

Auroville NEWS & NOTES

No 1111/12 - A weekly bulletin for residents of Auroville

12 February 2026

RA EDITION



PONDERING

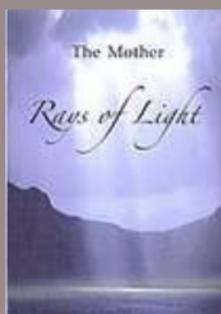
Human beings are capable of withdrawing from the Divine—and they often do it; but for the Divine to withdraw from human beings, that is an impossibility.

If the supreme Consciousness got angry over the defects of men, humanity would long since have ceased to be.

The Mother, 7 June 1972, *The Ways of Working of the Lord*, *Words of the Mother II*
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#the-ways-of-working-of-the-lord>



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

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THE BASES OF YOGA

OFFERING

page 27

Offer your obscurities sincerely to the Divine and you will be able to receive the light.

CONSECRATION

A sincere consecration of all you are and all you do is for the sadhana much more effective than meditation.

*

The quiet mind one gets through meditation is indeed of short duration, for as soon as you come out from meditation you come out at the same time from the quietness of mind. The true lasting quietness in the vital and the physical as well as in the mind comes from a complete consecration to the Divine; for when you can no more call anything, not even yourself, yours, when everything, including your body, sensations, feelings and thoughts, belongs to the Divine, the Divine takes the entire responsibility of all and you have nothing more to worry about.

page 28

SELF-GIVING

There is no joy more perfect than to give oneself totally to that which is greater than oneself. God, Supreme Origin, Divine Presence, Absolute Truth - it doesn't matter what name we give Him or through what aspect we most easily approach Him - to forget oneself totally in an integral consecration is the surest path towards Realisation.

13 January 1952

*

How beautiful, grand, simple and calm everything becomes when our thoughts turn to the Divine and we give ourselves to the Divine!

11 May 1954



Kind Mind

The mind prepares itself for conversion. -
The Mother

Luffa acutangula (L.) Roxb., Cucurbitaceae.
Angled luffa, Sing-kwa, Ridge gourd, Sponge gourd

Give yourself entirely to the Divine and you will see the end of all your troubles.

*

Give yourself up - it is the best way of finding yourself.

*

Self-giving is true prayer.

page 29

Three typical modes of total self-giving to the Divine:

1. To prostrate oneself at His feet, giving up all pride in perfect humility.
2. To unfold one's being before Him, open one's whole body from head to foot, as one opens a book, exposing one's centres so as to make all their movements visible in a complete sincerity that allows nothing to remain hidden.
3. To nestle in His arms, to merge in Him in a loving and absolute trust.

These movements may be accompanied by three formulas or any one of them according to the case:

1. Let Thy Will be done and not mine.
2. As Thou willest, as Thou willest.
3. I am Thine for eternity.

Generally, when these movements are done in the true way, they are followed by a perfect identification, a dissolution of the ego, giving rise to a sublime felicity.

*

With your thought, give your thoughts.

With your heart, give your feelings.

With your body, give your work.

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through [@auroville.org.in](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

Thank you for reading and for your continued support!

In community,
The RA Community Edition News & Notes Team

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WORKING GROUPS NEWS

FROM THE WORKING COMMITTEE

STATEMENT BY DR KARAN SINGH AFTER THE PASSING OF SIR MARK TULLY

Dear Community,

We share with you here a statement sent by Dr Karan Singh, ex-Chairman of the Governing Board, after the passing of Sir Mark Tully, ex-Chairman of the International Advisory Council, on Sunday, 25th of January, 2025.

In service,

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



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

STATEMENT

I am greatly saddened at the passing away of my good friend Sir Mark Tully. We worked closely together in the Auroville Foundation of which I was Chairman and he Chaired the International Advisory Committee for many years, and I was always impressed by his wisdom and capacity for creative thinking. My deep condolences to his partner Gillian, his friends and members of his family. He will be greatly missed by the whole country which he loved so much and reported on the B.B.C. for many years.

Karan Singh
Jan. 26, 2026



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1116 + 1117

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

COMMUNITY NEWS

OBITUARY



REMEMBERING AMAR

Amar (Ernst Grosse, Swiss national) passed away at his home in Vikas, where his body was found on January 27th. The date of his passing (presumably due to heart failure) may have been one or two days earlier. He led a fairly solitary life. He was 84.



Amar came to Auroville in 1984. He worked at the Matrimandir for a long time. He was a good friend of the Savitri Bhavan.

Amar frequently contributed his (sometimes cryptic, sometimes humorous) comments on Auronet. Here is one of his last ones, worth quoting:

“Every day , miracles big , small or very small of the Supramental Truth manifest H E R E already daily. Don't we see it, you, or me , and her ? Then let's train more to become aware of it. That's the aim of our Galactic Yoga.”

His remains were cremated on Saturday 7.2.2026 at the Auroville Burial and Cremation Ground.

May he rest in peace.

Below is a remembrance of him by Kavithanjali of Savitri Bhavan:

We would like to take a moment to offer our heartfelt gratitude and remembrance for a beautiful soul who shared a long and meaningful connection with Savitri Bhavan.

He remained closely involved with Savitri Bhavan and extended his steady, generous support right up to his passing. His presence was never loud, yet it was constant, a quiet strength we deeply valued.

He held a special appreciation for Savitri Bhavan's Invocation study notes, which he used for his deeper reading and reflection. It brings us comfort to know that this work accompanied his inner journey.

He was also part of the initial group that formed Savitri Bhavan's Savitri Reading Circle, a foundation that continues to nourish many seekers today. That early sincerity and commitment helped shape something that still lives and grows.

Along with his depth, he carried an impeccable sense of humour. Many of us have seen glimpses of that lightness and wit through Auronet, a reminder that joy and wisdom can walk hand in hand.

We remember him with gratitude, affection, and respect. His quiet contribution remains woven into the fabric of Savitri Bhavan.

