

# *Auroville* NEWS & NOTES

No 1109/10 - A weekly bulletin for residents of Auroville

29 January 2026

RA EDITION



## PONDERING

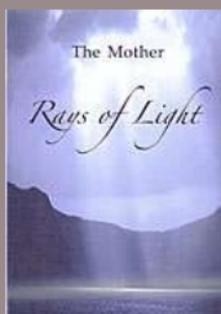
The nature of art is to strive after a nobler beauty and more sustained perfection than life can give.

*Sri Aurobindo, Recent English Poetry - I, The Future Poetry*

<https://motherandsriaurobindo.in/Sri-Aurobindo/books/the-future-poetry/#recent-english-poetry-i>



# RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

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Web <https://www.sabda.in/>

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## THE PATH OF YOGA

### GENERAL

page 24

*Divine Mother,*

*Do you wish us to try and intensively spread the Yoga in America?*

Yoga cannot be spread by any exterior means.

30 May 1966

\*

*May I ask Your help in dealing with the feeling of loneliness which appears when I am alone.*

Those who feel lonely in the world are ready for union with the Divine.

6 July 1966



**Aspiration for Silence in the Mind**

Too noisy to be effective. - *The Mother*

*Eranthemum pulchellum* Andr.,

*Acanthaceae*

Blue sage

## THE BASES OF YOGA

### ASPIRATION

page 25

In the silence of the heart burns the steady fire of aspiration.

\*

All is mute in the being, but in the bosom of the silence burns the lamp that can never be extinguished, the fire of an ardent aspiration to know and to live integrally the Divine.

*6 November 1954*

\*

Beyond words, above thoughts the flame of an intense aspiration must always burn, steady and bright.

*5 March 1955*

\*

Let your aspiration leap forward, pure and straight, towards the supreme consciousness which is all joy and all beatitude.

page 26

Let the sun of aspiration dissolve the clouds of egoism.

### DEVOTION

A devotion that keeps concentrated and silent in the depths of the heart but manifests in acts of service and obedience, is more powerful, more true, more divine, than any shouting and weeping devotion.

\*

Sincere devotion is much more effective than the Ganges water.

### OFFERING

Life must blossom like a flower offering itself to the Divine.

\*

Offering: the placing of your entire being, with all its movements true and false, good and bad, right and wrong, before the Divine for transformation.

# 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](mailto: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](http://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](mailto: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](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](https://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](mailto:newsandnotes@auroville.services)

**Thank you for reading and for your continued support!**

In community,  
*The RA Community Edition News & Notes Team*

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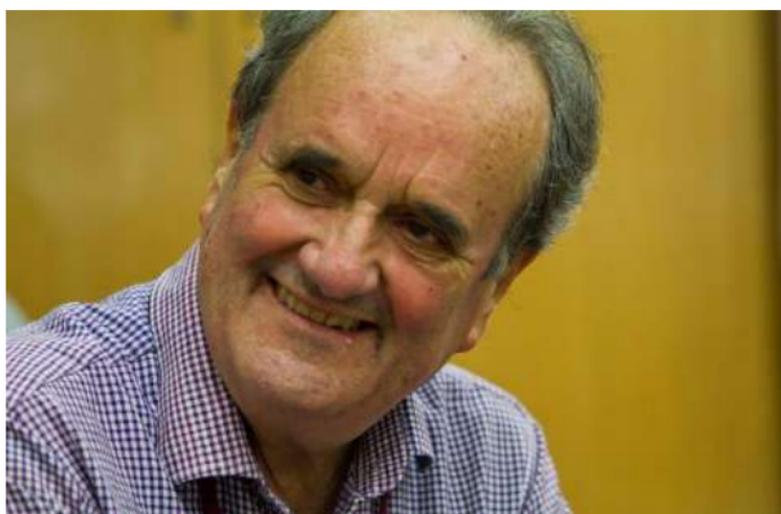
AV Public Bus / Emergency Numbers

# WORKING GROUPS NEWS

## FROM THE WORKING COMMITTEE

### PASSING OF SIR MARK TULLY, EX-CHAIRMAN OF THE IAC

*Sir Mark Tully in Auroville in 2012*



Dear Community,

It is with sadness that we inform you of the passing of Sir Mark Tully, ex-Chairman of Auroville's International Advisory Council.

Sir Mark Tully - a distinguished journalist, author, recipient of the Padma Bushan and Padma Shri, and long-standing friend of Auroville - passed away in New Delhi today, January 25th, at the age of 90. He leaves behind a legacy of thoughtful engagement with India and a deep affinity with Auroville's founding ideals.

Best known internationally as the BBC's Chief of Bureau for South Asia, Mark Tully's relationship with India went far beyond reportage. He was born in Kolkata and made India his home for most of his life, approaching it with humility, curiosity, and moral seriousness. These same qualities drew him repeatedly to Auroville, whose experimental spirit, commitment to regeneration, and aspiration for human unity he deeply admired.

Mark Tully maintained a long association with Auroville, serving for twelve years as Chairman of the International Advisory Council (IAC). In this role, he offered steady guidance during complex periods, combining respect for Auroville's autonomy with a clear understanding of institutional responsibility. He consistently upheld human unity as the central principle of Auroville — not as an abstraction, but as a lived and evolving practice.

He was especially fond of visiting Auroville, appreciative of its work in ecological regeneration, its spirit of experimentation, and its willingness to venture into the unknown. He saw in Auroville not a finished model, but an “unending journey” — one that held high ideals while grappling honestly with practical challenges. This balance between vision and realism mirrored his own approach to journalism and public life.

In his reflections on India's spiritual and cultural life, Mark Tully often spoke of the need to integrate the spiritual, material, and social dimensions of existence — a balance he recognized in Auroville's ongoing experiment as a city of the future.

We hold his partner, Gillian Wright, and all those close to him, many here in Auroville, in our thoughts and prayers. May they find strength and peace in remembrance, and may his soul rest in quiet harmony, moving onward into the greater Light and Truth he sought with sincerity and humility.

With gratitude for his friendship and guidance,



## FROM THE ENTRY SERVICE

### ES # 274 DATED: 26-01-2026

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

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

*We thank you in advance.*

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

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

### AUROVILIAN CONFIRMED

- **Claudio ZAINI (Italian)**
- **Felicetta BRANDONI (Italian)**
- **Radhika SEILER RAMADAS (Swiss)**
- **Aishwarya KUWAR (Indian)**
- **Gwjwn DAIMARI (Indian)**

### NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1114 + 1115

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

# COMMUNITY NEWS



## OBITUARY

### AMAR (ERNST GROSSE) PASSES AWAY

This is to inform the community that Amar passed away at home in Vikas.

His body is being taken to PIMS to the morgue for the family to be contacted and to decide what they would like to do

Amar would have been 84 in March. Aurovilian since 1984.



Further information on the funeral will be shared as and when available.

~ OM ~



## IN REMEMBRANCE - 2025

### Remembering those that passed in 2025

#### Farewell Aurovilians

Jean-Marie Lanthier  
Donald "Don" Kelman  
Daniel Emdin  
Stephanie Bussmann  
Jean-Claude Bieri  
Walter  
André Hababou  
Boris Verjoutsy  
Dominique  
Halyna "Galyna" Kubarchuk  
Ricardo "Yehovind" Martinez Delgado  
Colleen Pouyer née Witdiz  
Vladimir  
Vittorio "Vijay" Gresele  
Roy Chvat  
Young He  
Alexander Mangano

#### Farewell Friends of Auroville

Thomas Dreyer  
Zdenko Borbas  
Manuel Thomas  
Shirpa Di  
Joya Diane Skye  
Snehalata Y. Koechlin  
Charlotte Ljungquist Alpas  
Anand Prasad  
Basile Vignes  
Nadine Fabret  
Prof. Eugene Liven d'Abelardo  
Sadhana Ragesh Goswami  
Kuppan  
Anne Goldsmith  
Kalavathy

## COMMUNITY SHARING



### OUTCOME OF THE EMERGENCY RA DECISION-MAKING PROCESS

TO CONFIRM OR REJECT THE APPOINTMENT OF A TEMPORARY SELECTION COMMITTEE TO SELECT INTERIM MEMBERS FOR 4 WORKING GROUPS  
8<sup>TH</sup> - 18<sup>TH</sup> JANUARY 2026

Here are the results of the Emergency Residents' Assembly Decision-making process (ERAD), initiated through a petition signed by more than 300 members of the Residents' Assembly (RA) (3.3 [RAD policy](#) to support or reject the following 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.

[More details >>>](#)

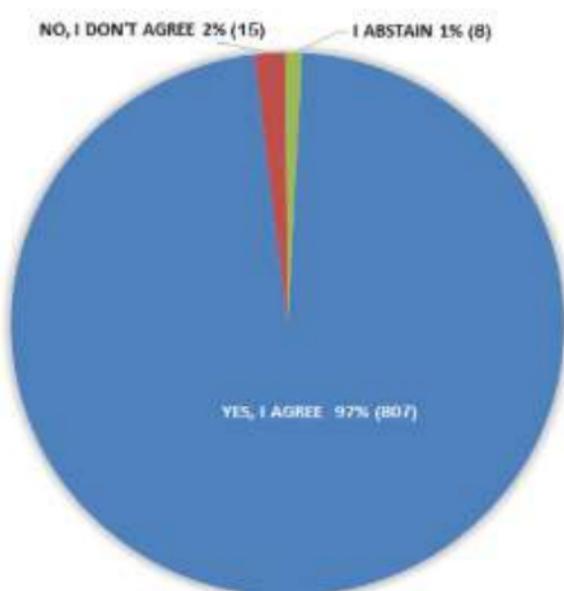
## REPORT

A total of **830** valid votes have been submitted online and in-person.

