Pavilion Homely Cultural Gathering. The poster has a decorative border of red floral and leaf patterns. The text is in a serif font. It includes illustrations of a violin, a calendar icon, a European House icon, a couple dancing, and a hanging pot over a fire.


Hungarian Pavilion
Homely Cultural Gathering

  **European House** 

 **10 January**

Violin music, Folk dance and Veg Goulasch

AVI Hungary Presentation at 5:30 pm
Dinner Served from 6:30 pm
Volunteers welcome from 3 pm onwards
AuroBende, Barney, Bogi, Zsolti
+919884744739



AUROVILLE STORIES 2068 - THE FIRST 100 YEARS

- 7-WEEK STORYTELLING PROJECT (TUESDAYS FROM 20TH JAN - 3RD MARCH, SUNLIT PATH)
- PUBLIC SHARING/SCREENING (SUNDAY 8TH MARCH, MMC, TOWN HALL)



A poster for Auroville Stories: 2068 The First 100 Years. The background is a night scene of Auroville with the dome illuminated. The text is in a serif font. It includes a QR code and a link to learn more and register.

Auroville Stories: 2068
The First 100 Years

Seven-Week Storytelling Project:
Tuesdays from January 20 to March 3
5:15 to 7:15pm @ Sunlit Path
(possibly other times as well...)

Public Sharing/Screening:
Sunday, March 8th
10am-noon @ MMC
(mark your calendars...)

 **Learn More & Register:**
bit.ly/AurovilleStories2068

Imagine Auroville fulfilling its vision of a city the Earth needs, cultivating human unity and conscious evolution. **What will this actually look like?** After all, aren't we here to imagine what we might become so that we can become what we imagine. Let's transcend our "sides" (that The Mother said were all inherently "wrong" anyway) and dream of futures we can all say YES to.

If this idea intrigues you, enlivens you, or perhaps even challenges or disheartens you, **please join our second cohort of storytellers** who will support each other to craft and share short (3–5 minute), realistic and hopeful "*future memories*" from Auroville's 100th anniversary in 2068. Our aims are to...

- Inspire each other and the world
- Rise above internal divisions

- Put flesh on the bones of our "Master Plan"
- Deepen connections and have fun along the way!

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

The project will culminate in a public screening/sharing in the MMC (cinema) on Sunday 8th March — like last March when a packed MMC witnessed a dozen, personal reflections on why we came and glimpses of our best imagined futures. Watch some at: <https://www.youtube.com/@AurovilleStories>.

Daniel Greenberg (daniel@ic.org), long-term Friend of Auroville (and a few others) will facilitate this project and utilize story circles, guided visualizations, and creative exercises (some involving characters from his visionary SciFi novel-in-progress) to help us step out of habitual patterns and dream into lived possibilities. Let's imagine and remember our future together.

Learn more and register at bit.ly/AurovilleStories2068



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.monnicamarinoniashtangayoga.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: 33AAATA0037BY3N

VOICE SOUND JOURNEY

SATURDAY 17TH JAN, HALL OF LIGHT, CREATIVITY

Voice sound journey

Hall of Light
Creativity community
Saturday, 17 January 2026
from 3 pm to 6 pm
Learn how to heal your voice

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 Aurovillians 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 Aurovillians at the farm.

Team Solitude Farm Café

98433 19260

solitudepermaculture@gmail.com



HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



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

-All for FREE on our Open House.

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

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE



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

Open for all, no prior experience needed.

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



SUPPORT NEEDED

BE PART OF THE STORY : 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. We now have FOUR units contributing ₹3,000/month each, and we are grateful for their support. We now invite **FOUR 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

AVAILABLE

COFFEE GROUNDS TO SHARE

Dear all,

We have plenty of coffee grounds to share with anyone who would like to use them for adding to compost.

Please bring your own plastic container or bucket, and we'll be happy to fill it for you.

All you need to do is drop it off and pick it up a few days later.

Just send a word to let me know,



Matilde

matilde@marcscoffees.com

BIG WOOLLEN CARPET



approx, measures 3'40 by 2'40.

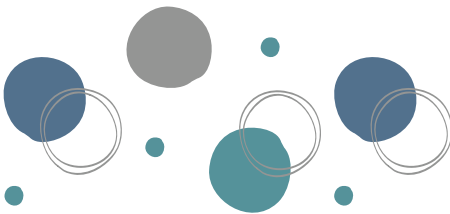
Joan, joan@auroville.org.in

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*



LOOKING FOR

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*

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



STOLEN MOTORBIKE

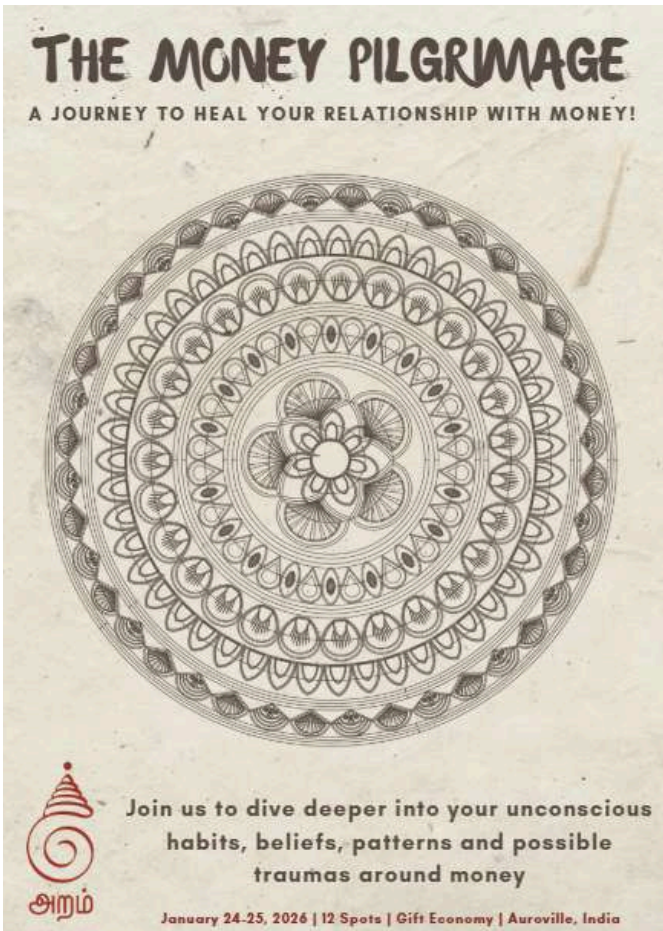


Hero Passion X Pro, Grey color, Registration No. PY 01 CM 0556.
Stolen from Realization community garage, Auroville.
Reward for information leading to recovery.

WORKSHOPS

THE MONEY PILGRIMAGE

SATURDAY 24TH - SUNDAY 25TH JANUARY



We at *Aram* warmly invite you to **The Money Pilgrimage**, a 2-day immersive workshop designed to help participants explore their personal relationship with money—including unconscious habits, beliefs, patterns, and possible money-related traumas. This pilgrimage is an invitation to slow down, turn inward, and meet money not as a problem to solve, but as a mirror that can reveal deeper truths about how we live, relate, and choose.

The workshop is not about getting rich, financial literacy, investments, or “fixing” one’s money situation, but developing a more conscious engagement with it. It is offered in the spirit of *Gift Economy*. There is no fixed fee for participation. At the end of the exploration, participants are invited to offer from their hearts what they feel called to in support of the work at *Aram*.

Dates: 24th - 25th January

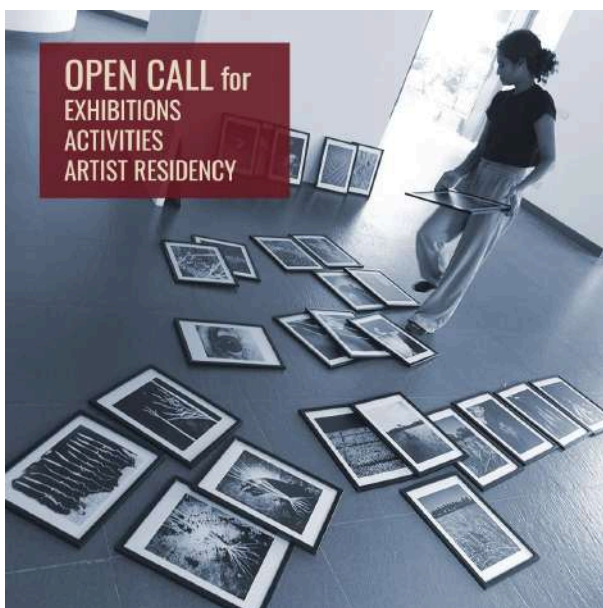
The group size is limited to 12 members only. So, kindly register soon if this interests you.