With love and thanks,
Kavithanjali



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 Verjoutsky
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. Eugeen Liven d'Abelardo
Sadhana Ragesh Goswami
Kuppan
Anne Goldsmith
Kalavathy

COMMUNITY SHARING

ANNOUNCEMENT OF THE NEW RESIDENTS' ASSEMBLY WORKING GROUPS

Auroville, 3rd February, 2026

Dear community,

We are pleased to announce that we have successfully selected twenty-five Aurovilians needed to take on responsibility for the Working Committee, the Auroville Council, the Land Board, and the Funds and Assets Management Committee. The FAMC is normally 9 members; however, we have selected 7 Aurovilians to serve at this time.

Here are the selected Aurovilians:

5 new members to join the ongoing members, Matthieu and Prashant, for a complete 7-member Working Committee:

Working Committee

New members



1. Anita Gaur



2. Elvira Klein



3. Jayavel
Pargunan



4. Krishnaraju
Subrayan (Raju)

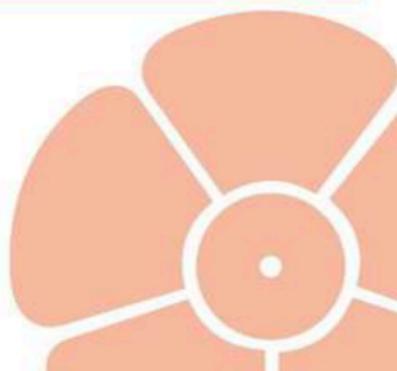
Ongoing members



6. Matthieu



7. Prashant





5. Valli Senthilkumar

6 new members to join the ongoing members, Ramesh, Sathiya, and Martin L., for a complete 9-member AVC:

Auroville Council

New members



1. Dyuman Mezzetti



6. Muthu Narayanswamy (Moultou)



2. Divya Lieser

Ongoing members



7. Ramesh



3. Giovanni Parillo (Munay)



8. Sathiya



4. Isabelle Piegay



8. Martin L



5. Muniandi Radhakrishnan (Muni)

Land Board with 7 new members:

Land Board

New members



1. Amrit Zelnick



6. Padmanabhan Crocetti



2. Anan Skoles



7. Sathyaseelan Harinarayanan



3. Ancolie Stoll



4. Ashok Arumugam



5. Lata Iyer

Funds and Asset Management Committee with 7 new members:

Funds and Asset Management Committee

New members



1. Auradha Markus



6. Ranjithkumar Ramamurthy



2. Danny Merguei



7. Stephan Himmer



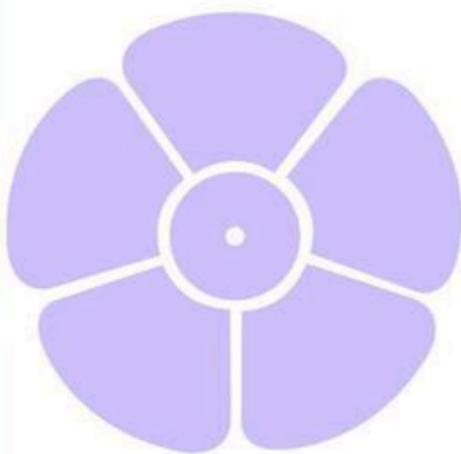
3. Jonah Skoles



4. Krishna Devanandan



5. Palani Mani



There was rich discussion and not all decisions were unanimous.

We are sharing these results to all the Aurovilians who are being appointed and who gave us their consent to serve the community.

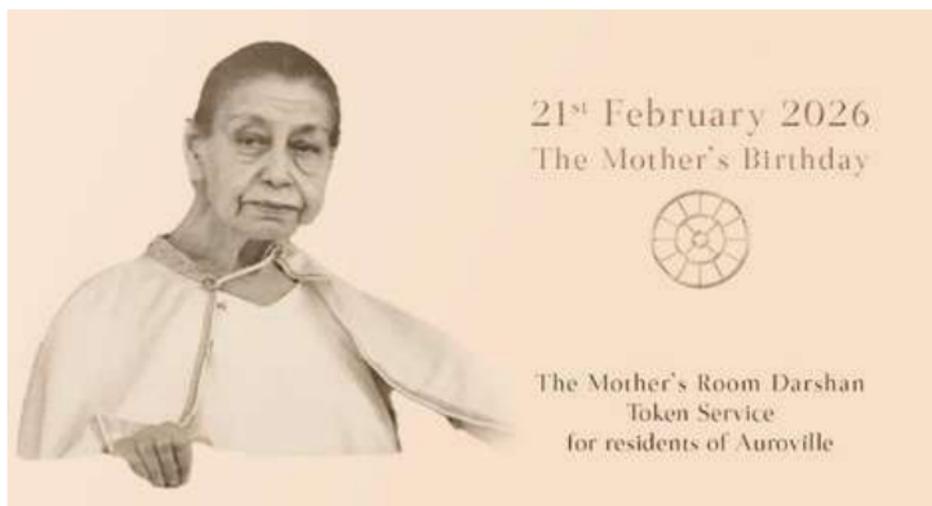
Sincerely,

Amy B., Claudine B., Guna P., Juergen P., Mita R., Rakhal, Shivaya, Suriyagandhi, and Suzie
Temporary Selection Committee

*all
the
best*

THE MOTHER'S BIRTHDAY

SATURDAY 21ST FEBRUARY, MOTHER'S ROOM



Dear Friends,

To celebrate the Mother's Birthday, the Sri Aurobindo Ashram will open both the Mother's Room and Sri Aurobindo's Room on Saturday, February 21st for a Darshan.

Everyone is welcome.

Below we share with you the options and guidelines for attending the Darshan:

1. Options for a Room Darshan

a. Early Morning Darshan (No tokens required):

- Join the general Darshan queue from 4am onwards.
- No tokens will be needed until the meditation at the Samadhi begins.

b. Post-Meditation Darshan (Tokens required):

- From **6:40am onwards**, tokens will be required for entry.