The number of participants exceeded the 10 per cent (245 votes) quorum required to validate the decision.\*

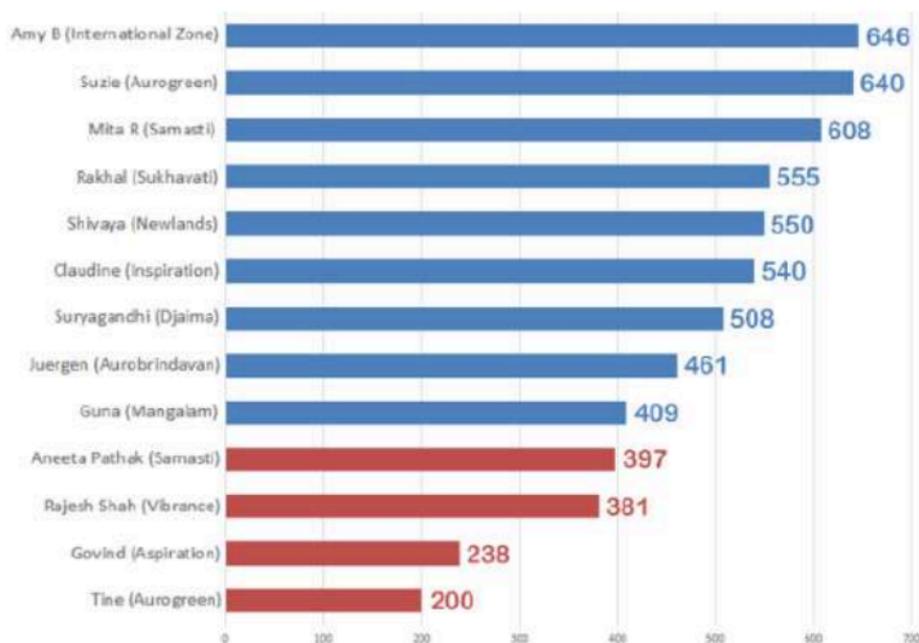
- - Yes, I agree - 97% (807)
- - No, don't agree - 2% (15)
- - I abstain - 1% (8)

## RESIDENTS' ASSEMBLY DECISION



Each RA member who voted that they agree with the proposal was invited to select up to 9 names from the list of 13 candidates. The 9 candidates receiving the highest number of votes from the list of 13 will serve as the Temporary Selection Committee.

### Results of the vote to form the Temporary Selection Committee:



- **Amy B (International Zone) - 646 votes**
- **Suzie (Aurogreen) - 640 votes**
- **Mita Radhakrishnan (Samasti) - 608 votes**
- **Rakhal (Sukhavati) - 555 votes**
- **Shivaya (Newlands) - 550 votes**
- **Claudine (Inspiration) - 540 votes**
- **Suryagandhi (Djaima) - 508 votes**
- **Juergen (Aurobrindavan) - 461 votes**
- **Guna (Mangalam) - 409 votes**
- Aneeta Pathak (Samasti) - 397 votes
- Rajesh Shah (Vibrance) - 381 votes
- Govind (Aspiration) - 238 votes
- Tine (Aurogreen) - 200 votes

**Therefore, the Residents' Assembly has approved the resolution to form a Temporary Selection Committee and has**

**selected the following 9 members:**

1. **Amy B (International Zone)**
2. **Claudine (Inspiration)**
3. **Guna (Mangalam)**
4. **Juergen (Aurobrindavan)**
5. **Mita Radhakrishnan (Samasti)**
6. **Rakhal (Sukhavati)**
7. **Shivaya (Newlands)**
8. **Suryagandhi (Djaima)**
9. **Suzie (Aurogreen)**

**(Ref. RAD/01/2026/RAS)**

We would like to remind you that, according to the RAD Policy - "8. Responsibility for implementing decisions made through this RAD process lies with the concerned working group/s or resident/s".

\*\*\*

**The Residents' Assembly Service would like to warmly thank everyone who took part in this Emergency RAD, in whatever way: whether by voting, spreading the word, or simply staying engaged. Each contribution helps strengthen our shared community process.**

---

*\* - According to the Master List data, the total adult population of our community who are eligible to participate in RADs (age 18 and above, confirmed Aurovilians) is 2446 (as of the month of January 2026).*

*Kindly note that as per the RAD policy "Only confirmed Aurovilians can participate in decision-making. Those who have been announced as confirmed Aurovilians by the Entry Board are eligible to participate in all community decision-making processes along with those who have been entered into the Register of Residents maintained by the Secretary's Office. It does not include under 18-year-olds, newcomers and any other Auroville statuses".*

*~ With gratitude,  
For the Residents' Assembly Service  
Avinash, Tatiana*

## **MESSAGE FROM THE TEMPORARY SELECTION COMMITTEE (TSC)**

First of all, thank you for your trust and support in this next chapter of our collective life to strengthen the Residents' Assembly. We are Suryagandhi, Suzie, Shivaya, Claudine, Guna, Rakhal, Juegen P., Mita R., and Amy B.. For us this work is a research in human unity; an attempt to tune ourselves to the Divine Will for Auroville at this moment.

The Residents' Assembly Service (RAS) announced the results of the Emergency Residents' Assembly Decision (ERAD) on 20 January morning. As the TSC has been asked by the community, spearheaded by the Light For Unity team, to complete its task within 14 days, we met on the 20<sup>th</sup> afternoon itself.

Our aspiration is to serve from an intuitive space, in freedom, trust and flexibility.

If you are ready to give of your goodwill, time and energy and to offer your service to the collective, to work together ... and you're ready to commit to a 2 year term, please sincerely consider this beautiful opportunity to be part of creating our future together. We invite you to use your inner capacities and intuition.

*For the 27 opportunities to serve: Working Committee (5 people), FAMC (9), AVC (6), and Land Board (7), (here are links to each*

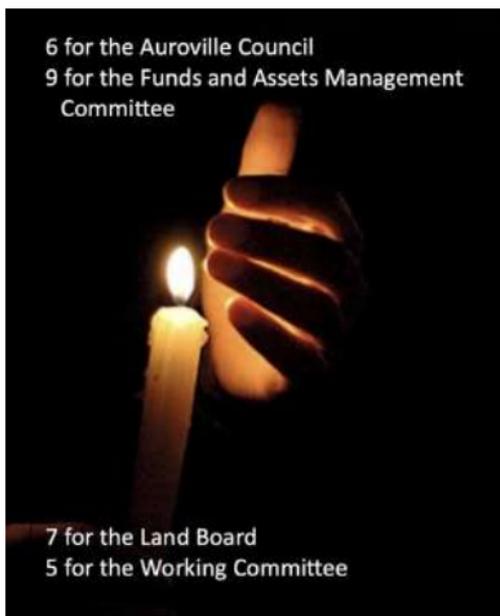
mandate: [WCom mandate](#) // [FAMC mandate](#) // [AVC mandate](#) // [Land Board mandate](#) for your information), a call for nominations for these roles took place until midnight of Sunday 25<sup>th</sup> January.

From the RA Community Edition News & Notes Team:

**The editorial team apologises for any inconvenience caused as a result of not being able to publish last week.**

In community,  
TSC team

## **ERAD FOLLOW UP: CALLING THE FUTURE**



**We have been given a place to dream.**

**What do we have to learn to leap toward the future?**

**We need courage in these challenging times.**

**Today we look for 27 Aurovilian participants of goodwill for 4 important (crucial) groups.**

**Young or old, whoever you are, feel to trust and participate!**

**Let us serve with gratitude and joy to be many as One.**

*An open gathering for information and the possibility to offer nomination took place on the Saturday 24<sup>th</sup> January at Mahalakshmi Park, an invitation from The Temporary Selection Committee.*

## **THANK YOU FOR YOUR PARTICIPATION AND TRUST IN THE ERAD**

Dear Aurovilians,

All our team members would like to extend our heartfelt thanks to all those who actively participated in the Emergency RAD. The strong response at such short notice, with a large number of residents coming forward to choose the Selection Committee, clearly reflects the deep trust and faith you have placed in the process initiated by our team.

Your participation and confidence in this collective effort are deeply appreciated. This gives us the strength to move forward together in unity as the voice of the Residents Assembly.

With gratitude,  
*Light for Unity (L4U)*



## AUROVILLE 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.



**9<sup>TH</sup> AUROVILLE FILM FESTIVAL 2026 -  
18<sup>TH</sup> TO 25<sup>TH</sup> JANUARY**

**9<sup>TH</sup> 2026  
AVFF**



Photo credits: Marco Saroldi

The 9<sup>th</sup> Auroville Film Festival 2026 got off to a brilliant start on the 18<sup>th</sup> of January 2026 with a live music performance by Auroville band NoizeGate playing Creedence Clearwater Revival.

The Auroville Film Festival, organised by residents of Auroville, aims to showcase films that attempt to foster a deeper understanding of the aspirations of Auroville through a creative engagement with the medium of cinema, as well as turning film-viewing from a passive activity into an intimate dialogue between artist and audience. The festival screens films that reflect the creative, experimental and spiritual research Auroville is dedicated to.

During the week, the festival featured 48 films in the category of films made by residents of Auroville, the bioregion and Pondicherry. Made with local participation, the films in this category form a mosaic bringing together the local creative community in an exchange of documentaries, ideas and stories. The richness of the selection in this category featured prominent local filmmakers like Stanzin Raghu, Alessandra Silver, Serena Aurora, Lesley Branagan, Aurovenkatesh, Cheenu Wild, Jeremy Carroll, Yuvasri, Smiti, Yatra Srinivassan and Jalil Nordman. There were some exciting experimental shorts proposed by Nefertiti Chakrabarti. Emerging filmmakers like Ravikiran Rangaswamy, Lisbeth Nusselein, Birgitta Volz, Uttara Jadeja, Sampriti Roy, Donny Lee Duke, Nandha Kumar, Rishi Vengadesan, Gobinath Mounissamy, Kanchan Avchare, Mukul Kumar, Divya Mani, Karthik K, Magheshwar Kumaran, Lalit Verma and Anna-Maria Bakhtiarova had a warm reception.

There were 8 films in the category of films made about Auroville, the bioregion and Pondicherry. This selection of films by visiting filmmakers about Auroville and the bioregion, its various projects, people and undertakings, brings home the image of our region as it appears to the world outside. International filmmakers in this category included Joseh Garcia and Alan Baiss from Canada. Exceptional films that were screened in this category were made by the students of the Auroville Film Institute, including Santosh, Polash, Kartik, Sai Krishna, Stanzin, Jahnavi, Amogh, Pia, Partha, Yoni, and Logeswaran.

Managed by Richa Hushing and Rrivu Laha (graduates of FTII), the Auroville Film Institute offers regular courses, both online and on site, featuring well known independent filmmakers as faculty.

There were 47 films in the category of films that develop the theme of human unity. This segment features a carefully curated selection of short and feature-length films that dwell upon themes of human unity and values similar to that of Auroville, accompanied by discussions that further elaborate on these themes. The category featured the work of filmmakers from around the world including Shonali Bose, Sreemoyee Singh, Nishtha Jain, Tarun Jain, Tathagata Ghosh, Rizwan Hussain, Bijukumar Damodaran, Aajad Singh Khichi, Piyush Thakur and Rima Das, to name just a few. The film Wisdom Of Happiness featuring the Dalai Lama was one of the well appreciated films.

Eminent jury members for the Aurovillian films included Premendra Mazumder (Vice President of the Federation of Film Societies of India, Ashavari Majumdar (Director of the Manifest Dance-Film Festival), and Dr. T Balasaravanan (Dept of Electronic Media and Mass Communications, Pondy University). Jury members from Auroville were Rajeev, Nitzan and Gita and they decided the winning films in the human unity category.

The screenings were held at three venues (CRIPA, Kalabhumi Amphitheatre and MMC/CP) and were complemented by outdoor music performances, discussions (at Centre d'Art), and an art installation.