More details can be found [here](#).

All are welcome!

CULTURAL ANNOUNCEMENTS

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



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 **31st 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

DOUBLE EXHIBITION :

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

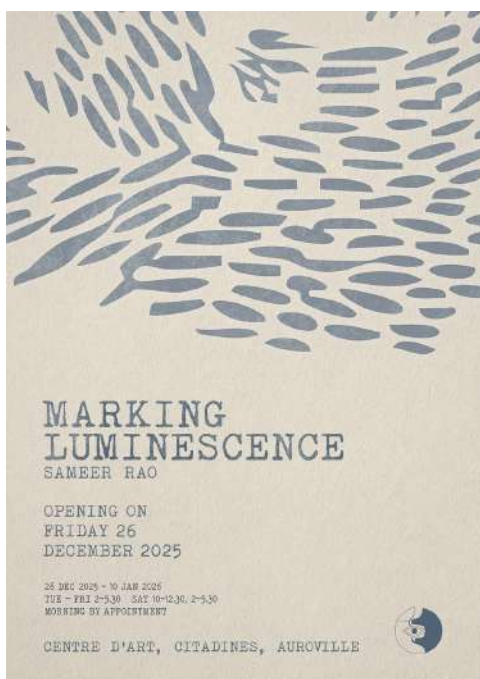
26TH DECEMBER - 10TH JANUARY, CENTRE D'ART

Although they work with different media, the two artists reveal many affinities. Madhuri's photographs and Sameer's wooden cuts draw their inspiration from an imagination shaped by images of nature, reinterpreted through the lens of emotion and inner experience.

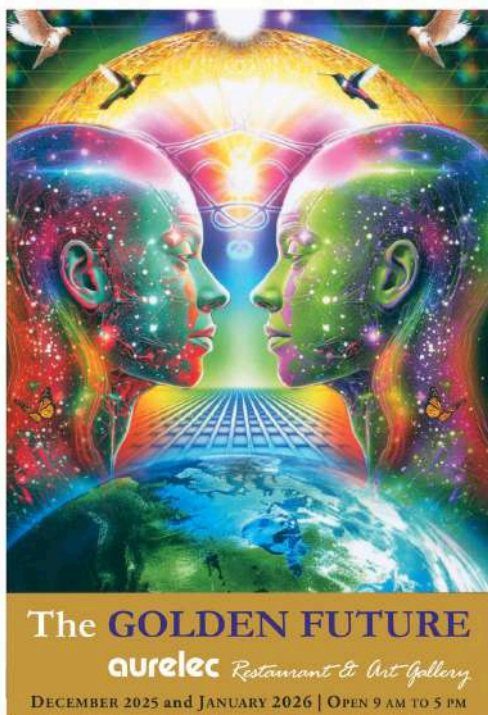
Their artistic practice seeks to reclaim space in order to create memories within a geography close to abstraction. They favor refined techniques, such as silver photographic paper prints for Madhuri, and wooden cuts prints on handmade paper, cotton, and silk for Sameer.

Until Saturday 10th January

Tue to Fri 2-5:30pm, Sat 10am-12:30pm / 2-5:30pm



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



EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE



WATCHING TREES GROW EXHIBITION

SAT 20TH DEC - SAT 17TH JAN, AUROVILLE LIBRARY

WATCHING TREES GROW
EXHIBITION
AT THE AUROVILLE LIBRARY

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

ON DISPLAY UNTIL JANUARY 17, 2026

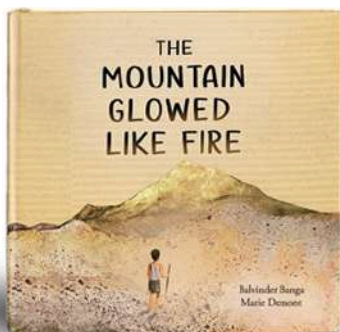
OPENING HOURS:
MORNINGS: MON-SAT 9 a.m. - 12.30 p.m.
AFTERNOONS: 2 p.m. - 4.30 p.m.
EXCEPT TUESDAYS 4-6.30 p.m.

CHRISTOPH

THE MOUNTAIN GLOWED LIKE FIRE - EXHIBITION
AUROVILLE LIBRARY

THE MOUNTAIN GLOWED LIKE FIRE

Balvinder Banga - Marie Demont



Mornings:

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

Afternoons:

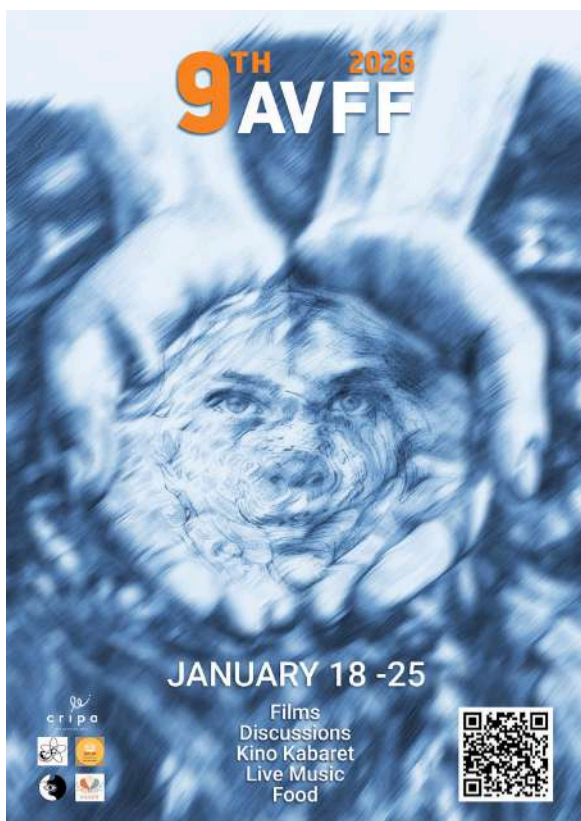
- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tues: 4pm - 6:30pm



9TH AUROVILLE FILM FESTIVAL 2026

SUN 18TH - SUN 25TH JANUARY

**9TH 2026
AVFF**



LIVE MUSIC

JANUARY 18 -25



8th AVFF 2024

Kalabhumi Amphitheatre
6 - 7 pm daily



9TH 2026
AVFF



KINO KABARET

JANUARY 22 -25



Kino Kabaret, Auroville 2017

Kino Kabaret is back!

Are you ready to write, shoot, edit and upload a film within 48 hours?

- A non-stop 48 hours movie production open to everybody
- Registrations on Thu 22 Jan at 4 pm at Kalabhumi Amphitheatre
- Starting productions on Fri 23 Jan
- Movies to be handed in on a pendrive by Sat 24 Jan, 4 pm
- Screening at Kalabhumi Amphitheatre on Sun 25 Jan at 8 pm

kinoauroville@gmail.com
www.kinokabaret.org

9TH 2026
AVFF



CALL FOR VOLUNTEERS

HIBISCUS ART VILLAGE INVITES VOLUNTEERS TO
ASSIST AVFF '26, 17-26 JANUARY

We need help for the tasks like:

- Putting up signage
- Setting up tents on the 17th and 18th
- Setting up chairs and tables daily, 18th - 25th
- Setting up the stage for the performances and removing the set up, 18th - 25th
- Setting up the outdoor screen daily and removing it, 18th - 25th
- Ushers at the screening/discussion venues, 18th - 25th
- Documentation (writing, photography, reels), 18th - 25th
- Taking down tents and returning equipment, 26th

If you have the time, energy and willingness to commit to an amazing event, please reach out to us.

Elena
74181 05246

Keep going to view all
AVFF 2026 schedules
taking place at different venues:
KALABHUMI, CRIPA, MMC, and CENTRE
D'ART!

LIVE MUSIC / FILM SCREENINGS AT KALABHUMI AMPHITHEATRE

PROGRAM: 18TH JANUARY 2026 - 25TH JANUARY 2026

Shakti Arts warmly welcomes the community to live music performances and a selection of films curated by AVFF '26.

