

Auroville

NEWS & NOTES

No 1108 - A weekly bulletin for residents of Auroville

15 January 2026

RA EDITION

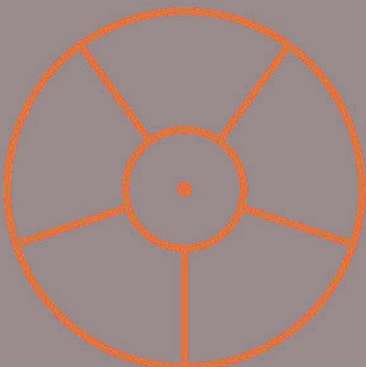


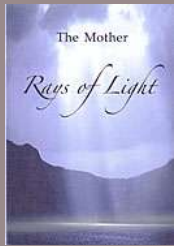
PONDERING

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

The Mother, 12 May 1969, Comfort and Happiness, Words of the Mother I

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-I/#comfort-and-happiness>





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THE PATH OF YOGA

CONCENTRATION

page 21

The movement that stores up and concentrates is no less needed than the movement that spreads and diffuses.

13 April 1935

*

Concentration on a precise goal is helpful to development.

*

The more we concentrate on the goal, the more it blossoms forth and becomes precise.

MEDITATION

When you sit in meditation you must be as candid and simple as a child, not interfering by your external mind, expecting nothing, insisting on nothing. Once this condition is there, all the rest depends upon the aspiration deep within you. And if you call upon Divinity, then too you will have the answer.

26 January 1935

page 22

The increase of time given to meditation is not very useful unless the urge for meditation comes spontaneously from inside and not from any arbitrary decision of the mind.

17 October 1939

*

To keep constantly a concentrated and ingathered attitude is more important than having fixed hours of meditation.

THE GURU

In an age like ours success alone counts and the material satisfaction it brings. However, an ever-increasing number of

dissatisfied people are seeking to know the reason of life. And, on the other hand, there are sages who know and strive to help suffering humanity and to spread the light of knowledge. When the two meet, he who knows and he who wants to know, there springs up a new hope in the world, and a little light penetrates the prevailing darkness.

*

The Western mind always finds it difficult to submit totally to a Guru and without total and unquestioning surrender to the Guru his help to you is paralysed. That is why

page 23

generally I advise Westerners to find the guidance and the Presence within themselves; it is true that this process is very often open to uncertainty and self-deception, mistaking some voice of the ego in disguise for the Divine's guidance. In both cases, it is only an absolute sincerity and an unmixed humility that can be your safeguard.

21 January 1955

*

If you have faith and confidence, it is not the human form of the guru that you worship, but the Supreme Lord who manifests through him.

Be not troubled and give yourself unreservedly to the Supreme Lord through whatever channel helps you.

GENERAL

Well-known or unknown has absolutely no importance from the spiritual point of view.

One man who earnestly pursues the yoga is of more value than a thousand well-known men.

16 January 1935



Mental Balance

Mind governed by reason. - *The Mother*

Begonia L. Spp., Begoniaceae.

Begonia

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

CONTENTS

| | |
|----|--|
| 01 | Rays of Light |
| 02 | Guidelines / Quick Guide / Acronyms |
| 03 | Note from the Editors / Table of Contents |
| 03 | WORKING GROUPS NEWS |
| 03 | From the Working Committee |
| 03 | From the Auroville Council |
| 04 | COMMUNITY NEWS |
| 04 | Obituary |
| 04 | Community Sharing |
| 06 | Residents Speak |
| 07 | Food For Thought |
| 07 | Auroville Conversations |
| 07 | French News & Notes |
| 07 | Inner Journey |
| 09 | ANNOUNCEMENTS |
| 11 | Support Needed |
| 11 | Available |
| 12 | Looking For |
| 12 | Lost & Found |
| 12 | Workshops |
| 14 | CULTURAL ANNOUNCEMENTS |
| 24 | At Cripa |
| 24 | For The Bookworms |
| 25 | Food |
| 25 | Poetry |
| 25 | Auroville Radio |
| 25 | Cinema |
| 26 | COMMUNITY SERVICES |
| 26 | Essential Services |
| 26 | Health |
| 28 | Matrimandir Access Information |
| 28 | AV Public Bus / Emergency Numbers |

WORKING GROUPS NEWS

FROM THE WORKING COMMITTEE

ANNAPURNA LEASE DEED SIGNED

Dear community,

As most of you are aware, in July of 2025 an MoU was signed between IIT Madras and the Secretary on behalf of the Auroville Foundation.

On the 23rd of December, 2025, we came to know that a [Lease Deed](#) had been signed and was being submitted to the registration office in Vanur that day, giving full use of 100 acres (including all areas of active farming of grains and fruits, rain water reservoirs, dairy and grazing grounds, granary and food processing, workshops, residences and all infrastructure) out of 135 acres of the land to IIT Madras for 33 years on a rent-free basis.

We and many others have been doing all we can to counter this decision as it was not put before the Residents' Assembly or discussed with the residents and caretakers of the farm. The lease deed was created and signed in secrecy. We have been, and are still, reaching out to officials in order to give a full picture of the damage being done and the procedural, and possibly legal, defects in the process, and to bring about its reversal. Legal actions are also being explored.

[Annapurna Farm](#) is the biggest organic farm in Auroville, providing 30% of Auroville-produced food and processing 90% of Auroville's grains while pioneering and promoting organic farming. The disregard shown in this matter by the previous Governing Board and the Foundation Office risks another major loss for Auroville, another step backwards in its growth, development and progress towards self-sufficiency and sustainability.

We encourage all those with any contacts in IIT Madras, or officials with influence in the matter, to reach out to them, or to us if needed, in order to call attention to the many concerns and objections that have been raised about this deal that causes only destruction and brings no benefit to Auroville.

Sincerely,

Aravinda, Bharathy, Chali, Matthieu, Prashant, Valli

The Working Committee selected by the RA



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

FROM THE AUROVILLE COUNCIL

NEW CANDIDATE FOR RAS

Dear Community Members,

Following our call for RAS membership in August, Ramya Vadivelu has come forward to join the RAS. She was interviewed on 30 December 2025 by the Auroville Council, the RAS, and the Working Committee of the Residents' Assembly, and was found to meet the required criteria. She will join as a half-time member on a three-month trial period.

Ramya grew up in Auroville, was a member of the core team for the Aspiration Programme for a number of years, and is familiar with Auroville's governance.

The Auroville Council invites any relevant feedback from the community regarding her appointment. Please send any feedback by 7 March 2026 to avcouncil@auroville.services.

If no negative feedback is received, Ramya's appointment will be confirmed after the trial period. If any feedback is received, it will be reviewed by the Council and the Working Committee before a final decision is made.