2. How do you obtain a token for the Room Darshan?

- **Volunteers and Guests** of Auroville may collect their tokens directly from the Ashram at the booth near the Ashram Post Office and on the day itself.
 - Please note: You may need to wait or return later at the time indicated on your token.
- **Aurovilians and Newcomers** have the opportunity to pre-register for a token during the timings mentioned below. The Room Darshan with pre-registered tokens will be available from 12pm onward only.

3. How can residents pre-register a token?

This goes in two steps:

a. Please come for registration on:

Tuesday, February 10th, and Wednesday, February 11th.

- **Venue: Pitanga**
- **Morning: 9am – 12pm**
- **Afternoon: 3pm – 5pm**

Important Notes:

- Please come in person to register your token. If you are not known to the organisers, please identify yourself as a resident.
- If you are unable to register personally, please send a representative with a written request stating the name(s) and number of tokens required.
- Unfortunately, we cannot accommodate requests made via email, WhatsApp, or telephone. – Sorry for the inconvenience.

b. Please collect your registered tokens on:

Thursday, February 19th, and Friday, February 20th.

- **Venue: Pitanga**
- **Morning: 9am – 12pm**
- **Afternoon: 3pm – 5pm**
- Please note: Tokens that are not collected by 5pm on the 20th will be given to persons on the waiting list.

4. Transportation:

The Darshan day falls on a Saturday. Please check the News & Notes next week for updates regarding the SAIER bus transport.

We are deeply grateful to the Sri Aurobindo Ashram for their continued collaboration with Auroville in facilitating these Darshan days.

With love,

From Pitanga's team.



SAIER BUS ON DARSHAN DAYS SATURDAY 21ST FEBRUARY

For those using the Auroville bus to have darshan in Mother's room on her birthday, February 21st, the bus will leave from Matrimandir at 3 pm and return from Pondy at 6 pm.

Tokens are required.

The SAIER bus is for Aurovilians and newcomers going for darshan. All others can board the Auroville Accessible bus, leaving at the same time and following the same Auroville route.



Paulette

HEALTH FUND NOTICE

Dear Health Fund Members, 03-02-2026

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from **April 2025** onwards. If you have any laying around that is.

We need them before or on the 31st of March 2026! That is our last working day for the month of March. **Medical bills from March 2026 can be refunded in April 2026, but only the bills from March!**

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We would also like to request our members to please submit your medical bills in the month the treatment is received or medicines purchased, and latest in the first week of the next month.

We will start this request from the 1st of April 2026.

We would like the members who have long term/life time medicine prescriptions to please submit us a copy or renew the prescription every 6 months.

In general a prescription should present when submitting medical/medicine bills.

We will be publishing this message every week until March to inform everyone as well as hang them at PTDC and PTPS.

We thank you dearly for your cooperation.

Best,
Auroville Health Fund Team



ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

Greetings,

I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.**

I will be in Auroville till mid-April but can also respond remotely once back in the US.

Thank you.



RESIDENTS SPEAK

FULL MOON CONCRETING ON THE MATRIMANDIR'S ROOF

I first started working at the Matrimandir construction site in 1977-78. I cycled from Pondy with my future husband, to participate to the monthly full moon concreting; non-stop, they lasted even twelve hours. People from all over Auroville, teens too, joined the big collective feast, and Ashramites as well. We reached the top climbing aerial ladders, working on the roof and on scaffoldings without any security, Danger and fatigue were alien to all of us, a special force filled our bodies. One in the great adventure, there was but joy.

Those were years of freedom, the freedom of the soul living content with nothing. I slept curled up in the hollow of the urn in the amphitheatre; my partner slept under the Banyan tree. Around three in the morning, when the dew was too heavy and the mosquitoes too, we shifted to Annamaria's room in the Camp; we opened our sleeping bags and fell asleep once more. Our friend's sole companion was a tiny lady-cat, white with black patches. In the



morning a customary scene unfolded: under our host's bed were the remains cum tail of a country mouse, caught and disposed of by the belligerent feline. At full moon three people, a mice-hunting cat and a tail shared a few square meters under a keel roof.

I will never forget the concentrated silence of the Matrimandir Camp, in the evening; the only sound, subdued, was that of Annamaria's cassettes of classical music. That keel roof set-up hosted residents working at the construction site or at the plants' nursery; one long basin, four cubicles with showers and, separately, four toilets were the collective assets.

The Dream, as Mother describes it, was in the air. It was a mass movement, irrepressible and irrefragable, spreading by contagion. Sharing, companionship in the great adventure. Mother's all-pervasive presence was tremendous, electrifying; she had freed the spirit of the age and those were her children. We were the offsprings of the 1968 revolution, 'Auroville' was built by young idealists living in huts, with minimal material needs. Bicycles were the current transport, motorbikes were rare; during Mother's years the cycles in Aspiration were collective property, the bikes were used only for work. The group-soul was being born.

There was no money; Auroville was already at war with the SAS and yet, a miracle of love, we were offered free food and lodging because we came to work. At the Camp the menial tasks were carried on by the residents, who did the cooking (a lady who will become an Aurovilian helped) and the cleaning. I still remember Noah – a gorgeous kibbutzim girl – washing after lunch the floor of the kitchen, every single day. We too from Pondy shared the kitchen shifts. The meals, thrice a day, were delicious; sometimes we even got a slice of cake. What a treat, for us accustomed to the stern diet of the Ashram's Dining Room!

Every month, a few days at the time, we climbed those aerial ladders to the top; but Annamaria did it for eight years! Back to my easy life in Pondicherry I was pervaded by a feeling of incompleteness, a sense of guilt; I had been granted glimpses of the new world, nothing could ever be the same. T-shirts, shorts, chappals, red sand all over... It was a tremendous lesson. How humbled I felt returning to my niche, writing poems in the hollow of the samadhi tree and passing into samadhi-trances, doing dry flowers collage – whereas at the Matrimandir they worked without safety measures... during the harshest conflictual year, sometimes with hardly any food to eat...