SUNDAY 18TH JANUARY

Performance		
Time	Act	Description
18:00	Live Music: NoiZeGate	plays Creedence Clearwater Revival - high energy originals and covers

Screenings			
Time	Title	Info	Synopsis
19:30	<i>Farming The Revolution</i>	India, 2024, Dir. Nishtha Jain, 105min, NR R	In 2020 Gurbaz Sangha, a young Punjabi farmer led thousands to Delhi protesting new Farm Laws. Joined by over half a million from diverse backgrounds they remained at borders despite COVID lockdown, vowing to stay until laws were repealed.
21:15	<i>Purna Maha Kumbh Mela</i>	India 2025, Dir. Lalit Verma, 22min, NR G	Experience the Purna Maha Kumbh Mela. A journey within.
21:37	<i>The Waves Will Never Stop</i>	India, 2025, Dir. Karthik Sreenivasan w/ Sai Krishna L V, Sanjana Reddy, 10min, NR G	Fisherman Narayanan carries memories of the 2004 Tsunami that shattered his village. Produced by Auroville Film Institute.
21:47	<i>The Poetics Of Change</i>	India, 2025, Dir. Logeswaran M, 10min, NR G	Experimental narrative, exploring Ladakh as a time capsule through juxtaposed shots. Produced by Auroville Film Institute.

MONDAY 19TH JANUARY

Performance		
Time	Act	Description
18:00	Live Music: A_lineMeant to Be_	Ambient-world-downtempo by Tommaso, Dhruv, Nadaprem

Screenings			
Time	Title	Info	Synopsis
19:30	<i>Moon Juice/Chander Rosh</i>	India, 2025, Dir. Nefertiti Chakrabarti, 3min, NR G	Shot on a single reel of super 8 film with no editing. Premiered at Straight 8 2025 at the British Film Institute.
19:33	<i>Moribund: An Art Project</i>	India, 2025, Dir. Birgitta Volz, 6min, NR G	Dedicated to Auroville, currently under pressure. Presents the destruction of Auroville as symbolic of environmental vandalism. Birgitta's art reflects the crisis.
19:39	<i>Moments Of Joy</i>	India, 2025, Dir. Santosh Manik, 11min, NR G	A poetic journey into the mind of Ladakhi poet Padma Angmo. Her verses blend with the rhythms of nature and daily life, asking us to slow down and rediscover joy in simplicity. Produced by Auroville Film Institute.

Screenings

Time	Title	Info	Synopsis
19:50	<i>Afrotōpia</i>	Gabon, 2025, Dir. David Mboussou, 128min, NR G	Set in Equatorial Africa, in the heart of the Congo Basin, the film follows Ezekiel, a 25-year-old aspiring filmmaker who lives under the authority of his father, Maurice, a powerful businessman who opposes his artistic ambitions.

TUESDAY 20TH JANUARY

Performance

Time	Act	Description
18:00	Live Music: Suryan	plays eclectic, original songs with acoustic guitar and voice

Screenings

Time	Title	Info	Synopsis
19:30	<i>The Cosmic Atomic/Brahmandam Pindandam</i>	India, 2025, Dir. Kanchan Avchare, 20min, NR G	Traces the journey of civilization from the harnessing of fire through technology. An absurdist take on the purposelessness of the universe.
19:49	<i>Bride Of Aravan</i>	India, 2023, Dir. Lesley Branagan, 49min, NR G	Captures the register of life as a transgender woman in south India through the protagonist Bawadharini.
20:39	<i>I Stole Your Ashes/He Robado Tus Cenizas</i>	Spain, 2024, Dir. Felipe Olaya, 23min, NR R	Isabel has become a widow at 65. After stealing the urn of ashes, Isabel takes refuge in a park to say goodbye to the love of her life.
21:02	<i>Ballad Of The Mountain</i>	India, 2024, Dir. Tarun Jain, 17min, NR G	An outcast girl must fight the bullies and overcome her fears to pursue her ambition to fly to the other side of the mountain
21:19	<i>The Nightingale's Song</i>	UK-USA, 2024, Dir. Adam Loften w/ Emmanuel Vaughn-Lee, 40min, NR G	The voices of nightingales have lit up the forests of England for over a million years. As climate change impacts their grounds, they may disappear within 50 years.

WEDNESDAY 21ST JANUARY

Performance

Time	Act	Description
18:00	Live Music: My Favourite Things	plays bossa nova and a choice of jazz standards (Shakti, Valerie, Tommaso, Simon)

Screenings

Time	Title	Info	Synopsis
19:30	<i>Why/Homy</i>	Ukraine-Spain, 2023, Dir. Natxo Leuza Fernandez, 22min, NR R	Why do they humiliate us? Why do they take everything from us? Why do I have to run away?

Screenings

Time	Title	Info	Synopsis
19:52	<i>The First Film</i>	India, 2024, Dir. Piyush Thakur, 24min, NR G	In a small town of 1960's India, where cinema is forbidden for women, a 14-year-old embarks on a quest to watch her first film.
20:16	<i>Dear Beautiful Beloved</i>	Austria, 2024, Dir. Juri Rechinsky, 93min, NR R	There is a war going on in Europe. Our neighbors are fleeing from death and destruction. This film will give a face to some of their stories.
21:48	<i>Amudha</i>	India, 2025, Dir, Rosann Robinson, 11min, NR G	Amudha is a young girl, who sells balloons near the beach. She and her sister are orphans.

THURSDAY 22ND JANUARY

Performance

Time	Act	Description
18:00	Live Music: Jayala	Mystical mantra-folk compositions with devotional overtones
18:30	Live Music: Fakirah	Live instrumental tribal fusion music

Screenings

Time	Title	Info	Synopsis
19:30	<i>Aloha ‘Āina</i>	USA, 2024, Dir. Emmanuel Vaughan-Lee w/ Adam Loftin, 47min, NR G	Today, Jamaica Heolimeleikalani Osorio's poetry is focused on protecting sacred sites and creating a future for Native Hawaiians rooted in ‘love for and of the land’.
20:17	<i>A Game of Destiny</i>	India-UK, 2024, Dir. Zorba, 9min, NR G	At 6 years of age, Tibetan Kunsang found himself living in an orphanage as a refugee. 30 years later, Kunsang shares his story of life living in exile.
20:36	<i>Trashy Film/Kuppai Padam</i>	India, 2025, Dir. Stanzin, 86min, NR G	A writer loses his laptop just before an important meeting and must race to find it with no memory of the last 12 hours

FRIDAY 23RD JANUARY

Performance

Time	Act	Description
18:00	Live Music: Lumina	offers a blend of timeless jazz tunes (Vera, Rolf, Raul, Yuri)

Screenings

Time	Title	Info	Synopsis
19:30	<i>Village Rockstars 2</i>	India, 2024, Dir. Rima Das, 108min, NR G)	In a village in Assam, a teenage girl passionately chases her dream of becoming a musician. Faced with harsh realities, she seeks a new harmony.

Screenings			
Time	Title	Info	Synopsis
21:18	<i>How Would One Know If One Forgets Something?</i>	India, 2025, Dir. Karthik Sreenivasan w/ Sai Krishna L W, Stanzin Angdu, 9min, NR G	Traces memory, change, and the passage of time in the fragile landscape of Ladakh. Produced by Auroville Film Institute.
21:27	<i>Kooli Koduthu Sooniyam</i>	India, 2023, Dir. Yatra Srinivassan, 9min, NR PG-13	A family torn apart by the protagonist's alcohol addiction.
21:36	<i>You Lift On A Stroke, There's A Dog Shelter</i>	India, 2025, Dir. Donny Lee Duke, 17min, NR G	A video-photo-poem documentary about the Auroville Dog Shelter and the relationship between a human and the Supreme.

