



News Notes

#1056/57 A weekly bulletin for residents of Auroville 12 December 2024



Painting by Johannes Hohlenberg

The one Godhead secret in all beings, all-pervading, the inner Self of all, presiding over all action, witness, conscious knower and absolute ... the One in control over the many who are passive to Nature, fashions one seed in many ways.

Swetaswatara Upanishad

From the non-being to true being, from the darkness to the Light, from death to Immortality.

Brihadaranyaka Upanishad

Pondering



A spiritual evolution, an evolution of consciousness in Matter in a constant developing self-formation till the form can reveal the indwelling spirit, is then the keynote, the central significant motive of the terrestrial existence.

The obscure mysterious creatrix ends indeed by delivering the secret consciousness out of its thick and tenebrous prison; but she delivers it slowly, little by little, in minute infinitesimal drops, in thin jets, in small vibrant concretions of energy and substance, of life, of mind, as if that were all she could get out through the crass obstacle, the dull reluctant medium of an unconscious stuff of existence. At first she houses herself in forms of Matter which appear to be altogether unconscious, then struggles towards mentality in the guise of living Matter and attains to it imperfectly in the conscious animal.

*Man and the Evolution,
The Life Divine, Sri Aurobindo*

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House of Mother's Agenda



(continued from N&N 1055)

There is no easy answer but if it is God or the One Divine who created this universe and all else in it, then there must be a purpose in this dark mystery as well. The purpose cannot obviously be to terrorise people into seeking escape into some nirvana since then the very act of apparent bondage becomes absurd and meaningless! Were the souls not already free before creation? Then why allow a fall in the first place (if it is a fall at all) and then say, "I'm sorry, but this is a mistake. Nevertheless I will rectify it by sending my angels to help you come out of the dark void." Karma is obviously not the force compelling the soul to assume birth for in the beginning there was no karma, nor can a cessation of karma and of birth be the last word of creation. Omar Khayyam, the great mystic, questions this in a meaningful verse:

O thou, who with pitfall and with gin,
beset the road I was to travel in,
Wouldst't thou with predestination around,
impute me for my fall to sin.

The Ideal of Divine Life and an Evolutionary Transformation

The answer comes from Sri Aurobindo. He affirms that life upon earth is not an unfortunate accident but a field of evolution of the soul and its manifestation in material terms. The cycles of death and rebirth serve a definitive purpose. This purpose is no doubt first and foremost, the growth of the individual soul within us. Having thus grown through the varied experiences of many lives, the soul arrives at a great point of departure. It is fully formed and therefore it is free, free to decide whether it wants to come back upon earth or not. It is not compelled anymore to do so since the first purpose of the cycles of death and birth are over. However it can also choose another line of development or work upon earth. This work is the transmutation of earthly life into life divine. To this we can turn later. But when can it be said that the soul has arrived at its freedom and what exactly does this freedom mean? Is this freedom only for the exceptional few or is it a state to which all would eventually arrive one day and towards which all of us are inevitably moving? Here is the Mother's answer to this:

"The closer one is to the beginning of the formation, the closer are the reincarnations; and sometimes even, altogether at the lower level, when man is quite near the animal, it goes like this (*gesture*), that is, it is not unusual for people to reincarnate in the children of their children, like that, something like that, or just in the next generation. But this is always on a very primitive level of

evolution, and the psychic being is not very conscious, it is in the state of formation. And as it becomes more developed, the reincarnations, as I said, are at a greater distance from one another. When the psychic being is fully developed, when it no longer needs to return to earth for its development, when it is absolutely free, it has the choice between no longer coming back to earth if it finds that its work lies elsewhere or if it prefers to remain in the purely psychic consciousness, without reincarnating; or else it can come when it wants, as it wants, where it wants, perfectly consciously. And there are those who have united with forces of a universal order and with entities of the Overmind or elsewhere, who remain all the time in the earth atmosphere and take on bodies successively for the work. This means that the moment the psychic being is completely formed and absolutely free — when it is completely formed it becomes absolutely free — it can do anything it likes, it depends on what it chooses; therefore one can't say, 'It will be like this, it will be like that'; it does exactly what it wants and it can even announce (that has happened), at the moment of the death of the body, what its next reincarnation will be and what it will do, and already choose what it is going to do. But before this state, which is not very frequent — it depends absolutely on the degree of development of the psychic and the hope formulated by the integral consciousness of the being — there is still the mental, vital and physical consciousness, united with the psychic consciousness; so at that moment, the moment of death, the moment of leaving the body, it formulates a hope or an aspiration or a will, and usually this decides the future life." (The Mother: CWM Vol. 7, 16 March 1955, pp. 86-87)

Life upon earth is therefore a field of growth, a great opportunity to progress, an opportunity that even the gods covet. Birth, death, rebirth, and all our struggle and pain, even deep disasters help us in this development, which for the most part takes place unconsciously (unconscious for the surface mind). A point however comes when this secret is known and the soul can then progress freely using every event and circumstance consciously as a means for its growth.

Alok Pandey—Death, Dying and Beyond
The Science and Spirituality of Death

https://auromaa.org/death-dying-and-beyond-alok-pandey/death-dying-and-beyond-alok-pandey-appendix-ii-the-shroud-of-death/#The_Souls_Choice

House of Mother's Agenda



(Someone has taken it into his head to print a brochure for February 21 next year (*when Mother will be ninety*), so they sent me the brochure and asked me to write a message on the first page. And for that brochure they have solicited(!) the opinion of all prominent people: there is Indira Gandhi, the President of India, and what have you. And everyone says what has always been said millions of times over: "A great personality, this and that...." All the usual nonsense. So I wrote this:

There is no other consciousness than the Supreme Consciousness.

There is no other will than the Supreme Will.

There is no other life than the Supreme Life.

There is no other personality than the Supreme Personality, the One and the All.

All the usual platitudes all over again!

I thought it would teach them a lesson.

* * *

Soon afterwards

I had many things to say, but now I don't remember.

Only an observation, which is really very interesting: it's that everyone has said the same thing, all those who have had the Experience have said the same thing ... but each one in his own way, so it looks like something different. Yesterday it was so clear, and again the whole morning, from early morning: this way, that way, this one here, that one there (*Mother shows different facets*), the philosophers, founders of religions, sages of all countries—they have always said the same thing. For instance, the Buddha's teaching and, say, the Christian teaching, seem to be so different, but it's always the same thing. That is to say, there is ONE state (if you catch hold of it), ONE state in which you are conscious of the divine Consciousness (not "conscious of": "conscious through" or "conscious with," I don't know how to explain ... it's the divine Consciousness which is conscious, that is, the Consciousness in its essence), and there are no more problems there, no more complications, no more explanations, nothing anymore—everything is as clear as can be. So then, each one has tried to explain that, and naturally it has become confused, incomplete, incorrect, with one explanation clashing with another—while everyone is talking about the same thing!

It came yesterday in relation to a boy who sent me the letter from one of his friends, in which he said the usual nonsense: "I don't believe in God because I can't see him." The

usual little stupidity. And in that connection, I saw (I looked, like that, looked for a long time), I saw that the one who rejects, the one who asserts, the one ... all that, all of it is (how could I put it?) variations on the same theme, even when it appears to be saying the contrary.

Yesterday it was interesting, because the observation was the same for the materialists who feel that the only truth is a "concrete" truth, the truth that can, according to them, be seen or heard or touched.... And it's the same thing, the same state—the same state reflected in different between mirrors. But the difference in mirrors is not an essential and radical difference, it's only ... (*gesture showing facets in movement*), yes, that's what some have called the "play," but it's not even a play; I could almost say it's a difference of position.

Everything you can say about it is nothing, it's part of that enormous jibbering that tries to express the inexpressible "something." But when you are IN it, it's so clear, so obvious—simple, without problems. And the world is no longer a problem.

Even that apparently rather fundamental difference between those who regard the Manifestation as divine and essential and those who consider that in order to reach the essential Divine you must leave the Manifestation (because it's an "error"—that is, an error that took place in the Consciousness), even those two positions are the same thing! But how can you explain it? When you say that, it seems foolish, yet up above it's true. It's true—true and full. It's full, not hollow—here everything rings hollow, so hollow; the hollowness of inadequacy. But up above...

It's almost like a kaleidoscope: you turn it and get one picture, turn it again and get another picture, turn it again ... yet it's always the same thing!

But now...

(to be continued next week)

Mother's Agenda, September 20, 1967

<https://incarnateword.in/agenda/8/september-20-1967>

*With love and gratitude,
Gangalakshmi (HOMA)*



Townhall Speaks

REPORT ON THE SUPREME COURT HEARING of 29 November 2024

regarding the Appeal filed by the AVF against the ruling of the National Green Tribunal (NGT), Southern Zone, on 28 April 2022, and the SLP (Special Leave Petition) filed against the ruling of the Madras High Court in favor of Ms. Natasha Storey's challenge of the Standing Order of ATDC 2022.

The Auroville Foundation (AVF), represented by the Attorney General (AG) of India, had filed an additional affidavit with photos and other evidence of continued obstruction despite the court's ruling in December 2023, in the appeal against the NGT ruling. An expedited final hearing date was requested with adequate time for arguments. Mr. Aravind Datar, senior counsel for the Respondents did not show up for the hearing. A Junior appeared on behalf of Respondents Mr. Navroz Mody and Ms. Natasha Storey, primarily to ask for a postponement.

The Junior who appeared on behalf of the Respondents denied that there was any obstruction on the ground, even though the evidence produced stated otherwise. It was pointed out that in the additional affidavit was a recent photo of Mr. Navroz Mody, the Respondent, himself obstructing work on the Outer Ring Road. The bench issued verbal orders that no obstruction should take place on the sites and has instructed that Mr. Datar may take responsibility for the same. AVF requested both cases to be held as one hearing as they have essentially the same background.

The Junior representing the Respondents argued that they were substantially different cases and that the ATDC Standing Order was not yet an Appeal but still an SLP. Upon hearing this the bench immediately granted Leave to the ATDC SLP and converted it into an Appeal.

The bench further clubbed the two hearings together on 8 January 2025 for final hearing and verdict.

*Submitted by Sindhuja,
AVF Legal Coordinator*

AUROVILLE FOUNDATION (RESIDENCE CRITERIA) Standing Order, 2024 (excerpt)

DR. G. SEETHARAMAN
OFFICER ON SPECIAL DUTY



1. In terms of the Auroville Foundation Standing Orders Regulations issued vide Notification No. AF/1/2011/Regulations Notified in the Gazette of India (Part-III-Section 4) published on 5.3.2011, the Governing Board of Auroville Foundation issues the Auroville Foundation (Residence Criteria) Standing Order, 2024 laying down the criteria to be followed by the Residents of Auroville as under.

5. Code of conduct

A. All Residents/ Newcomers/ Volunteers/ Permanent Guests

1. shall abide by all the applicable laws of the land, by the Auroville Foundation Act 1988, the Rules, Regulations and Standing Orders and other instructions as amended from time to time. All inhabitants shall act in strict compliance of the decisions of the statutory working groups, approved by the Governing Board.

2. shall abstain from the use of alcohol and tobacco, any substance abuse is met with a zero tolerance policy. Drug use is strictly prohibited in accordance with the law and the directions of the Mother, and is met with a zero-tolerance policy and will lead to disciplinary action, up to expulsion from Auroville.

3. shall abstain from all forms of violence; violence is in direct contradiction to the ideals of Auroville. Any form of violence, especially physical/ sexual violence and the threat of it are grounds for summary expulsion, in addition to legal action. Violence includes any form of abuse or violence towards children, any form of sexual violence towards women or others at workplace, and defacement, vandalism, and intentional damage in any manner to properties and things belonging to Auroville or its inhabitants.

4. shall abstain from fostering any malign discrimination against another person, be it social, political, geographical, economic, linguistic, or racial and so forth, Auroville being a place for manifesting human unity.

5. shall abstain from propagating any religious or sectarian beliefs, as these are not in line with Auroville's vision; no Auroville inhabitant may engage in any religious or sectarian propaganda.

6. shall abstain from any form of disrespect towards local people and their customs, traditions, and social order, Auroville being in Tamil Nadu, India. Auroville inhabitants need to respect its cultural values.

7. shall not acquire any immovable assets in the Auroville Master Plan area, including the Green Belt. All immovable assets in Auroville are owned by the Auroville Foundation, which holds them in trust for humanity as a whole. Ownership of any such asset in Auroville must be declared when joining Auroville and transferred to Auroville as soon as possible failing which such person shall be wait-listed for the status he/she is applying to secure.

8. shall undertake any planting, building, demolition, including that of temporary structures such as fences only with explicit written authorization from the Auroville Town Development Council. Being entrusted with the responsibility of care-taking of any Auroville property, does not imply ownership, and may be revised at any time, in the interest of Auroville, as may be decided by the Auroville statutory working groups.

9. shall live in the housing/ residential asset allocated to them. Inhabitants may be asked to move to a different asset when their needs change, or if the city development requires this change of accommodation. No inhabitant shall hold on to any asset of Auroville for any reason, shall not hold multiple assets, or pass on the assets or business units to their children or relatives.

10. shall abstain from involvement in Indian or international party politics and from propagating any political views. Residents are also expected to refrain from doing politics within Auroville. Politics within Auroville means any attempt to campaign, promote an opinion, by an individual or group, a particular political view of Auroville affairs onto other residents, volunteers or guests.

11. shall abstain from spreading false propaganda to the press and media using the name of "Auroville" (or its shorter version "Auro"). Official press releases on behalf of Auroville Foundation shall be made only by the official media body of the office of the Secretary, Auroville Foundation and not by Auroville residents and offices, departments, units, and activities of Auroville Foundation. Disseminating negative and false images of Auroville in the media, or publicly, including social media, using the name of "Auroville" (or its shorter version "Auro") is detrimental to the interests of Auroville and hence indulging in such actions may lead to disciplinary action, including expulsion from Auroville.

12. shall in no way obstruct or hinder the manifestation of the township of Auroville, being built in accordance with the Master Plan, formulated and approved in accordance with Section 17(e) of the Auroville Foundation Act.

13. shall extend full cooperation to the Admissions and Terminations Registry for its annual survey of the persons residing in Auroville or at such periodicity in such manner as may from time to time be prescribed by the Governing Board.