Were these my new teachers? No matter how splendid the early ashramites I had the privilege to be with, in 1985 I moved to Auroville and went on living for fourteen years braving the same hardships of my new brothers and sisters, deliberately, as a token to the Mother. The highest quest had begun and there was no way back. Those full moon concreting had sealed my destiny.

Paulette



STATES OF CONSCIOUSNESS

I have seen the building of Auroville as concurrent with the Supramental Vision-Goal since even before its inception in 1968. It is a collective Integral Supramental Sadhana unfolding in space-time toward the Divine Manifestation—a process that will take a few more generations.

The Divine, undivine and anti-divine in a concentrated cauldron:

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

Then the "Must" Choice...

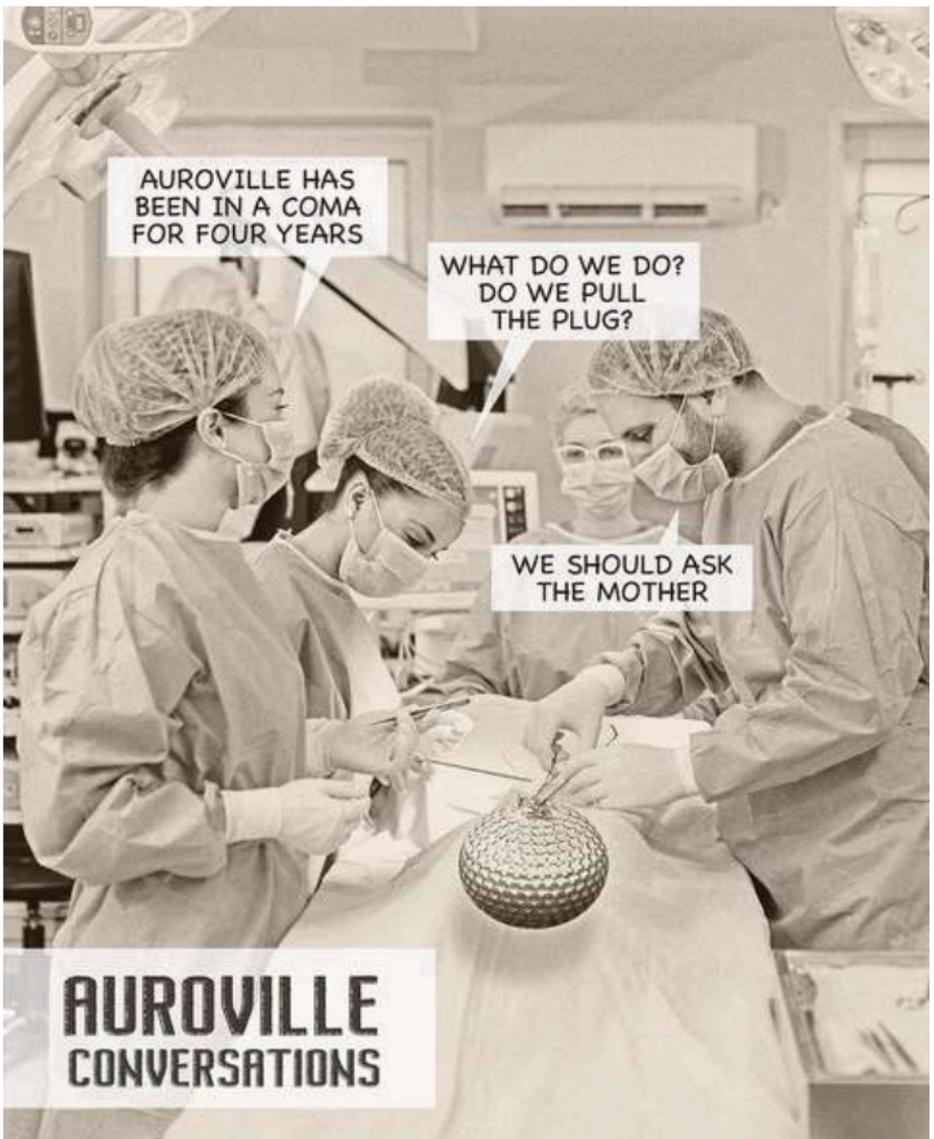
<https://zechjoya.blogspot.com/2026/01/states-of-consciousness.html>



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

5 Février 2026

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



12 Février 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 17th February, 9 am - 12 noon

Focus: The Divine Mother

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

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](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

Please register in advance

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

(Private sessions on request at other timings)

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.

#14 Healing Trauma with Nature

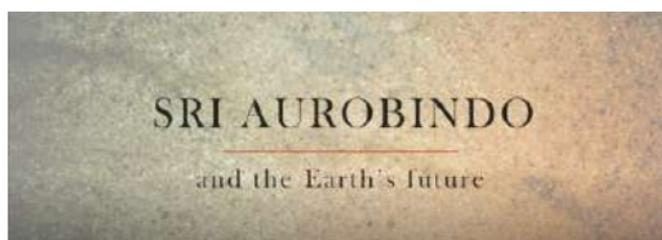
Nature can soothe trauma. Sit by a tree, embrace it, meditate near it, or ask it to absorb your stress. Walking in a forest can also release tension and restore balance.

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



ANNOUNCEMENTS

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:

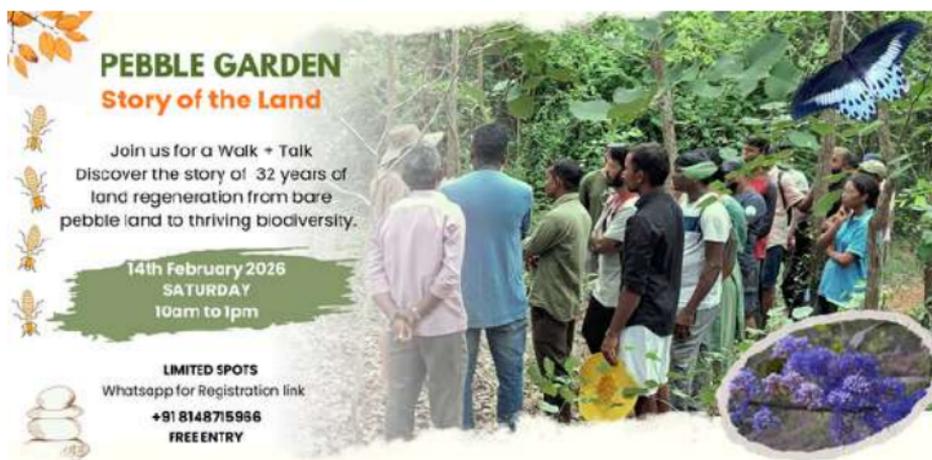
<https://www.youtube.com/watch?v=hERNhQlfP2E>