SATURDAY 24TH JANUARY

Performance		
Time	Act	Description
18:00	Skunkworks	Electric music for the eclectic mind

Screenings			
Time	Title	Info	Synopsis
19:30	<i>Purga</i>	Lithuania, 2024, Dir. Gintarė Valevičiūtė Brazauskienė w/ Antanas Skučas, 13min, NR R	Winter, 1942. Beyond the Arctic Circle, on an uninhabited island, deported people struggle to survive.
19:43	<i>Agent Of Happiness</i>	Bhutan, 2024, Dir. Arun Bhattarai w/ Dorottya Zurbó, 94min, NR R	Amber is one of the many agents working for the Bhutanese government to measure people's happiness levels among the remote Himalayan mountains.
21:17	<i>In The Light Of Time</i>	India, 2025, Dir. Jahnavi Pradeep w/ Amogh Chauhan, 13min, NR G	Centered on prehistoric rock art sites along the Indus and Zanskar rivers, the film is a 'love story' between past, present, and future. Produced by Auroville Film Institute.
21:29	<i>The Voice Of Others/La Voix Des Autres</i>	France, 2023, Dir. Fatima Kaci, 30min, NR R	Rim is a Tunisian interpreter working in France on asylum procedures. Every day, she translates the stories of exiled men and women.

SUNDAY 25TH JANUARY

17:00 - Awards

Performance		
Time	Act	Description
18:00	Live Music: Blackcurrent	a hard rock / metal trio with raw energy and original sound (Samagr, Henrik, Mehul)

Screenings			
Time	Title	Info	Synopsis
19:30	Reflekt	India, 2025, Dir. Santosh Manik, 11min, NR G	Chronicles a filmmaking residency at the Auroville Film Institute. Produced by Auroville Film Institute.
19:41	Where's Masi?	India, 2025, Dir. Uttara Jadeja, 10min, NR PG-13	A homemade horror film about a young woman racing to save her friend from a sinister entity.
19:50	The Strange Case Of The Human Cannonball	Ecuador, 2024, Dir. Roberto Valencia, 10min, NR R	A mysterious man is found lying in the square of a village inhabited by only six residents.
20:01	Films Created In The Kino Kabaret	Auroville, 2026, Multiple Directors, 120min, NR G	All films were created within 48 hours on the 23rd and 24th of January 2026. The short films have in common one prop, one sound effect and one line of dialogue.

SCREENINGS AT CRIPA

PROGRAM: 18TH JANUARY 2026 - 25TH JANUARY 2026

CRIPA warmly welcomes the community to the AVFF '26 screenings. Doors open 15 minutes before showtime. 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.

SUNDAY 18TH JANUARY

- 19:00 | **Goodbye Julia**
 - (Sudan, 2023, Dir. Mohamed Kordofani, Feature, 120min, Arabic w/ English subtitles, NR R)
 - Wracked by guilt after covering up a murder, Mona - a northern Sudanese retired singer in a tense marriage - tries to make amends by taking in the deceased's southern Sudanese widow, Julia, and her son, Daniel, into her home. Awarded at the 2023 Cannes Film Festival in France.
- 21:00 | **The Owl-Eyed Guardian And The Banyan Dream**
 - (India, 2024, Dir. Alessandra Silver, Fiction, 59min, Tamil-English w/ English subtitles, NR G)
 - This visually captivating and deeply spiritual film sheds light on the untold story of Andhayee, the enigmatic guardian of Auroville's origins.
- 21:59 | **Anything Or Everything Could Be Theatre**
 - (India, 2025, Dir. Divya Mani, Documentary, 22min, English, NR G)
 - In the coastal serenity of Auroville, the 2025 Adishakti Theatre Festival unfolds as a celebration of performance, spirit, and human connection.

MONDAY 19TH JANUARY

- 19:00 | **Pushpa Ka Rickshaw**
 - (India, 2023, Dir. Aajad Singh Khichi, Documentary-Short, 16min, Nimadi-Malvi w/ English subtitles)

- In a remote village of Charbardi, in central India, Puspha Didi breaks the stereotype by driving the e-rickshaw, the first woman driver in the entire tehsil, not marred by people casting doubts on her capabilities.
- 19:15 | **Wisdom Of Happiness**
 - (Switzerland, 2024, Dir. Barbara Miller w/ Philip Delaquis, Documentary, 90min, English, NR G)
 - The film is a profound new cinematic exploration of the innermost world of the Dalai Lama, perfectly attuned to our times. In an intimate heart-to-heart, the world's greatest ambassador of compassion invites everyone along for a journey to the source of happiness.
- 20:46 | **Standing Alone**
 - (India, 2025, Dir. Smiti, Documentary, 75min, Tamil-English w/ English subtitles NR G)
 - This documentary series looks at the individual life-journeys of 6 women who are single mothers from villages situated near Auroville. There are many more... Each has her own unique story and yet the hardships faced are common.
- 22:01 | **Adventures Of Nono**
 - (India, 2025, Dir. Santosh Manik, Documentary, 20min, Hindi w/ English subtitles, NR G)
 - Adventures of Nono is set in the highlands of Ladakh. It is an intimate observational documentary that follows the everyday world of a two-year-old boy "Nono", a child full of life, curiosity, and courage. Produced by Auroville Film Festival.

TUESDAY 20TH JANUARY

- 19:00 | **A Clay Connect**
 - (India, 2024, Dir. Serena Aurora, Documentary, 5min, English-Tamil w/ English subtitles, NR G)
 - Traditional clay pottery in India is dying out since the younger generation has no interest in keeping the art form alive. This film captures the crossover of generations, featuring how contemporary and traditional styles blend to create unique pieces.
- 19:05 | **An Afternoon With Das Anna**
 - (India, 2025, Dir. Pia Sukhija, Documentary, 6min, Silent, NR G)
 - Set in the streets of Auroville, the City of Dawn, this no-dialogue documentary spends an afternoon with Das, a quiet cobbler in Auroville whose daily rituals unfold into the rhythm of the street. Produced by Auroville Film Institute.
- 19:11 | **The Wait**
 - (South Africa, 2023, Dir. Imran Hamdulay, Short, 15min, Afrikaans-English-Xhosa w/ English subtitles, NR R)
 - The film is an allegory of South Africa's complex society, where a sense of powerlessness and hope exist together at all times.
- 19:26 | **Go My Way/Yo Voy Conmigo**
 - (Spain, 2024, Dir. Chelo Loureiro, Animation-Short, 7min, Spanish w/ English subtitles, NR G)
 - Elisa likes Martin, but Martin doesn't seem to realise it. All the advice Elisa receives to make Martin fall in love with her is to change not only her appearance, but also who she really is.

- 19:33 | **Gingerbread For Her Dad**
 - (Kazakhstan-Poland-Russian Federation, 2024, Dir. Alina Mustafina, Documentary-Feature-Drama, 84min, English-Kazakh-Polish-Russian w/ English subtitles)
 - 85-year-old Lyabiba doesn't remember her father, who died in World War II. Her only memory is of shouting joyfully about receiving 'consolation' gingerbread cookies after her father's death notice. Lyabiba's daughter and granddaughter (the film's director) decide to find the mass grave in Poland where Lyabiba's father was buried.
- 20:57 | **Disconnected Echoes**
 - (India, 2025, Dir. Polash PK, Documentary, 18min, Bengali-English with English subtitles, NR G)
 - In July 2024, filmmaker Polash was in Ladakh when communication with his family in Bangladesh was cut off due to civil unrest. This documentary captures his emotional journey and isolation, alongside stories of separation from local families he stayed with in Ladakh. Produced by Auroville Film Festival.
- 21:15 | **Blooming Hour/மலரும் நேரம்**
 - (India, 2025, Dir. Logeswaran M, Documentary, 14min, Tamil w/ English subtitles, NR G)
 - Trust brewing between the morning birds and the man who recently began feeding them. Produced by Auroville Film Institute.
- 21:29 | **Who Do You Think You Are?**
 - (Canada, 2025, Dir. Alan Baiss w/ Joseh Garcia, Documentary, 65min, English, NR G)
 - Inspired by Sri Aurobindo and the Mother, asking what global crises are asking of us.