B. Residents entered in the Register of Residents (ROR)/ Newcomers/ Volunteers

1. shall live full time in Auroville. For any absence, information must be given to the Human Resources Service upon departure and upon return. In case of leaving Auroville for longer than two weeks, long-term or frequent absence, such as for family, medical or educational reasons, must be applied for and approved by the Human Resources Service; if one is found to have left Auroville exceeding two weeks without approval, then his/her status is liable to be terminated, after following due process, and he/she may be asked to reapply upon return.

2. shall not have guests in their allocated residences for longer than seven days. Any guest of an Aurovilian staying in Auroville for a longer period must stay at a registered guest house of Auroville. In case of close family members who wish to stay longer than seven days, special permission for hosting them in the allocated accommodation shall be sought from the Human Resources Service.

3. shall seek special permission from the Human Resources Service for hosting his/her spouse in the Auroville asset. Aged/ infirm parents and minor children, called "Permanent Guests" of Auroville, are permitted to live with the Resident; anyone thus hosted shall not own land within the Master Plan of Auroville and shall be strictly bound by Part III (A) of Clause 2 of this Standing Order.

4. shall inform the Secretary forthwith of any regulatory or legal proceedings initiated against them or their near relatives impacting the reputation of Auroville or affecting the ideals/ principles of Auroville.

5. shall submit an Annual Declaration as required by the Admission and Terminations Registry, in a template as prescribed by it with the due approval of the Governing Board, along with a yearly undertaking on compliance with Act, Rules, Regulations, other instructions of Competent Authority, and this Standing Order or its subsequent amendments if any.

C. Residents entered in the Register of Residents (ROR)/ Newcomers

1. shall be engaged in work for the collective, through an Auroville unit or service, at least 6 hours per day, 6 days per week, or, 5 hours per day, 7 days per week or as may be decided from time to time by the Funds and Assets Management Committee, in accordance with the Mother's teachings and guidelines for Auroville. Work for the collective in Auroville shall be defined as work done in furtherance of the manifestation of the city, fulfilment of the Master Plan, and maintenance and administration of the general affairs of Auroville. All residents are free to engage in any aspect of work as long as it is for the collective good and furthering of Auroville. For those who are physically unable, exemption must be sought from the Human Resources Service. Pregnant women, nursing mothers, elderly or disabled people are offered jobs suitable to their condition. Mothers with young children must fulfil an activity in accordance with their role such as baby-sitting, supervising a boarding or nursery.

2. shall not be engaged in work or business outside of Auroville, and may be fully committed to life in Auroville, save for exceptional circumstances where the resident is obliged to engage in work outside for the betterment of Auroville, to be decided on a case-by-case basis by the Funds and Assets Management Committee.

3. shall attempt resolution first among themselves, or with the help of Auroville working groups, to resolve conflicts arising between the members of the Auroville community, in the spirit of brotherhood, with mutual respect and understanding, notwithstanding cases of violence or abuse. Residents agree to try to solve conflicts with goodwill, going beyond personal preferences first, before going to outside authorities.

4. shall organize parties and other large social gatherings in authorized locations only, published by the Funds and Assets Management Committee from time to time.

This Standing Order is issued with the approval of the Governing Board in its 66th meeting held on 12.02.2024 (Item No.66.13) and shall come into force with immediate effect.

*Dr. G. Seetharaman, Officer on Special Duty,
25 November 2024*

**CITY SERVICES CONTRIBUTIONS AND PAYMENTS
November 2024**

Summary	Unspecified	Specified	Total
Buffer Opening Balance (BOB)	13,95,17,478	—	13,95,17,478
Monthly Contributions (Int. + Ext)	2,24,97,571	6,97,185	2,31,94,756
Total Contributions (OB+Monthly Inc)	16,20,15,049	6,97,185	16,27,12,234
Total Payments	1,75,91,546	6,97,185	1,82,88,731
CS Ending Balance (Includes BOB)	14,44,23,503	—	14,44,23,503

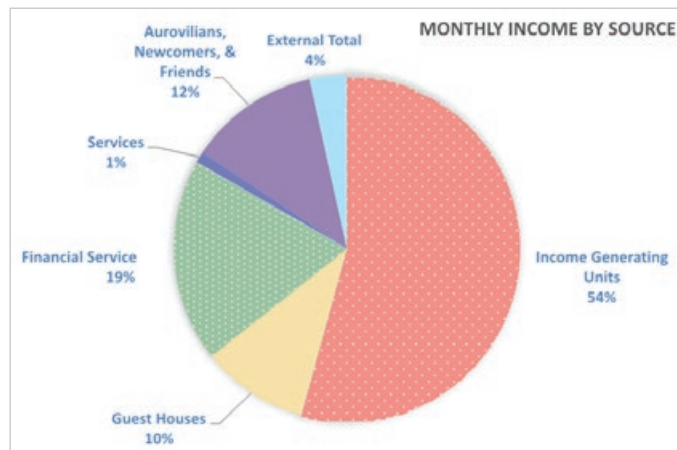
Monthly loss/ gain 49,06,025

Internal Contributions

Source	Unspecified	Specified	Total
Income Generating Units	1,20,75,023	5,12,185	1,25,87,208
Guest Houses	23,23,097	4,000	23,27,097
Financial Services	43,00,000	1,06,685	44,06,685
Services	2,43,530	—	2,43,530
Aurovilians, Newcomers, & Friends	27,55,414	74,315	28,29,729
Internal Total	2,16,97,064	6,97,185	2,23,94,249

External Contributions

Government of India for SAIIR	—	—	—
Government of India for Other	—	—	—
Other Contribution	—	—	—
Project Contributions	—	—	—
Foreign Contributions	8,00,507	—	8,00,507
External Total	8,00,507	—	8,00,507



E-versions: You can [read full report here](#).

Readers of paper version can read full report at the end of the issue.

BCC Team (Angurajan, Arthi, Jothiga, Kalaiarasi, Kaileshvaari, Victoria)

DAMAGED COMMUNITY ASSETS AND REPAIRS

Cyclone Fengal

Dear Residents, recent cyclone Fengal has caused damage in Auroville communities. Information about whom to approach for help and to donate for the effort is shared here:

- Critical Electrical Failures—**AVES (Auroville Electrical Service)**
- Fallen trees clearing/ wood removal/ critical fence repair—**Auroville Land Service**
- Critical Road/path blockages—**Road Service**
- Urgent House repairs due to cyclone Fengal—**Auroville Housing Service**
- Water supply or drain breakages due to cyclone Fengal—**Auroville Water Service**
- Campus Area Network & Internet Connections—**Aurino Systems**
- Safety & Security on clearing cyclone Fengal related damages—**Auroville Security Service**
- Medical Emergencies—**ASES—Auroville Security Emergency Service**
- Assistance for Auroville and Outreach Schools—**SAIIR**
- Assistance for Beach Communities—**Working committee**
- Any other cyclone Fengal related Emergencies of external nature—**Working Committee**
- Special request for contingency funds by above noted working groups—**FAMC**

Financial assistance from FS accounts of Indians for this emergency relief support can be sent to Auroville Cyclone Support **FS account 252333** of Unity Fund.

Indian donors can use the website [Auroville Donation Gateway \(https://donations.auroville.org\)](https://donations.auroville.org). The donors will be issued only 80G receipts as this type of donation is not eligible under Section 35 (1) (iii).

Foreign donors to use their respective countries' AVIs or AVI USA website [Donate—Auroville International USA \(https://aviusa.org/donate\)](https://aviusa.org/donate)

No individual resident or Auroville group should approach donors to receive funds personally into their own FS or their bank accounts.

The BCC will distribute the cyclone relief incoming donations periodically to the relevant services noted above to carry out the necessary works, subject to availability of necessary funds.

All requests for repairs from residents, communities etc, will be taken up by the working groups depending on the urgency, need and available resources.

Balaji, FAMC Admin

ANNOUNCEMENT

Regarding Crown Landscaping Work

Dear Residents, Crown landscaping work will begin by next week, opposite Humanscapes at first but extending onto other areas of the Crown subsequently. The landscaping work will include levelling, temporary plantation, featuring flowering plants and removable landscape features and elements. As and when we are ready to lay the infrastructure cables and pipes for all of the city, this landscaping will be removed. A temporary fence will be installed to protect the plants from cattle. The Crown, eventually, will be lined with buildings on both sides, interspersed with some parks/green areas as per the zonal regulations. This intervention is purely for the sake of temporary beautification.

- For any queries, write to avenir@auroville.org.in

L'avenir d'Auroville team

Appointed members: Govind, Hemant (inactive), Jaya, Ponnusamy, Prasad, Sindhuja & Toby

Member-Secretary: Dr. G. Seetharaman

Submitted by Joel, Resource Person

A KIND REQUEST FROM THE HOUSING SERVICE

Meetings with Appointment only!

Dear all, in order to provide better service and work more efficiently, the Housing Service would from now on ask you to let us know beforehand by email, if you wish to come to the Housing Service with a request, such as house allocation, repairs or agreement extension. It will no longer be possible to walk in any time to see a member of Housing/ representative of a department without an appointment.

- We will reserve only the Wednesday afternoons between 3 and 4:30pm for walk-ins.

Please send us your request by email first and if you need to meet us to further discuss, do let us know and fix the appointment. We will then give you an appointment on one of the following days of the week:

- Monday and Wednesday mornings, 10:30am—12pm
- Friday afternoons, 3—4:30pm.
- Please write to us at housing@auroville.org.in

Exceptions will be made for urgent matters, provided if it was unexpected/ unplannable.

Thank you for your understanding and cooperation.

Sincerely, Housing Service. Submitted by Roy

HUMAN RESOURCE SERVICE

New Address

Dear Community, this is our new mail ID to reach us.

- hurs@auroville.org.in

Our new office is located at the old music library next to SAVI. Working hours would be mentioned in the next News&Notes edition as we are currently in process to shift into our new space.

*Suresh & Raja for HRS
(Human Resource Service)*

ATDC: APPLICATION ANNOUNCEMENT 12-12-2024



L'avenir d'Auroville

A. The following Building Application has been received and approval has been issued—announced for information only.

Morning Star Women Wellness Center

- **Applicant/s:** Paula Murphy
- **Location/area:** Crown Area / Residential Zone
- **Built-up area for which approval is sought:** 507 sqm
- **Estimated cost:** Rs. 2,14,62,967/-
- **Preliminary Design Approval issued on:** 21-04-2023
- **Feedback received from the community between:** 06-04-2023 to 20-04-2023

Project brief: The Morning Star Women Wellness Center is designed to provide women's wellness services and for healthy, low risk pregnant women, expecting a normal delivery. The Centre will offer infrastructure and equipment to facilitate natural birth such as water birth tubs, physiotherapy balls, ceiling slings, support bars, stairs and private garden paths for walking in labor. There will be necessary medical equipment for normal birth including ultrasound, oxygen, newborn resuscitation table and other midwifery supplies. There will be easy access for a stretcher and ambulance drive-up if needed in an emergency. When necessary, mother and/or infant will be transported for emergency medical care. The Center also sports a yoga center on the first floor for classes for pregnant women.

- For any queries, write to avenir@auroville.org.in

Joel, Resource Person

**LIST OF HOLIDAYS
for the Calendar Year 2025**

S.E.W.A. (Small Employers & Employees Welfare Administration) recommends that all Employees be given a choice of 10 (Ten) holidays from the list given below.

As per the Government's notification Republic Day, May Day, Independence Day and Gandhi Jayanthi should be considered as mandatory holidays.

Sl. No.	Name of the Festival	Date of the Festival	Day of the Festival
1	New Year's Day	01.01.2025	Wednesday
2	Pongal	14.01.2025	Tuesday
3	Thiruvalluvar Day (Pongal)	15.01.2025	Wednesday
4	Uzhavar Thirunal (Pongal)	16.01.2025	Thursday
5	Republic Day	26.01.2025	Sunday
6	Thai Poosam	11.02.2025	Tuesday
7	Masi Magam	24.02.2024	Saturday
8	Ramzan (Idu'l Fitr)	31.03.2025	Monday
9	Tamil New Year's Day	14.04.2025	Monday
10	May Day	01.05.2025	Thursday
11	Independence Day	15.08.2025	Friday
12	Vinayakar Chathurthi	27.08.2025	Wednesday
13	Ayutha Pooja	01.10.2024	Wednesday
14	Gandhi Jayanthi	02.10.2025	Thursday
15	Deepavali	20.10.2025	Monday
16	Christmas Day	25.12.2025	Thursday

Sandjivy on behalf of SEWA

Community News

Passing On

REMEMBERING KARUNA



Karuna Periyaswamy, born in Kulapalayam, was very young when he joined Auroville, only 14 years old. As a child, he had once met the Mother at the Ashram, as part of a school visit, offering flowers to her. His grandfather was one of the village chiefs of Kulapalayam. He initially stayed in Fraternity, then in Aspiration for a while, and then finally settled back in Fraternity with his family.

He was partly educated in Auroville (After School), and he became a keen sportsman: kabaddi player, volleyball player and basketball player. He worked at Aurelec for some time, and later was part of the Solar Service team for a while.

He married Uma in 1991 and had two children, Vidhya and Kishore. Now he has a 4 month old grandson Vihaan, with whom he spent his last months.

At Fraternity, Karuna started a small workshop, producing handicrafts items and dolls. He started with one tailor and one lady assistant, and then, in 1993, this became a unit, Discovery, a garments exporting unit with about 60 employees, offering a lot of job opportunities to the surrounding villages of Kulapalayam, Bommayarpalayam,

Edayanchavadi and Alankuppam. The unit specialised in silk hand painted garments and accessories.

Karuna was very actively involved in Auroville life. He was the first Tamil /Indian to start a successful export unit in Auroville. Later on he expanded the business by taking over the Lotus unit (Ham-mocks). In recent years he was managing the Discovery guest-house. He created Discovery trust and was a trustee of Aurosarjan. Moreover, he used to be a member of the Entry group, one of the Working Committees, and the ABC support group. He was also helping and supporting youngsters. He financially supported a lot of sports activities like tournaments and matches. And he contributed to Auroville schools. For some time he was one of the executives of NESS school and of the water maintenance service.



He will be remembered as a very organised person, straightforward, skilful, very hard working, with great will power, and he was a strong and bold person. He loved to travel the world and has experienced travelling to the USA, England, Germany, France, Switzerland.

For the past 6 years, Karuna suffered from chronic kidney disease and was in dialysis. He passed away on the 5th of December, aged 60. His cremation took place the next day, at Adventure Burial Ground.