The final decision will be announced to the community.

The Auroville Council
Martin, Ramesh, Rju & Sathiya

COMMUNITY NEWS



OBITUARY

MAGDA DE RIDDER PASSES AWAY

This is to inform the community that Magda De Ridder passed away at home in Arati on the morning of January 12th 2026.

Her remains were buried on Wednesday 14th January 2026 at the Auroville Burial and Cremation Ground.

~ OM ~



GONE TOO SOON - IRA



Dear Aurovilians, dear friends,

This is to inform the community that Ira, Irina Zhovtan, passed away early morning on the 6th of January 2026, following her battle with breast cancer. Ira passed away peacefully at home with family and friends at her side.

Ira was born on the 5th of December 1982, Sri Aurobindo's Maha Samadhi day. She came to Auroville in 1992 with her parents and brother. She studied in various Auroville schools and later herself worked with children in Pre-creche and at New Creation School.

Caring for children, being attentive, supportive and involved in the lives of those around her was her nature.



She worked in various places and was involved in community life — including Auroville Bakery, Nandini and its Tailoring Section.

Ira was a loving mother to her two children. Above all, we will remember her for her kind, attentive, and strong heart, and for the gentleness and humanity with which she related to people and to our community.

We are grateful to everyone who was close to Ira and who supported her and our family.

Ira will forever remain a part of Auroville and our hearts.

We believe that her soul has continued its journey to the light.

(The cremation took place at the Auroville Burial and Cremation Ground on 11th January 2026, Sunday afternoon.)

With love,

Tanja, Vasyl, Dima, Zenas, Aleysha, Ritam, Ksusha, Alyssa and Kanav

COMMUNITY SHARING



EMERGENCY RESIDENTS' ASSEMBLY DECISION-MAKING PROCESS

TO CONFIRM THE APPOINTMENT OF A TEMPORARY SELECTION COMMITTEE TO SELECT INTERIM MEMBERS FOR 4 WORKING GROUPS 8TH - 18TH JANUARY 2026

Dear Residents,

This Emergency Residents' Assembly Decision-making process has been initiated through a petition signed by more than 300 members of the Residents' Assembly (RA) (3.3 [RAD.policy, 2023](#)).

Please consider the resolution below and register your choice.

RESOLUTION

The Residents' Assembly approves the creation of a Temporary Selection Committee, mandated to identify and select members for the Working Committee, Auroville Council, Funds and Assets Management Committee, and the Land Board, to fill vacancies resulting from expired terms of office, through an interim method.

Selection Committee Confirmation Process

Each RA member is invited to select up to 9 names from the list of 13* candidates below.

The 9 candidates receiving the highest number of votes from the list of 13 will serve as the Temporary Selection Committee.

This marks the final and official confirmation of the Temporary Selection Committee for this appointment period.

List of 13 candidates

1. Amy B (International Zone)
2. Aneeta Pathak (Samasti)
3. Claudine (Inspiration)
4. Govind (Aspiration)
5. Guna (Mangalam)
6. Juergen (Aurobrindavan)
7. Mita Radhakrishnan (Samasti)
8. Rajesh Shah (Vibrance)

9. Rakhal (Sukhavati)
10. Shivaya (Newlands)
11. Suryagandhi (Djaima)
12. Suzie (Aurogreen)
13. Tine (Aurogreen)

*

- Elaine's name was added due to a misunderstanding, and her candidacy has since been withdrawn.

-Arumugam has withdrawn due to sudden personal commitments.

- [Mandate, scope of work, term of office of the Temporary Selection Committee >>>](#)
- [List of ongoing members and vacancies to be filled in 4 Working Groups and their mandates >>>](#)
- [Please find translations in other languages here >>>](#)

PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, check spam or promotions folders. If still not there, please contact the RAS.

PARTICIPATE IN PERSON

Please come on the following dates:

- **SATURDAY (January 17th) @ Solar Kitchen: 11 am - 1 pm**
- **SUNDAY (January 18th) @ Solar Kitchen: 11 am - 1 pm**

If you are unable to come on any of these dates, please contact RAS at raservice@auroville.services or WhatsApp/SMS 95000 15727.

KINDLY NOTE: NAMES AND CHOICES WILL REMAIN FULLY CONFIDENTIAL!

PREAMBLE

The following Working Groups have vacancies due to expired terms of office:

1. Working Committee (WCom)
2. Auroville Council (AVC)
3. Funds and Assets Management Committee (FAMC)
4. Land Board (LB)

The purpose of this ERAD is to confirm and select 9 members as the Temporary Selection Committee from the list of 13 names given in this document.

The 9 candidates receiving the highest number of votes from the list of 13 will serve as the Temporary Selection Committee.

SCOPE AND INTENT

- Several Working Groups are currently operating below full strength, with only a few members carrying key responsibilities.
- This ERAD is initiated as an emergency, time-bound process to fill current Working Group vacancies, enabling committed and service-minded residents to contribute to Auroville's collective functioning in a peaceful and transparent manner.
- While a Participatory Selection Process exists (in the [PWG](#) document), this ERAD adopts a different, emergency, one-time method to address the current situation where Working Groups are not functioning at full strength. This is not a governance change, but a temporary measure to enable the timely selection of Working Group members.

~ Sincerely,

For the Residents' Assembly Service
Avinash, Tatiana

BRIGHTEN THE INNER LAMP - AUROVILLE MARGHAZI MAHOTSAV '25-26 SUNDAY 18TH JANUARY, MATRIMANDIR

*In the kingdom of the lotus of the heart
Love chanting its pure hymeneal hymn
Made life and body mirrors of sacred joy
And all the emotions gave themselves to God.*

SAVITRI

Offering of Tiruppavai - Hymns of Saint Andal

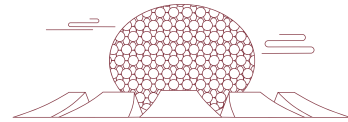
A Collective offering of Hymns by School Children as a token of gratitude to the Divine Mother.

Tiruppavai consists of 30 Short Poems for Recitation, a tradition of Tamil Heritage and Culture.

The verses are considered to contain the essence of the Vedas and describe the path to reaching the Supreme Soul.

Sunday 18th January 2026, 4:45 pm

- Matrimandir Amphitheatre
- Entrance from the Office Gate at 4:30 pm. Last entrance for guests at 5 pm.
- Guest are requested to carry their Aurocard with them.



THE AUROVILLE LIBRARY

- **CLOSED FOR PONGAL (FRI 16TH AND SAT 17TH JAN)**



- **THE LIBRARY FREE SHELF IS UP AND RUNNING!** 📖

The AV Library has set up a shelf of free books (formerly at the Freestore) for anyone to take and enjoy. It is outside the main library and anyone is welcome to take or drop off books or magazines at their convenience.