WEDNESDAY 21ST JANUARY

- 19:00 | **Earth-chitecture: Building With Mud**
 - (India, 2024, Dir. Sampriya Roy, Documentary, 11min, English, NR G)
 - Demonstrations on how to make CSEB and ferro cement for buildings featuring Ayyappan, Radhika and Satprem.
- 19:10 | **Green SuperHeroes 2030**
 - (United States, 2024, Dir. Los Angeles Barea, Documentary, 79min, English, NR G)
 - A group of 10 young environmentalists changing the world for the better. Their powers make the planet greener.
- 20:29 | **Ground Zero: Self-portrait Of An Ocean Abuser**
 - (Spain, 2024, Dir. David Gaspar, Documentary, 28min, Spanish w/ English subtitles, NR R)
 - The film invites us to become aware of the problem of pollution in the oceans and the conflict it generates within us. Through an ironic and biting perspective, it tries to make us reflect on our responsibility in this regard with the aim of helping us improve our commitment to the oceans with small gestures.
- 20:57 | **Breaking Language/Romer el Español**
 - (Argentina, 2025, Dir. Sofia Castro, Documentary-Experimental, 17min, Argentinian Sign Language w/ English subtitles, NR G)
 - Merging Argentinian Sign Language, dance, and documentary, the film presents the perspectives of four Deaf artists as they examine ideas of identity and resistance

- within a cultural and linguistic minority, the need for poetic and artistic creation in one's own language, and the importance of feminism within the Deaf community.
- 21:15 | **And, Towards Happy Alleys**
 - (Islamic Republic of Iran-India, 2023, Dir. Sreemoyee Singh, Documentary-Feature, 75min, Persian with English subtitles, NR R)
 - A passionate declaration of love for the cinema and poetry of Iran, which also offers a frank view of the precarious situation for critics of the regime and shows the uncompromising daily struggle of Iranian women against their oppression.

THURSDAY 22ND JANUARY

- 19:00 | **H2O My Love/H2O Mon Amour**
 - (France, 2023, Dir. Laëtitia Martinoni, Short, 18min, French w/ English subtitles, NR R)
 - Is it reasonable to fall in love during the end of the world? Alice and Simon meet as the water war rages.
- 19:18 | **Sunday**
 - (Uzbekistan, 2023, Dir. Shokir Kholikov, Feature, 96min, Uzbek w/ English subtitles, NR R)
 - An elderly couple is living a peaceful life in a quiet Uzbek village. The elderly parents cherish their old home and are resistant to any change, leading to a conflict between the generations, where the struggle between tradition and progress reaches a breaking point.
- 20:54 | **30 Years Of Keeping The Music Flowing - Auroville Choir**
 - (India, 2024, Dir. Serena Aurora, Documentary, 38min, English, NR G)
 - Like the melting pot that Auroville is, the choir is an amalgamation of singers from across countries, age groups, and disciplines, performing music spanning different decades and centuries.
- 21:32 | **Where Trees Weep/Donde Se Quejan Los Pinos**
 - (Spain, 2024, Dir. Ed Antoja, Short, 10min, Spanish w/ English subtitles, NR R)
 - A rural community wakes up to a crime scene in the middle of the forest. Little by little, a series of previous situations show us the conflicts that happened in the same place.
- 21:42 | **India Textile Part 1**
 - (Russia-India, 2024, Dir. Anna-Maria Bakhtiarova, Documentary, 19min, Russian w/ English subtitles, NR G)
 - A masters student sets out to discover the ancient art of Indian textiles.
- 22:02 | **India Textile Part 2**
 - (Russia-India, 2025, Dir. Anna-Maria Bakhtiarova, Documentary, 21min, Russian w/ English subtitles, NR G)
 - A masters student sets out to discover the ancient art of Indian textiles.
- 22:22 | **Indygama**
 - (India, 2024, Dir. Anna-Maria Bakhtiarova, Documentary, 6min, English, NR G)
 - An anagama kiln in south India draws in ceramists with its magical and organic firings.

FRIDAY 23RD JANUARY

- 19:00 | **It Comes in Waves**
 - (India, 2025, Dir. Nefertiti Chakrabarti, Documentary, 4min, English, NR G)
 - Shot on 16mm film, hand-developed in a basement and spliced in the mountains. A kaleidoscope of a small town in India, once colonized, now free.
- 19:03 | **Art Form/Kalai Vadivam**
 - (India, 2024, Dir. S. Yuvasri, Documentary, 5min, Tamil w/ English subtitles, NR G)
 - A form of folk theatre from Tamil Nadu known as kattaikkuttu or therukoothu, featuring traditional theatre, song, dance, and ritual.
- 19:09 | **Last Resort/Chareh**
 - (Islamic Republic of Iran, 2024, Dir. Samiramis Kia, Short, 15min, Persian w/ English subtitles, NR R)
 - An Iranian mother must find the will to change her destiny to be able to obtain custody of her daughter.
- 19:24 | **Junks And Dolls/Ashghal-ha Va Arousak-ha**
 - (Islamic Republic of Iran, 2023, Dir. Manijeh Hekmat, Feature, 75min, Farsi w/ English subtitles, NR R)
 - A couple is destined to build up their life in the heart of a waste depot in the Iranian north forests. They begin to make different things with the junk they find and start to make friends with the other people... but what remains of the people who are determined to fight their nature?
- 20:39 | **Sound Of Air**
 - (India, 2025, Dir. Rishi Vengadesan, Documentary, 14min, English-Hindi w/ English subtitles, NR G)
 - Explores changes to Indian classical music after the introduction of the harmonium and the relationship between the instrument maker and musicians.
- 20:53 | **Don Benjamin**
 - (Spain, 2024, Dir. Iván Zahinos, Short, 29min, Spanish w/ English subtitles, NR R)
 - For Don Benjamín, the jungle has always been God, life, food, health, beauty and tradition. Now, the world in which he built a home for his family turns to smoke and ashes. This film is a journey both raw and poetic through a magical region in danger: the Bolivian Amazon.
- 21:22 | **The Farming Land**
 - (India, 2025, Dir. Mukul Kumar, Experimental-Dance, 15min, Silent, NR G)
 - A surreal meditation on the weight of being. Won 'Outstanding Indian Debut' at Manifest Dance Film Festival 2025.

SATURDAY 24TH JANUARY

- 19:00 | **No Other Land/Lā Arq Ukhra**
 - (Palestine-Norway, 2024, Dir. Basel Adra w/ Hamdan Ballal, Yuval Abraham, Rachel Szor, Documentary, 95min, Arabic-Hebrew-English w/ English subtitles, NR R)
 - The film was recorded between 2019 and 2023 and shows the destruction of a Palestinian community in the occupied area, which had been resisting forced displacement after a 'firing zone' was declared on their land. This movie won more than 40 international awards.

- **20:35 | My Comrade/Amar Comrade**
 - (India, 2024, Dir. Tathagata Ghosh, Short, 25min, Bengali-Santali w/ English subtitles, NR R)
 - When a wounded rebel accidentally takes refuge in the home of a tribal villager, both men's lives spiral into a tense interplay of politics and forbidden love.
- **20:59 | A Fly On The Wall**
 - (Switzerland-India, 2024, Dir. Shonali Bose w/ Nilesh Maniyar, Documentary-Feature, 83min, English, NR R)
 - Loved ones pour in from different parts of the world to raise one last toast with Chika Kapadia, who has an appointment at Dignitas for physician assisted suicide in the coming week, having chosen not to be tied to tubes and wires in his last moments. A filmmaker friend tasked with shooting Chika's countdown to death records her own feelings, weaving a tale of dignity in death through the lens of friendship.
- **22:22 | In The Wake Of The Wind**
 - (India, 2025, Dir. Pia Sukhija, Documentary, 7min, English w/ English subtitles, NR G)
 - An exploration of a single day in the lives of a nomadic herder community on the Changthang Plateau in Ladakh. Produced by Auroville Film Institute.

SUNDAY 25TH JANUARY

- **19:00 | In The Name Of**
 - (India, 2024, Dir. Rizwan Hussain, Short-Drama-Silent, 5min, English, NR G)
 - In a village town, two elderly men find themselves at a bus stop, their routine interrupted by a sudden event nearby. As they spring into action, their unexpected response to the situation resonates deeply and leaves a profound impact that transcends the ordinary.
- **19:05 | Early Years In Auroville 1969-1976**
 - (India, 2025, Dir. Lisbeth Nusselein, Documentary, 9min, English, NR G)
 - Lisbeth's journey in 1970 to Auroville from the Netherlands, told through archival photographs covering travel, arrival, life, work, the Mother, and community.
- **19:14 | Letter to Mother**
 - (India, 2025, Dir. Partha P Datta, Documentary-Short, 5min, Bengali w/ English subtitles, NR G)
 - On an evening field filled with children, Partha stands apart due to an injured leg. The film is a letter to his mother, expressing his quiet loneliness. Produced by Auroville Film Institute.
- **19:19 | If/যদি (Jodi)**
 - (India, 2023, Dir. Tathagata Ghosh, Short, 26min, Bengali w/ English subtitles, NR R)
 - An arranged marriage tears a lesbian couple apart, but with a mother's love, perhaps another future is possible.
- **19:45 | Village Rockstars 2**
 - (India, 2024, Dir. Rima Das, Feature, 108min, Assamese w/ English subtitles, NR G)
 - In a charming village in Assam, India, a teenage girl passionately chases her dream of becoming a musician.