The proliferation of digital cameras and the constantly improving quality of smartphone cameras have made it possible for just about anyone to make their own movie, and one of the goals of the Auroville Film Festival is to showcase and encourage local talent in this field. Part of the festival is, therefore, a Kino Kabaret! Kino Kabarets are events where artists collaborate to create films within 48 hours and, in our festival, all these films were screened on the last day.

The importance of festivals organised by the residents of Auroville can never be overstated, especially in the way they contribute to local vitality and stimulate cultural development in Auroville. The outdoor screenings and performances and the crowds they drew further testify to the power of outdoor arts to bring together audiences that might otherwise not take the trouble to attend art events.

This festival aims to bring people and cultures together within Auroville and beyond, thereby furthering the aspiration of human unity. With the ninth edition of the Auroville Film Festival the



experience was one that went beyond film-viewing, turning it into a truly fulfilling cultural experience.

### WINNING FILMS IN THE CATEGORY OF FILMS MADE BY AUROVILIANS AND RESIDENTS OF THE BIOREGION

Mongbra Award :

**MORIBUND** by Birgitta Volz : This impactful film highlights the resilience and creativity of the Auroville community as it faces ecological and other challenges.

Cinema Paradiso Award :

**SOUND OF AIR** by Rishi Vengadesan : The film stands out with its treatment of sound and image reinforcing its choice of an interesting subject.

Wisdom award:

**ECM' 24** by Nefertiti Chakrabarti : A sensitive and complex tribute to the Endangered Crafts Mela that conveys the transformative experience of learning and apprenticeship in Auroville.

The Jury Award was shared by two films

Jury Award 1 :

**EARLY YEARS IN AUROVILLE** by Lisbeth Nusselein : This film blends archival photographs with an autobiographical narrative that invites the audience to reflect on the journeys and voices that have built Auroville.

Jury Award 2 :

**30 YEARS OF KEEPING THE MUSIC FLOWING** by Serena Aurora : This film highlights the inspiring effort by Aurovillians to harmonise its diverse notes and sing in one voice - a metaphor for the community as a whole.



## WINNING FILMS IN THE CATEGORY OF FILMS MADE ABOUT AUROVILLE AND THE BIOREGION

Cinema Paradiso Award :

**REFLEKT** by Santosh Manik: The film is a tribute to the transformative power of cinema tracing the directors journey from being a student of technique to emerging as an artist in the vibrant spiritual landscape of Auroville.

Wisdom Award :

**NOTES FOR THE SELF** by Jahnvi Pradeep: The film effectively uses Auroville's landscape to depict the tensions and harmonies of a mother-daughter relationship as a poignant visual poem.

Jury Award :

**BLOOMING HOUR** by Logeswaran M - An honest, lyrical exposition of the beauty of mornings.

## WINNING FILMS IN THE CATEGORY OF FILMS THAT DEVELOP THE THEME OF HUMAN UNITY

Cinema Paradiso Award:

**AGENT OF HAPPINESS** by Arun Bhattarai and Dorottya Zurbó : This documentary takes place in Bhutan. In 2008, Bhutan adopted the Gross National Happiness index, intended as a holistic way of measuring quality of life. The movie follows two agents who are hired to travel around Bhutan to carry out the Gross National Happiness survey. The film highlights happiness as a complex and personal experience, shaped by inner states and external conditions. Along the way, we witness a blossoming love story, moments of hope and disappointment, humour, and the beauty of the country itself.

Wisdom Award:

**PATROL** by Camilo de Castro and Brad Allgood : Patrol takes us through the rainforest in the Indio Maíz Reserve in Nicaragua. Rapid illegal deforestation is taking place to feed the growing demand for meat, especially for export to the USA. The documentary follows the Rama-Kriol people, who are determined to protect the forest in a peaceful yet powerful way. They collect data and travel across Nicaragua and finally the world to take legal action and bring the issue to light. They show a deep love for nature and an understanding of all humanity's dependence on the health of the rainforest. The film shows how structural and economic pressures are driving environmental destruction.

Jury Award:

**NO OTHER LAND** : It depicts the generations long struggle on an almost barren area that is dotted with tiny villages. It allows viewers to experience the daily lives of the villagers and shows their humanity and ability to find moments of joy and laughter amidst hardship and brutality. The movie depicts human resilience and persistence in the face of crushing failures as well as the power of the powerless.

Special Mention:

**FARMING THE REVOLUTION** by Nishtha Jain : The film depicts the collective strength of farmers, who across generations and social backgrounds, come together to defend their livelihood. It shows how a shared purpose can become a unifying force.

THIS FESTIVAL WAS MADE POSSIBLE THROUGH THE EFFORTS OF:

A\_line Meant to Be, Aaro, Aashay, Akash, Amy, Anand, Anandi, Aneeta, Ann, Arul, Arun, Ashwin, Aurosylle, Auroville Bakery Cafeteria, Auroville Radio, Binu Kumar, brainfever media productions, Brothers House, Centre d'Art, Chandra, Christoph K, Coffee Ideas, CRIPA, Daljeet, Damien, Dhananjey, Dharmesh, Dhruv, Divya, Dominique, Dustudio, Edo, Elaine, Elena, Erik, Fabienne, Fakirah, Fred, Goyo, Gustavo, Guy, Hibiscus Art Village, InLight, Jayala, Jean Francois, Jenny, Jenya, Jethin, Joy, Julietta, Jurriaan, Kalabhumi Music Studio, Kripa, Krishna, Kshitij, Laura, Laxmanan, Lella, Liliana, Malina, Marco S, Mathilde, Melody, Miniature, MMC/CP, Moghan, My Favourite Things, Nadaprem, Nandha, Naturellement, Nausheen, Nina, Nirami, Noizegate, Odile, Pala, Palani, Pavneet, Prasad, Ramesh, Rashmi, Raul, Renu, Right Path Café, Rob, Robin, Rolf, Rosie, Rugved, Saga and his team, Shakti, Sakthi Arts, Salman, Sandra, Sasi, Shanti, Sharmili, Simon, Softnet, Sundar, Sunlit Future, Surendhar, Suryan, Suzy, Swar, Sylvie, Tixon, Tlaloc, Tommaso, Utkarsh, Valerie, Venkatesh, Verena, Yunsung, and many more who offered their support as a sadhana.

Thank you!



## RESIDENTS SPEAK

### ON THE DESCENT OF A NEW MUSIC - PART 2

I received a scholarship from Regina Resnik, one of the leading mezzo- sopranos of the Metropolitan Opera, to attend Hunter College and prepare myself for an operatic career. I began voice studies with Rosalie Miller, perhaps the most famous teacher in New York City, who also taught Ms. Resnik.

I began concertizing in my mid-to-late teens and gave solo performances with my pianist, Douglas Williams, who was also my roommate. The octavist voice is much sought-after in the sacred choral music of Russia, and I was welcome in many churches and cathedrals in the New York/ New Jersey area.

I have written previously of my leaving the church because something in me began searching for a unifying factor that would unite all religions and all philosophies with none above another. Because my father was a landscaper, and I worked with him for years, my equal love was for Nature, garden design, and especially flowers.

An opportunity to go to California and stay with an aunt and uncle to recover from a serious operation opened me to the beauty of sub-tropical plants and the climate of Santa Barbara, where seemingly everything grew and flowered to perfection! On returning to my parent's home by bus, I noticed a very dignified Indian man seated alone and asked if I might sit with him and ask him some questions. To my great joy, he answered everything with such clarity that I began studies of Raja yoga with him that lasted for more than two years. His name is Pandit Bhek Pati Sinha, a Raja Yogi, married to a Swedish lady and the father of two young girls.

Pandit Sinha called me aside one day and asked if I would like to continue my music studies and learn Eastern music. He told me he could get me a scholarship to Rabindranath Tagore's university, Shantiniketan, and I would only be responsible for my passage by freighter to and from India. I readily agreed, but not having funds for the journey I began working two jobs, landscaping with my father during the day and working in a machine shop at a drill press in the evening.

*Narad*

# MOTHER'S 'AUROVILLE PROSPERITY' IN KIND SERVICE

## AUROVILLE PROSPERITY

- (1) Chits should be submitted before 24th.
- (2) Prosperity articles should be collected on 1st of every month between 9-30 A. M. and 11-30 A. M. and in afternoon between 3 P. M. to 4 P. M. From 2nd to 5th it is open only in the afternoon. In case the chit is given late please collect the items on the 5th afternoon instead of 1st.
- (3) Anybody leaving Pondicherry during the month should intimate Auroville Prosperity.

General	Period	Toilet	Period
1 Umbrella ... ..	4 Years	Toothpast or Tooth Powder ... ..	1 Month
1 Pair L. Sandles ... ..	1 Year	Hair oil ... ..	1 Month
1 Pair R. Sandles ... ..	1 Year	Shaving stick ... ..	6 Months
1 Mat ... ..	4 Years	Shaving Brush ... ..	1 Year
1 Pillow ... ..	3 Years	4 Washing Soaps or 1/2 Kg. S. Powder ... ..	1 Month
1 Mattress ... ..	6 Years	1 Toilet Soap ... ..	1 Month
		3 Blades ... ..	1 Month
		1 Tooth Brush ... ..	6 Months
		1 Tongue Cleaner ... ..	6 Months
		1 Comb ... ..	1 Year

CLOTHING			
1 Towel ... ..	1 Year	4 Sarees or ... ..	} 1 Year
1 Gamcha ... ..	1 Year	4 Dhodies or ... ..	
1 Bedsheet ... ..	1 Year	4 Pyjamas or ... ..	
1 Pillow Cover ... ..	1 Year	4 Shorts or ... ..	
2 Bngs (cotton) ... ..	1 Year	2 Pants full ... ..	} 1 Year
1 Mosquito Net ... ..	6 Years	4 Ganjees or ... ..	
		4 Brassieres ... ..	
		4 Hand Kerchiefs ... ..	
		4 Kurtas or ... ..	} 1 Year
		4 Shirts or ... ..	
		4 -Bush Shirts or ... ..	
		4 Blouses ... ..	
		4 Under wears or ... ..	} 1 Year
		4 Langotis or ... ..	
		4 Jaughnas or ... ..	
		4 Petticoats ... ..	

### Part One

Not even three months had elapsed since founding Auroville, when Mother introduced a collective 'in kind' system she called "Auroville Prosperity". She launched it on 16 June 1968 by this powerful message:

***"Auroville is meant not for the satisfaction of desires but for the growth of the true consciousness."***

The Sri Aurobindo Ashram Prosperity, instituted decades earlier, was the model; even the forms were same. Besides free meals, Prosperity provided basic items such as clothing, toiletries, kitchen vessels, essential appliances and whatever other goods or repair were necessary for day-to-day living. Healthcare, simple accommodation and furniture, children education and all the basic necessities of daily living and services – along with leisure time and entertainment: the Auroville recipient were taken care of in a spirit of fraternal sharing, according to the available resources. Bicycles were provided, motorbikes were for work only. The Sri Aurobindo Society bus commuted to and from Pondy twice, daily; thrice, if they were evening programs. Madras was reached by public bus.