We kindly request you to only bring publications in decent condition, and NO waste paper.

Please note that this service is only available during library working hours from 9:00-4:30pm Mon-Sat, except on Tuesdays, when we are open in the evenings from 4-6:30pm.

Come visit us!

The AV Library is a treasure trove of amazing books.



GRATITUDE TABLE

THURSDAY 22ND JANUARY, PTDC + SOLAR KITCHEN

Gratitude Letters

After receiving a joyful response to the initiative of sending gratitude letters in Auroville organized by the Heartweaving team last week, we are inspired to set up a "Gratitude Table" again on Thursday 22nd January at PTDC and the Solar Kitchen. We have received so far 203 letters that have mostly been distributed.

Gratitude | நன்றி | Merci | कृतज्ञता

Auroville is shaped by countless unseen acts of care, sincerity, and perseverance. We welcome you to acknowledge and offer gratitude to those who have contributed to this shared journey.

We invite you to pause for a moment and express your gratitude to Auroville community members whose quiet dedication, service or presence has touched your life.

Date : Thursday 22nd January 2026

Venue and Time :

Near Free Store and PTDC: 10 am to 2 pm

Near Solar Kitchen Entrance: 12 pm to 2 pm

Simply let people know you appreciate them:

1. Write a gratitude message to a person/group in Auroville 🍀
2. Add your name or choose to send it anonymously 😊
3. Write name + community of the recipient on an envelope ✉️
4. We will deliver it on your behalf with love and gratitude 🌸

All are welcome 🌸

"There is nothing that gives you an equal joy to that of gratitude." –
The Mother

Warmly,
Heartweaving Team



RESIDENTS SPEAK

ON THE DESCENT OF A NEW MUSIC - INTRODUCTION

Music came early to me in the simple songs my father played on guitar and accordion and the ballads my mother listened to every day. Though often sweet and often sentimental, none of this music touched me.

An opening began when, as a child, I would listen to my mother's family sing praises to the Lord before each meal. A very strong Russian Orthodox tradition allowed only the human voice, no instruments. In their large family of four brothers and four sisters, every voice part was represented. Here was a music steeped in beauty and sadness that touched something within me. As children, we were encouraged to sing the music of Bortniansky, Tchaikovsky, Rachmaninov, Kedrov, Tchnesnokov, Glinka and many other great Russian composers.

My father, however, was a Roman Catholic, and so were his children. In fact, for more than a year I was an altar boy at the 5:00 a.m. Mass in the small town of Dumont, New Jersey. It wasn't until I was in my early teens that my father left the Catholic Church and joined my mother's faith. He left because my youngest brother was dying and the blood was drying in his veins. My father asked the local priest to pray for him, and the priest snapped his fingers asking for money. My father never returned.

We attended a small Russian Orthodox Church in Spring Valley, New York, and though I was not happy about it, we were "converted" into the faith. As I grew, others realized I had a powerful bass to basso profundo voice and was invited to join the choir. This afforded me the opportunity to learn sight-reading and opened me to the beauty and union of voices in an acapella choral setting.

Narad

NOMINATIONS REQUESTED FOR AUROVILLE GOVERNING COMMITTEES

First, please vote. Every vote counts to getting over the 2k barrier.

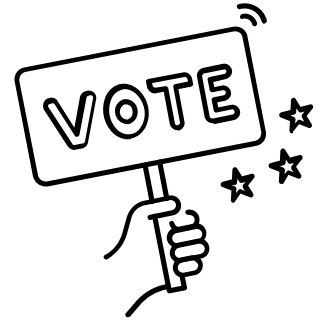
After the vote has ended, the selection process will begin immediately. For that process to be effective, there has to be a list of names. Please email your nominations to: selection2026@aurville.services

You can self-nominate and also multi-nominate. Please ensure that the nominee is willing to serve a 2-year term. You can add one of the committee names: Working Committee, AV Council, Land Board, FAMC.

But the to-be-formed Selection Committee has yet to determine the process and it is likely that nominees may be selected to serve another committee (with their permission).

If the list of nominees is sufficient, it will speed up the selection process enormously, so please nominate. First-timers welcome.

Thank you.



A SELECTED FEW

This post that just popped up on 2026.1.4 feels to me an appropriate follow-up to my sharing of 2026.1.1 titled "Truth or the Abyss".

Humans...

As we awaken today to the global news of the continuing hostilities of some humans and nations against each other, of how fiery the start of this new year 2026 is, with the awareness of the intense forewarnings, and hopes, associated with the coming "double-fire" Year of the Fire Horse, we are again starkly reminded of why Sri Aurobindo and the Mother insisted on "Man is a transitional being... not final.", and created Auroville this City of Dawn with the Prime Directive:

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

Sri Aurobindo and the Mother were so vivid of what was to come, which is what we are experiencing, and unequivocally prompted us to make the definitive choice ...



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

Zech

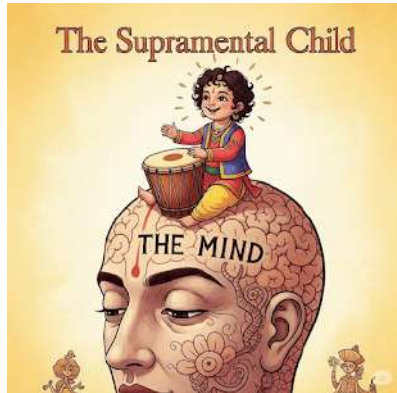
THE DIVINE WILL AND ADVENT OF A NEW SPECIES

We continue from the Mother's Agenda of 27 November 1965.

The dates of the revelatory actions are the key give-aways. The chronology of events that give sense to the ever-unfolding Eternal Now of past-present-future.

As we are in an eternally unfolding evolutionary world of infinite possibilities propelled by a Divine Will, with causes and effects hastened and intensified by the many layered and progressive Supramental Consciousness-Forces that have been gradually infused on Earth by the Dual Supramental Avatar Sri Aurobindo and the Mother, just less than three years later, 28 February 1968, the Mother creates Auroville the City of Dawn as conscious collective preparation for the advent the new apex species the Supramental being.

On 1 January 1969 another supramental variant...