As remembered by Karuna's daughter, and son, Vidhya and Kishore, and his wife Uma. **Annemarie**

REMEMBERING VICTOR



Victor (Victor Plotnikov) was born in 1954 and grew up in Moscow, Russia. Since 1993 he had been living in Certitude, with his wife Galina. His son Nikita was born in 1998 in Auroville and since then they lived as a family together till his last day. He passed away on 27 November, 2024. He was 70 years old.

As a child he was very smart and inquisitive with varied interests and he loved hiking and rafting through rocky rivers in the Ural region.

In his youth, Victor began to show great interest in Eastern practices, took up Yoga and Karate, attended thematic lectures, and became a vegetarian.

In the early 90s, friends brought Victor a clipping from the newspaper "Komsomolskaya Pravda", which told about the city-commune of Auroville. Since his friends had dreamed of building a similar city in their youth, Victor decided to go to India and see this inspiring vision for himself. From then on, a new stage in his life began.

In his thirties he visited Auroville a few times until he finally moved and settled here. He joined in 1993 and dedicated his entire life to Auroville, especially Matrimandir, which was very dear to his soul. He worked there as an engineer leading a team of workers to manifest the soul of Auroville. From 2019, he worked inside Matrimandir providing peace and guidance for people to meditate.

Victor was an adventurous soul, who kept a smile on his face through any circumstances. He was an extremely dedicated, sincere, honest person, full of passion and joy towards life. He was a good husband and a great father who supported his loved ones through thick and thin of life. He was always ready to help others and supported them with unconditional love. He will be remembered forever as a person with goodwill, good heart, and an eternal smile that radiated positivity and love.

Compiled by Nikita (son), Galina (wife) and his Russian and Auroville family and friends

Submitted by Annemarie

Matrimandir News & Schedules

MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity and Matrimandir

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE.

- The Park of Unity is open to **Aurovilians and Newcomers** daily, 6am—7:30pm
- **Aurovilians may bring close family and friends** to the Gardens daily, 9am—3:30pm

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, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to **Aurovilians and Newcomers**:
 - Monday—Saturday: 6—8am, 4:30—7:30pm.
 - Sunday: 6am—12pm, 4:30—7:30pm.
- The Inner Chamber is open to **SAVI registered Volunteers**:
 - Wednesday—Monday, 8—8:40am.
Arrival at 7:45am at the Office Gate.
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family 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: 8—8:35am.
Arrival at 7:45am 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—11am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in: Tuesday 8—8:30am.

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders:
 - Monday—Sunday, 7—8am, daily 5—6pm.
 - Tuesday morning, closed.

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 cost. 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.
- Timings starting from the Visitors Centre:
 - Daily, 9am—5:30pm.

The Inner Chamber of the Matrimandir

The Inner Chamber 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.

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.

Antoine, Divya Karun, John H., Judith, Sundar K

MATRIMANDIR CALENDAR 2025 IS AGAIN AVAILABLE

It is with great joy that I announce to you that the Matrimandir Calendar 2025 is again available!



The 2025-edition emphasizes the beautiful Darshan decorations around the Banyan tree and the Amphitheatre, bonfires, a gorgeous sunset, and some of the new gardens. Each page of the Matrimandir Calendar 2025 is colorful, and there are 12 additional smaller photos on the calendar-page with a quote from Sri Aurobindo's Savitri.

Each page is printed in a different color according to the dominant color of the small photo. On the cover Matrimandir 2025 in Mother's handwriting is gold-embossed.

2 short spirals on top give an elegant appearance (not shown in the picture). The desk format has the usual 20 cm x 21 cm, same like the years before.

Darshan days and other important days as well as moon days (full/new) are indicated.

The calendar is printed in 4 colors on foreign art board, matt, 250 GSM. Each calendar is wrapped in a plastic cover.

The price is Rs. 180.— (plus postage and 18% taxes when applicable). Shops will add their taxes and commission to this price. All proceeds from the sale of the calendar is donated to the Matrimandir as always.

Photos and DTP work done by Aurovilians, Printed at Sudarsan Graphics, Chennai, Distribution by Tine, Aurogreen, for the Matrimandir. Kindly place your orders.

tine@auroville.org.in

+91 9843984181 WA, +91 8903938649, Tine

AMPHITHEATRE—MATRIMANDIR

Meditations at sunset with Savitri

Every Thursday, 5:30—6pm (weather permitting)

Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's incredible 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 to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your **Guest Card** with you. Access only for the Amphitheater from 5:15pm. Thank you.

Surya and Velmurugan for Amphitheater team

Awakening Spirit

A weekly study circle on

The Synthesis of Yoga



- Sri Aurobindo

By **Deepti Tewari**

4:30 pm - 5:30 pm

Every Tuesday

Venue :
Resource Library,
Bharat Nivas, Auroville

Scan for Location

BHARAT NIVAS

Submitted by Monisha

SAVITRI BHAVAN**Schedule, December 2024****Exhibitions**

- **Meditations on Savitri:** A painting exhibition of 472 paintings created by the Mother with Huta from 1961—67 is on display in the picture gallery
- **A Bilingual Exhibition on 'Sri Aurobindo:** A life-sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor
- **Glimpses of the Mother:** Photographs and texts in the Square Hall

Films: Mondays 4pm in the Sangam Hall

- **December 16: Sri Aurobindo & the Earth's Future—From Darkness to Light—The Secret Revolutionary Leader.** This second episode of Olivier Barot's film covers Sri Aurobindo's life from 1900 till 1906, his work in Baroda, his discovery of Indian Spirituality and his first involvement in the Indian freedom struggle. Duration: 56min.
- **December 23: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 3—The Revolutionary Yogi.** This third episode relates to Sri Aurobindo's life in Bengal from 1906 till 1910. It explores his public engagement in the Indian freedom struggle, his spiritual quest, his arrest and experiences in the Alipore jail, and his refuge in Pondicherry. Duration: 57min.
- **December 30: Home—the Earth: our home is a miracle and a beauty.** The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.

Full Moon Gathering

Saturday, 14 December, 7:15—8:15pm
in front of Sri Aurobindo's statue

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in *The Life Divine* led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Mondays to Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Wednesdays 4:30—7pm:** Savitri Satsang followed by OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shraddhavan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from *The Synthesis of Yoga* led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm

Sri Aurobindo & the Earth's Future—From Darkness to Light, Season 1—Episode 2—The Secret Revolutionary Leader

- **Monday, 16 December 2024, 4pm @ Savitri Bhavan.** Duration: 56min.

This second episode of the series covers Sri Aurobindo's life from 1900 till 1906: his work in Baroda, his wedding with Mrinalini Devi, his discovery of Indian Spirituality and Sri Ramakrishna's teaching, his first involvement in the In-

dian freedom struggle as a secret revolutionary leader, and the partition of Bengal in 1905 by the British Raj.

Already in England, Sri Aurobindo studied the revolutionary movements in France, Italy, and America and was deeply inspired to work for the freedom of India and recognised first glimpses of her unique culture. During his time in Baroda, he began to be involved in the Indian freedom struggle.

In December 1904 at the Bombay session of the Congress, together with Thilak he criticized the Congress' strategy of endless compromises and useless petitions and advocated passive resistance, non-cooperation and complete independence.

Also, he advised starting groups to train freedom fighters physically and by studying the lives of revolutionaries as Joan Arc, Mazzini, and to study the Gita which imbued them with the spirit of selfless work and sacrifice for the country. Around the same time, the song *Vande Mataram*, "I praise you, Motherland", became popular amongst political activists and freedom fighters and in whole India. The song was written by Bankim Chandra Chatterjee in the 1870s.

Sri Aurobindo was advised by a friend to do yoga but he boldly refused this because he wanted to work for the freedom of his country and had no interest in personal salvation as that was the usual goal of yoga practice.

Nevertheless, his own spontaneous spiritual experiences and considering the success of great spiritual figures of the world suggested to him that the power of yoga could help in gaining India's freedom.

Sri Aurobindo remarked: "When I turned to the yoga and resolved to practice it, and find out if my idea was right, I did it in this spirit and with this prayer to Him, "If Thou art, then Thou knowest my heart. Thou knowest that I do not ask for Liberation, I do not ask for anything that others ask for. I asked only for strength to uplift this nation, I ask only to be allowed to live and work for this people whom I love."

Sri Aurobindo began to practice pranayama with some remarkable results. He mentioned: "First, I felt a sort of electricity all around me. Secondly, there were some visions of a minor kind. Thirdly, I began to have a very rapid flow of poetry. With 'Pranayama' I found that the mind began to work with great illumination and power".

Sri Aurobindo pursued his yoga practices in a scientific way. With detailed observation and experimentations, he gained ever new experiences and reached higher levels of existence.

This film written and directed by Olivier Barot with the help of Bob Zwicker & Christine Devin and voiceover by Shrishti Dangi, Hamesh Boyd and Aravinda Maheshwari was produced for educational purposes by Sri Aurobindo Trust, London and Andakosha Pictures, Auroville.

It is [available on YouTube](#).

Dhanalakshmi & Margrit for Savitri Bhavan

SAVITRI SATSANG**& Om Choir with Narad**

Every Wednesday @ Savitri Bhavan, Square Hall

- **Savitri Satsang, 4:30—5:15pm**

We will begin with Book 1 The Book of Beginnings, Canto I, the Symbol Dawn, Savitri, this prophetic vision of the world's history, including the announcement of the earth's future.

From the Mother: The importance of Savitri is immense. Its subject is universal. Its revelation is prophetic. The time spent in its atmosphere is not wasted. A complete system of yoga which can serve as a guide for those who want to follow the integral sadhana.

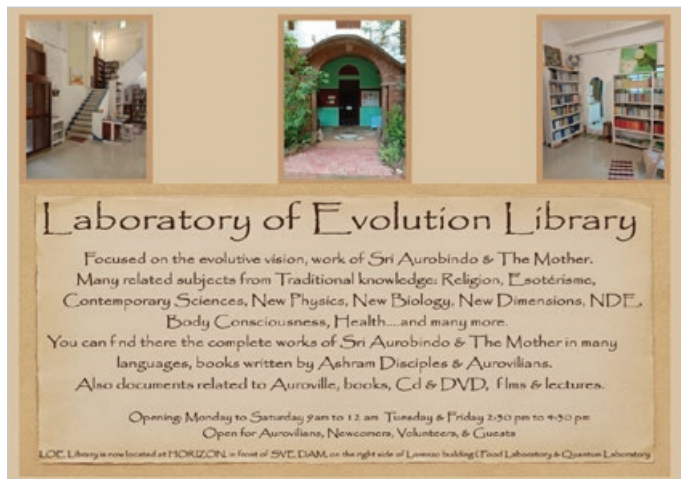
- **Om Choir, 5:30—6:15pm**

The voice that chants to the creator Fire, the symbolled OM, the great assenting Word. Savitri

Please join us in this collective aspiration, in the form of united prayer. No prior singing experience required.

Narad

LABORATORY OF EVOLUTION LIBRARY



Focused on the evolutive vision, work of Sri Aurobindo & The Mother. Many related subjects from Traditional knowledge: Religion, Esotérisme, Contemporary Sciences, New Physics, New Biology, New Dimensions, NDE Body Consciousness, Health ... and many more.

You can find there the complete works of Sri Aurobindo & The Mother in many languages, books written by Ashram Disciples & Aurovilians. Also documents related to Auroville, books, Cd & DVD, films & lectures.

- **Open** Monday to Saturday 9am—12pm Tuesday & Friday 2:30—4:30pm
- Open for Aurovilians, Newcomers, Volunteers, & Guests
- LOE Library is now **located at Horizon**, in front of Sve Dam, on the right side of Lorenzo's building

Kalyani for LOE

Education

**KINDERGARTEN CENTRE FIELD
 Is Celebrating Its 40th Birthday!**

Friday and Saturday,
 20 & 21 December, 9am—1pm

Kindergarten Centrefield will be hosting its 40th year celebration with an exhibition next week at school term end.

All are invited to the open house at Kindergarten.

The exhibition will be displaying the work done by children this year and a photo exhibition of the past 40 years of the Kindergarten.

Ex-students (and their parents) are especially welcome to rediscover their younger self and their classmates on our yearly photo albums—and meet some of their teachers too!

*Vishnu
 for Kindergarten Team*



NANDANAM KINDERGARTEN

Open House

Monday, 16 December, 12—2pm &
 Tuesday, 17 December, 10am—2pm

Nandanam Kindergarten invites you to join us for our Open House. Come and explore the work of the children and be a part of our joyful world!!!

*The Nandanam Kindergarten Team,
 K.Lakshmi*

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY



18 December, 10am @ Bharat Nivas Auditorium

AIAT is the only Institute of Higher Education in Auroville that enables the region's youth to pursue graduate studies in emerging technologies affiliated with Pondicherry University. AIAT conducts three-year B.Voc. degree courses based on skill-centric integral education concepts in Software Development and Machine Learning (AI), Applied Electronics and Chip Design, Electric and Electronics Technology (Renewable energy), Mechatronics and Production Technologies. The courses are conducted at its campuses in Aurobrindavan/Palmyra, Irumbai, and Udavi (C3STREAM Land Design).

In 2004, AIAT began vocational education at the industrial school level and continues today at the graduation level for the rural Bioregion of Auroville. To date, approximately 2000 Youths have been skilled in various professions at the ITI level (NSQF level 4), beginning with Electronics Mechanics, Computer Hardware System Management and Networking, Accounting and Secretaryship, Draughtsman Civil, Computer Applications, Fitter, and Welder in collaboration with Auroville units and industry in Pondicherry.

Many of the AIAT alums are working in Auroville.

AIAT invites all alums and Aurovilians interested in promoting Applied Science-based higher education at Auroville College to benefit the region's and Auroville's youth to attend the event on 18 December 2024 at 10am at Bharat Nivas Auditorium.

Lavkamad Chandra and Sanjeev Ranganathan

JOIN OUR UPCOMING HOLIDAY STEAM CAMP!



- **Monday—Friday, 23 December—3 January**
 No camp on 25 December and 1 January
 - 10am—12:30pm for Ages 9 & 10
 - 2—4:30pm for Ages 11 & 12

Discover the magic of ancient tales this winter and embark on a thrilling journey where ancient wisdom meets the wonders of Science, Technology, Engineering, Art and Math (STEAM)! Uncover the legendary tales of Tenali, Panchatantra and much more through STEAM activities. Come along with a spark of creativity and loads of enthusiasm to have a blast of fun and amazing memories!