The conditions to be granted the Auroville Prosperity were:

1. Having no other economic resources of one's own.
2. Alternatively, donating to Auroville whatever material possession one had (if any).
3. Work for the community (not for oneself or one's family), a minimum of five hours a day, all year round. Six hours if Sundays were excluded.

Point 5 in the admission form to be submitted to the Mother for acceptance indeed specifies: ***"When Auroville meets the individual's needs and requirements, one is expected to offer to Auroville all that he has and can in respect of material possessions."*** This proviso rules out those having pensions, cars, flats, lands or other properties.

On 23 May 1972 the Mother signed the final guidelines for the economic activities, highlighting once more the Auroville Prosperity:

***"One of the objectives of Auroville is that economic activities of all kinds, whether industrial, artisan, agricultural etc., should be completely taken up by Aurovilians. Since the requirements of the Aurovilians are completely looked after by Auroville, the question of salary does not arise."***

Mother's secretary to Auroville, Shyam Sunder, met Mother daily, she guided him step by step. This excerpt shows how strict she was:

*"For a person working satisfactorily since a year, who now asks for maintenance by the Auroville Prosperity, Mother said neither yes nor no, but asked after a while, "How to know that they have no money?"*

*"It is very difficult to know. In some cases where they demanded Prosperity and were asked to wait, they managed to continue some*

*more months with their money."*

"Yes, how to know? What to do? What can I say?"

*"To this man I can say clearly that Prosperity is for those who have no money left with them, and if he says that he has nothing, we give him the Prosperity and leave him to his conscience."*

"Yes, yes, it is a very good idea. Speak to him."

Shyam Sunder, Down Memory Lane, pp. 221-2, 11.9.1972

This is Mother's last message to Auroville, her testament, and it concerns the Auroville Prosperity:

*A request for Prosperity was answered in the negative.*

*Mother remarked, "The first condition is not to tell a lie and this person started with a big lie."*

*First Mother wanted to write, "No liars in Auroville" or "No lies in Auroville," but then she wrote,*

*"Auroville will become what it must be, only if and when the people living there will stop lying."*

Shyam Sunder, Down Memory Lane, p. 281, 18.3.1973

*Submitted by Paulette*



## **Trilogy of rEvolution**

"Inherently the Truth, Whatever, you are correct..."

Behind the chaos of our modern world lies a Divine Play of Hide-and-Seek. We are transitioning from the "mortal drifter" to the fully conscious "Unique Expression".

Dive into the Trilogy of rEvolution—a three-part poetic journey through the teachings of Sri Aurobindo and The Mother, exploring the descent of the Supramental and the blossoming of the Life Divine.

The prodigal child has come full circle. And with a Smile of Love awaits the Divine Mother.

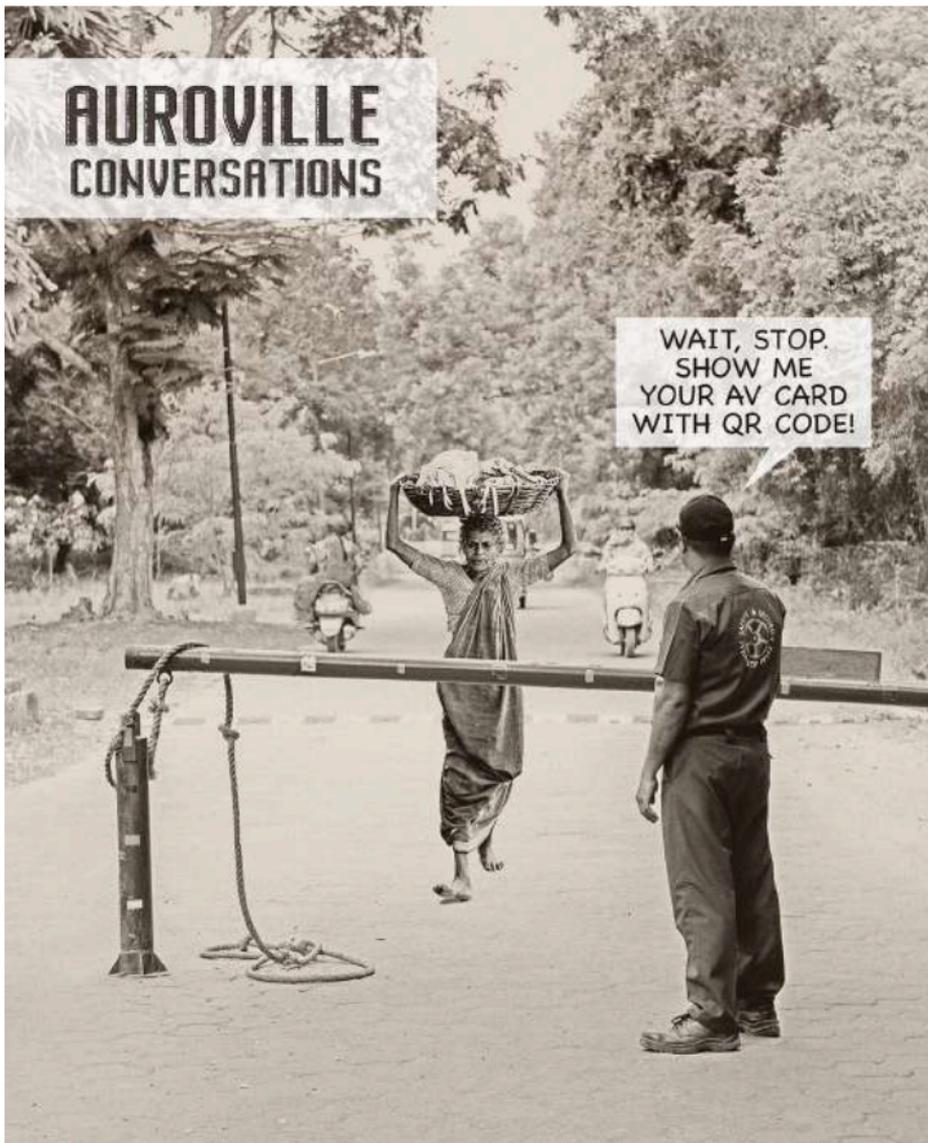
<https://zechjoya.blogspot.com/2026/01/trilogy-of-revolution.html>



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

Zech

## AUROVILLE CONVERSATIONS



*Submitted by an Aurovillian*

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

**22 Janvier 2026**

Click on date or scan the QR code to read the **French** News&Notes.



**29 Janvier 2026**

Click on date 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 3<sup>rd</sup> February, 9 am - 12 noon**

**Focus: The Great Stair of Existence**

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

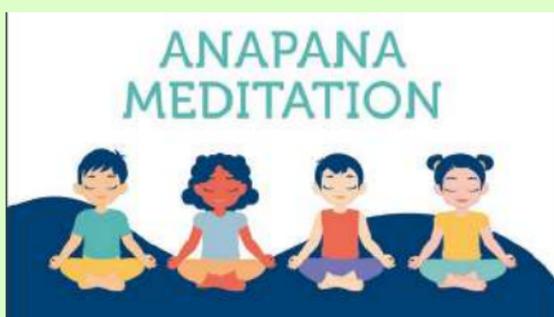
**Please register in advance**

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

(Private sessions on request at other timings)

## ONE-DAY ANĀPĀNA MEDITATION COURSE FOR CHILDREN (AGES 10-18)

AUROVILLE - SATURDAY 7<sup>TH</sup> FEB 2026 | 8 AM - 2 PM



- Attendance to the entire day is compulsory.
- **Venue:** SAIER Hall (1st Floor, SAIER Building, next to Town Hall), Auroville, Tamil Nadu – 605101
- **Maps:** <https://maps.app.goo.gl/JxSsGTW2BmpWwaur9>
- **Course Language:** English
- A one-day Anāpāna meditation course for children will be held in Auroville to introduce the practice of mindful breathing in a peaceful, supportive environment.
- **What is Anāpāna?**
  - Anāpāna is the ancient technique of observing the natural breath — simple, yet profoundly effective in developing concentration and self-awareness. Taught in the tradition of Vipassana meditation, it helps children calm their minds, improve focus, and cultivate positive qualities such as patience, gratitude, and compassion. Many students find that regular practice enhances their ability to manage emotions, study with clarity, and interact more kindly with others.
- **Lunch:** Vegetarian lunch will be provided.
- **Dress code:** Children are requested to wear loose, comfortable with sleeves clothing suitable for sitting cross-legged on the floor. No shorts please.
- **What to bring:** Water bottle ONLY. All other materials will be provided.
- **Parents:** Please drop children at 8:00 AM and pick them up at 2 PM.
- Please spread the word among friends and family so more children can benefit from this beautiful practice.
- Registration (COMPULSORY): Register by Tuesday Feb 3rd : <https://forms.gle/7b4bmzzRT7SA7xgx7>

For details, **contact** us: WA +91 88074 34864

## 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.

### #13 Professional Support for Trauma healing

In cases of repeated trauma (toxic relationships, abusive workplaces), seek the help of a psychologist or psychotherapist. Speaking things out, being heard, and exploring options for change or exit can be essential.

*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

### REGIONAL FRISBEE TOURNAMENT

SATURDAY 31<sup>ST</sup> JAN & SUNDAY 1<sup>ST</sup> FEB, GAIA FIELD

Dear Community,

Auroville Ultimate Frisbee is excited to announce that we are hosting a **Regional Frisbee Tournament** this weekend **Saturday 31st 31<sup>s</sup> Jan & Sunday 1<sup>st</sup> Feb** at **Gaia field**.

The tournament is for **women's** and **men's** divisions and we have 2 women's teams participating from Auroville.

Matches will take place from 6am-6pm on both days with snacks and juices on the far side for all to enjoy :)

Finals will happen on Sunday afternoon.

We apologise in advance if any inconvenience is caused — do come and watch and cheer.

Looking forward to seeing you there!

Bhavya, Manju, and Smiti  
for the AV Ultimate Team



## AUROVILLE STORIES: 2068 - THE FIRST 100 YEARS

- SIX-WEEK STORYTELLING PROJECT (TUESDAYS FROM 27<sup>TH</sup> JAN - 3<sup>RD</sup> MARCH, SUNLIT PATH)



Rumi famously wrote, “Out beyond ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.” Yes! Let’s go! But tell me, where exactly is this “field”? It’s a bit like telling a friend, “Let’s meet ... by a tree.” Thanks Rumi, but we could use clearer directions.

Way back in your time — 2026! — that’s what *Auroville Stories* set out to explore — how can we **dream together and share stories of how we actually reached this “field” of Human Unity**, looking backwards from Auroville’s 100th anniversary in 2068.