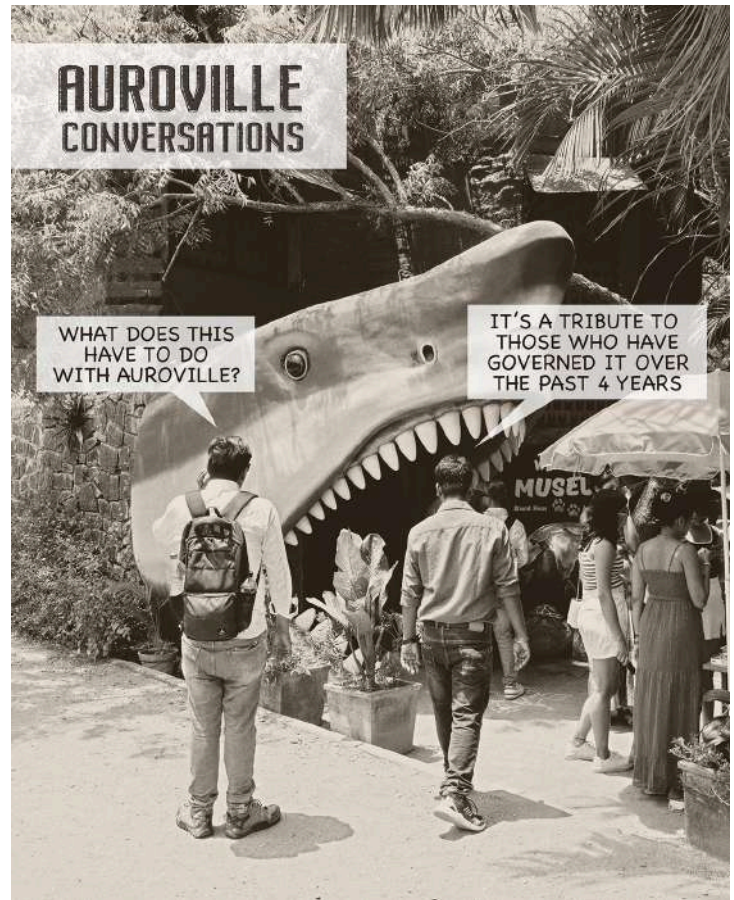
To continue with the full post with linked references, please scan the QR Code or go to this blogsite and open the post with the same title: <https://zechjoya.blogspot.com/>

Zech

FOOD FOR THOUGHT




AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES


NOUVELLES D'AUROVILLE



Auro - Traductions

15 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 20th January , 9 am - 12 noon
Focus: The Synthesis of Yoga

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

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

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

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)

VIPASSANA GROUP SIT

Dear Meditators,

You are all very welcome to the monthly 1 day Vipassana meditation course for "old students" only (those who have completed at-least one 10-day course as taught by SN Goenka).



- **Date:** Sunday 25th January
- **Time:** 8:30 am to 2:30 pm
- Lunch will be served. Note: Due to space constraints, preference will be given to the meditators attending the full day.
- **Venue:** 1 Vibrance, Vikas Radial Rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage. Location [here](#).
- Vibrance garage is opposite the Realization gate. Park on the road without blocking the garage. The apartment is directly behind the garage on the ground floor.
- **Contact:** Please confirm your presence to Vallari vallari@gmail.com / WA 97403 22447 by 9 pm **Friday the 24th**.

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.

#12 Cranio-Sacral Therapy for Trauma healing (53 words)

After trauma, cranio-sacral therapy from a professional can bring deep relief by realigning the nervous system and improving sleep. Trauma often sends a "shock wave" through the spine, disturbing the body's natural rhythm. This therapy helps restore balance.

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

AUROVILLE STORIES 2068 - THE FIRST 100 YEARS

- 6-WEEK STORYTELLING PROJECT (TUESDAYS FROM 27TH JAN - 3RD MARCH, SUNLIT PATH)
- PUBLIC SHARING/SCREENING (SUNDAY 8TH MARCH, MMC, TOWN HALL)

Auroville Stories: 2068

The First 100 Years

*Imagining
what we might become
... together*

Six-Week Storytelling Project:
Tuesdays from January 27 to March 3
5:15 to 7:15pm @ Sunlit Path

Public Sharing/Screening:
Sunday, March 8th
10am-noon @ MMC

Learn More & Register:
bit.ly/AurovilleStories2068

What is your most hopeful vision for Auroville?

Really — take a moment. Connect with your devotion to the dream of human unity and a *city the Earth needs*, and imagine Auroville genuinely realizing its potential by its 100th birthday in 2068. That's 42 years from now — a lot can happen, especially these days!

Do you have a clear sense of what your ideal Auroville might look and feel like — or even how we might get from here to there? If so, **others really need to hear your story**. And if, instead, you find it hard to imagine a hopeful future at all, you're not alone. Many are struggling right now — and longing to rekindle the inspiration that first brought them here.

Either way, you're warmly invited to join this **six-week storytelling project**, where we'll support each other to craft positive, realistic

"future memories" from Auroville's 100th birthday — and share them with the community on March 8th.

Dreaming into a viable future is hard. I know this personally. I've been writing a visionary science-fiction novel — much of it rooted in Auroville — and at times it truly feels like groping in the dark.

That's why we will use a range of tools: guided visualizations, creative and artistic exercises, story circles, and group dialogue — even playful prompts involving "time-travelers" from my book — to help us peer into that black box called *the future*. My friend Alessandra, an award-winning filmmaker and animator, will also support us in creating imagery of ourselves and our community living into these possibilities. It's going to be creative, meaningful — and fun.

And to be clear: **this is not about sides or political debate**. Aurovilians, Newcomers, and non-Aurovilians of all perspectives and statuses are welcome. The intention is to dream together, to transform despair into hope, and to take real steps toward a vibrant city living in harmony with one another and the planet.

Please follow the link or scan the QR code to learn more and register. You're also welcome to contact me, Daniel Greenberg, at daniel@ic.org or +91 92172 52447 with any questions.

We really look forward to hearing your stories.

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

JIVA AUROVILLE



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

Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork with Sigrid : Sundays 3:30 - 7pm
- Cosmic Dance Wave Saturdays with Sandhya : 5 - 6:30pm.

Upcoming workshops

- **18th January** Flow Game with Sandhya
- **25th January** Introduction to Integral Regressiontherapy with Sigrid 9:30 – 12 Noon
- Inner Child Work Workshop with Sigrid **17th & 18th January** 9:30 – 12:30
- Transforming Trauma with Sigrid **7th & 8th Feb** 9-12:30, 2-3:30pm

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

WA 96260 06961

VISIT OF TIBETAN DOCTOR

15TH - 17TH JAN, TIBETAN PAVILION

Greetings to you all for the New year 2026.

May you all have a great year with a good health, happiness and prosperity.

This is to inform you that the Dr will visit us on

- Thursday 15th January, 2 to 5:30 pm
- Friday 16th January, 8:30 am to 1 pm, 2 to 5:30 pm
- Saturday 17th January, 8:30 am to 1 pm.