- Limited spots, so sign up by 15 December and let the adventure begin!

Yuvabe Education, Deepanam School

- Contribution: Rs 250/ day

Submitted by Abilash

CALL FOR GRANT PROPOSALS

With regard to grant proposals for possible funding by the Foundation for World Education (FWE) and Stichting de Zaaier (SDZ) in early 2025, a two part-grant application and budget request form is available on request from pcg@auroville.org.in

- Please submit your filled in forms and any other documents related to this purpose as attachments to a covering email addressed to: pcg@auroville.org.in
- Latest by Monday, 16 December.

Questions and early submissions are welcome,

*Devi, Pala, Sauro, Tineke, Vani
for the Project Coordination Group*

KULAI CREATIVE CENTRE

Next to Auroville Bakery, Kulapalayam
kulaicreativecentre.auroville@gmail.com
8608473385



	10–11:30am	12–1pm	3–4:30pm
Monday	English Class	Mother's 12 Quality Session Tailoring (Flag Making)	Mother's 12 Quality Session (Gardening)
Tuesday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Calendars Making)
Wednesday	Mother's 12 Quality Session (Painting)	Tailoring (Flag Making)	Mother's 12 Quality Session (Mural painting on walls)
Thursday	English Class	Tailoring (Flag Making)	Mother's 12 Quality Session (Embroidery work)
Friday	Tailoring (Flag Making)	Tailoring (Flag Making)	Mother's 12 Quality Session (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiyam, Silambam, Up-cycling and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15.		

Selva for KCC

AUROVILLE LIBRARY

Our Reading Circles

- Mondays 6–7pm, main building: *The Prophet* by Kahlil Gibran, hosted by Malcolm, +91 9080159721
- Tuesdays 6:30–7:30pm, main building: *A New Earth* by Eckhart Tolle, hosted by Debashish +91 7678208825
- Thursdays 6–7pm, main building: *When Things Fall Apart* by Pema Chodron, hosted by Helen & Serena +91 7094753054, +91 8489760966

Auroville Library Contacts and Timings

- Phone: 0413 2622 894
- Email: avlib@auroville.org.in
- Opening timings:
 - Mornings: Monday–Saturday: 9am–12:30pm
 - Afternoons: Monday, Wednesday, Thursday, Friday & Saturday: 2–4:30pm
Tuesday: 4–6:30pm

Laura

Ecology

COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,
10:30am–12:30pm & 3–4:30pm

Dear Community, we are delighted to offer a variety of valuable items at Eco Service, like plates, PVC pipes, repair materials, mirrors, glass bottles, and much more.



We welcome all recyclers or anyone needing such items to take them anytime from Monday to Saturday between 10:30am–12:30pm and 3–4:30pm.

- It's best to call Sumit at 6379669034 to confirm his availability before you come by. See you soon!

Laura H. for Eco service team

Health Care

SIMHA HEARING AIDS AND SPEECH THERAPY CENTER
Offer Services

Simha Hearing Aids and Speech Therapy center of Pondicherry will be commencing their services at Auroville Health Centre. Prof. N D Rajan with more than 45 years of experience and Mrs. M. Manju with 20 years of experience, Audiologists and Speech Therapists, will be providing their services from the month of November 2024.



- They are visiting on 2nd and 4th Saturdays of every month between 2–5pm.

They will be providing the following services:

- Audiometry (Hearing Assessment)
- Hearing aid fitting (like SIEMENS, PHONAK, and other known brands)
- Programming and readjustment of hearing aids
- Consultation for speech and voice problems

In addition, basic accessories for hearing aids like batteries, cleaning kits etc, will be available in the Pharmacy.

Dr Uma

AUROKIYA INTEGRAL EYE CENTRE

@ Arka, Monday–Saturday, 9am–5:30pm



Services Provided

- Comprehensive eye examination
- Glasses, contact lenses & eye drops
- Support visits to Aravind Eye Hospital.
- Eye exercises, eye yoga, and vision therapy
- Outreach: Screening camps and eye health education (Schools, Workplaces and Villages)



Contact:

- aurokiya@auroville.org.in, aurokiya@gmail.com
- 8012305151 WA/ Mobile, www.aurokiya.com

Eye Yoga and Wellness Retreat

Aurokiya Integral Eye Centre
(An Auroville Unit)

FOCUS

Eye Yoga & Wellness Retreat

For Registration & Details.

Date: December 17 to 21, 2024
Time: 7:00 AM - 8:00 AM
Place: Arka, Auroville

Limited Seats: 15 [LINK](#)

Aurokiya Integral Eye Centre is hosting our 6th Eye Yoga and Wellness Retreat from 17 to 21 December. Join us as we guide you through eye exercises to refresh your visual system and natural eye healing.

- To register and for more information, please scan the QR code or [click on the following Link](#).
- For details and other programs contact 8012305151/ 9704258709

Double Your Impact: Support Aurokiya’s Vision for All

Support Aurokiya’s mission for eye care for all in Auroville and Bioregion with the Auroville International USA Matching Grant Campaign. Every donation will be matched!



Together, we can empower individuals, prevent blindness, and bring lasting change to our communities.

- Donate today and make twice the difference: <https://give.aviusa.org/page/aurokiya>

Aurosugan, for Aurokiya

BIRTH: A SACRED JOURNEY

Weekend Retreat for Pregnant Couples

13—15 December

@ Morning Star Women Wellness and Birth Center



Join us for three transformative days in the serene embrace of Auroville’s Morning Star! This retreat is designed for pregnant couples, their chosen companions, or solo moms-to-be who wish to slow down, ground themselves, and connect deeply with their baby and partner.



What to Expect

Discover tools, practices, and insights to prepare for the sacred journey of birth, led by expert midwives and facilitators:

- Pregnancy Yoga for mindful movement
- Conscious Partnering & Connection exercises
- Guidance on Fatherhood & Emotional Support
- Practices for Empowered Birthing
- Insights into the Golden Hour after birth
- Breastfeeding Guidance and Techniques
- Caring for Mother and Newborn essentials
- Healing through Water, Watsu, and Sound

Why Join?

- Trust your body’s natural instincts
- Deepen your connection with your baby and partner
- Gain clarity on birthing rights for you and your newborn
- Embrace this transformative journey with empowerment and awareness



Registration & Queries

- morningstar@auroville.org.in
- +91 9892699804 WA (No calls, please)

Don’t miss this opportunity to prepare mind, body, and soul for the miraculous adventure of welcoming a new life.

Balaganesh Siva

ORTHOPAEDICS SERVICES AVAILABLE

Dear community, this is Sruthi, 26 years old, an Aurovillian who was born and brought up in Auroville. I have completed my Masters degree in Physiotherapy and I am professionalized in Orthopaedics. I am ready to provide regular home visit care at your place.

- **Services provided:** Neck pain, Low back pain, Knee pain, Heel pain, Frozen shoulder, Shoulder related pain, Muscle injury, Ligament injury, Sprain and strain, Sports injuries, Sciatica, Post fracture/ surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell’s palsy, General fitness, Ergonomic advice, Geriatric care

Pain is a sign that has to be taken care of.

Kindly get in touch with me if you need home visits.

- Sruthi, 7904769496, WA/ call
- auroshruthi@auroville.org.in *Submitted by Sruthi*

OFFERING NURSING SERVICES

My name is Madhi and I’m 26 years old. I’ve been living in Auroville since my childhood with my family. I have done my bachelors degree in B.Sc (Nursing) and I have two years experience as a staff nurse in hospitals (one year in psychiatric ward, six month in ICU and six month in emergency). Past two years I’ve been working with private diagnosis and health care in Auroville.

Home visit care for elderly people, bed ridden patient, psychiatric patient, etc.

Kindly get in touch with me if you need assistance, hospital care, homecare, home visits, or a caretaker. I’m happy to offer my professional skills in the appropriate and proper way.

Madhi, 9597222826 call/ WA, madhiazhagan014@gmail.com

OFFERING ADAPTIVE THERAPY AT SANTÉ

Asita will be offering Adaptive Therapy at Santé for all age groups, from young children to the elderly, including for issues at school, stress, insomnia, social challenges and more.

- Please contact Santé reception: 0413 2622803.

Asita has a Master’s in Sociology from Pondicherry and specialization as a Behavior Technician from the USA.

Dasha for Santé Team

NOTE FROM AUROVILLE HEALTH SERVICES

We are looking for a person (preferably French speaking, otherwise English speaking), who could attend to a French senior lady on four days per week for two hours per day. Payment available.

9787626452, 9655963914, Mechtild for AVHS

SANTÉ SERVICES



Sante

Schedule, December 2024

Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday 8:30—12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor Consultation with Dr. Senthil & Dr. Pavan: Monday to Saturday	Nurse Care Thilagam, Ezhil, Archana & Sandhya Daily: no appointment needed
Ayurveda with Dr. Be: TOS	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Saturday (except Friday)
Midwifery & GYN Care with Paula: Monday & Wednesday	Adaptive Therapy (all ages) with Asita: Wednesday & Saturday
Bio-Well Assessment (Evaluation of your well-being) with Helena—email: adminsante@auroville.org.in	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy. In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Santé Services,
sante@auroville.org.in, <http://sante.auroville.org.in>

AURODENT DENTAL CLINIC @ AUROMODE, AUROVILLE



This December, Aurodent proudly celebrates 6 wonderful years of providing quality dental care! To mark this special occasion, we are delighted to offer a 50% discount on cleaning treatments for all our valued patients throughout the entire month of December 2024.

- Offer Period:** 1—31 December, Monday to Friday, 9am—5:30pm Saturday: 9am—1pm
- For Appointments:** 9629199328 WA, 0413 2622063 landline

We look forward to welcoming you and helping you maintain a healthy, beautiful smile.

Thank you for your continued trust in Aurodent.

Take Care of Your Teeth, It's Essential for Your Health!

We often overlook the importance of oral hygiene, but did you know that taking care of your teeth and gums is essential not just for a beautiful smile but for your overall health? Regularly brushing and cleaning your teeth—and especially paying attention to your gums—plays a critical role in preventing serious health issues.



Oral health isn't just about avoiding cavities. Poor oral hygiene can contribute to high blood pressure, diabetes, and even heart disease. Research shows that infections and inflammation in the gums can affect blood sugar levels and strain the heart, increasing the risk of heart attack.

Taking simple steps like brushing twice a day, flossing, and visiting your dentist regularly can make a big difference. A healthy mouth leads to a healthier body—let's keep that smile bright and our health strong!

Sutha for Aurodent

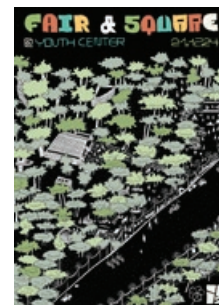
Youth Initiatives

WELCOME TO THE FAIR AND SQUARE

21 December, 2024

Join us on the 21 December for the annual fair at the Youth Center!

Fair and Square, this year's fair name, is inspired by the theme: **Reimagining the Youth Center** as a youth town 'square' on the crown road. We are attempting to transport one average day from YC 5 years in the future into today, and we invite you all to join us in defining what that would look like!



The broad outline of what we envision Youth Center to be is:

- A vibrant social gathering space for people to connect
- A place to share knowledge and to learn
- A space which explores into art and culture
- A location which allows the sharing of the joys of life
- The seed which is watered by our collective dreams

Please join us on the 21st, and the days leading up to it, to explore how you would like to connect and interact with the Youth Center in the future; whether it's by offering your services and knowledge or your crafts and skills, or by participating and enjoying yourself to the fullest!

We envision a day filled with **music, arts, games, food, and joy**—co-created together with every one of you.

Interested in co-creation? Reach out to:

- youthcenterinternational@gmail.com
- +91 9489869490

Keep an eye out for more updates on WhatsApp groups, Instagram, and posters around town.

Otherwise, see you on the 21st, and then some!

With the biggest smiles and enthusiasm,

Gautam, Youth Center and YouthLink Crew

JOIN INTERACTIVE PSYCHOLOGY SESSIONS with Youth!

Wednesdays, 4:30—6pm @ Youth Space, Center Field

Empowering youth through open conversation, Creating a safe space for self-reflection and intentional learning.

- Facilitated by Juan Andres
- Age group: 16 ~ 30

Jisung on behalf of Youthlink



MAKER SPACE

Monday to Thursday, 8:30am—12:30pm
@ Youth Center

This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings.

Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

- If you are interested in supporting our Maker Space with a donation, please reach out to us at Youthlink@auroville.org.in or for in cash donations you can directly transfer to our account 251048.

Lucrezia & Youthlink team



Theatre, Music & Arts

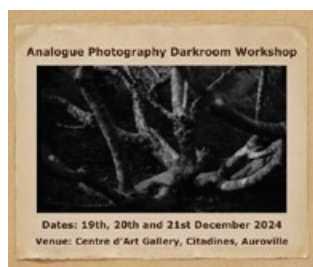
CENTRE D'ART, CITADINES

Basic Analogue Photography Darkroom Workshop by Sasikanth Somu

- 19, 20, 21 December
- @ Centre d'Art Gallery, Citadines, Auroville

Program & Timings:

- Thursday, 19 December, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- Friday, 20 December, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- Saturday, 21 December, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.



Registration Contact: centredart@auroville.org.in

The workshop fee for Guests: Rs.3000 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

All the material for the workshop is provided except the analogue camera. Analogue/ Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 91593 55809 WA

Number of participants is limited to six. While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Submitted by Sergey,
Centre d'Art

Activities Open Call

Centre d'Art would like to open its gallery to new activities for the 2025/26 Season. It could be a participatory project, a workshop, a lecture, a performance... We are looking for events that share the joy of creation, spark curiosity, ignite creativity, connect people... for adults and children alike.