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

Olivier (Revelation)

PEBBLE GARDEN : STORY OF THE LAND

SATURDAY 14TH FEBRUARY, PEBBLE GARDEN



PEBBLE GARDEN
Story of the Land

Join us for a Walk + Talk
Discover the story of 32 years of
land regeneration from bare
pebble land to thriving biodiversity.

14th February 2026
SATURDAY
10am to 1pm

LIMITED SPOTS
Whatsapp for Registration link
+91 8148715966
FREE ENTRY

Pebble Garden: Story of the Land - Talk & Walk - Saturday 14-02-2026, 10am to 12:30pm.

WhatsApp 81487 15966.

Bernard & Deepika

SEED SAVING - WHY & HOW, A SHORT COURSE

SUNDAY 22ND FEBRUARY, PEBBLE GARDEN



SEED SAVING
WHY & HOW

An intensive short course by Deepika

Why seeds matter to us all today.
Everything about practical seed saving
- from maintaining purity of varieties to
seed storage & more...

22nd February 2026
Sunday
8am to 12 noon
Pebble Garden

LIMITED SPOTS
for enthusiastic gardeners
Whatsapp for Regn Link 8148715966

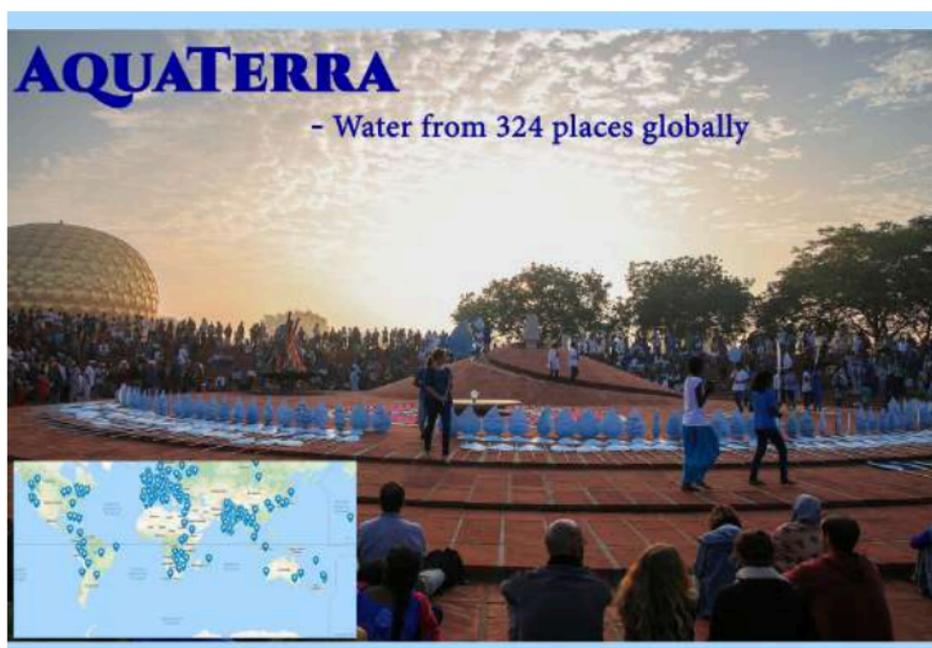
Seed Saving - An intensive short course by Deepika at Pebble Garden. Sunday 22-02-2026, 8:00am to 12:00pm.

WhatsApp 81487 15966.

Deepika

AQUA TERRA - PRESENTATION AND Q&A

THURSDAY 12TH FEB, INTEGRAL HEALTH, PRAYATNA



AQUA TERRA
- Water from 324 places globally

Aqua Terra - homeopathic essence of Auroville's 50th birthday and water from 324 sources.

Explore a deep sense of unity.

Join a presentation cum Q&A with Sigrid Lindemann, senior homeopath and integral regression therapist

12th Feb 4:30pm at Integral Health, Prayatna.

All are welcome

WA 96260 06961 www.auroville-jiva.com contact@auroville-jiva.com

AUROVILLE STORIES: 2068 - THE FIRST 100 YEARS

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



Auroville Stories: 2068
The First 100 Years

*Imagining
Human Unity
together*

Learn More & Register:
bit.ly/AurovilleStories2068



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

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

AUROVILLE STORIES: 2068 - THE FIRST 100 YEARS

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



Auroville Stories: 2068
Our First 100 Years



Public Sharing & Screening
Sunday, March 8 | 10:00-12:00 | MMC Cinema

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 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.



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 : Sundays 3:30 - 7pm
- Cosmic Dance Wave Saturdays : 5 - 6:30pm.

Upcoming workshops

- **17, 18, 19th Feb** - 7:30 - 9pm: Online Module Integral Trauma Therapy Introductory Webinar
- **21st & 22nd Feb** - 9:30am – 12.30pm: Inner Child Work, 2 mornings
- **1st March** - 9:30am - 12.30pm: Introduction to Integral Regressiontherapy

contact@auroville-jiva.com / WA 96260 06961

www.auroville-jiva.com Your journey in healing and transformation

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

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 — QR code

More information:

www.monnicamarinoniashtangayoga.com
or WhatsApp +39 3917254083



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> 🌱



SOLITUDE FARM CAFÉ – 20 YEARS OF LIVING FOOD CULTURE



FREE GUIDED FARM TOURS EVERY SATURDAY

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

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

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

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

We look forward to receiving more Aurovillians at the farm.