Why was this “field” so hard to find? Was it because humans are selfish? Broken? Hopeless? No. The biggest hurdle humanity faced in the mid-2020s — larger than climate chaos, deeper than political polarization, more paralyzing than collapsing systems — was a **crisis of imagination**. Not a lack of intelligence. Not a lack of technology. Not even a lack of will or desire. It was our inability to *imagine together*, beyond our differences, without fear or blame.

Sri Aurobindo and the Mother understood that what is seeking to manifest does not simply appear as policy or structure. It shows up first as images, stories, and a felt sense. Only later does it crystallize into form. But this is far easier to name than to practice. Sri Aurobindo warned that much of what we call imagination is actually *vital imagination* — shaped by fear, desire, and habit. It helps us navigate life, but can just as easily inflate our egos and harden our certainties.

Integral Yoga — and the promise of Auroville — invite us to go further: beyond imagination driven by our vital beings — toward *illuminated imagination*, which reveals new possibilities, and *intuitive imagination*, which quietly sees behind appearances and reshapes who we are from within.

So, if you’re reading this in early 2026, this is an invitation to enter a safe space over the next few weeks to work with others to **create and share hopeful and realistic stories** that move *beyond* politics and surface oppositions such as “right” vs. “wrong” or “order” vs “freedom” and *towards* our co-imagined field of Human Unity.

If this resonates, please register at [bit.ly/AurovilleStories2068](https://bit.ly/AurovilleStories2068) or contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or +91 92172 52447 with any questions. And **consider coming to at least the first session** next Tuesday — not to commit, but simply to experience what this is about. Your future self will be glad you did.

## AUROVILLE STORIES: 2068 - THE FIRST 100 YEARS

PUBLIC SHARING/SCREENING (SUNDAY 8<sup>TH</sup> MARCH, MMC, TOWN HALL)



The **Auroville Stories: 2068** storytelling project has begun! Over the coming weeks, a diverse group of participants will craft **short, realistic, and hopeful “future memories”** from Auroville’s 100th anniversary in 2068.

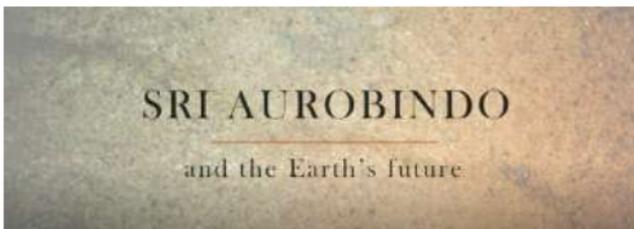
These stories will explore how we might grow through today’s challenges and more fully embody Auroville’s aspiration of **human unity and a city the Earth needs**. The project is intentionally **apolitical** and focused on imagination, listening, and possibility rather than debate.

Please...

- **Save the date and help spread the word** about the public sharing and screening of selected stories from the project on *Sunday, March 8 | 10:00–12:00 | MMC Cinema*.
- **Join our WhatsApp Community** to receive updates and announcements at <https://bit.ly/AVStories26> or QR code.
- **Contact Daniel Greenberg** at [daniel@ic.org](mailto:daniel@ic.org) or +91 92172 52447 if you’d still like to participate — it’s not too late!

Let’s keep imagining — and remembering — and building — our future together.

## **SRI AUROBINDO & THE EARTH FUTURE (MOVIE) - BENGALI VERSION RELEASED**



We are happy to inform you that the Bengali version of the movie "Sri Aurobindo & The Earth Future I" has just been released and can be seen here:

<https://www.youtube.com/watch?v=hERNhQlfP2E>

With a warm thanks to Ananjan Majumdar and team for having done a great work of translation and dubbing.

*Olivier (Revelation)*

## **JIVA AUROVILLE**



A platform of Auroville's 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

- Transforming Trauma with Sigrid 7<sup>th</sup> & 8<sup>th</sup> Feb 9-12:30, 2-3:30pm

[www.auroville-jiva.com](http://www.auroville-jiva.com) [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

WA 96260 06961

## 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 (Driste), 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](mailto:marinonimonica@gmail.com) – QR code

More information:

[www.monnicamarinoniashtangayoga.com](http://www.monnicamarinoniashtangayoga.com)  
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037BY3N

## THE INNERBEING PROJECT: LATEST UPDATES

Please, enjoy viewing the last episode of our series “Passion”, WonJa and the art of eating consciously : <https://bit.ly/49OzliG>

Also, you may consider becoming member of our Association, which promotes Peace in the World and Human Unity by bridging people and communities with Auroville, by filling this [form](#).

Sincerely to all,

Dan, for the InnerBeing Project



## 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.

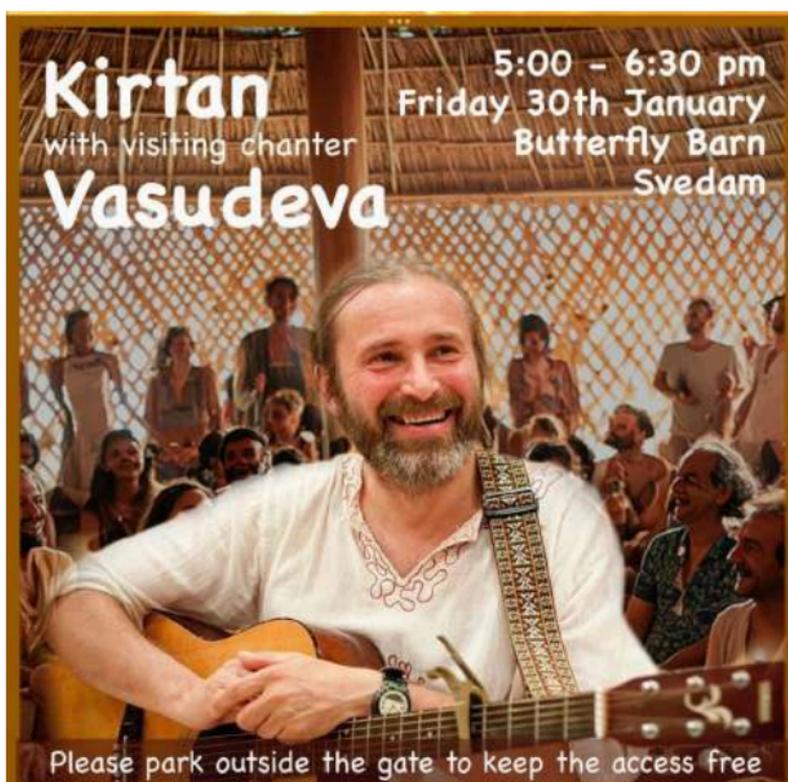
*Team Solitude Farm Café*

98433 19260

[solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)

## **FROM DANCES OF UNIVERSAL PEACE AUROVILLE: KIRTAN WITH VASUDEVA**

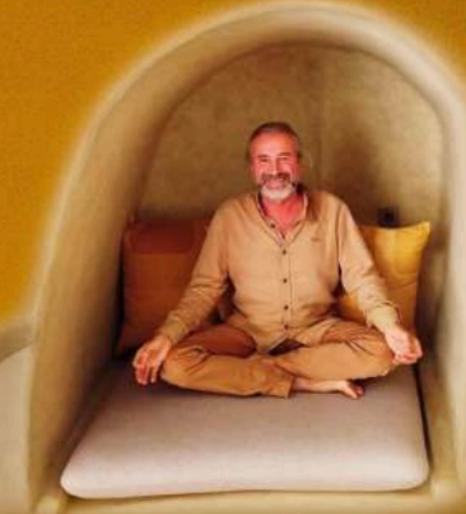
FRIDAY 30<sup>TH</sup> JANUARY, BUTTERFLY BARN, SVE DAME



## **SUFI SESHIN WITH VASUDEVA**

SATURDAY 31<sup>ST</sup> JANUARY, TIBETAN PAVILION

**Dances of Universal Peace Auroville**  
**A Sufi Seshin\* with Vasudeva**  
\* 20 minutes silent meditation alternating with Dances of Universal Peace  
**Pavilion of Tibetan Culture**  
**Saturday January 31st, 4:00 - 6:30 pm**



**Vasudeva**  
(Vladislav Kirbiatov)  
From Russia has been on the yogic path for 35 years with 30 years experience leading Dances of Universal Peace. He transmits Baraka (Grace), creates an atmosphere of devotion and joy, and serves as a channel of inspiration for all in his presence. This is Vasudeva's second visit to Auroville. He comes highly recommended by participants around India.

Vasudeva is also offering Kirtan, 4:30 pm Friday 30, Butterfly Barn

**Dances of Universal Peace**  
Jan 28, 4 - 6:00 pm Tibetan Pavilion

This session is especially beneficial for meditators wishing to deepen their practice and open their hearts. By donation.

# THE COLOURS OF NATURE GUIDED TOURS, WORKSHOPS & DISCOUNT SALES



30-minute guided tours in the mornings before 11:30 AM or at 4:30 PM. The fee is 1000 INR per person.

Workshops are hands-on textile sessions where you create beautiful patterns with your own hands—relaxed, friendly, and full of discovery.

- **♥ Shibori + Indigo (Resist & Dye)** - Fold, bind, wrap, and stitch your fabric to create resist patterns—then you will dye your finished piece in an indigo vat, revealing bold blues and unexpected details. Every result is unique.
- **♥ Batik + Indigo (Wax Resist & Dye)** - Learn the basics of wax-resist: draw and build your design with wax, create layers, and prepare your cloth—then you will dye your batik piece in indigo to bring your pattern to life with depth and contrast.
- **♥ Embroidery Workshops** - Slow down and enjoy the rhythm of the needle. Learn foundational stitches and techniques to add texture, detail, and personality to fabric—perfect for beginners and for anyone who loves craft.

## Important note:

For now, we are not offering workshops on how to prepare dyes from raw plants (those processes take many days—sometimes weeks—and we're still developing the right format to teach them properly).