If you are interested please send your submission before 31 January 2025 to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
 - A short biography of the artist/ facilitator
 - The title of Participatory/ Workshop project and its explanatory text
 - Images of some work in jpg or pdf (max 20 images) in low definition
- Submitted by Marco

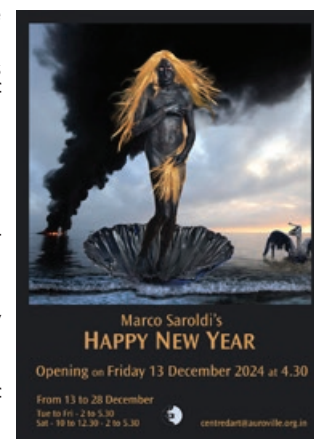


Happy New Year by Marco Saroldi

- 13—28 December 2024
 - Tuesday—Friday, 2—5:30
 - Saturday, 10—12:30, 2—5:30
- Opening on Friday, 13 December at 4:30pm
- Guided visit on Saturday at 10:30

As he does every year at the end of December, Marco Saroldi is getting ready to send his 38th greeting card to a circle of family, friends and acquaintances who eagerly await each new creation and collect them with fervour.

It all began as a game almost 40 years ago. A young photographer from Turin, bored with the idea of having to call family and friends for the never-ending chore of New Year's greetings, decided to take a photo of himself with his girlfriend and send it as a greeting card.



It would be the first self-portrait in a series that would span his entire life, different eras and even continents, since 2015, when Marco moved to Auroville, the wishes would travel from India to the West and not the other way round anymore.

The game of self-portraiture is gradually becoming less self-referential and more sophisticated. Marco developed a passion for this pastime, which over time turned into a real project.

The figure of the photographer becomes a mirror of time, a punching bag, an identikit for the traveller of our time, which he stages with aplomb, humour and ferocity.

Nothing can escape his merciless gaze, from our technological and consumerist manias to the socio-political blunders of our governments, from ecological concerns to the catastrophic and ridiculous triumph of human individualism, from cloning to the mafia.

He hijacks religious and advertising icons—Nike, Che Guevara, Botticelli, United Colors of Benetton—to create his own personal theatre, sometimes featuring his own family and friends.

A magic lantern in the beam of which Marco Saroldi's self-portraits scroll past, projections of us, his contemporaries, captured in our ironic and slightly desperate essence.

Submitted by Marco

ART EXHIBITION NATHALIE

30 November—24 December 2024 @ Pitanga

Art Exhibition
Nathalie
30 November – 24 December 2024

Exhibition timings: Daily, except Sundays

8.30am - 12.30pm & 2.30pm - 5.30pm



Pitanga Cultural Centre, Samastipur, Aurville



Submitted by Roy

BHARAT NIVAS, THE PAVILION OF INDIA, PRESENTS

Discover the magic of
the **Champu Ramayana!**
Explore the Balakanda



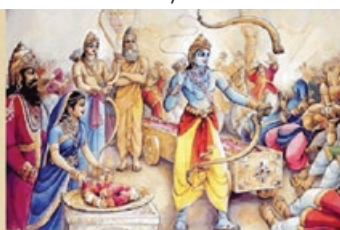
Learn from a renowned Sanskrit scholar,
Dr. Rajalakshmi Srinivasan,
over 10 engaging sessions.

Inauguration at 04:00 PM, 07th December 2024

Venue: SAWCHU, Bharat Nivas, Aurville

1-hour regular sessions every Saturday and Sunday from 05:30 PM to 06:30 PM,
starting 08th December at the Progress Hall, Bharat Nivas.

All are welcome



BHARAT NIVAS

Explore the Balakanda. Learn from a renowned Sanskrit scholar, Dr. Rajalakshmi Srinivasan, over 10 engaging sessions. Dive into the captivating world of Champu Ramayanam, a unique blend of prose and poetry narrating the epic tale of Lord Rama. Explore the Balakanda (first book) in this condensed version attributed to the legendary poet Kalidasa.

Each session includes:

- 30 minutes of insightful lecture
- 15 minutes of Q&A to deepen your understanding
- 15 minutes of chanting to immerse yourself in the beauty of Ramayana
- 1-hour regular sessions every Saturday and Sunday, 5:30—6:30pm, starting 8 December @ Progress Hall, Bharat Nivas. All are welcome

BHARAT KI BANSURI
A journey across traditions

07:00 pm
22nd December 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Aurville

by **Srikar Satish**
on Flute

Joined by **Neeraj Chandrashekar**
on Violin

Naren Pullala
on Mridangam

BHARAT NIVAS

Ojas
The Divine Choral Music Offering

Bharatiya Vrund Gaan
The Indian Choir of England

07:00 pm
Monday, 30th December 2024
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Aurville

Dr. Rakesh Joshi
Artistic Director, Composer, Singer

BHARAT NIVAS

Scan for Ticket

Nritt Lahari
Dance Recital
By
Anandi, Aurodyuti, Greetanjali, Kiranbala, Shampa,
Shilpi, Sumati & Surabhi

07:30 pm
15th December 2024
Venue:
SAWCHU,
Bharat Nivas, Aurville

Scan for Location

BHARAT NIVAS

Monisha

Dance Activities

DANCE CLASSES BY MANI

Choose your Dance: Bachata, Kizomba, Salsa, Tango
Register now: +9186376 33696

Salsa Dance

- @ New Creation dance studio
- Tuesday: Salsa class, 6:30pm
- Saturday: Workshop, 7pm

@Bakisata_dance

Embrace the Rhythm
and Let Go!

Choose your Dance

- Bachata Dance
- Kizomba Dance
- Salsa Dance
- Tango Dance

Register Now
+91 86376 33696

SALSA DANCE CLASS

Tuesday salsa class 6:30 pm
Saturday workshop 7:00 am

Tango Dance

- @ CRIPA, Aurville
- Monday
- Beginner, 6:30—7:30pm
- Intermediate, 7:30—8:30pm
- Friday
- Workshop, 6:30—7:30pm
- Open practice, 7:30—8:30pm

Contact: +91 8637633696

@Bakisata_dance

MONDAY TANGO DANCE

Beginner 6:30 to 7:30pm
Intermediate 7:30 to 8:30pm

FRIDAY
Workshop 6:30 to 7:30pm
Open practice 7:30 to 8:30pm

Aurville, cripa

CONTACT US BY

- +91 86376 33696
- @Bakisata_dance

Submitted by Mani

ZUMBA WITH PREETI

New Creation Dance Studio
Sweatout & Smile
ZUMBA
Every Mondays!

@ New Creation Studio,
every Monday, 6pm

For regular classes DM: 8281746763

Vega



Ballet dance class with Fleur

Dance initiation
Age 4 to 5
Every Monday from 2.30 to 3.30pm

Classical ballet level 1
Age 6 to 7
Every Monday from 3.45 to 4.45pm

Classical ballet levels 2&3
Age 8 to 10: Every Saturday from 9.15 to 10.30am
Age above 10: Every Saturday from 10.30am to 12.00pm

@ New Creation Dance Studio

Fleur, 9600225764

AUROVILLE TANGO

Tango @ Harmony Hall, Bharat Nivas
New batch starts the first week of each month

- **Monday:**
7—Introduction to Tango,
8—Open Source
 - **Wednesday**
7:30—Guided Practice,
8—Long Practice
No partner required.
- Bring socks or dance shoes.
And plenty of joy!



wanna TANGO AUROVILLE TANGO
New batch starts

MON 19:00 Introduction to Tango
20:00 Open Source

WED 19:30 Guided Practice
20:00 Long Practice

+91 9821166082, tango@auroville.org.in

Submitted by Maud

Music & Art Activities

CREEVA ACTIVITIES

- **Watercolor Landscape class** by Sathya
 - Monday, 5—7pm.
- **Figurative Drawing Session**
 - Tuesday, 5—7pm.
- **Flower Painting workshop** by Aprajita. We will paint flowers, leaves, branches and trees. As we build our relationship with the plant-world, we will also learn to receive wisdom from them that can enhance our lives.
 - Fridays, 3—5pm only in December.
 - Contact +91 8860811953
- **Open Studio** (A space to explore your artistic expression.) Art supplies are available.
 - Open from 12:30—4:30pm, Monday to Thursday. If you plan to attend at other times, please inform us in advance.
 - Contact Abi, +91 9042058981
- **Portrait:** For those who wish to have a portrait of themselves in sketch or painting, reach out to schedule a session.



CREEVA Studio, Creativity Community,

Auroville

sathyacolour@auroville.org.in

+91 9486145072 WA, Sathya



CREEVA

LEARN TO PLAY THE INDIAN BAMBOO FLUTE

A month-long beginner's course for the Indian bamboo flute, known as the *bānsuri*, will be offered starting on December 16. This is the perfect opportunity to learn how to play this simple, yet versatile and beautiful, instrument. The course will cover both basic theory in the *Hindustāni* musical tradition, including concepts, notation, terminology, etc., and practical techniques for playing the instrument, such as blowing into the mouth hole, covering sound holes with the fingers, etc.



In the latter part of the course students will learn a *bandish* (i.e., a composition) in *rāga* Bhupali. There is no charge for the course, but you will need a small *bānsuri* in the key of G.

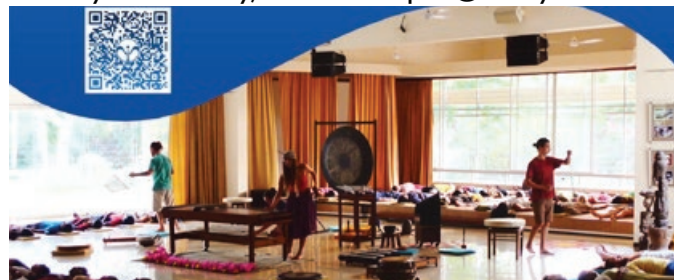
- Class will be held twice per week,
Monday and Thursday at 4pm for one hour @ AV guesthouse.
- Contact Chris for details:
christopher_buchanan@hotmail.com.
+91 9486363282 WA, landline 0413 2910282
Gaya for Gaia's Garden Guest House

SVARAM PROGRAMS

Ongoing Programs

Svaram Sound Experience: Sound Journey

- Every Wednesday, 5:30—6:30pm @ Unity Pavilion



The Quantum-Karmic Multiverse Book Reading Satsang

- Every Thursday 5—6pm
SVARAM Atelier, 2nd Floor, UTSAV Bldg.

We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of *The Quantum-Karmic Multiverse*. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



- For details please click the link or scan the QR Code to our webpage: <https://svaram.org/the-quantum-karmic-multiverse/>

Svaram Atelier: Open for Creative and Healing Arts

Svaram Atelier, located on the second floor of the UTSAV Bldg., is now open for morning rentals, offering an inspiring space for anyone involved in the Creative and Healing Arts. The Atelier is equipped with air conditioning, backup power (UPS), fully-equipped kitchen and includes two therapy rooms available for use. These facilities can be rented for a minimal contribution.



- For further info, please contact +91 9360123054 WA or svaramprograms@auroville.org.in

Aurelio and the SVARAM Team

EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

Adult Drop-In

- Thursday and Friday, 10am—5pm
- Contributions welcome

Classes for Children

- Saturday, 10am—12noon
- Monthly contribution Rs 200.

Artist: 8015362636,
Office: 0413 2623576



Submitted by Lisa

AUROFILM PRESENTS:

Animation Film-making Activities

Weekly Seminars by Abhijit Roy

@ Aurofilm Studio, Kalabhumi, Auroville

9:30—11:30am or 10:30—12:30pm

- Monday: Intro to Concept Design
- Tuesday: Intro to Character Design
- Wednesday: Intro to Color Theory
- Friday: Intro to Storyboarding
- Saturday: Intro to Screenwriting



afacademy.team@gmail.com, +91 8300364055 WA
Susana and team

Multiple Activities

BHARAT NIVAS

BHARAT NIVAS
भारत निवास பாரத நிவாசம்
The Pavilion of India, Auroville

REGULAR WORKSHOP, CLASS & EXHIBITION

- MONDAY TO FRIDAY**
06:00 AM - 07:00 AM
KALARIPAYATTU CLASS at Bhumika Hall
- TUESDAY & THURSDAY**
06:30 PM - 08:30 PM
FENCING CLASS at Harmony hall
- MONDAY, WEDNESDAY & FRIDAY**
06:30 PM - 09:30 PM
TANGO CLASS at Harmony hall
- TUESDAY**
04:30 PM - 05:30 PM
THE SYNTHESIS OF YOGA at Resource Library
- FRIDAY**
11:00 AM - 12:00 PM
SAVITRI STUDY CIRCLE at Resource Library
- WEDNESDAY**
05:45 PM - 06:55 PM
INTEGRAL HEALING at Bhumika Hall
- MONDAY TO SATURDAY**
09:30 AM - 12:30 PM
RESOURCE LIBRARY at 1st Floor - Bhumika Building

EXHIBITIONS - MONDAY TO SUNDAY

- 09:00 AM - 05:00 PM
THE DAWN OF AUROVILLE - PHOTO EXHIBITION at Kala kendra
- 09:00 AM - 04:30 PM
WILDLIFE ART GALLERY at Old LOE Building (old post office)
- 09:00 AM - 04:30 PM
THE CITY THE EARTH NEEDS at India Space

Enquiry Contact: Krishna at +91 97878 80211

Monisha

Sports & Martial Arts

RUN FOR THE JOY OF RUNNING

We are thrilled to announce that preparations for the 15th edition of the Auroville Marathon 2025 are in full swing.

This event has always been a celebration of togetherness, health, and the vibrant spirit of Auroville, and we look forward to another memorable year with all of you.



Mark your calendars!

Auroville Marathon: 16 February 2025

- **Online Registration:** Opens on 9 December 2024 and closes on 25 January 2025.
 - To register online, please visit: <https://www.aurovillemarathon.com/register/>
- **Manual Registration:** Available from 20 December 2024 to 25 January 2025.
 - For manual registration, please visit Saracon between 10am—12pm and 2—4pm.

For Auroville Community Members and Residents of the Bioregion

The registration fee is waived, but a coupon is required to participate. To obtain a coupon, please send an email to marathon@auroville.org.in with your details, and we will provide the coupon via email. Alternatively, you can visit the Saracon Office during the specified times to collect it in person. Once you have the coupon, you can complete your registration for the Auroville Marathon 2025.

For your information: This year, we have added an option to purchase T-shirts for runners on the registration page. You can select your preferred T-shirt size while registering for the marathon.

Please note that runner T-shirts are not included in the registration fee and need to be purchased separately.

Let us come together to celebrate the joy of running and the camaraderie that makes this event so special.

We eagerly await your participation and support to make this marathon another resounding success.

Prabhu & Marathon Team

AIKIDO CLASSES

Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. The Auroville Aikido group always welcomes new practitioners, Youth and Adults, and those who would like to revive their abandoned practice!