Team Solitude Farm Café

98433 19260

solitudepermaculture@gmail.com

HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN
HOUSE

Hive
COWORKING SPACE

FREE ON EVERY FRIDAY

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

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

-All for FREE on our Open House.

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

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL
EVERY SATURDAY, HIVE, AUROMODE



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



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



Keep Cinema Paradiso's Magic Alive – Join Us!

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas like ours thrive on the passion of audiences like you. At Cinema Paradiso, core funding barely covers basic maintenance—we pour our hearts into everything else, from fuel to vital upgrades. Post-COVID, budgets vanished, costs skyrocketed, and fewer events slashed our income. Even generator expenses, once externally funded, now land squarely on us.

To sustain the screenings that light up our nights, we're aiming for 8 Auroville units. **Thrilled to share: FIVE units are already championing us with ₹3,000/month or more each!** We warmly invite **THREE more units** to join this vital circle. Film lovers and individuals, your support counts too—every contribution fuels the magic.

Indian nationals and Auroville unit holders (any nationality) can donate easily via recurring or one-time gifts through the Unity Fund at our Financial Service—straight to MMC – Cinema Paradiso (FS Account #105106). Skip direct payments to avoid our 18% GST burden (though they're welcome if easier). Non-Indian nationals in or beyond Auroville, reach out to AV Unity Fund at Financial Service for seamless guidance.

Your gift keeps the reels turning, sparks joy, and weaves stronger community bonds. **Be the hero in our next chapter—what's your story?**

With deepest gratitude,

Thanking you
MMC-CP Team



AVAILABLE

SKILLFUL HOUSEWORKER AVAILABLE



Due to circumstances beyond her control, Eshama, a very capable houseworker from Kottakarai, is looking for work for three afternoons per week.

Eshama has been working long years for the late Janet Fearn as well as for other long-term Aurovilians, and lately also for some

Mahalakshmi Home residents.

She is a swift worker, has a pleasant presence, has a bike and phone, and has picked up quite some English throughout the years. Can recommend.

If you need an 'amma' for Tuesday, Thursday or Saturday afternoon, get in touch with Mauna, 94431 68323, phone & WA. Thanks!

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@coffeideas.in

LOOKING FOR

AUROVILLE BIRTHDAY WEEK IN MATRIMANDIR - SEEKING VOLUNTEERS

Dear friends,

We are about to celebrate both Mother's birthday (21/02) and Auroville Birthday (28/02). To manage the people coming for these events, Matrimandir is in need of at least **12 volunteers** each time to help guide the people attending the morning meditations and bonfire.

If you are willing to contribute to these events by volunteering, please write to matrimandir@auroville.org.in and give:

- the date(s) you plan to volunteer
- your phone number.

Thanking you in advance for your contribution,

Warm regards,

Matrimandir Executives

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)



YEAR LONG 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

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 or Whatsapp 96260 06961,

Thank you, *Sigrid*



TAXI SHARING - AUROVILLE TO CHENNAI

SATURDAY 21ST MARCH 2026



To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport on Saturday 21st March 2026.**

Departure from Auroville Town Hall at around 8:030PM (20:30).

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

LOST & FOUND

LOST - MOBILE

My name is Olga from Russia.

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

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

Please contact : +9195005 08768. *Olga*

Thanks in advance.

WORK OPPORTUNITY

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@aurville.org.in

Website: 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

<https://serendipity.auroville.org>

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



REGULAR CLASSES FOR FEBRUARY :

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

CREATIVE VOICE SOUND HEALING

EVERY THURSDAY, HALL OF LIGHT, CREATIVITY

**HALL OF LIGHT
CREATIVITY COMMUNITY
AUROVILLE**

**CREATIVE VOICE
SOUND HEALING**

EVERY THURSDAY
FROM 5 TO 6,30 PM

Experience vocal techniques,
breathing, toning, singing,
dancing, etc
To promote relaxation, self
discovery, emotional release,
free expression and happiness.
We discover our heart voice
through singing.
Exploring our different voices
and small instruments.

NO EXPERIENCE NEEDED
NO REGISTRATION
AUROVILIANS AND NEWCOMER FREE
CONTRIBUTION
300 Rs FOR GUEST

CONTACT: lola 9443069335.



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

TAI CHI CHUAN BEGINNERS' INTENSIVE 2ND - 21ST
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 12TH - SUNDAY 15TH FEBRUARY, CRIPA



(Last day for Early Bird Offer is 5th 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

- 12th Feb to 15th Feb, 2026
- First two days, 12th Feb & 13th 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, 14th & 15th Feb.

SCHEDULE and VENUE

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

Saturday 14th Feb and Sunday 15th 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 5th 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

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
- Website: <https://incontact.co.in/about-us>

CULTURAL ANNOUNCEMENTS

LIKE A MOON SHINING ON A THOUSAND RIVERS CERAMIC WORKS BY PRIYA SUNDARAVALLI

13TH FEB - 1ST MARCH, ANANDA RANGAPILLAI STREET



Like a Moon Shining on a Thousand Rivers
Ceramic works by Priya Sundaravalli

Exhibition Dates: 13th February to 1st March, 2026
(Closed on 16th and 23rd February)

Exhibition Timings : 9.30 a.m. to 11.30 a.m. | 4.30 p.m. to 7.00 p.m.

Exhibition House : No.2, Ananda Rangapillai Street,
Pondicherry-605001 | South Gate Entrance

<https://exhibition.sriaurobindoashram.org>



ARPANAA PRESENTS : STRINGS OF DIVINITY

FRIDAY 13TH FEBRUARY, MATRIMANDIR AMPHITHEATRE

Arpanaa
presents

Strings of Divinity
by
Vid. Ramana Balachandhran
Veena & Vocals

Accompanied by
Vid. Patri Satish Kumar
Mridangam

Friday, February 13 | 6-8 pm
Matrimandir Amphitheatre

Entry from MM Office gate
Please be seated by 5:45 pm

Auro card required for guests
Access limited to the performance area only
Please exit venue by 8:15 pm

Arpanaa is delighted to present **Strings of Divinity** by the immensely talented and accomplished musician **Ramana Balachandhran** at the Matrimandir Amphitheatre on Friday 13th February 2026, 6-8pm.