For your appointment call 0413 2622401 or whatsapp to 84890 67332. The consultation is held at Pavilion Of Tibetan Culture International zone.

Warmly Kalsang.



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: 33AAAT0037BY3N

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!!!



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



WHAT'S HAPPENING AT COFFEE IDEAS (FORMER MARCS CAFE)



- We are **open every day** throughout **January and February**, including **Pongal holidays**, from **8:00 am to 8:00 pm**.
- We are **resuming our Friday music evenings** on the **rooftop**.
- Our **rooftop** is open for **self-service** from **8:00 am to 8:00 pm**, with **fast internet**, making it a great space to work or simply relax.
- We are hosting **Fermentation Classes** every **Saturday** from **10:00 am to 12:00 pm**. *Pre-booking is mandatory*.
- **Tuesday Morning (8-12) Special** **50% discount** for **AV and NC** on selected products!
- Some coffees always at cost price, check out which ones !

Coffee Ideas (former Marcs Cafe) Team

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@coffeeideas.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

A 3/4 SIZE CLASSICAL GUITAR

Dear friends,

By chance, does anyone have a 3/4 size, classical guitar they're not using looking to borrow or buy.

Please let me know on 80720 53484

Thanks very much, Yours *Krishna*

Official site - <http://www.emergencetheband.com>

Links - <http://about.me/emergencemusic>

I have no doubt, Emergence and all they represent, will in the next couple of years become a leading name on the international stage."

- *Eddie Scott (former-promoter Pink Floyd)*



A SECOND HAND LADIES BICYCLE

I would like to purchase a second hand ladies bicycle in good condition.

Please contact me via sigridauroville@gmail.com or Whatsapp 96260 06961,

Thank you, *Sigrid*



URGENT NEED FOR HOUSE SITTING

Dear community

I will become homeless by this Sunday 18th Jan, so if you know of any options, even short term, please let me know.

Thank you.

Juan Andrés

Psychotherapist at Santé

+91 85250 58665



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.

LOST & FOUND

HEADPHONES FOUND ON SHUTTLE BUS FROM WEDDING

Picked up on a bus back to the ECR on the night of **Saturday 10th January.**

Describe them and give some further detail on the event to reclaim them.

DM *Petra* - Whatsapp 80989 58679 / petramo@auroville.org.in

LOST - MOBILE

My name is Olga from Russia.

I am a traveler and staying in Auroville for 1 month.

I lost my mobile phone **OPPO White on Tuesday 13th January at 1430 pm on the kuilapalayam main road.**

Please contact : +9195005 08768. *Olga*

Thanks in advance.

WORKSHOPS

CO-CREATING THE DREAM WORKSHOP SERIES

SATURDAY 17TH
JANUARY, VÉRITÉ



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

enhancing interpersonal relationships, working in units, and collective life.

Each workshop is a stand-alone experience.

The series continues on **Saturday 17th January from 9:15 - 12:15** in Verite with our seventh workshop:

Seeing Clearly, Sharing Wisely - Equity and Transparency as a Collective Yoga

Moving beyond comparison toward care, participants are invited to make needs visible and explore how balance in giving and receiving, together with clear, shared noticing of what is happening in a group support trust and cooperation. Through play-acted scenarios, dialogue, and reflection, we explore how ProSocial principles can offer new pathways in Auroville's unique landscape. The workshop seeks to increase awareness, get different perspectives and explore new solutions for more collaborative ways of living and working together.

Register at [Verité](#) through Whatsapp: +91 93636 24083.
Please bring paper/notebook and pen.

FAMILY CONSTELLATION WITH SHANTI

SAT 17TH JANUARY, NOW AT THE TIBETAN PAVILION



Dear community,

Family Constellations will be offered in the Tibetan Pavilion. The sessions are facilitated by Shanti and organized by YouthLink.

To **register**, please contact

- Monica Matsumoto on WhatsApp: +91 93634 55711
- Shanti on email: anandshanti@proton.me and landline: (0413) 2623314

The workshop will be offered from 10 am - 12:30 pm. Please arrive by 9:30 or 9:45 latest, so that you have time to find your way, settle, and start together. It is quite challenging to find the location due to the road construction. (On the way down the hill to the Visitors Center there is a newly built concrete road. Turn right on it and go perhaps 100 meters. After one building on the right, turn right into the opening and you have arrived at the Tibetan Pavilion. The workshop room is across the courtyard, upstairs. You can find Tibetan Pavilion on Google Maps.)

What is Family Constellation?

Family constellation is a process that helps people resolve family traumas and heal ancestral wounds. It uses the facts of the family history. Since it is systemic work, it asks us to include those we don't usually consider as belonging to the family: for example, an

ex-partner of a parent. Participants in the workshop will stand as "representatives" in the constellation.

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

Only one constellation will be set up per session. The person will be selected in a process during the workshop itself.

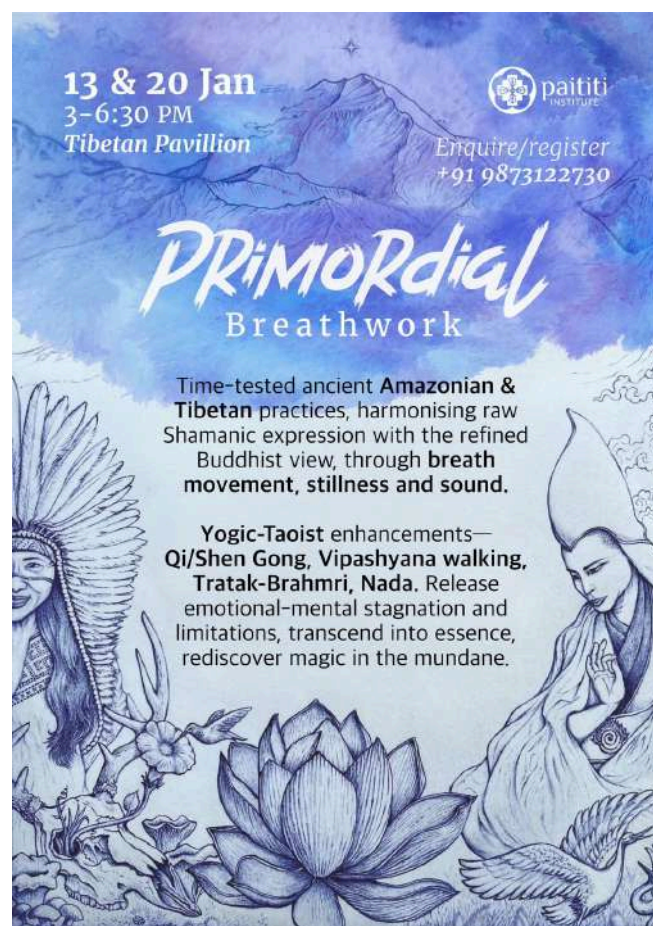
About the facilitator:

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

Shanti is offering this work as her gift to the community. Donations to YouthLink are welcome.