Adult classes

- **Tuesday, Thursday and Saturday, 6—7:30am**, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **Wednesdays, 5:30—7pm**. *NEW*, from Wednesday, 30 October. Welcome!

Children/ young students

- Monday, Wednesday and Friday, 4—5pm.

Contact for more info and registration

- budokan@auroville.org.in
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

Cristo, Rita, Surya & Philippe
for Auroville Aikido

DEHASHAKTI NEW YEAR'S TOURNAMENT

3—4 January 2025

A series of fun, competitive, and inclusive sporting events aimed at promoting teamwork, sportsmanship, and healthy activity among our children. This event is open to children of Aurovillians, Newcomers and Volunteers. Parents/Trainers can come together to form teams and apply for entries in the open category for the following:

- **Under 13 and Under 18 Team Sports:**
 - Futsal 7+3 players
 - Basketball 5+3 players
 - Frisbee 7+3 players
 - Volleyball 6+3 players (under 18 only)
- **Individual Athletic Events:**
 - Long Jump
 - Sprint 60 mtrs.

Important dates to remember:

- **Tournament dates:**
Friday, 3 and Saturday, 4 January 2025
- **Last date to send entries:**
Friday, 6 December, 3pm
- **Supportive Coaching and Practice sessions from AVPEB & Dehashakti teams:** 26, 27, 28 December

The main goal is for children to work independently toward building their teams and organising their practice routines with some support from the parents/facilitators/trainers. From the time of this announcement till 25 December children can start working on building their teams and athletes.

AVPEB and Dehashakti team members will be in communication with one adult representative of each team in the coming months to support the children. Interested parents/coaches please write to avpeb@auroville.org.in and we will make an appointment with you to share the details

*Lijun and Saravanan for
AVPEB and Dehashakti Teams*

ABHAYA MARTIAL ARTS

Regular classes

- **Monday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Wednesday:** MMA/ Grappling 5:30pm, coach Giacomo
- **Friday:** Kickboxing 5:30pm, coach Ruben

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA. Contribution required. Be punctual, short nails, in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.

Brazilian Jiu-Jitsu Classes For Kids!

- We welcome kids from 4 to 13 on **Tuesdays and Thursdays, 4—5pm.** Contribution is required.
- Send your kids in **sportswear, with a bottle of water and a big smile.**

The class is led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey.



- For more information and to be part of the WA group contact +91 8448077070 *Giacomo for Abhaya*



TAI CHI HALL in Sharanga

Schedule of classes

- Every day except Sundays.
 - **Mondays and Saturdays:** 7:30—9:30am
 - **Tuesdays to Fridays:** 7:30—9am

Krishna



SWIMMING CLASS

Swim to Serenity: Waves of Strength!

- Water therapy
- Open water
- Oceanic
- Water dance
- Water movie
- Swimming in pool

@watersport_mani

Book Now: +91 8637633696

Package swimming class



Submitted by Mani

BHARAT NIVAS PRESENTS

Kalaripayattu Class

in Collaboration with Kalarigram:

Bhumika Hall,
6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- bnaras@auroville.org.in, office: 0413 2622253

Monisha for BN Team



KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm
@ Dehashakti

Girl's football team in Dehashakti. If you like football and you want to learn, play and have fun, come and enjoy it for the other girls.

- Just contact Beber 6385635943 for more details

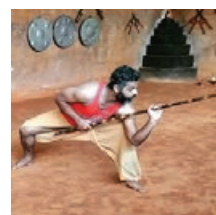
Beber



KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- **Kalari Classes for Beginners**
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday



- **Kalari Massage Available**

- By appointment, 9042009200, Maneesh

*Maneesh
for Kalari Team*

Bioregion, Craft & Nature Activities



8270071581/ 9159468946/ 0413 2963034

enlight@auroville.org.in

Tours: Explorative Adventure

• **Know Auroville: Connecting the Four Zones**

- 10am—12:30pm, All days except Sunday

This tour educates the audience about the about cultural and spiritual consciousness of Auroville. Visiting our wide range of units and activities which have coupled tradition and modernity.

• **Cycle Tour: Trails and Turns**

- 10am—12pm, all days except Sunday

Cycling through forest trails while listening to stories enhances the adventure, merging captivating narratives with the natural beauty around you. This fusion creates a uniquely immersive experience.

• **Bioregion Tour: Heritage and History**

- 10am—12:30pm, all days except Sunday

Take a break from your city life and dig deep into the heart of rural villages around the Auroville, where a land of history and culture can be experienced.

Workshops: Hands On Experience

Weekdays (1 day prior booking)

• **Pottery Workshop**

Join us for our Pottery workshops to experience working in clay and gain one-on-one instructions on how to create your piece. Our workshops are focused on Pottery for beginners.

• **Make and Play Workshop**

Introduction to uses of tones and how to make tune tools like flute, scraper, rattles, whistle, tongue drum, chimes, string and phonic boards.

• **Candle Making Workshop**

Dive into the art of candle making with our immersive workshop. Perfect for beginners and seasoned crafters alike, this hands-on experience will teach you how to create beautiful, aromatic candles from scratch.

• **Drumming Workshop**

Experience the rhythmic heartbeat of community and connection at our Drumming Circle. Whether you're a seasoned drummer or a first-time participant, all are welcome to join and learn.

• **Cooking Class Workshop: Tasty Tamil Cuisine**

Complete your travel experience by learning the art of south Indian cuisine with native women. Learn to cook local native dishes using hand pound spices and earthen pots and pans.

• **Jam Making Workshop**

Making your own jam takes a little time, patience, and sticky fingers, but soon you'll be rewarding yourself with jars of jam for days to come. Once you learn how to make jam, you can tweak it with a taste to your liking.

Programs: Culture and Community

Saturday (prior booking) 10 and more

• **Folk Dance and Music**

Folk music and dance programs by village youth performing with native musical instruments and tunes. A mix of unique Tamil traditional village beats merging with African drums and percussion sounds.

• **Native Games and Food Suvai**

Revisit the joys of your childhood play native games like thattangal, pallanguzhi, uppu mootu, kal pattal which were once played in almost every household. Have fun and frolic while reliving your fond memories with friends and family.

Inside Auroville

• **Lets connect**

Will receive valuable mentorship on various aspects of business management, including social media marketing, financial modelling, branding using media tools, office administration, contracts and agreements from peers in entrepreneurship sharing their knowledge and learnings.

For Enlight, Arun, Anand and Balaji

PAPER CRAFT WORKSHOP

@ Wellpaper, Auroville

10am—4pm, every day except Sunday

Join our workshop to learn & enjoy the process of turning waste paper into art. Create your own unique upcycled products from old newspapers to take home.

+91 9385744722, 0413 2969722



Zeevic

TOUR TO THIRUVANMALLAI



I have been arranging a tour of Thiruvannamalai by AC car or AC van every Tuesday. We leave in the morning at 6am and back at 6pm.

To join the tour please text me. WA 9090819998 WA.

Arabinda

WELLNESS WOODCRAFT: AUROVILLE ACTIVITY

Carpentry Workshop (Wood Joinery)

Beginners Level

- Basics of wood & tools.
- Introduction & hands on practice of hand & power tools.
- Half-laps Joint.
- Bridle Joint.
- Motise & Tenon Joint.



Spoon Carving Workshop

Beginners Level

- Basics of wood & tools.
- Marking & cutting.
- Shaping with hand tools.
- Sanding & finishing.



Bowl & Plate Turning Workshop

Beginners Level

- Basics of wood, hand & power tools.
- Introduction & function of turning lathe & tools.
- Preparation of wood for slabs.
- Hands on practice of wood turning.

Advance booking is necessary

- DM to register: +91 9952589649
- wellnesswoodcraft@auroville.org.in



Submitted by Anand

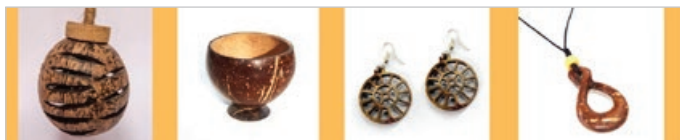


+91 9159468946, egai@auroville.org.in

Arts and Crafts

- **Toys Workshop:** Craft simple toys made of wood and bamboo.
- **Finger Painting Workshop:** Tap into your inner child and learn how to paint with your fingers.
- **Coconut Shell Workshop:** Make and take earrings, keychains, bowls and pendants
- **Incense Workshop:** Come and make your own Agarbattis.

Products



- We make craft work out of eco-friendly materials such as coconut shells. All our products are unique by design and sustainable.

+ 91 9791896488, egai@auroville.org.in, Anand

TERRASOUL COMMUNITY

Permaculture—New Arboriculture

Saturdays, 8am—12pm @ Terrasoul Farm Community

Hands-on Saturday

- Introduction to Agroforestry & Food Forest
- Basics of Agroforestry & Food Forests
- Tree Management
- Planting, Pruning, Fertilization, Irrigation, Disease Management
- Tree Biology Essentials: Anatomy



Terrasoul Community
Permaculture - New Arboriculture

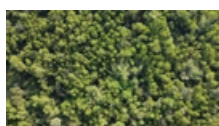
No experience needed. Commitment and good will are required.

- **Every Saturday, 8am—12pm**
 - Tea Break: 10:30am, closing: 12pm
 - **Optional Farm Tour & Lunch:**
 - Farm Tour: 12:00—1:00 PM
 - Lunch: Tamil vegan meal (contribution required)
- Juan, +91 9443434182, terrasoul@auroville.org.in

EMBRACE SERENITY: A MINDFUL NATURE WALK

15 December, Sunday, 4—5pm @ Revelation Forest

In the lush, living sanctuary of Revelation Forest, where nature's magic comes alive — wander through vibrant greenery, listen to the rustle of leaves, and feel the calm energy of the forest embrace you.



Experience:

- Be still: Find peace in the heart of the forest
- Ground with the earth: Feel rooted and steady
- Breathe in joy: Inhale the freshness of nature

Facilitator: Rahul. **Contributions:** welcome

Text Rahul to join us: 8349917282

Carolyn Rebecca for Revelation

Help on the Way

CHRISTMAS CAMPAIGN

Dear Friends, as the festive season approaches, we extend our warmest wishes to you and your loved ones.



We're launching a special Christmas campaign to support marginalised families to improve their housing conditions. Your generous donation, made between 1 and 28 December, will be DOUBLED thanks to the matching program of our partners at AVI USA.

Every dollar you contribute will go twice as far in providing safe and secure homes for those in need and impacting them to live with dignity and hope.

- To donate, kindly use the link: <https://give.aviusa.org/page/AVAG>

Thank you for your generosity in supporting our mission to create a more equitable and sustainable future in the Auroville Bioregion.

Alain, Abha, Anbu, Moris and Nadia

Help Needed

AUROVILLE DOG SHELTER SEEKS FUNDING

Dear AV Community, dear friends, cyclone Fengal has wreaked havoc on our shelter, causing significant damage to our infrastructure and tragically leading to the loss of several dogs and injuries to others. While electricity, water, and Wi-Fi have been restored, the road to recovery is still long.



The day after the cyclone, some compassionate Aurovilians, undeterred by the devastation, walked on foot to our shelter to provide urgently needed cloth to protect puppies from hypothermia. Their courageous intervention helped save lives. We are immensely grateful for their kindness and support.

Our team has been working tirelessly to clear the debris, repair damaged enclosures and buildings, and restore essential services. However, our electrical infrastructure remains compromised, hindering our operations as only a temporary fix could be applied. The much-anticipated Rs. 2 crore funding for building the new Auroville Dog Shelter is still held back. We are hopeful that this situation can be resolved soon by working together with the Auroville Foundation.

Due to the urgent need for repairs and upgrades to our surgery and ABC facilities, we have been compelled to temporarily halt our sterilization program. We apologize for any inconvenience this may cause. Our goal of sterilizing 1000 dogs annually remains crucial to address the ongoing puppy crisis and ensure the safety of residents, visitors, and guests.

We implore your support to help us rebuild our shelter and continue our vital work for the AV community. We urgently require supplies such as cloth, cardboard, newspaper, and pedigree dry food, as well as monetary donations. You can drop off supplies at the designated donation points: Old Pour Tous in Kuliyappalam, Free Store, and the two grocery stores near the Edyanchavadi temple.

- **For financial donations,** please transfer to **FS 251391** or visit our website: www.aurovilledogshelter.com

We extend our heartfelt gratitude to everyone who has shown so much love, compassion, and support during this challenging time. Your support is a beacon of hope in our efforts to serve the AV community.

Arthur for Auroville Dog Shelter

THAMARAI DONATIONS

Thamarai

Educational Projects



Dear community, Thamarai stands for equity and full potential for all. We offer education programs to 60 children at a learning centre in Annai nagar village on the north side of Auroville green belt. We are a team of Aurovilians and local villagers co-creating a service that is open 7 days a week, is also a community meeting space and has some programs for adults. It is a small project with big aspirations and has the opportunity to have donations matched for the month of December by AVIUSA. Please see the links below in case you would like to donate and/or have your donation forwarded to someone special this Christmas.

- Donation link <https://give.aviusa.org/page/Thamarai>
- Auroville FC account **251633**
- Website link thamarai.org, [Film](#)

Bridget for Thamarai team

Taxi Share

From Chennai Airport, Sunday, 15 December, 2pm

Looking to share a taxi from Chennai Airport to Auroville. Please contact 8807300562. *Daniel*

Looking For

Looking for a Second Hand E-Bike

Hello dear friends, I'm Looking for a second hand E-bike that is not too old. Contact me at 8489764602. *Lakshmi*

Needs Cortica Sandals

Dear ALL, If you know someone who's going towards Indonesia, I need your kindest help to get a pair of Cortica sandals, that are made and sold only in Indonesia. I'm suffering from a severe spinal cord problem and those sandals are indeed very comfortable for just \$9USD.



Contact+34685673777 WA or srimaa221@gmail.com

Sunny

Looking for a Lady Travel Companion

My name is Daxa Acharya and I have been living in Inspiration, in Auroville for 20 years. I am planning to go to Lucknow, in Uttar Pradesh, north India to join a corrective wellness programme in the middle of December. As a girl I am looking for a lady to accompany me for 3 to 4 weeks to give me good company and assist me in the treatment. I will take responsibility for all the expenses.