- Faced with harsh realities, she embarks on a journey to rediscover the profound connection between music and life, seeking a new harmony in the symphony of her dreams.
- 21:33 | **Morning Star Auroville: Supporting Families Through Pregnancy, Birth, And Beyond**
 - (India, 2024, Dir. Serena Aurora, Documentary, 15min, English, NR G)
 - A health and wellness initiative in Auroville supporting families through pregnancy, birth, and early parenting, urges a cultural shift to recognize birth as a life-changing experience for the family.
- 21:48 | **Orain**
 - (Spain, 2024, Dir. Ainara Oto Barberena, Documentary, 15min, Spanish w/ English subtitles, NR G)
 - Sara has to make a documentary about Orain, a special education school. She needs to get the perfect images, but her attempts are frustrated by a series of crazy situations that bring her to the brink of a nervous breakdown. With the help of the kids, Sara learns the importance of living in the present.
- 22:03 | **Once Upon A Forest**
 - (India, 2024, Dir. Paul Blanchflower w/ Aurovenkatesh, Documentary, 13min, English with English subtitles, NR G)
 - The film explores the Tropical Dry Evergreen Forest, the rarest forest type in India. Today less than 0.1 percent remains. It is a resilient environment, essential for the next generation on the Coromandel coast.
- 22:17 | **Project Wightiana**
 - (India, 2025, Dir. Cheenu Wild, Documentary, 10min, English w/ English subtitles, NR G)
 - The film follows the journey of a forgotten wild Indian coffee species - Coffea Wightiana - in the Silence Forest of Auroville. A native, climate-resilient species that may hold answers to the future of coffee.



MULTIMEDIA CENTER (MMC) AUDITORIUM

PROGRAM: 19TH JANUARY 2026 - 25TH JANUARY 2026

The community is warmly welcomed to the AVFF '26 screenings at MMC. Doors open 15 minutes before showtime. Food and beverages are not permitted inside the hall.

MONDAY 19TH JANUARY

Screenings			
Time	Title	Info	Synopsis
19:00	<i>Birds Of Puducherry 1.0</i>	India, 2025, Dir. Gopinath Mounissamy, 7min, NR G	Showcasing the beauty of birds around Puducherry to convey a message against littering in nature.
19:07	<i>Patrol</i>	Nicaragua, 2023, Dir. Camilo de Castro w/ Brad Allgood, 80min, NR R	Indigenous rangers join forces with conservationists to expose the dark world of "conflict beef" decimating rainforests
20:09	<i>Sound Of A Land</i>	India, 2025, Dir. Yoni Vell, 14min, NR R	A personal documentary about the inner state of being a hunted Jew, shaped by history and memory. Produced by Auroville Film Institute.

Screenings

Time	Title	Info	Synopsis
20:23	<i>Conversations /Baatein</i>	India, 2024, Dir. Ravikiran Rangaswamy, 5min, NR G	A reflection on the power of love and language between two young children.
20:27	<i>In Ultimo</i>	Italy, 2023, Dir. Mario Balsamo, 66min, NR R	The story of a palliative care physician whose devotion to gardening parallels his work with the terminally ill.
21:34	<i>Last Drop</i>	India, 2024, Dir. Jeremy Carroll, 8min, NR G	In a drought-stricken land, a man embarks on a journey to find the last remaining water source.

TUESDAY 20TH JANUARY

Screenings

Time	Title	Info	Synopsis
19:00	<i>Notes For The Self</i>	India, 2025, Dir. Jahnavi Pradeep, 11min, NR G	A portrait of the filmmaker's mother and herself. Produced by Auroville Film Institute.
19:10	<i>Invisible Windows/Adrish ya Jalakangal</i>	India, 2023, Dir. Bijukumar Damodaran, 130min, NR R	Released from an asylum, a night watchman at a morgue begins experiencing strange things.

WEDNESDAY 21ST JANUARY

Screenings

Time	Title	Info	Synopsis
19:00	<i>Where Humanity?/ எங்கே மனிதநேயம்?</i>	India, 2024, Dir. Magheshwar Kumaran, 6min, NR G	A vlogger visiting Auroville finds his curiosity captured by a quiet woman.
19:05	<i>ECM 2024</i>	India, 2024, Dir. Nefertiti Chakrabarti, 4min, NR G	Highlights the Endangered Craft Mela, an educational program celebrating the dignity of craftsmanship.
19:09	<i>Nature Almighty/ இயற்கை பெரியவன்</i>	India, 2024, Dir. Nandha Kumar, 11min, NR R	A young man, consumed by rage, commits an uncontrollable act of fury.
19:20	<i>Food Pills</i>	India, 2024, Dir. Jeremy Carroll, 9min, NR R	A look at how those who depleted our resources now control our food and lives. Selected for the Street Movies Festival.
19:30	<i>Free Words: A Poet From Ghaza</i>	Egypt-Netherlands-Falasteen-Turkey, 2024, Dir. Abdullah Harun Ilhan, 23min, NR R	Follows Pulitzer-winner Mosab Abu Toha, whose art becomes a voice of resistance.
19:54	<i>Connection (Bailanysh)/ Байланыш</i>	Kyrgyzstan, 2024, Dir. Jandos Djoldoshev, 30min, NR R	A grandson's arrival for a funeral in a mountain village creates unexpected tension.

Screenings			
Time	Title	Info	Synopsis
20:24	<i>The Companions/La Compañía</i>	Spain, 2024, Dir. José María Flores, 12min, NR R	A couple on their way to dinner encounters a crowd gathered around a mysterious event.
20:36	<i>Garbage/Mycop</i>	India, 2024, Dir. Anna-Maria Bakhtiarova, 13min, NR R	The harsh realities of consumer society in Auroville and Pondicherry seen through the eyes of workers.
20:48	<i>A Land Beyond The Mountains</i>	India, 2025, Dir. Smiti, 8min, NR G	A reflection on happiness while traveling through Bhutan.
20:56	<i>New Friends</i>	India, 2025, Dir. Birgitta Volz, 3min, NR G	An unconventional perspective on recovery following a leg operation.
20:59	<i>The Matrimandir & I, Episode 1: Four People From Four Corners Of The World. One Connection.</i>	India, 2025, Dir. Serena Aurora, 8min, NR G	Four Aurovilians speak about their personal experiences with the Matrimandir.
21:07	<i>Auroville: The City Of The Future</i>	Russia-India, 2023, Dir. Anna-Maria Bakhtiarova, 13min, NR G	A film about restoring ecological balance in south India, nominated at the Yalta Film Festival.
21:20	<i>Water in the Mountains/Pahadon Mei Paani</i>	India, 2025, Dir. Karthik K, 12min, NR G	The story of installing a solar pump at 13,000 feet in the Spiti Valley.

THURSDAY 22ND JANUARY

Screenings			
Time	Title	Info	Synopsis
19:00	<i>Cricket Dreams</i>	India-Netherlands, 2025, Dir. Jamillah van der Hulst, 77min, NR G	Nine former street children from Delhi compete in the Street Child Cricket World Cup in Chennai.
20:17	<i>One Side Of The Road</i>	India, 2024, Dir. Jalil Nordman, 88min, NR G	A road in Tamil Nadu serves as a frontier between emancipation and subordination for local villagers.

FRIDAY 23RD JANUARY

Screenings			
Time	Title	Info	Synopsis
19:00	<i>Puffling</i>	UK-Iceland, 2023, Dir. Jessica Bishopp, 20min, NR G	Two teenagers rescue young puffins on a remote island, exploring youth action in environmental issues.
19:20	<i>Dear Daughter</i>	2023, 13min, NR R	A young woman tells her story of being trafficked and sold into marriage.