Ramana is a Veena player in the Carnatic tradition and is widely seen as an ambassador for the Saraswati Veena in India and abroad.

Pushing the instrumental boundaries, he offers raga-centric music with focus on spontaneity. A trained percussionist, his concerts prominently feature the complexities of Ragam Thanam Pallavis. Being also a vocalist, he intersperses his Veena expositions with vocal renditions of the compositions, accentuating their lyrical intricacies.

He will be accompanied on the Mridangam by the renowned percussionist **Patri Satish Kumar**.

- Friday 13th February 2026, 6-8pm
- Matrimandir Amphitheatre
- Please be seated by 5:45pm.
- Entry form MM Office Gate
- Auro card required for guests
- Access limited to the performance area only
- Please exit venue by 8:15pm.



AT CRIPA

**JOIN A NEW CHOIR IN AUROVILLE
EVERY TUESDAY**



Simple but powerful polyphonies - high and low voices meeting in harmony.

Sing if you wish, laugh, feel, and let yourself be carried by the beauty of voices weaving together.

We'll open with a voice warm-up, moving through the rhythms of our bodies and breaths, connecting with self and others.

Feel free to talk about it to anyone who likes to sing.

Prior experience in singing is not required!

See you soon 🌸

 : **Tuesdays**

 : **8 - 10pm**

 : **Cripa, Auroville**

For more information contact Jonas on WhatsApp at: +49 176 45775378

FIVE CENTURIES OF CHORAL MUSIC - THE AUROVILLE CHOIR

SATURDAY 14TH & SUNDAY 15TH FEBRUARY



Five Centuries of Choral Music
presented by
The Auroville Choir
Conducted by Nuria

CRIPA, 7:30 pm
Saturday February 14th &
Sunday February 15th

Seating is limited. Scan the code to book tickets.

Join us for a journey through five centuries of choral music from the Renaissance to the modern era.

Seating for this concert is limited to ensure safety and good acoustics.

Please reserve your seat online using this link <https://www.eventbrite.co.uk/myevent?eid=1981202167014> or scan the QR code

Entry without prior reservation will not be possible.

Kindly book for only one evening, so that as many people as possible may attend.

Please park vehicles in the designated area outside the CRIPA compound.

We look forward to sharing this special moment with you!

14th & 15th Feb : Saturday 14th & Sunday 15th Feb

7:30pm

Cripa, Auroville

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.

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.



FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044



www.myfoodforest.in

POETRY

The first strokes
On a blank sheet
Seem an intrusion.

It takes a while
To accustom,
To accept.

Just as a new seed
Planted in aged soil
Takes its own time
To sprout and grow
In an environment
Shaken and altering
By its very existence.



Anandi Z

The Song sings

Sing
Sing
Sing
Just sing

Sing to the sea
Sing in the scenes
Sing in rain and shine
Sing in sweat and sorrow
Sing in chains—and change

Just sing
Let your soul grow wings
Soar through the flying dust
Settle in your eternal Home

Finally there
Always there
The music rings

The Song
Still sings

Anandi Z

Late Spring Musings

May 23, 2005

Two hawks sit close on a dogwood tree,
My spirit-friend and new-found mate
I gently tell them 'All is well,
Descend, no need to hesitate,'
And slowly not to break the spell
Retrace my steps noiselessly.

She struggles to drag her lifeless prey,
From me takes not her eyes away
But looks with fierce and fearless love,
Aware of my body's slightest move.
Communion says the mind, I say,
'Oneness seals the closing day.'

I work alone upon the grass
And watch a world of sorrow pass.
Beloved friends so near death now
And I not knowing why nor how
Our lives in a reflected glass
Shatter in the twilight's glow.

I shall sanctify their memory
As leaves anoint the springing tree,
The earth flows through my hands, my veins
Still pulse with unsung melody
And a constant joy of life remains.

Narad

AUROVILLE RADIO



Dear Aurovilians,

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

- [Marlenka's weekly Offering – Ep.162 \(Literature\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.5 "Sincerity" \(Story Telling\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 21: "The Ascent of Life" \(Sri Aurobindo\)](#)

- [Marlenka's weekly Offering – Ep.163 \(Literature\)](#)
- [Savitri - Ep.35 : 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 23: "The Double Soul in Man" \(Sri Aurobindo\)](#)
- [Teens Connect Ep. 17 Romaya and Salvador are in conversation with Cleo \(Education\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.524 \(Integral Yoga\)](#)

Latest Youtube Videos

- [A Musical Offering & Contemplation by Carsten Wicke](#)
- [Auroville Earth Institute Workshop on Construction of Arches | Hands-on](#)

Live Streaming

- [Five Centuries of Choral Music Presented by The Auroville Choir | Day 1 | Live from Cripa](#)
- [Five Centuries of Choral Music Presented by The Auroville Choir | Day 2 | Live from Cripa](#)

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

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

Peace and love

*Regards,
Sai Priya for Auroville RadioTV*

CINEMA

CINEMA PARADISO PRESENTS: IF AN OWL CALLS YOUR NAME

THURSDAY 19TH FEBRUARY, MMC AUDITORIUM



Cinema Paradiso Presents
On Thursday, 19 February 2026 @ 8pm @ MMC Auditorium, Auroville

Maurizio Benazzo & Zaya Benazzo's

If an Owl calls Your name

Patricia June Vickers Roy Henry Vickers Chief No Walks



A SAND FILM BY
MAURIZIO BENAZZO & ZAYA BENAZZO

"Reconciliation is not a policy, but a spirituality!" - @PrincessSaiPriya

If An Owl Calls Your Name
USA, 2025, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 92mins, English w/ English subtitles, Rated: NR (PG)

This award-winning film gathers Patricia June Vickers, Roy Henry Vickers, and Indigenous elders of the Esk'etemc, Gibbsan, and Wet'suwet'en territories as they confront the deep scars of forced assimilation. Through ceremony, land, and resilience, their voices transform trauma into healing, revealing a universal path of belonging and sacred connection. When memory becomes medicine, healing becomes hope.