PRIMORDIAL BREATHWORK WORKSHOP

TUESDAY 20TH JANUARY, TIBETAN PAVILION



Primordial Breathwork harnesses the wisdom and power of ancient living lineages, harmonising raw shamanic expression with the refined Buddhist view. With breath, movement, stillness, sound and awareness, we aim to release limitations, daring an attempt to glimpse into pristine unconditioned awareness and our true nature. Touching this simple essence at the core of every teaching, we can learn to stoke inspiration, wonder and awe, rediscovering the magic in the mundane ★

Developed by the Paititi institute (Peru), from two unique forms of breathwork passed down by the Amazonian Yanomani tribe and the Tibetan Nyingma/Dzogchen school. The Tibetan form was created to bring stable awareness and 'control' into the unconscious through the conscious, in order to surrender and transcend, to have greater insights and realisations. The

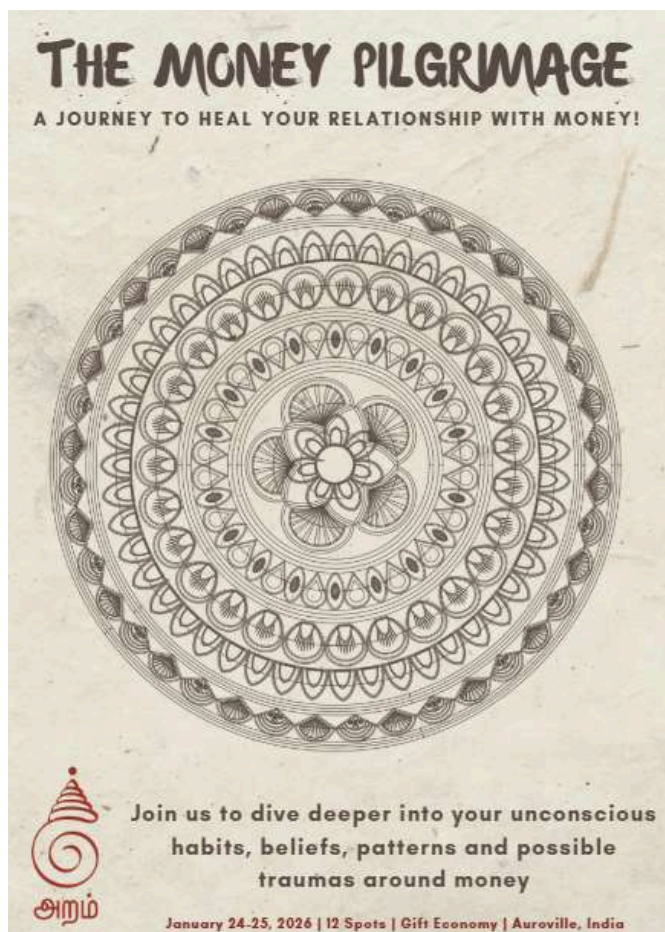
Amazonian form is elemental in nature, releasing stagnation by honouring our emotional-primal self through a dynamic rhythmic series. Cacao will also be served enhancing our hearts and lungs ❤️ Further complimented by adaptations from Vipashyana/meditation, Tratak, Brahmri, Nada and Qi/Shen Gong ☆★

Dates: 13th & 20th January
Venue: Tibetan Pavilion

On donation basis. Welcome to all who resonate.
 Enquire, register and please check for contraindications with the facilitator. +91 98731 22730

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

中 AND 그 후 / IN THE MIDDLE AND AFTER BY OK JEONG LEE

OPENING ON FRIDAY 23RD JANUARY, CENTRE D'ART



As in the fairy tales of your childhood, you walk forward, torn between apprehension and wonder, in the dim light of a forest that filters out the light of the outside world.

Around you hang long strips of cut-up vines made from scraps left over from the manufacture of COVID masks. As you turn a corner, you discover sculptural objects, silky paintings, metal flowers, hybrid creatures, and strange totems embedded in the fabric vegetation. You become aware of your bated breath, your emotions, the feeling of disorientation, the person ahead of you and the one behind you on the narrow path that Ok Jeong Lee leads you down.

Then the path ends, and you emerge into a bright, vast space. Hundreds of compact discs form sparkling rivers on the ground, an open and refreshing sea.

The artist has scattered the space with inviting benches and seats, all of which are playful and colorful works of art: transparent suitcases for time travelers, woven chairs, and cloud-like foam cushions. You arrive at home, or rather at her home, in her familiar yet dreamlike universe, where recycled materials speak to crucial themes such as memory, the organization of life and the environment, and the hope for a more spiritual future.

Ok Jeong Lee's installation is a metaphor for the succession of unprecedented crises facing the world, a state of permanent disruption with no apparent end in sight. It explores the capacity of humans, as transitional beings, to evolve and face a process of transformation towards new realities, emphasizing the experience of living a situation from within rather than observing it from the outside.

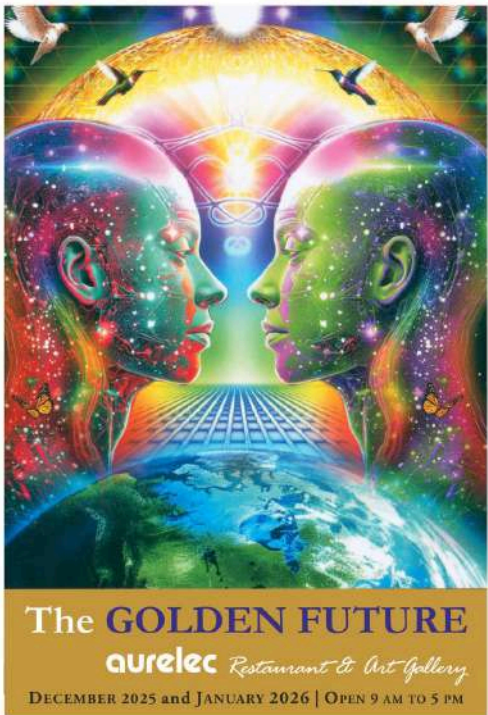
In this respect, it echoes the Relational Aesthetics theorized by French art historian Nicolas Bourriaud, according to whom works of art, beyond their form or style, contribute to creating new inter-human relationships and a new sensibility.

The space she imagines for us is an invitation to sit down, reflect individually on this journey, and contemplate, in the company of other visitors, a pacified future at the end of the road.