9444249534, daxa.surrender@gmail.com,

Daxa

Bansuri Flute Study

If you are a bansuri teacher for shorter and longer people, we'll be happy to commence the study of this beautiful and heart opening instrument with you.

ulrikrishna@gmail.com, 9751513906 (messengers only)

Urvasi

Seeking Housekeeper

We are looking for an amma for house work in the morning for half day from Monday to Saturday.

7598221586, *Deepa*

Seeking Long Term Housing

Hello, dear Auroville community, I am Merve Tekin. I arrived in Auroville as a Newcomer in January 2024 and have since been waiting to be announced once the Entry Service reopens (hopefully soon!). Since May, I've been a proud member of the Eco Femme team, working as the Workshop Development Coordinator.



The reason I'm reaching out is that I'm currently searching for a long-term home in Auroville. At the moment, I'm staying at a Newcomer apartment in Maitreye 2, but my contract is coming to an end. Unfortunately, the current housing options provided by Housing Services don't quite meet my needs, and they've advised me to explore other possibilities on my own. I also have a small dog named Gündüz, a calm and clean pug who is very well-behaved and understanding. We're hoping to find a cozy, welcoming space to call home. If any of you know of long-term housing options that might suit us, I would be so grateful to hear from you.

Here are my contact details:

+90 5398836100 WA, +91 7034375169 phone,
obaruhu@gmail.com, www.obaruhu.org
to learn more about me, @meru_obaruhu, Merve

Available

Office Spaces Available: Aurelec

- A well protected 47sqm building, opposite Aurelec, northern side, is available.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises is available.
- 35.12 sqm. space available inside Aurelec Premises.



These spaces are ideal for a workshop or office, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fiber internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/ 2622294 or e-mail adps@auroville.org.in *Siva for ADPS Trust*

Office Space Available: Auromode

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.

Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or pandian@auroville.org.in

Pandian



Work Opportunities

FILMMAKER NEEDED

Looking for an Aurovillian/Newcomer with a passion for telling stories through moving images.

- Writers/ DoP/ Editor/ All-in-one are all welcome. Full maintenance is available.

Kindly write to aware@auroville.org.in

<https://awareauroville.com/>



Isabella for Aware

WORK OPPORTUNITIES AT UPASANA

Business manager in Auroville

Upasana conscious clothing brand Auroville seeks a visionary Business Manager to shape sustainable fashion in the future. Lead with passion, drive growth, and inspire change. If you believe in ethical fashion and conscious living, join us to make a real difference. Apply now!



Fashion stylist in Auroville

Upasana Auroville is looking for a Senior in-house Fashion Stylist with a creative spirit and spiritual mindset. Lead sustainable fashion legacy, blending traditional craftsmanship with modern design. If you're passionate about conscious living and ethical fashion, join us in creating meaningful style with purpose. Apply now to inspire change!

Office assistant

Upasana Auroville is looking for an Office assistant to assist with client correspondence. This role requires organizational skills, attention to detail, and effective communication. Join us in creating job with purpose. Apply now!

Uma, office@upasana.in



Social Media Account Manager

Eco Femme is looking for a creative individual to join our team as a Part-Time Social Media Account Manager. If you're passionate about making a positive social impact, love working across a range of social media platforms, and are skilled in coordination and organization, this may be your ideal role!

Proven experience required:

- 1+ years experience in account management on Instagram, Facebook, and YouTube
- Wordpress (website updates)
- Google Drive suite
- Graphic/ aesthetic sensitivity
- Competent written and verbal English

We are based in Auroshilpam.

Starting date: Immediate

For more detailed information and applications: please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

Maha Prabhu

EARTH INSTITUTE:

Communication and Website Specialist

We are seeking a Communication and Website Specialist to join our team.

Are you passionate about sustainability and architectural communication?

We're looking for someone interested in writing, learning, and creating content about our projects, research, and training to help us spread the knowledge of earthen construction through our social media platforms, website, campus tours, and more.



Join us to help us spread the knowledge of earthen construction through our social media platforms, website, campus tours, and more.

- If this sounds like you, reach out to us at: info@earth-auroville.com.
- Contact: +91 0413 2623330/ 262 3064.

T.Ayyappan

Honorary Voluntary

MOHANAM: VOLUNTEERS INVITATION

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis! We're looking for individuals with skills in: *Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn*



- **Volunteering Duration**
 - Short term volunteers: Minimum 3 months
 - Long term volunteers: Minimum 6—12 months
- **Language you must know:** English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- **Campus Timings:** 8:30am—5pm
- **Working Days:** Monday to Saturday. We might require you to be there on Sunday in case of special programs/ events.
- **Benefits of Volunteering with Mohanam:** Be part of a meaningful cause, help fulfil Mother's vision of bridging Auroville and villagers, gain valuable experience and develop new skills, work in a supportive and collaborative environment, campus lunch and beverages
- **Ready to join us?** [Submit your application through this link](#) or scan the qr code and submit your application.
- mohanamprogram@auroville.org.in, 8300949079, 04132190757, 04132622667



Balu

VOLUNTEERING @ ECOSERVICE

Everyone in Auroville is volunteering at Ecoservice when you sort your waste at home. Not everyone wants to or needs to come to Ecoservice to help manage our efforts to recycle everything, end landfill and achieve zero waste (by the way, that's written in our famous Masterplan). But we all need to know what's happening. Also a new Ecoservice facility is planned but meanwhile...



Everyone is welcome at Ecoservice because it's our communal attempt to practice what we preach about ecology and a city the Earth needs. **Tuesday mornings is a dedicated time that all are welcome to randomly drop in for some onsite sorting** and other activities, to look around or whatever. For regular volunteering, special projects or needs, please call first.

B for Ecoservice

AUROORCHARD: VOLUNTEER AND LEARN FARMING

Monday to Saturday, 7—9am and/ or 9:30am—12pm

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community. Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce. **Join us! Please reach out to us for any queries:**



auroorchard@auroville.org.in, 9566631079 WA

Nidhin for AuroOrchard team

KCC: LOOKING FOR IDEAS, INFORMATION, Materials, Stories, Links, Physical Or Online Support

Dear Ones, we are doing a great preparation and work plans towards "Integral Activities on Mother's Qualities" and very gladly looking for some ideas, information, materials, stories, links, physical or online support for working on to create some children books with pictures and stories, calendars, gardening work, craft, stitching, games, and many more. Please reach out to us on how you wish to be part of it. Students above 5 to 13 also can participate in this programme.



- Monday to Saturday, 11am—1pm & 2—4pm
- For registration, please write to...
- kuilaicreativecentre@auroville.org.in
 - WA: + 91 8608473385/ 9843195290 Selva for KCC

KUILAI CREATIVE CENTER SEEKS VOLUNTEERS

We are looking for volunteers to help with...

- Evening Tuition to help with Math, Science, English:
 - 6—8pm, Monday to Saturday
- Saturday programme Physical, Craft and Art Activities: 9am—4pm.
- English class, Tailoring and Mother's 12 Quality Integral Education programme.



Kindly contact: kuilaicreativecentre@auroville.org.in or call us 8608473385 Selva for KCC

GAU SEVA at Sadhana Forest!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in, 8525038274WA or call 8122274924
The Sadhana Forest team, Aviram

MARTUVAM HEALING FOREST Call for Volunteers



We need your help in medicinal herb garden, send us your cover letter and resume martuvam@auroville.org.in
Shivaraj, +91 9345454232, call/ WA

Foods, Goods & Services

NATURELLEMENT GARDEN CAFE CHRISTMAS DINNER

Tuesday, 24 December

We are planning a Christmas dinner! Both vegetarian and vegan options will be available. Menu will be set and announced later. We will take pre-bookings only.

- For reservations write to us at naturellement@auroville.org.in
Chitra for Naturellement Garden Cafe team

STOLEN FROM NATURELLEMENT!

Calling all Stollen lovers! We're bringing back our delicious Stollen this year. Don't miss out—place your order now!

- You can reach us at: naturellement@auroville.org.in, +91 9385670106 WA
Chitra for Naturellement Garden Cafe team.

THE SPROUT

Monday—Saturday, 7am—4pm, UTSAV, Verite, Radial



Enjoy the essence of The Sprout in Auroville, where Vegetarian Mediterranean cuisine meets modern and healthy dining in a cozy and relaxed atmosphere: vegetarian menu with vegan options, with every dish meticulously crafted from scratch each day.

Our menu is designed to be delicious, healthy, and fun. We blend flavors, textures, and concepts to bring you a new dining experience every day. Plus, every bite leaves you feeling fantastic! We invite you to savor not only our food but also the welcoming atmosphere and exceptional experience at The Sprout, where premium service is delivered with genuine hospitality. Enjoy! www.thesprout.in, Monica

PTPS & DROPZY ANNOUNCEMENT

Pour Tous பூர் தூஸ் For All

Dear Residents, we are happy to announce that PTPS is now ready to deliver your fruits, veggies and other essentials through Dropzy.

As a first phase, we will take orders from you through Email, Phone and WhatsApp and the details for it are enclosed below.

- ptps@auroville.org.in, 9786526171 phone or WA

The deliveries will be on the same day if your orders are received between 9am to 3:30pm. The delivery will reach you in minimum an hour and half from the time of your order placed by a Dropzy delivery person.

If you are sending your order through Email or WhatsApp, please include the following details.

- Auroville Name; Community; Financial Service Account #; Mobile/ Telephone #; Details of your order; Notes, if any.

For the second phase, PTPS will be listed in Dropzy's mobile app platform through which you can also place your orders at your convenience.

Looking forward to receiving your orders and serving at your convenience.

Iyyappan & Kumaran for Pour Tous Purchasing Service

AUROMODE TANTO: FRIDAY DISCOUNT DINING

Dear All, we are happy to announce that we will be having a **50% discount for dining on every Friday for Aurovillians.**

Our timings: **Monday to Saturday**

- **Lunch:** 12—3:30pm
- **Dinner:** 6—9pm
- We are also available on Dropzy for deliveries.



We are closed on Sundays.

You can call or WA us at 7448811088.

*Pavithra
for Auromode Tanto Team*

SUDHA'S KITCHEN

We are open from **Monday—Saturday, 8am—9pm**

We are open after the summer break and serving Mediterranean Cuisine for breakfast, lunch and dinner.



We are warmly welcoming you to join us and taste our fresh and delicious food.

You can find more about us on:

- Instagram @Sudhaskitchenav & Dropzy app.
- Contact number:
+0413 3509884, +91 7094358547
- E-mail ID: sudhaskitchen14@gmail.com

Sudha

FOODLINK MARKET OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

We welcome you every morning from 9:30am to 12:30pm. We are open to volunteers, guests & visitors and we accept payments by FS account, Aurocard and UPI.

- For more info, call/ WA +91 83002 68804 or pass by.

Foodlink Team, Isabelle
[FoodLink basket order form here](#)

ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFE

Bharat Nivas Cafe has been serving Masala Dosa, Onion Dosa, Ghee Dosa, all day, everyday at a very good price. Now for the Pongal lovers: you can also get Pongal or Khichidi everyday. We also serve organic Tea only for Rs 20.



Please, come and enjoy, welcome to Bharat Nivas cafe.

Arabinda for Bharat Nivas team

REDUCED-PRICE MAROMA PRODUCTS for all Aurovillians in the Outlet Store

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovillians in its Aspiration Outlet. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is:



- Located in the Maroma Campus in Aspiration
- Open 9am—5pm, Monday—Saturday.

Jesse

SHARED TRANSPORT SERVICE

Shared Transport in Auroville is dedicated to offering **cost-effective travel options by arranging shared trips** between Chennai and Auroville. Additionally, we provide **local trips** within Auroville and Pondicherry.



- Taxi bookings can be made directly through our STS (ITS) office.

Location: ITS (Integrated Transport Service), Solar Kitchen Area, in front of PTDC, Auroville—605101

Contact: 8098776644/ 9442566256, its@auroville.org.in

Rajesh.D for Shared Transport Service



Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team



Dear Community Members, greetings from ITS (Integrated Transport Service). We are happy to inform you that ITS is extending our working hours to better support the community.

- **The working hours** are from **8:30am—7pm**, effective now.

To book a E-van or E-auto, please contact us

- +91 8098776644/ +91 9442566256 *Rajesh I.T.S.*

SUNRISE TAXI SERVICE

Dear Auroville Community Members, this is to inform that Sunrise taxi service is active now with new executive Sathish from UTS.



It is an Auroville Unit.

- For taxi bookings please call us on Mobile: 9843880591 and office: 0413 2220591, 2220592

As a new unit we need your full support to my journey. *Sathish*

QUTEE ELECTRIC SCOOTER SERVICE

Many in Auroville are not aware that a quality service for all brands of electric scooters, and especially the ones (Hum-vee) made here over the years, is conveniently available. The Qutee service center is located near the Certitude entry of Auroville across from the Road Service just off the tar road before the Puncture Service.



New and old electric scooters can be repaired, maintained or replaced. Also battery services (recycle, repair, replace), Uninterrupted Power Supplies (UPS) and solar system services can be conveniently arranged. All work is coordinated by Govindaraj (Aurovillian) with decades of experience.

- You may call Qutee 9443372418/WA 9092637055 or email govindaraj@auroville.org.in for any of your requirements. Upgrade to electric transport and solar power.

Govindaraj & B
for Qutee Electric Scooter Service

SARVAM COMPUTERS
Offers Reliable Service

Dear Community, we are happy to inform you that Sarvam Computers has moved to the newer location in **Utsav Complex**. And we would always like to provide you with fast and reliable service. Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.



Contact Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

RAPID CARE SERVICES

Rapid Care Services is your trusted one stop solution for repair and maintenance and ancillary works since 2022. For more information or to schedule a service, please don't hesitate to contact us.



Services offered

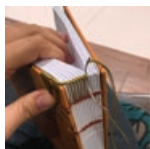
Category	Service
Metal Works	Channels, Doors, Piping, Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works, Floor Waxing
General Maintenance	Fumigation, All Home Utilities, Fencing
Installations	Washer and Dryer, Air Conditioner, Inverter, Water filter, Security Camera
Electrical Works	Wiring, Metre box, Lights, Switches & Sockets, Motion sensor
Cleaning Service	Deep cleaning—House, Office, Guest house etc, Bathroom cleaning, Water tank cleaning Vacuum cleaning, mopping, dusting, floor polishing, polishing mirrors.
Landscape Design	Overall design of outdoor spaces, from entrances to courtyards and community areas.
Repair & Renovation	Roof leakage, alterations to a pre-existing structure or building, upgrades to an existing building, outdoor space, or existing infrastructure.
Transport Service	Load Carrier facility

- **Contact:** + 91 8270071581
 - **Primary Email:** rapidcare@auroville.org.in
 - **Secondary Email:** rcsrapidcareservice@gmail.com
 - **Instagram handle:** @rapidcare1

Balaji & Arun

BOOK BINDING

We bind, repair, and restore all books with Hand made paper, cloth and leather at Vanaville workshop behind Tanto restaurant in Kulilapalayam.