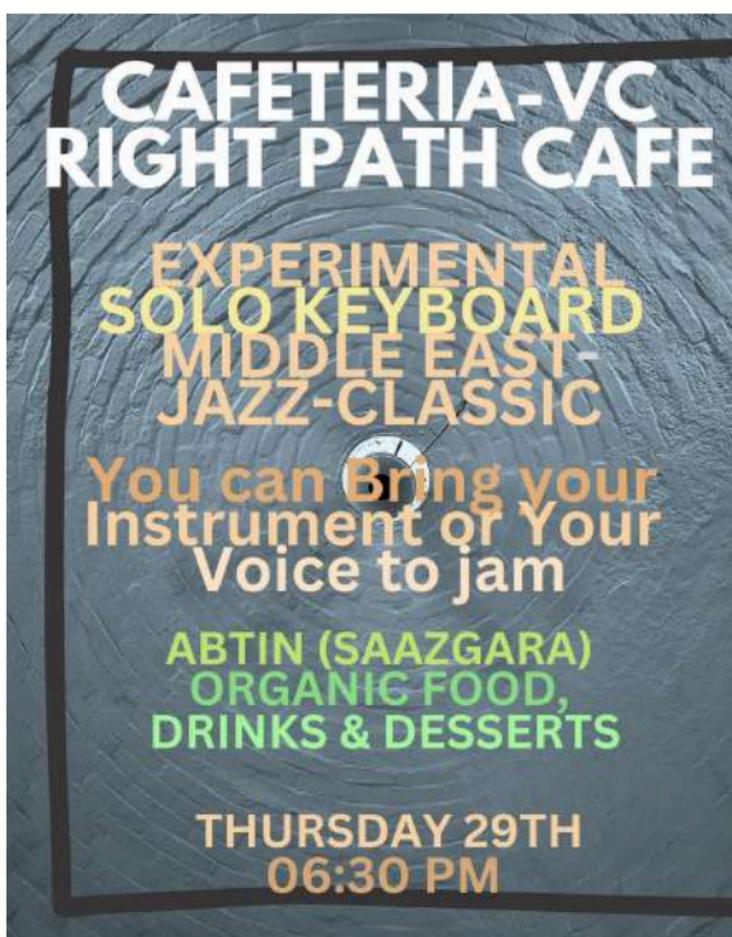
Beginners are very welcome—no experience needed. Come with curiosity, leave with something you made.

Reserve your spot. Limited places per session: mob: 63796 61916 / <https://northwestauroville.cynergy-software.com> 🌱



## EXPERIMENTAL SOLO KEYBOARD MIDDLE EAST- JAZZ-CLASSIC

THURSDAY 29<sup>TH</sup> JANUARY, RIGHT PATH CAFE, VC



## HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN  
HOUSE

**Hive**  
COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | [www.auromode.in](http://www.auromode.in)

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

-All for **FREE** on our Open House.

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

**All are Welcome!!!**

**FREE AI MASTERCLASS FOR ALL**  
EVERY SATURDAY, HIVE, AUROMODE



**AI CLASSES ARE BACK!**  
Restarting with fresh energy

**FREE**

• Prompt Engineering  
• Generative AI (GenAI)  
• AI Development,  
• Data Science

🕒 Every Saturday: 10am to 11am  
📍 Location: Hive, Auroville

Registration: RSVP to +91 9886740850

Join us on this journey once again

Hive  
COWORKING SPACE

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

Open for all, no prior experience needed.

Contact: +91 98867 40850 / [auromodehive@auroville.org.in](mailto: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](mailto:matilde@coffeeideas.in)



## 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)*



## HOUSING

Dear Community,

Devna here :)

To *finally* get on with my Newcomer process (yes, I know, it only took me 8 years of being in AV to reach this stage), I am seeking a year long housing agreement ideally in the **Residential Zone**.



As a single woman, with only a cycle for transportation, I would very much need to find a furnished home (with a private kitchen) close to my place of work (the Library) and other amenities. A very organised/fastidious, clean, responsible, and domesticated person that likes to be at home quite a bit, one can be sure that a space will be very much appreciated and cared for. (I have many references over the 8 years/20+ spaces I've stayed in, please don't hesitate to ask!)

If you know/hear of something, do contact me at [danjummy@gmail.com](mailto:danjummy@gmail.com)

In hope for a suitable year long roof to thrive better/stay in Auroville,

Thank you in advance!

## 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](mailto:sigridauroville@gmail.com) or Whatsapp 96260 06961,

Thank you, *Sigrid*

## 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 10<sup>th</sup> January**.

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

DM *Petra* - WhatsApp 80989 58679 / [petramo@auroville.org.in](mailto: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 13<sup>th</sup> January at 1430 pm on the kuilapalayam main road.**

Please contact : +9195005 08768. *Olga*

Thanks in advance.

## WORK OPPORTUNITIES

### **JOB OPENING: CINEMATOGRAPHER & FILMMAKER (PART-TIME)**

AURORA'S EYE FILMS | AUROVILLE, TAMIL NADU

Aurora's Eye Films is an independent film studio based in **Auroville**, creating documentaries, web series, and visual stories rooted in **conscious living, sustainability, community, and human connection**. We are looking for a **skilled and sensitive Cinematographer & Editor** to join our team on a **part-time basis**.

This role is ideal for someone who enjoys working on meaningful, real-world stories and is comfortable in both collaborative and self-directed environments.

---

#### **Role Overview**

As a Cinematographer & Filmmaker, you will be involved in the visual creation of films from concept to completion — including shooting, visual storytelling, and occasional editing support. Projects may include documentaries, interviews, community films, social impact stories, and web series.

---

#### **Key Responsibilities**

- Cinematography for documentaries, interviews, and short films
- Operate camera, sound, and basic lighting setups
- Collaborate on visual storytelling and shot design
- Assist in pre-production planning (locations, framing, mood)
- Occasionally support editing, colour grading, or post-production workflows
- Must have own camera

---

#### **Skills & Experience**

- Strong cinematography and camera operation skills
- Experience in documentary or independent filmmaking
- Basic knowledge of sound recording and lighting
- Familiarity with editing software Premiere Pro
- Ability to work independently and as part of a small creative team
- A good visual eye, patience, and attention to detail

---

#### **How to Apply**

Please send:

- A short introduction about yourself
- Links to previous work or showreel

Email: [serena\\_aurora@auroville.org.in](mailto:serena_aurora@auroville.org.in)

Website: [www.auroraseyefilms.com](http://www.auroraseyefilms.com)

love and light

*Serena*



# ACTIVITIES AT SERENDIPITY

## SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



## REGULAR CLASSES FOR JANUARY :

### Hatha Yoga with Ramesh

- **Monday and Thursday from 5:30 - 6:45pm and Saturday 7:30 - 8:45am - drop in class**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

---

### Tibetan Bowls - Sound Healing with Pratik

- **Friday from 5 - 6:30pm - drop in class**

Tibetan singing bowls are crafted from a blend of metals, each carefully tuned to produce unique harmonic sounds. When played, these bowls generate vibrations that interact with the body's energy field, encouraging a meditative state and fostering overall well-being. The practice is based on the principle that everything in the universe, including the human body, is in a state of vibration. Disruptions or imbalances in these vibrations can lead to stress, illness, and discomfort. By aligning the body's frequencies through sound, Tibetan bowl healing seeks to restore harmony and vitality.

---

### Sacred Ceremonial prayer dance and whirling with Louise Rose

- **Sunday from 11am - 12:30pm - drop in circle - Women only**

Our movement is a prayer, a returning, a remembrance of the ancient feminine ways. Through circle, rhythm, and embodied connection with Earth, we awaken lineage, belonging, and the shared heartbeat of sisterhood.



## WORKSHOPS

### CO-CREATING THE DREAM WORKSHOP SERIES

SATURDAY 31<sup>ST</sup>  
JANUARY, VÉRITÉ



Co-creating the Dream

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 31<sup>st</sup> January from 9:15 - 12:15** in Verite with our eighth workshop:

### **Holding the Fire Together**

- Meeting arising situations with wisdom and clarity

In the living laboratory of collective life, feedback and conflict are not disruptions but vital signals. This workshop explores how groups can respond wisely to helpful and unhelpful behaviour, and meet conflict

with fairness and care. Through embodied practice and shared inquiry, the workshop seeks to cultivate safety, accountability, and the courage needed for healthy, resilient groups.



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

## **VOICE SOUND JOURNEY**

SATURDAY 31<sup>ST</sup> JAN, HALL OF LIGHT, CREATIVITY

A promotional poster for a workshop. The background is a gradient of blue and purple. The text is white and yellow. There are two small inset photos: one of a person playing a stringed instrument and another of a woman smiling.

**Voice sound journey**  
Hall of Light  
Creativity community  
Saturday, 31 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

Singing is perhaps the most direct "expressway" to connecting with your heart. Here is how it helps bridge that gap:

#### 1. The Vagus Nerve Connection

- The vocal cords are connected to the vagus nerve, the longest nerve in your body that regulates your "rest and digest" system. How it helps: When you sing (especially deep, resonant tones),

you physically stimulate the vagus nerve. This signals your heart to move into a state of coherence, making it much easier to feel "heart-centered" and calm.

#### 2. Bypassing the "Internal Critic"

- The logical mind often uses words to judge or overthink. Singing, however, relies on melody and frequency. The Shift: When you sing from the heart, you stop worrying about "the right words" and start focusing on the feeling of the sound. This helps bypass the mental ego that usually tells you to be quiet or stay small.

#### 3. Emotional Release (Catharsis)

- Sometimes the heart has "trapped" emotions that the mind can't quite articulate. The "Heart-Lung" Synergy: Because singing requires controlled breath work, it forces a synchronicity between your lungs and your heart. This physical flow often "unlocks" stuck emotions, allowing you to cry, laugh, or feel a sense of relief through the music.

#### 4. Finding Your "True Tone"

- There is a difference between singing to "perform" and singing to "connect." Authentic Resonance: When you sing from your heart voice, you aren't trying to sound like a pop star. You are finding the frequency that feels most resonant in your own chest. This builds a profound sense of self-trust and confidence.

## THE SCHOOL OF THE INNER WAY PRESENTS THE ART OF CHI STEVANOVITCH'S METHOD

TAI CHI CHUAN BEGINNERS' INTENSIVE 2<sup>ND</sup> - 21<sup>ST</sup>  
FEBRUARY, SHARNGA

# THE SCHOOL OF THE INNER WAY

Presents

## THE ART OF CHI - Stevanovitch's method



### TAI CHI CHUAN BEGINNERS' INTENSIVE

February 2 to February 21

Monday to Saturday, 7.30 - 10.30 am

Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

Led by Krishna, the work is essentially directed towards:

Concentration techniques to stay focused

Mastery of the body through breathing and muscular relaxation;

Improvement of movement through balance and coordination;

Learning to mobilize Chi. First perceiving it, then guiding it

in one's body with the use of three factors:

will, imagination and muscular activity.

This is a recreational activity

For information and booking, contact Krishna at 0413 - 2623187

taichi@auroville.org.in or taichi.auroville@gmail.com

www.artduchi.in www.artduchi.com

# YIELDING TOGETHER - A FOUR-DAY WORKSHOP IN CONTACT IMPROVISATION

THURSDAY 12<sup>TH</sup> - SUNDAY 15<sup>TH</sup> FEBRUARY, CRIPA



(Last day for Early Bird Offer is 5<sup>th</sup> Feb 2026)

Simply put, yielding means to actively meet something. And actively meeting something means your relationship to that something will change. In application it is not just one's own body weight in relationship to the earth but also into the space around. In sharing the practice of yielding together, the invitation is to melt into the easeful dance of life feeling both supported and easeful.