Dominique Jacques

- From **23 January to 11 February 2026**
- Tue to Fri 2-5:30, Sat 10-12:30 / 2-5:30
- Morning by appointment
- Centre d'Art Auroville

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



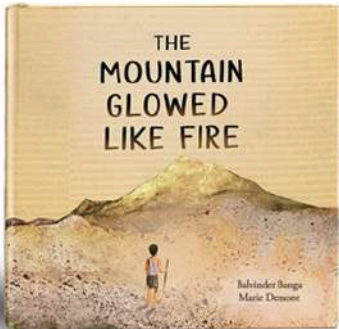
EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE



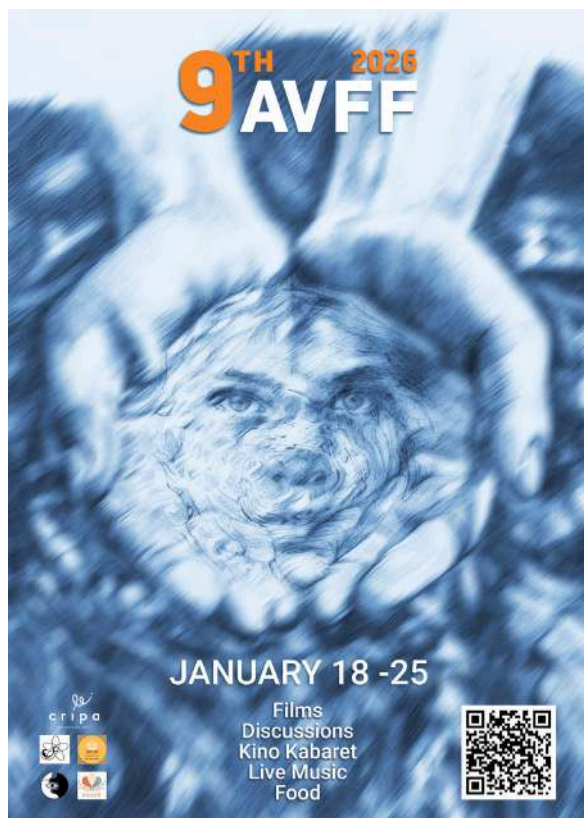
THE MOUNTAIN GLOWED LIKE FIRE - EXHIBITION
AUROVILLE LIBRARY

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



Step into a week-long celebration of cinema from around the world — right here in Auroville! Join us for the 9th edition of the AVFF as we screen films across three locations in Auroville from Jan 18th to 25th.

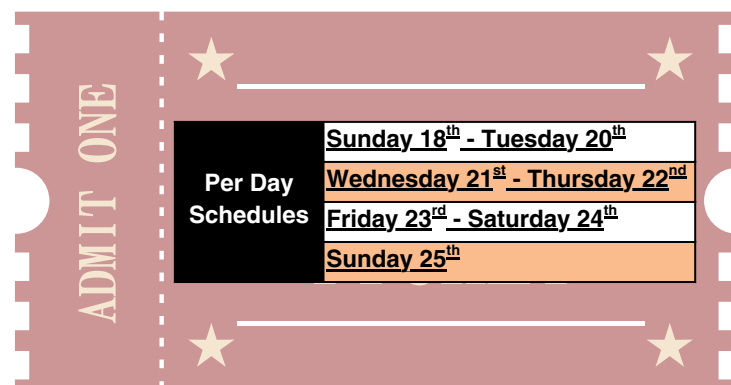
Enjoy live music performances every evening at Kalabhumi, with the option to pre-book warm dinners. Dinner coupons will be available outside the Solar Kitchen on the 15th and 16th of January from 12.00-14.00. For more info about the dinners, send a W/A message to: 75400 91255.

Join the Kino Kabaret, make a film in 48hrs and have it screened immediately! Email kinoauroville@gmail.com to register.

We are still looking for volunteers. Call 74181 05246 to find out how you can participate.

Screenings are **Free & Open to All**. Spread the word!

[For showtimes, venues, and full details: <https://aurovillefilmfestival.in>]



LIVE MUSIC

JANUARY 18 -25



Kalabhumi Amphitheatre
6 - 7 pm daily



9TH 2026 AVFF



KINO KABARET

JANUARY 22 -25



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>Afrotopia</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 Lofton 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/4omy</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 | Live Music: 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. Jahnvi Pradeep w/ Amogh Chauhan, 13min, NR G | Centered on prehistoric rock art sites along the Indus and Zaskar 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

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|----------------|
| 17:00 - Awards |
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| 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 Arđ Ukhrá**
 - (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 Falasteenian 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. Jahnvi 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 | The Companions/La Compañía | 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 | Garbage/Mycop | 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 | A Land Beyond The Mountains | India, 2025, Dir. Smiti, 8min, NR G | A reflection on happiness while traveling through Bhutan. |
| 20:56 | New Best Friends | India, 2025, Dir. Birgitta Volz, 3min, NR G | An unconventional perspective on recovery following a leg operation. |
| 20:59 | The Matrimandir & I, Episode 1: Four People From Four Corners Of The World. One Connection. | India, 2025, Dir. Serena Aurora, 8min, NR G | Four Aurovilians speak about their personal experiences with the Matrimandir. |
| 21:07 | Auroville: The City Of The Future | 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 | Water in the Mountains/Pahadon Mei Paani | 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 | Cricket Dreams | 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 | One Side Of The Road | 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 | Puffling | 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 | Dear Daughter | 2023, 13min, NR R | A young woman tells her story of being trafficked and sold into marriage. |

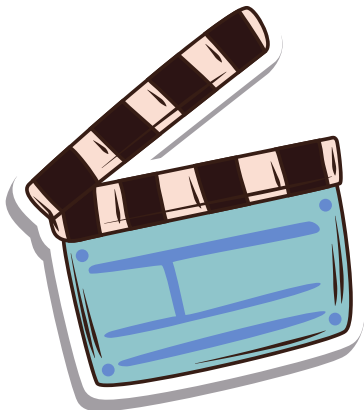
| Screenings | | | |
|------------|---|---|---|
| Time | Title | Info | Synopsis |
| 19:33 | How Would One Know If One Forgets Something | India, 2025, Dir. Karthik Sreenivasan w/ Sai Krishna, Stanzin Angdu, 9min, NR G | Traces memory and the passage of time in the landscape of Ladakh. Produced by Auroville Film Institute. |
| 19:42 | Kooli Koduthu Sooniyam | India, 2023, Dir. Yatra Srinivassan, 9min, NR PG-15 | A tale of a family torn apart by addiction and their subsequent resilience. |
| 19:51 | You Lift on a Stroke, There Is A Dog Shelter | 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 | Hausnummer Null | 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 | Purga | 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 | Agent of Happiness | 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 | In The Light Of Time | India, 2025, Dir. Jahnavi 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 | The Voice Of Others/La Voix Des Autres | 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 AVFF '26, CENTRE D'ART

DISCUSSION PROGRAM: 19TH - 25TH JANUARY 2026

On behalf of InLight, we are thrilled to welcome you to the AVFF '26 Panel Discussions with filmmakers.