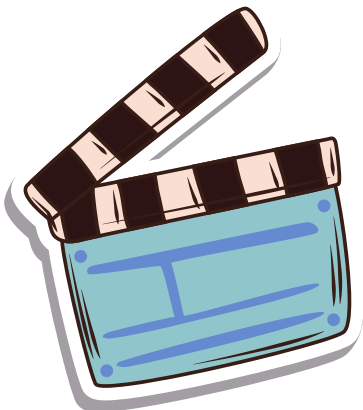
Screenings			
Time	Title	Info	Synopsis
19:33	<i>How Would One Know If One Forgets Something</i>	India, 2025, Dir. Karthik Sreenivasan w/ Sai Krishna, Stanzin Angdu, 9min, NR G	Traces memory and the passage of time in the landscape of Ladakh. Produced by Auroville Film Institute.
19:42	<i>Kooli Koduthu Sooniyam</i>	India, 2023, Dir. Yatra Srinivassan, 9min, NR PG-15	A tale of a family torn apart by addiction and their subsequent resilience.
19:51	<i>You Lift on a Stroke, There Is A Dog Shelter</i>	India, 2025, Dir. Donny Lee Duke, 17min, NR G	A video-poem about the Auroville Dog Shelter and its place within the community's aims.
20:08	<i>Hausnummer Null</i>	Germany, 2025, Dir. Lilith Kugler, 95min, NR R	Explores a young man's struggle to find his place in society after never fitting in.

SATURDAY 24TH JANUARY

Screenings			
Time	Title	Info	Synopsis
19:00	<i>Purga</i>	Lithuania, 2024, Dir. Gintarė Valevičiūtė Brazauskienė w/ Antanas Skučas, 13min, NR R	Based on true memories of deported people struggling to survive in the Arctic Circle in 1942.
19:13	<i>Agent Happiness of</i>	Bhutan, 2024, Dir. Arun Bhattarai w/ Dorottya Zurbo, 94min, NR R	Amber travels the mountains measuring happiness for the Bhutanese government while searching for his own.
20:47	<i>In The Light Of Time</i>	India, 2025, Dir. Jahnvi Pradeep w/ Amogh Chauhan, 12min, NR G	Centred on prehistoric rock art, exploring how the past informs our need to create for the future. Produced by Auroville Film Institute.
20:59	<i>The Voice Of Others/La Voix Des Autres</i>	France, 2023, Dir. Fatima Kaci, 30min, NR R	A Tunisian interpreter in France faces her own history while translating the stories of exiled people.

SUNDAY 25TH JANUARY

19:00 - A Few of the Winning Films



PANEL DISCUSSIONS AT CENTRE D'ART

DISCUSSION PROGRAM: 19TH - 25TH JANUARY 2026

InLight warmly welcomes the community to the AVFF '26 panel discussions with filmmakers at the multimedia room at Centre d'Art. Food and beverages are not permitted inside the hall.

MONDAY 19TH JANUARY

- 17:00 | **Discussions** Panelists: Nishtha Jain (Farming The Revolution), Alessandra Silver (The Owl-Eyed Guardian And The Banyan Dream), Divya Mani (Anything Or Everything Could Be Theatre)

WEDNESDAY 21ST JANUARY

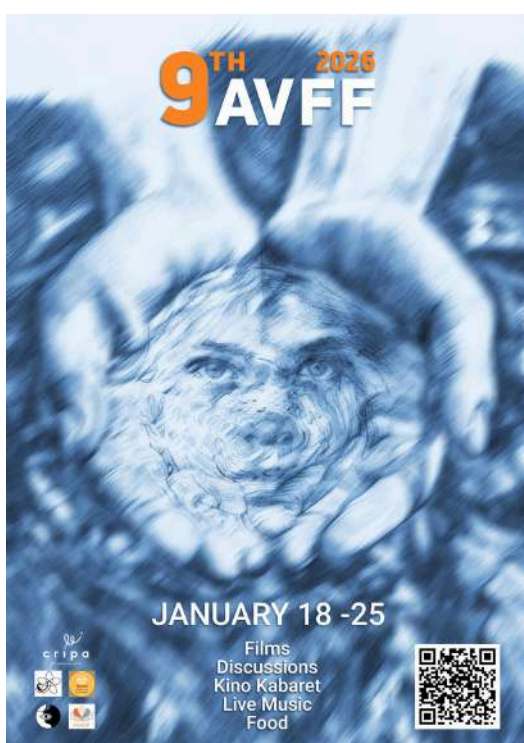
- 17:00 | **Discussions** Panelists: Nefertiti Chakrabarti (Moon Juice), David Mboussou (Afrotōpia), Tarun Jain (Ballad Of The Mountain), Alan Baiss, Joseh Garcia (Who Do You Think You Are?), Imran Hamdulay (The Wait)

SATURDAY 24TH JANUARY

- 17:00 | **Discussions** Panelists: Piyush Thakur (The First Film), Jeremy Carroll (Food Pills), Anna-Maria Bakhtiarova (India Textile), Paul Sunder Singh (Cricket Dreams), Yatra Srinivassan (Kooli Koduthu Sooniyam)

SUNDAY 25TH JANUARY

- **Panelists:** Tathagata Ghosh (My Comrade), Shonali Bose/Nilesh Maniyar (A Fly On The Wall), Rizwan Hussain (In The Name Of), Richa Hushing (Auroville Film Institute)



AT CRIPA

SONGS OF KABIR WITH RIVER

FRIDAY 9TH JANUARY



SONGS OF KABIR

with River


Cripa, Auroville
09/01/2026
Friday
7.30 Pm


@cripa_auroville




@river_e_darya

Expect a soulful, meditative solo performance of voice and guitar.
See you there!

 : Friday 9th January

 : 7:30pm

 : Cripa, Auroville

M.O.V.E (MOVING ORGANICALLY YOUR VITAL ENERGY) ECSTATIC DANCE WORKSHOPS WITH DJIIVA

FRIDAY 23RD & SUNDAY 25TH JANUARY

A vibrant poster for the M.O.V.E. Ecstatic Dance Workshop. It features two women in the foreground, one with her arms raised in a joyful pose. The background is a mix of red and blue with abstract shapes. The text is bold and colorful, providing details about the workshop dates, times, and instructor.

FRIDAY . 23 JAN 2026 . 14:00 > 16:00
SUNDAY . 25 JAN 2026 . 16:00 > 18:00

M.O.V.E.

ECSTATIC DANCE WORKSHOP

CRIPA . AUROVILLE
guided by
Djiiva

M.O.V.E _ MOVING ORGANICALLY YOUR VITAL ENERGY

An inclusive workshop inspired by 5 Rhythms, Ecstatic Dance, Trance Dance and contemporary somatic practices. Through music and simple guidance, M.O.V.E supports body-mind-emotion awareness, helps release tension and activates your precious vital energy. It blends the communal spirit of a popular festivity where everyone dances together, with the depth of a Moving Meditation practice.

MARISE CARDOSO @ DJIIVA

Brazilian Sound Artist, DJ, Artist and Wellness Mentor with 25 years of international experience creating music & movement spaces for well-being, inclusion and social transformation.


FREE ENTRY - CONTRIBUTIONS WELCOME
more info: sersupersonico@gmail.com / +351 920334853
www.sersupersonico.com

EVERYONE IS INVITED  COME AS YOU ARE

All are welcome, free entry, contributions welcome.

 : Friday 23rd January, 2 - 4pm

 : Sunay 25th January, 4 - 6pm

 : 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, Doris, Devna, and Pushpa
- your Auroville Library team.



**WORLD TRANSFORMATION, CREATING NEW WORLDS
FOR THE FUTURE OF HUMANITY -**

**BOOK READING BY THE AUTHOR, DR. CHRISTOPHER R.
BUCHANAN**

TUESDAY 13TH JANUARY, AUROVILLE LIBRARY

Reading topic: What the World Is

This book introduces the new discipline of World Transformation, which provides us with the ability to create new worlds that are deliberately designed for our evolving needs and the current operating conditions. It is a powerful means to resolve our critical problems and drive forward the material, psychological, and spiritual development of humanity. The book readings will focus on the topic of “*What the World Is.*”

About the author:

The author of the book, Christopher R. Buchanan, is a visionary, creator, and teacher of many topics. He has over thirty years of professional work experience in academics, government, and the private sector and is the founder and principal investigator.