Through Contact Improvisation, we will dive into movement as an open-ended exploration of sometimes wild and athletic, sometimes quiet and meditative expression of ourselves.

Turning inwards, with a somatic approach, spending time with our inner landscapes, letting the outer and more larger expression appear from the sensations inside.

Some of the aspects of Contact Improvisation that we would be studying in this workshop are:

- communicating through weight and how it supports our movement in solo and in contact with other bodies.
- spirals and effortless movement together
- breathing, trusting and deep listening
- support, following and leading, momentum
- qualities that we wish to cultivate are listening, stillness, curiosity, fluidity, playfulness, spontaneity.

## DATES

- 12<sup>th</sup> Feb to 15<sup>th</sup> Feb, 2026
- First two days, 12<sup>th</sup> Feb & 13<sup>th</sup> Feb, are beginner friendly and are open to all levels of experience and can be only enrolled for a complete workshop.
- Existing practitioners with some experience can also choose to join the last two days, 14<sup>th</sup> & 15<sup>th</sup> Feb.

## SCHEDULE and VENUE

Thursday 12<sup>th</sup> Feb and Friday 13<sup>th</sup> Feb:  
9:00 AM - 1:00 PM in CRIPA Main Hall

Saturday 14<sup>th</sup> Feb and Sunday 15<sup>th</sup> Feb:  
9:30 AM - 1:30 PM in CRIPA Main Hall

## FEES (for guests in Auroville)

- Early Bird Price For 4 days: 8,000 INR (paid registration before 5<sup>th</sup> Feb)
- Regular Price For 4 days: 12,000 INR (for beginners and existing practitioners)
- Regular Price For Last 2 days - 7,500 INR (only people with some prior experience can join last two days)
- For registered Aurovillians, Newcomers and Volunteers registered with SAVI/ATR: Free contribution.

For registrations and enquiries: [aurovilleartworld@gmail.com](mailto:aurovilleartworld@gmail.com)

## About facilitator

Harmandeep Singh

Harman was touched and moved by the practice of Contact Improvisation 7 years ago, leading him to immerse Contact Improvisation into his lifestyle. In this journey of learning and research, he indulges in other movement practices including contemporary dance floor work, somatic practices, body work etc. He is intrigued by the art of facilitating, creating and holding spaces for collaborations of various art forms with CI. Harman's inspiration to Contact Improvisation in different aspects of life is leading him to travel to different places, spaces and cultures while sharing the practice of CI along the way.

- Instagram: <https://www.instagram.com/harman007singh/>
- Facebook: <https://www.facebook.com/harmandeep.web/>
- Youtube: [https://www.youtube.com/channel/UCUd\\_CCQ8us0SACO-9QQOvGA](https://www.youtube.com/channel/UCUd_CCQ8us0SACO-9QQOvGA)
- Website: <https://incontact.co.in/about-us>

## AWARENESS THROUGH THE BODY (ATB)

ATB 1 WORKSHOP, SAT 7<sup>TH</sup> - SUN 8<sup>TH</sup> FEBRUARY



**ATB**   
*Awareness Through the Body*

ATB 1

Workshop

7th - 8th of February  
in Auroville

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

contact and enrollment:  
[connect@atbwithamir.com](mailto:connect@atbwithamir.com)

[www.awarenessthroughthebody.org](http://www.awarenessthroughthebody.org)

# CULTURAL ANNOUNCEMENTS

## PHOTO CIRCLE

FRIDAY 6<sup>TH</sup> FEBRUARY, CENTRE D'ART, CITADINES



Photo Circle meets again on **FRIDAY 6<sup>th</sup> FEBRUARY** at 5pm in the **Centre d'Art multimedia room**, at Citadines

The Photocircle brings together Auroville's photographers and amateurs.

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

Everybody's welcome.



## 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 **31<sup>st</sup> 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](mailto:centredart@auroville.org.in)

## RUDRA VEENA BY CARSTEN WICKE

### A MUSICAL OFFERING AND CONTEMPLATION

SUNDAY 1<sup>ST</sup> FEBRUARY, MATRIMANDIR AMPHITHEATRE



*"Silent and listening in the silent heart  
For the coming of the new and the unknown,....  
He heard the secret Voice, the Word that knows"*

Savitri

**Sunday 1<sup>st</sup> February, 6.30 pm.**

All are invited to a musical mediation to the sound of one of the most ancient instruments of Indian Musical Culture.

Carsten Wicke is one of the few international masters of the Rudra Veena, whose music brings the almost lost sound from the millennia-old tradition into the present.

- Entrance from the Office Gate at 6:15 pm.
- Guests are requested to bring along their Aurocard.
- Access for guests limited to the Amphitheatre
- **Last entrance for guests at 6:15 pm.**

**Aum!**

## 中 AND 그 후 / IN THE MIDDLE AND AFTER

**BY OK JEONG LEE**

FRI 23<sup>RD</sup> JAN - WED 11<sup>TH</sup> FEB, CENTRE D'ART

**OK JEONG LEE**

**in the middle**

Mandarin: *zhōng /tʃʊŋ/*



Tuesday - Friday  
2.00 - 5.30 PM  
Morning by appointment

Saturday  
10 AM - 12.30 PM &  
2.00 - 5.30 PM



**after**

Korean: *geu hu /kw hu/*

**23** JAN 2026  
to  
**11** FEB 2026

Opening **4.00 PM**  
**Friday 23 JAN**

CENTRE D'ART, Auroville  
[centredart@auroville.org.in](mailto:centredart@auroville.org.in)

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

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**EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE**

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



# AT CRIPA

## ABOUT TIME

SATURDAY 31<sup>ST</sup> JANUARY

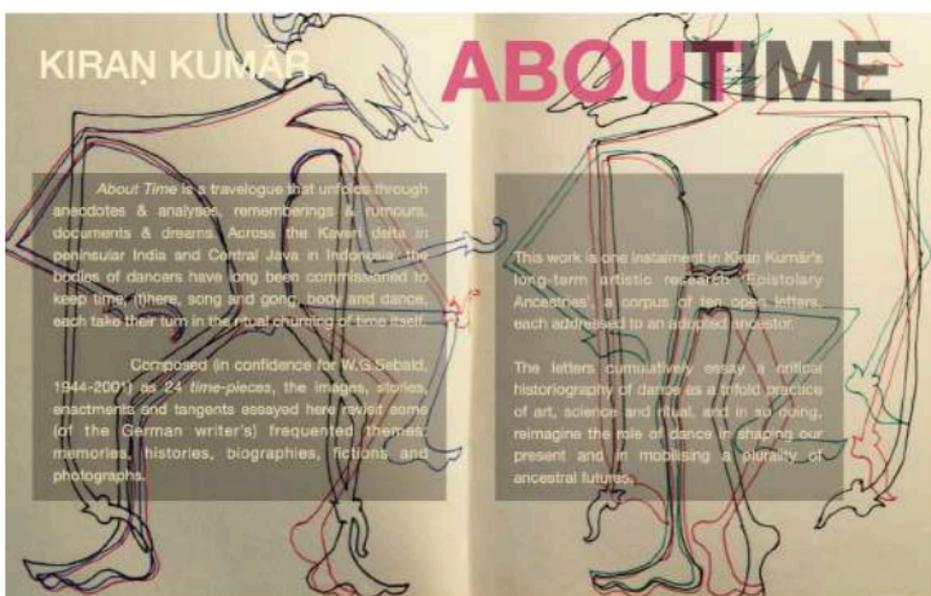


KIRAN KUMAR

## ABOUT TIME

a travelogue in 24 time-pieces

31 JANUARY 2026 | 7PM | CRIPA AUROVILLE



KIRAN KUMAR

## ABOUT TIME

About Time is a travelogue that unfolds through anecdotes & analyses, rememberings & rumours, documents & dreams. Across the Kaveri delta in peninsular India and Central Java in Indonesia, the bodies of dancers have long been commissioned to keep time, (where, song and gong, body and dance, each take their turn in the ritual churning of time itself.

Composed (in confidence for W.G. Sebald, 1944-2001) as 24 time-pieces, the images, stories, enactments and tangents essayed here revisit some (of the German writer's) frequented themes: memories, histories, biographies, fictions and photographs.

This work is one instalment in Kiran Kumār's long-term artistic research 'Epistolary Ancestries', a corpus of ten open letters, each addressed to an adopted ancestor.

The letters cumulatively essay a critical historiography of dance as a trifold practice of art, science and ritual, and in so doing, reimagine the role of dance in shaping our present and in mobilising a plurality of ancestral futures.

31 JANUARY 2026 | 7PM | CRIPA AUROVILLE



'About Time' is a travelogue woven from anecdotes and analyses, documents and dreams.

Moving between the Kaveri delta in India and Central Java in Indonesia, it traces how dance, song, and ritual have long been commissioned to keep time. Bodies, gongs, and gestures take turns in the churning of time itself.

Written as 24 time-pieces and addressed in confidence to W. G. Sebald, this work revisits themes of memory, history, biography, fiction, and the image.

An instalment from Kiran Kumār's ongoing project Epistolary Ancestries.

 : Saturday 31<sup>st</sup> January

 : 7pm

 : Cripa, Auroville

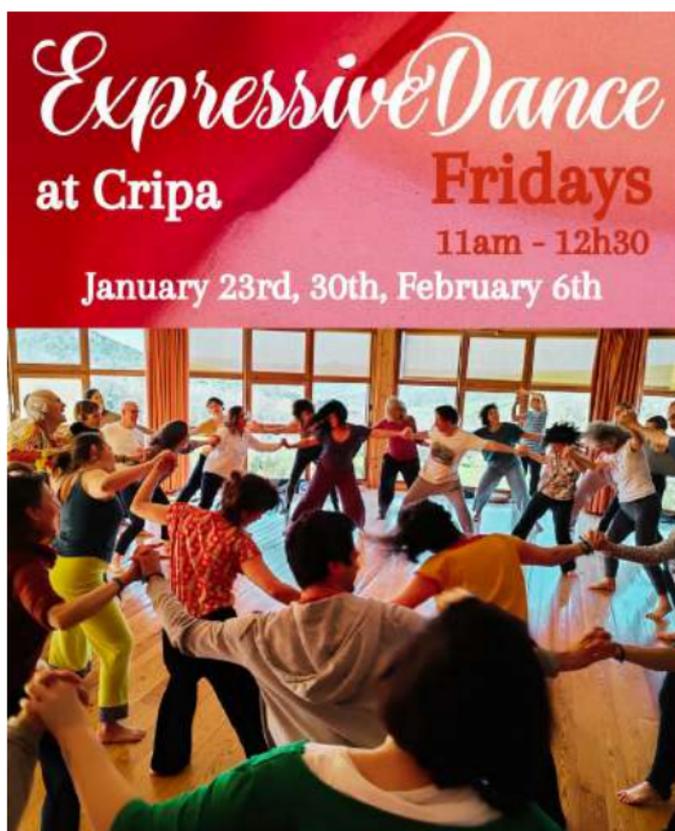
Open to all - free entry - contributions welcome





## EXPRESSIVE DANCE

FRIDAYS 30<sup>TH</sup> JANUARY & 6<sup>TH</sup> FEBRUARY



## Expressive Dance

An opportunity to discover the practice Rio Abierto - Open River ! This is an invitation to connect to your body, vitality and expressiveness ! In a circle, guided movements awaken the body's organicity. Tensions, emotions are released in a shared energy. Everyone can then blossom in free and creative dance ! This connection is an opportunity to increase the awareness of the subtle body. Opening-up to it will spread tender waves of Joy!