All discussions will take place in a hybrid format. You can join us in person at the Multimedia Room at Centre d'Art or join us virtually via the link below.

[Join Link \(Online\)](https://tinyurl.com/avff26)

<https://tinyurl.com/avff26>

Discussion Program (17:00 IST Start)

See you at Centre d'Art!

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 (Afrotopia), Tarun Jain (Ballad Of The Mountain), Alan Baiss, Joseh Garcia (Who Do You Think You Are?), Imran Hamdulay (The Wait)

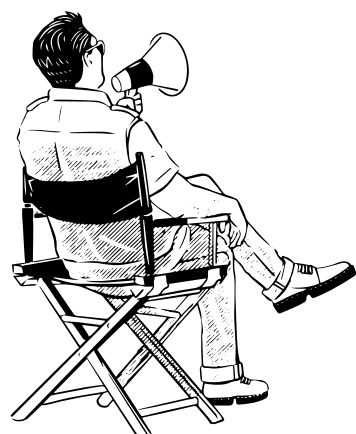
SATURDAY 24TH JANUARY

- 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)

9TH 2026
AVFF



AT CRIPA

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

FRIDAY 23RD & SUNDAY 25TH JANUARY



All are welcome, free entry, contributions welcome.

Friday 23rd January, 2 - 4pm

Sunday 25th January, 4 - 6pm

: Cripa, Auroville



FOR THE BOOKWORMS

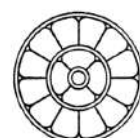
AUROVILLE LIBRARY



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.

FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044

www.myfoodforest.in



POETRY

Difference inflated or flattened,
Each has its own cost.

Bubbles burst.
Time for Reality show.

Anandi Z

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Jumpa's Joyous Journey with Fif-Ep.2 "The Day That Tries Again"](#) (Story Telling)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.522 \(Integral Yoga\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.1 "Return of the Light"](#) (Story Telling)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 19: "Life" \(Sri Aurobindo\)](#)

Latest Youtube Videos

- [Savitri Ep 11: Introductory Comments in Tamil | An Introductory Commentary on the Epic of Savitri...](#)
- [Book Launch - Kambanil Kaathiruppu by Dr.S. Jagannathan and Jataayu | Auroville Literature Festival](#)
- [Talk on Cultural Portrayal in Tamil Literature by Jataayu | Auroville Literature Festival](#)
- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1 - Chapter 6](#)
- ["As in the Great, so in the Small" Fractal Mountain Landscapes by Birgitta Volz | Unity Pavilion](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV

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.

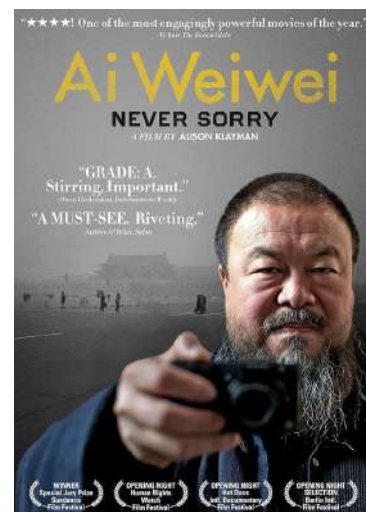
This month it will happen on **Saturday 17th January at 5 pm**, in the Multimedia room.

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.

N&N 1108 - 15 January 2025

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

ELECTRICAL SERVICE (AVES)

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

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

Afternoons:

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

Children's Storytime! All ages welcome!

- Every **Saturday** between 10am - 11am.

- **Phone :** 0413 2622 894

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

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



*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 JANUARY 2026

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

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

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

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

A short introduction of the Doctors team:

Dr Pavan is a Consultant General Physician, Integrative Medicine Specialist (Holistic Approach) trained under Dr. Andrew Weil (USA), Longevity Doctor (helps people live healthier, stronger, longer), Lifestyle Medicine Specialist at Santé since 1.5 years

addressing Auroville's General Health needs & strongly impacting preventative health, longevity. In many people, he had proven success in reversing Prediabetes, Type 2 Diabetes, High Blood Pressure, Insulin resistance, High Cholesterol, Hormonal Imbalance, Mental Health with his approach empowering the community which he thinks is already a Blue Zone.

Dr. Sana provides general medical care, chronic illness support, and preventive health consultations at the clinic and via home visits four days a week (booked through reception), and is working with an intention to deepen her engagement in palliative care.

Dr Joseph, studied medicine at State University Moscow and has a private practice in the rural area in Tamil Nadu, Trichy for the last 18 years. Attracted to Auroville to explore a different approach to life and health. He has a certification in diabetology (CCD) and Family Medicine & trained to attend pediatric cases. He is familiar with ultrasound therapeutic equipment for pain relief and is able to perform minor surgeries using the Surgitron (radio wave surgery devise).

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-bottleghourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet
- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery, sugarcane juice, golden milk with turmeric

TO AVOID:

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

HEALTHY ROUTINE FOR WINTER:

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

TO AVOID:

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

SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:

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

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



MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am - 7:30pm.
- Aurovilians may bring close family and friends to the Gardens only daily, 9am - 3:30pm.
- Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11:30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass..
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Tuesday evenings: Guests holding only Aurocards wishing to attend should book by filling in the [form](#) one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

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

The Matrimandir is a place for silent individual concentration

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

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

- The Inner Chamber is open to **registered Volunteers**:

Wednesday - Monday 8:00 am - 8:35 am
Arrival at 7:45am at the Office Gate.

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

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

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

Tuesday 9:00 am - 11:00 am

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

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

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

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

Access to Matrimandir for Visitors and Guests

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS

| Ambulance (24/7): | | |
|--|---|---------------------------------------|
| Auroville 94422 24680 | PIMS 0413 2656271 | |
| Security (24/7): | | |
| Auroville Police Station 0413 2677318 | Kottakuppam Police Station 0413 2236148 | Vanur Fire Station 0413 2677368 |
| Health: | | |
| Health Center 0413 2910005 | Santé 0413 2622803 | Farewell 89038 36246 |
| Mental Health 24/7 Support: | | |
| Vandrevala Foundation +91 99996 66555 | | |
| India Emergency Response Service (24/7): 108 | | |