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

Darshan Day

9.12.2023

We were not allowed to visit His room,
On the fifth, the day He left,
There were so many who felt the gloom
The Managing Trustee left,
Using the possibility of rain,
All the disciples and devotees bereft
On a day that graced the Ashram with full sun.
I remember time and time again
The many years we walked in showers
Or deluges through uncounted hours
And still were permitted to look on Him,
Our Lord who understood our pain,
In overcoming the falsehood dim
Allowing us by Grace to climb
The carpeted stairs to see His face
Majestic, solemn, the paradigm
Of all He promised to our race

Narad



Lost paradise of an eternal future

As I go back the magic years
all seems unreal, a dream:
the pioneers' living, Auroville –
the comrades' struggle, the Ideal.

My life and theirs,
unvanquished, unscathed,
surreal perennial reverie
lost in the eternal present
Utopia only is.

To the birth of universe
there is no other reason
but Utopia, pure and free,
nothing and no one can tame.

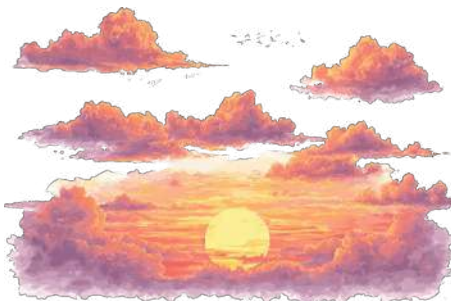
Myriad of unfragmented spaces
lost into each other, unfathomed,
the Dream knows no surrender
but to the one Divine, intangible,
indivisible, forever and since ever.

That is the one Reality, there is no other.
Utopia only exists, ageless
and immortal through the racing time,
the Dream, the Ideal, Auroville.

Lost paradise of an eternal future
their children's Dream we are
taking birth through countless ages
Soul only is, the One and All.

Auroville, January 1st - 6th 2026

Paulette



Hopping and Hoping

A child hopped down the lane,
Dashing like a daring dart.

I followed closely, hopping
And hoping to catch up
As the new year starts.

He paused at a turn,
Smiled back,
And went off
On another track.

I continued on my way,
Carrying the sweet burden
Of smiles exchanged,
And landed
In my already loaded heart.

When weight weighs softly like that,
Lightness of steps starts.

Hey, you—
Ready to dash
Into the future
Like a daring dart?

Ready?
Steady...
Go!

Anandi Z

CINEMA

NEW MOON MOVIE

SAT 17TH JAN, MULTIMEDIA ROOM, CENTRE D'ART, CITADINES

Every New Moon day, Art movie screening at Centre d'Art, Citadines.

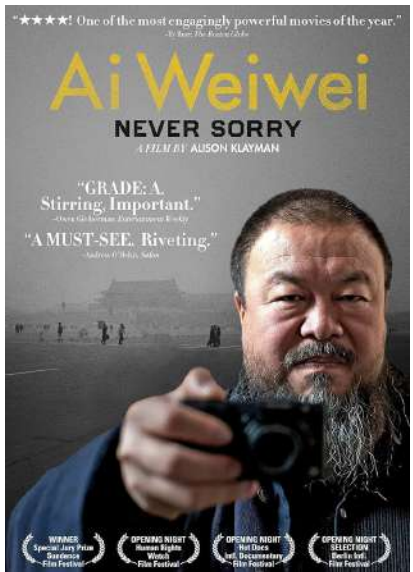
This month it will happen on **Saturday 17th January at 5 pm**, in the Multimedia room.

AI WEIWEI - NEVER SORRY by Alison Klayman, 2012 - 91 min - original version with English subtitles.

First-time director Alison Klayman gained unprecedented access to

the charismatic artist, as well as his family and others close to him, while working as a journalist in Beijing. In the years she filmed, government authorities shut down Ai's blog, beat him up, bulldozed his newly built studio, and held him in secret detention; while Time Magazine named him a runner-up for 2011's Person of the Year. This compelling documentary is the inside story of a passionate dissident for the digital age who inspires global audiences and blurs the boundaries of art and politics.

Everybody is welcome.





Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 12th - 18th 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 12 JANUARY, 8:00 PM:

• COURT: STATE VS. A NOBODY

India, 2025, Writer-Dir. Ram Jagdeesh w/ Rohini, Priyadarshini Pulikonda, Harsh Roshan, and others, Drama, 155mins, Telugu w/ English subtitles, Rated: U/A (PG-13)

Chandu, an earnest adolescent, and Jabilli, a spirited minor from an influential family, find their bond tested when circumstances thrust them into the courtroom. Influenced by several real-time events, the story reveals how prejudice and power weigh against them, while a determined lawyer fights to uncover truth, making their struggle a gripping tale of justice and resilience.

POTPOURRI - TUESDAY 13 JANUARY, 8:00 PM:

• THE STING

USA, 1973, Dir. George Roy Hill w/ Paul Newman, Robert Redford, Robert Shaw, and others, Comedy-Crime, 129mins, English w/ English subtitles, Rated: PG

When small-time hustler Johnny Hooker loses his mentor to mobster Doyle Lonnegan, he joins seasoned conman Henry Gondorff. Together, they orchestrate a dazzlingly intricate sting, weaving deception, poker, and fake betting parlors into a high stakes revenge that keeps audiences guessing until the final reveal. *A much acclaimed and awarded film, a classic.*

SELECTION - WEDNESDAY 14 JANUARY, 8:00 PM:

• VANSKABTE LAND (GODLAND)

Denmark-Iceland-France-Sweden, 2022, Writer-Dir. Hlynur Pálmason w/ Elliott Crosset Hove, Ingvar Sigurdsson Vic, Drama, 153mins, Danish-Icelandic w/English subtitles, Rated: NR

Faith meets wilderness, and the land decides who survives. Lucas, a Danish priest, sets out with Ragnar across unforgiving Icelandic terrain to establish a parish. As storms, silence, and suspicion mount, his faith falters, his humanity erodes, and his mission transforms into a haunting struggle. An acclaimed tale winning multiple international awards.

INTERESTING - THURSDAY 15 JANUARY, 8:00 PM:

• CE N'EST QU'UN AU REVOIR (SO LONG)

France, 2024, Dir. Guillaume Brac, Documentary, 63mins, French w/ English subtitles, Rated: NR (PG)

This film is being brought to you in collaboration with Alliance Française. Aurore, Nours, Jeanne, Diane, Louison, and their friends savor final swims, parties, and late-night talks in the Drôme before graduation. As dreadlocks are cut and dorm rooms emptied, their youthful bonds confront the inevitability of change—capturing the fragile beauty of farewell in a poignant, coming-of-age film.

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

INTERNATIONAL FILM - SATURDAY 17 JANUARY, 8:00 PM:

• VLNY (WAVES)

Czech Republic-Slovakia, 2024, Writer-Dir. Jirí Mádľ w/ Vojtech Vodochodský, Ondrej Stupka, Tatiana Pauhofová, and others, History-Drama, 131mins, Czech w/ English subtitles, Rated: NR (PG-13)
Tomáš Havlík, a reluctant technician, and his younger brother Pája, a fiery student protester, are drawn into the storm of 1968 Prague. As Soviet tanks advance, Czechoslovak Radio becomes their battleground—where truth, loyalty, and survival collide in a gripping tale that earned international acclaim and many awards.

CHILDREN'S MATINEE - SUNDAY 18 JANUARY, 4:00 PM:

• OVER THE HEDGE

USA, 2006, Dir. Tim Johnson & Karey Kirkpatrick w/ Bruce Willis, Garry Shandling, Steve Carell, and others, Animation-Adventure, 83mins, English w/ English subtitles, Rated: PG
RJ the raccoon tricks cautious turtle Verne and his woodland pals, including Hammy the squirrel and Stella the skunk, into raiding human homes for food. Their hilarious misadventures across the hedge lead to wild chases, clever teamwork, and a big lesson about friendship and family that keeps kids laughing. *The neighborhood's never been this wild!*

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 18 JANUARY, 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:** avwaterservice@auroville.org.in

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

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

Afternoons:

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

Children's Storytime! All ages welcome!

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



*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

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

Doctor Consultation with Dr. Joseph, Dr. Pavan 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

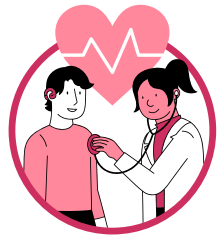
Contact: 0413 291 0005

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

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

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

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

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

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

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108