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

A single screening. An unmissable experience.

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



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 16th - 22nd February 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 16 FEBRUARY, 8:00 PM:

- **THE BLUE UMBRELLA**

India, 2005, Dir. Vishal Bhardwaj w/ Pankaj Kapur, Shreya Sharma, Deepak Dobriyal, and others, Family-Drama, 90mins, Hindi w/ English subtitles, Rated: NR (G)

A simple umbrella, a profound lesson. In a quiet Himachal village, young Biniya treasures her vibrant umbrella until greedy shopkeeper Nandkishore schemes to take it. What follows is a tender tale of innocence, envy, and redemption. Bringing this gem back to you, the story glows with warmth, humor, and the timeless values of compassion and forgiveness.

POTPOURRI - TUESDAY 17 FEBRUARY, 8:00 PM:

- **MORTU NEGA (THOSE WHOM DEATH REFUSED)**

Guinea-Bissau, 1988, Writer-Dir. Flora Gomes w/ Bia Gomes, Tunu Eugenio Almada, Caio Leucadio Almeida, and others, Drama-War, 85mins, Kriolu-Portuguese w/ English subtitles, Rated: NR (R)

This acclaimed film is set during Guinea-Bissau's independence war. Diminga searches across the nation for her husband Sako, a resistance fighter. After saving him, they return to a ravaged homeland where survival means rebuilding love, community, and hope amid poverty, drought, and lingering scars of conflict. Their journey asks: what happens to those whom death refused?

SELECTION - WEDNESDAY 18 FEBRUARY, 8:00 PM:

- **ADIEU LES CONS (BYE BYE MORONS)**

France, 2020, Writer-Dir. Albert Dupontel w/ Virginie Efira, Albert Dupontel, Nicolas Marié, and others, Comedy-Drama, 87mins, French-English w/ English subtitles, Rated: NR (PG-13)

This film is being brought to you in collaboration with Alliance Française. An award-winning story of three misfits and one last chance to rewrite life, it follows Suze Trappet, diagnosed with a terminal illness, as she searches for the child she was forced to abandon at 15. Along the way, she joins Jean-Baptiste Cuchas, a burned-out bureaucrat, and Serge Blin, a blind archivist. Their alliance unfolds into a bittersweet, chaotic quest for redemption.

INTERESTING - THURSDAY 19 FEBRUARY, 8:00 PM:

- **IF AN OWL CALLS YOUR NAME**

USA, 2025, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 92mins, English w/ English subtitles, Rated: NR (PG)

This award-winning film gathers Patricia June Vickers, Roy Henry Vickers, and Indigenous elders of the Esk'etemc, Gitxsan, and Wet'suwet'en territories as they confront the deep scars of forced assimilation. Through ceremony, land, and resilience, their voices transform trauma into healing, revealing a universal path of belonging and sacred connection. When memory becomes medicine, healing becomes hope. *We thank SAND for this generous sharing, the fourth film in a series that will continue to move and inspire in the months ahead. An unmissable experience.*

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

INTERNATIONAL FILM - SATURDAY 21 FEBRUARY, 8:00 PM:

• FREMONT

USA, 2023, Writer-Dir. Babak Jalali w/ Anaita Wali Zada, Gregg Turkington, Jeremy Allen White, and others, Drama, B&W, 91mins, English-Dari-Cantonese w/ English subtitles, Rated: NR (PG-13) Donya, a young Afghan refugee in California, once worked as a translator for the U.S. military. Now employed at a fortune cookie factory, she struggles with loneliness and displacement. When asked to write fortunes, she slips in a personal message, an act of vulnerability that may open the door to connection and belonging. *Honored with multiple international awards, this humane film is presented in celebration of Sri Ma's birth anniversary and UN Mother Language Day!*

CHILDREN'S MATINEE - SUNDAY 22 FEBRUARY, 4:00 PM:

• PRANCER

USA-Canada, 1989, Dir. John D. Hancock w/ Sam Elliott, Cloris Leachman, Rutanya Alda, and others, Animal-Adventure, 113mins, English w/ English subtitles, Rated: G
Jessica, the daughter of a struggling farmer, discovers a wounded reindeer she believes is Santa's Prancer. Hiding him in her barn, she nurtures him back to health, hoping to return him by Christmas. Her unwavering belief rekindles hope in her disheartened father and inspires an entire town.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 22 FEBRUARY, 8:00 PM:

• AI. ARTIFICIAL INTELLIGENCE

USA, 2001, Dir. Steven Spielberg w/ Haley Joel Osment, Jude Law, Frances O'Connor and others, Sci-Fi, Adventure, Drama, 146mins, English w/ English subtitles, Rated: PG-13.
In this futuristic fairy tale, "David", a highly advanced robotic boy, hopes to become a real boy so that he can win back the affection of the human mother who abandoned him. Like Pinocchio, he goes on a long journey hoping to find his "Blue Fairy," who can make his dreams come true.

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

To organize a seminar/program at MMC Auditorium, kindly email us at mmcauditorium@auroville.org.in.

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

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

Thanking You,

MMC/CP Group

Account# 105106 | Email: mmcauditorium@auroville.org.in



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

ELECTRICAL SERVICE (AVES)

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

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

Afternoons:

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

Children's Storytime! All ages welcome!

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



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.

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

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

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

A short introduction of the Doctors team:

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

AYURVEDIC RECOMMENDATIONS FOR WINTER



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

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

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

GENERAL GUIDELINES IN THE FOOD:

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

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

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

TO AVOID:

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

HEALTHY ROUTINE FOR WINTER:

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

TO AVOID:

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

SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:

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

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



MATRIMANDIR ACCESS INFORMATION

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 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
 - **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:**

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

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

Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

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

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

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

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

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

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

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

Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108