### With Claire

Artist and teacher in dance theater, somatic practitioner and Rio Abierto instructor, I lead workshops that place the body and movement at the center of an artistic and energetic practice. My intention is to open spaces that cultivate anchoring, presence and expressiveness.

An opportunity to discover the practice of Rio Abierto. This is an invitation to connect to your body, vitality and expressiveness!

Claire is an artist and teacher in dance theatre, somatic practitioner and Rio Abierto instructor.

 : Fridays on 23<sup>rd</sup> & 30<sup>th</sup> Jan & 6<sup>th</sup> Feb

 : 11am - 12.30pm

 : Cripa, Auroville

For more information:

 : +33 6204 72031 or [@claire.astruc.soif](mailto:claire.astruc.soif)

All are welcome, free entry, contributions welcome

## FOR THE BOOKWORMS



### WEEKLY READINGS OF THE LIFE DIVINE

EVERY FRIDAY, AUROVILLE LIBRARY



Weekly Readings of The Life Divine  
with Balvinder, at AUROVILLE LIBRARY

**Fridays, 4:30 - 5:30pm**

(from 23 January 2026)

All are welcome.

## FOOD

### FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



### FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

**Every Sunday, 9-11 AM**

La Ferme Community

(5 min from AV Bakery)

📞 WhatsApp Sarah: 9047421044



[www.myfoodforest.in](http://www.myfoodforest.in)

## AUROVILLE RADIO



Dear Aurovilians,

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

### Last published podcasts:

- [Savitri - Ep.32 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 20: "Death, Desire and Incapacity" \(Sri Aurobindo\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.4 "Pongalo Pongal" \(Story Telling\)](#)
- [Organisation from an Inner Guidance: Terra de Luz \(Spirituality\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.3 "The Three Special Gifts with Jumpa" \(Story Telling\)](#)

### Latest Youtube Videos

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1 - Chapter 7](#)
- [Auroville Earth Institute Workshop on Rammed Earth Wall Construction | Hands-on](#)

....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Regards,  
Sai Priya for Auroville RadioTV

**Hymn to My Mother**

12/26/03

O my mother could I have only seen  
The soul that dwelt within your wasted frame,  
Might I have glimpsed a visage great, a queen  
In former births so recognized, your name

Majestic sung in choral odes of love,  
Arpeggios struck upon a golden lute  
Within the cloister of a scented grove  
Divine, where Krishna plays His silver flute.

I only saw the coarsened outer mould  
And could not pierce the veils that screened your face  
Nor share your pain as you grew quickly old  
And cancer gripped your cells in fierce embrace.

O Mother I confess such ignorance  
Of life and all the joys that lie behind  
The masks we don for each experience  
To cross the guarded check-posts of the mind

And break into the country of the few.  
Perhaps in time new sight shall recognize  
The splendour that only at death I glimpsed in you  
And I shall bow with wonder in my eyes.

*Narad*

Assertion takes exertion.

Exertion leads to exhaustion.  
A temporary high,  
An expected low.

A winding path,  
Repeated,  
Can become a pattern.

To continue,  
Or to let go?

What if  
all these  
Are extras?

*Anandi Z*



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 5<sup>th</sup> - 11<sup>th</sup> January 2026

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

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

## **INDIAN - MONDAY 2 FEBRUARY, 8:00 PM:**

### **• SINGLE SALMA**

India-UK, 2025, Dir. Nachiket Samant w/ Huma Qureshi Sunny Singh Shreyas Talpade, and others, Comedy-Drama, 141mins, Hindi w/ English subtitles, Rated:

Salma, a devoted woman from Lucknow who has always lived for others, finally agrees to marry Sikander, a kind businessman. But when work takes her to London, she encounters Meet, whose free-spirited world challenges everything she thought she wanted. Torn between duty and discovery, Salma must choose her true path. As one critique observed, "Watch it if you enjoy simple, slice-of-life dramas with heart."

## **POTPOURRI - TUESDAY 3 FEBRUARY, 8:00 PM:**

### **• À BOUT DE SOUFFLE (BREATHLESS)**

France, 1960, Writer-Dir. Jean-Luc Godard w/ Jean-Paul Belmondo, Jean Seberg, Jean-Luc Godard, and others, Crime-Drama, 90mins, French-English w/ English subtitles, Rated: NR (R)

Michel, a small-time criminal on the run, crosses paths with Patricia, an American student torn between love and betrayal. Their fleeting romance plays out on the streets of Paris, blending danger, charm, and existential tension. Celebrated worldwide and honored with major accolades, this landmark of French New Wave cinema continues to captivate audiences with its daring style and unforgettable spirit.

## **SELECTION - WEDNESDAY 4 FEBRUARY, 8:00 PM:**

### **• GLASS ONION**

USA, 2022, Writer-Dir. Rian Johnson w/ Daniel Craig, Edward Norton, Kate Hudson, and others, Satire-Mystery, 139mins, English French w/ English subtitles, Rated: PG-13

In this award-winning film, when tech billionaire Miles Bron invites his closest friends to his lavish Greek island for a murder-mystery game, the arrival of master detective Benoit Blanc turns play into peril. Secrets unravel, alliances fracture, and every guest has a motive—making the weekend a deadly puzzle with layers waiting to be peeled back.

## **INTERESTING - THURSDAY 5 FEBRUARY, 8:00 PM:**

### **• FROM AMAZON TO GANGA: A CELESTIAL JOURNEY**

India-Brazil, 2025, Dir. Sehdev Kumar, Documentary-Spiritual, 76mins, English w/ English subtitles, Rated: NR

This film reflects on the nature of Spiritual Quest — a Celestial Journey inspired by Sri Aurobindo, Kabir, and Albert Einstein. Through Light and Water as Integral Elements in the Womb of Creation, it evokes a longing for New Birth. *Premiered in August 2025 in Auroville, it has already been shared at community venues. Shared by its creator, Dr. Sehdev Kumar, the screening will include a short introduction and brief Q&A.*

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

## INTERNATIONAL FILM - SATURDAY 7 FEBRUARY, 8:00 PM:

### • TANCUJ, MATYLD0 (DANCE, MATILDA)

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

This acclaimed Czech tragicomedy tells the story of Karel Jaros, a tough debt collector suddenly thrust into caring for his spirited mother Matylda after her Alzheimer's diagnosis. With his teenage son Pavel drawn into the turmoil, three generations collide — confronting love, duty, and buried family wounds in a narrative both tender and powerful, celebrated worldwide for its artistry. When memory fades, family must remember what truly matters.

## CHILDREN'S MATINEE - SUNDAY 8 FEBRUARY, 4:00 PM:

### • NIMONA

USA-UK-France, 2023, Dir. Nick Bruno & Troy Quane w/ Chloë Grace Moretz, Riz Ahmed, Eugene Lee Yang, and others, Animation-Action, 101mins, English w/ English subtitles, Rated: PG

Every hero needs a little havoc. In this Oscar winning film, when knight Ballister Boldheart is framed for a crime he didn't commit, his only ally becomes Nimona, a mischievous shapeshifter with a taste for chaos. Together they challenge a kingdom's rigid order, blurring the lines between hero and villain in a thrilling, heartfelt adventure of rebellion and friendship.

## CLASSIC WORLD CINEMA @ CINÉ-CLUB

### CINÉ-CLUB SUNDAY 8 FEBRUARY, 8:00 PM:

#### • BLADE RUNNER

USA, 1982, Dir. Ridley Scott w/ Harrison Ford, Rutger Hauer and others, Thriller-Action, 117mins, English w/ English subtitles, Rated: R.

In the near future, the police department forces former blade runner Rick Deckard out of retirement to hunt four genetically engineered humans who have escaped the colonies and returned to Earth. Designed to do difficult, hazardous work, the manufactured humans are stronger, faster and smarter than non engineered humans.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G= General Audiences, PG= Parental guidance suggested, PG-13= Parents strongly cautioned, R= Restricted (equivalent to Indian rating: A i.e., for Adults), NR= Film Not Rated, Rating awaited.

**To organize a seminar/program at MMC Auditorium, kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

**Support MMC-CP: Every Contribution Counts:** Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106.

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

Thanking You,

MMC/CP Group

Account# 105106 | Email: [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



# COMMUNITY SERVICES

## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

### GAS BOTTLE SERVICE

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

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

### POUR TOUS PURCHASING SERVICE (PTPS)

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

### AUROVILLE LIBRARY

#### Timings:

#### Mornings:

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

#### Afternoons:

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

#### Children's Storytime! All ages welcome!

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



*I cannot do all the good that the world needs. But the world needs all the good that I can do.*

Jana Stanfield

## 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.

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

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 Sante 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 device).

## 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](mailto:aurodentalcentre@auroville.org.in)

## AYURVEDIC RECOMMENDATIONS FOR WINTER



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

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

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

### GENERAL GUIDELINES IN THE FOOD:

"The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using

wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow” from the book Ashtanga Hrdaya, Sutrasthana, Chapter 3 Rtucharya, Sloka 11-14

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

#### **TO AVOID:**

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

#### **HEALTHY ROUTINE FOR WINTER:**

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

#### **TO AVOID:**

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

#### **SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:**

- For a better digestion: ginger, cinnamon, pippali (long pepper), Be No1 (ginger, turmeric, black pepper) or Trikatu (for *Kapha*), Hingwashtak churna (for *Vata*), Avipatkar 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

IMPORTANT ANNOUNCEMENT REGARDING THE  
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

## 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 (maximum 3) 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](mailto: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 Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> 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**:
  - Every day, 4:30pm - 6:00pm.
  - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in)
  - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):**

Any day except Tuesday & Sunday, <u>8:00 am - 8:25 am</u>
Arrival at 7:45 am at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

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

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

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

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

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

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

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

**The Inner Chamber** of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: [auroville.org](http://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](mailto:matrimandir@auroville.org.in).

*Antoine for Matrimandir Executives Team*

**Auroville TO PONDICHERRY**

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

**Pondicherry TO AUROVILLE**

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

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

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



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

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

**EMERGENCY NUMBERS**



**Ambulance (24/7):**

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

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

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

Vandrevala Foundation +91 99996 66555

**India Emergency Response Service (24/7): 108**