8940648542, Michel

NAMASTE, BONJOUR, HELLO, AND VANAKKAM
from Inside India!

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India. From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals? Count on us.



Get in Touch with Mr. Ganesh, Your Travel Consultant

- You can find Mr. Ganesh at our Kalpana Office from 10am—5pm, Monday to Friday.
- He's available on landline 2623030 or via mobile/WA at +91 9894598686.
- Reach him by email at ticketing@insideindiaauroville.com. Saturday visits are by appointment only.

Current Flight Deals:

- **Qatar airways**—From Chennai to London, Rome, Milan, Athens.
- **Ethihad airways**—From Chennai to Paris, Brussels, Rome, Milan.
- **Air India**—From Chennai to Amsterdam, Milan, Zurich, Seoul.

Also, a rather Good news: IndiGo will operate daily direct flights connecting Puducherry with Bengaluru and Hyderabad from 20th of December 2024.

Travel Updates You Should Know

- **Indian Railways:** Starting November 1, passengers can book train tickets 60 days in advance (reduced from 120 days), making trip planning easier and more flexible.
- **Chennai Airport:** International travelers can now drop off baggage at the I-to-D transfer facility before moving to domestic terminals.
- **Indonesia:** Complete the SATUSEHAT Health Pass (SSHP) before arrival.
- **Thailand ETA System:** From December, nationals of visa-exempt countries will need an Electronic Travel Authorization (ETA).
- **VFS Global** to offer new Indonesia e-Visa on Arrival service to Indians.

Airport Fast-Track Options:

DigiYatra: Enjoy fast check-ins with facial recognition at Chennai Airport.

New Parking Facility: Skybridge access to terminals at Chennai Airport for easier parking.

Fast-Track Immigration—Trusted Traveler Program:

Indian nationals and OCI cardholders can now apply for FTI-TTP for smoother immigration processing. Learn more and apply at the official FTI-TTP website.

Important Reminders

- Be sure to bring your Original Visa along with your e-FRRO Stay Visa to avoid check-in issues.
- We accept a variety of payment methods, including debit/credit cards, Aurocard, UPI, and QR codes at our office.

Thank you for choosing Inside India. Here's to a week of incredible journeys ahead!

Olivier for the Inside India Team

SURABHI SUPPLIES

Your one-stop shop for quality materials and equipment in Auroville! We offer discounted prices on construction supplies, appliances, machinery, and more through bulk purchases, saving you time and money. **Contact us for all your procurement needs:**

- surabisupplies@auroville.org.in
- +91 98438 46458 WA, Phone

Iyyappan

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour: Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region. Starting point from Solar Kitchen. Can be scheduled anytime throughout the week. Please contact me in advance for more information and booking.

South-Indian Cuisine: Cooking class Learn to cook some delicious delicacies of south India with Rupavathi.

Thai Massage & Tailoring

We give every morning from 9:30—11:30, 11:30—1:30, 5:30—7:30pm. This is for both the classes: we can tailor and customize any kinds of dresses, sari-blouses and kurtas.

- For any of the above services, contact :
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

eco • femme

Workshop by Eco Femme: From Where We Came

- Saturday, 14 December, 10:15am—1pm
- @ AEP, behind Eco Femme office, Auroshilpam

Want to take radical responsibility for your body and the Earth?

Join Eco Femme for this dynamic, educational workshop covering a large variety of topics connected to menstruation, sustainability, women's health, somatic connection to the womb space, and our unique bloodlines.

Prior registration is required!

- [Please register here](#)

P.S. This workshop is for everyone! We are all affected by those who bleed. Men and those who don't menstruate, please don't shy away from joining!

Camille for the Eco Femme team



Workshop by Eco Femme: You Will Rise, Again and Again

- Saturday, 21 December, 10:30am—1:30pm
- @ Auroville (Details shared upon registration)

Join Eco Femme to reconnect with the rhythms of nature and your inner cycles through elemental practices, guided meditations, and creative explorations.

Discover practical ways to embrace the four phases of the menstrual cycle and bring balance into your life.

Even if you don't menstruate, you are still connected to these cycles—understanding them can deepen your connection to the experiences of your wife, daughter, mother, sister, or lover. Your presence matters and is deeply valued.

- To register, email us at learn@ecofemme.org or scan the QR code on the poster.

Open House at EcoFemme

- Every Thursday at 10:30am

Dear Friends, come join our Open House. We hold these at our office in Auroshilpam, just behind Auromode.

We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and period panties! See you soon!

Regards, Merve



HIVE COWORKING SPACE: OPEN HOUSE

13 December, Friday, 9am—5pm

@ Hive, Auromode

Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee—All for FREE on our Open House.

Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.

- For inquiries: auromode-hive@auroville.org.in
+91 7092197375 WA/
+91 9042759540 WA
or drop by.

All are Welcome!!!



Dhesh for Hive Team

Poetry

NEW TIDE IS COMING IN

Still memories are curling up in little waves
Though tide is going out.
It leaves me on a sunlit shore
Where pain nor pleasure reach me anymore.

It is my ears that hear a distant shout.
It is my ears that hear, it is not I
And that is followed by a melody.
And neither moves my being now.

That tide is going out.

And to my nostrils wafts a fragrance.
Those nostrils are not mine

For the universe they now belong.
That tide no longer sings its siren song

Though I have stroked betimes against it all night long.

New tide comes in from other shores
To wash away the little stores
Of dust of mind and heart and sense.

Self watches:

The world is shifting to a tender ever-present tense.

No rhyme no reason echoes here.

No past disgrace provokes a tear.

No phantom future rises fear.

That tide has swept far out.

Afloat in Light

That feeds its strength to every limb,

There is nothing more to fight

No longer any need to swim

All is carried by Delight.

Maggi Lidchi-Grassi

YOU RAISED YOUR EYEBROWS.

You raised your eyebrows.

Their dancing beats

Enlivened a face

O so solemn!

Both of us were happy

Just for a change.

With joyful Gratitude, Anandi Z

THE APPROACHING STEPS OF DEATH

The approaching steps of death

Prompt us to open the door

To a full living.

Salute it.

Surprise it.

Surrender to it not.

Deal with it.

Dance with it.

Dread it not.

With joyful Gratitude,
Anandi Z.

BEFORE THE DAWN

But like love

the archers

are blind

Upon the green night,

the piercing saetas

leave traces of warm

lily.

The keel of the moon

breaks through purple clouds

and their quivers

fill with dew.

Ay, but like love

the archers

are blind!

Federico Garcia Lorca

Voices & Notes

EXPERIENCE IS A CHOICE.



Experience is a Choice.

Change the Consciousness

Change the Experience.

With the pitiful limitations of the Mental-Animal Human Experiencer there is always not just hope but a radical solution. The whole rationale of the Supramental Evolution is to transcend the obvious vital-mental limitations and physical mortality of the animal physiology of Homo sapiens:

*"The supramental eye can see a hundred meetings and diverging motions in one glance and envelop in the largeness of its harmonising vision of Truth all that to our minds is clash and opposition and the collision and interlocked strife of numberless contending truths and powers. Truth to the supramental sight is at once single and infinite and the complexities of its play serve to bring out with an abundant ease the rich significance of the Eternal's many-sided oneness."*¹ — Sri Aurobindo

And from the Mother (please be mindful of the chronological order of events in the ever-hastening and intensifying

unstoppable Supramental evolution now in motion):

"It's not that I don't see anything, but I don't see in the same way.

In a way, I think I see better. But in a particular way. If, for instance, I have to thread a needle (I have experimented with this kind of thing), well, if I try to thread the needle while looking at it, it's literally impossible. But sometimes (when I am in a certain attitude), if I have to thread a needle, it threads itself—I have nothing to do with it: I hold the needle, I hold the thread, and that's that.

I think (in fact, it's quite simply a matter of experience), I think that if this state gets perfected one should be able to do everything in the OTHER way, the way that doesn't depend on external senses. And then, well, it will clearly be the beginning of a supramental expression. Because it's a sort of innate knowledge which DOES things. When That comes, you know, you can act.

*But you mustn't think; the minute you start thinking or wanting to use your sense organs, it vanishes completely."*²

*"When I close my eyes, I see (laughter). But it's true! And I don't do it deliberately: when I want to see, I close my eyes, and I see! It's so natural and spontaneous that I don't even realize it: when I want to do something, if I want to see clearly I close my eyes."*³

"I am better, I am re-educating my eyes, they're starting to see better. And I am going to reeducate my ear—this one (the right one) is open, but this one..."

*I am better, but I am not there yet."*⁴

"Auroville is intended to hasten the advent of the Supramental reality upon earth.

The help of all those who find that the world is not what it ought to be is welcome.

Each one must know if he wants to associate himself with an old world on the verge of death, or to work for a new and better world ready to be born.

* * *

The first thing the physical consciousness must realize is that all the difficulties we encounter in life arise from the fact that we do not rely exclusively on the Divine to find the help we need.

The Divine alone can liberate us from the mechanism of universal Nature. And this liberation is indispensable for the birth and development of the new race.

*Only if we give ourselves entirely to the Divine with total trust and gratitude will the difficulties be surmounted."*⁵

Backtrack a bit to 1971:

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

*Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine."*⁶

Circa 2024:

We consciously continue on in the easiest and most joyful Sunlit Path of Bhakti to the Supreme Divine Mother MahaShakti as Her Willing Servitors, Messengers and Hero Warriors towards the Divine Manifestation of the new apex species the Supramental being...

¹ <https://incarnateword.in/cwsa/13/appendix-i-the-tangle-of-karma>

² <https://incarnateword.in/agenda/03/october-6-1962>

³ <https://incarnateword.in/agenda/08/october-28-1967>

⁴ <https://incarnateword.in/agenda/12/february-3-1971>

⁵ <https://incarnateword.in/agenda/13/february-1-1972>

⁶ <https://auroville.org/page/a-true-aurovilian>

Zech, 2024.11.27

<https://zechjoya.blogspot.com/>



AUROVILLE RADIO

Dear Aurovilians, your favourite radio is always working for you. Stay tuned!

- [Here you can see](#) on-air schedules.



Last published podcasts

- [Soul Tracks S.6, Ep.3](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.473](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making Ep. 38 The Principles of Animation—Contd...](#) (Arts & Culture)
- [Marlenka's weekly Offering—Ep.122](#). (Literature)
- [Teens Connect Ep. 13—Fanny](#) (Education)
- [Exploring Education in Arts, Animation and Film-making—Ep. 37 "Color Mixing Basics For Beginners"](#) (Arts & Culture)

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

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

Wobbli

Classes, Workshops & Healing Arts

MINDFULNESS

Weekly Mindfulness Practice Sessions

- Drop-in, Tuesdays, 7—8am
- @ Maloka Hall, Anitya Community

Suitable for new and experienced meditators. Note, that there is no charge for the practice, however any contributions at the venue for the use of the space are most welcome.

- For details contact Helen: 7094753054 WA



Mindfulness Offerings

- December, with Helen

Introduction to Mindfulness workshop

- Sunday, 29 December, 9:30am—12:30pm @ Maloka Hall, Anitya

This workshop is for those who want to learn more about what mindfulness is and how it can help to be present and calm amidst the chaos of everyday life. Participants will experience key mindfulness practices and reflect on how these can support their lives. The workshop is suitable for all those who are curious to connect with a richer, deeper way of living. No previous experience is required.



- Booking is required. To register contact Helen on 7094753054 WA or visit innersightav.org

Mindfulness Kindfulness half day retreat

- Saturday, 28 December, 9:15am—12:30pm @ Creativity Hall of Light

This half-day retreat provides a chance to unplug from the stress & chaos of everyday life, & revitalise in this immersive space of calm. It is an invitation to shift the pace of life and reorient attention softly, with care, to the here & now.

This session blends mindfulness meditation practices with reflections on kindness, allowing for an inner movement towards softening, care and compassion.

Participants will have the choice of practising in a seated position or lying. It is suitable for all—those new to meditation and experienced meditators looking to deepen their practice.

- Booking is required. To register contact Helen on 7094753054 WA or visit innersightav.org

Helen

AUROMODE SPA

Offers Cosmetology Services

Auromode SPA, offering services like facial, pedicure, manicure, waxing, threading, haircuts and hair coloring. Working from Monday to Saturday **only by appointment call or WA:** 9443635114.



Megha for Auromode SPA

VEDIC ASTROLOGY 101

My next year-long program in Vedic Astrology will be from April 2025. We'll cover Indian philosophy and mythology, basics of astronomy and astrology over the course of a year. I'm planning a series of online and in person events leading up to this program. If you're interested, pls join the WhatsApp group, where I'll post updates as we go along. The joining link is:

- allthingsvedic.link/astrology101_interested

For more details of my practice, pls visit allthingsvedic.in

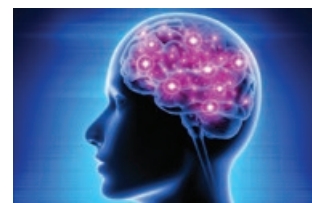
Vikram, 9843948288

CRANIO-SACRAL SESSIONS

Dear Community, I am giving free Cranio-sacral sessions for Aurovilians and Volunteers from now until around mid of February.

For anyone interested please write to me on simoni-verse@gmail.com, on +43 6801603829 WA, or message/call +91 8580972590.

Simon



AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm

@ Hall Of Light, Creativity Community

with Dave & Prem Shakti

This offering creates a safe space for heart-centered, authentic expression, leaving us more alive and resourced to share our light with the world. Authentic Relating uses interactive games to build skills for deep, meaningful connections, fostering wholeness through honest self-expression. It cultivates genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.

- Register now here: <https://tinyurl.com/ARAuroville>. Dave

SOUND CHAKRAS HEALING

Guided vibrational Sound Journey using Shamanic Drum, Tibetan Bowls and tuning forks to Reduce Stress, Anxiety, Depression, Stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.

- Individual Sessions, Couple Sessions
- Group Sessions (on request)

For appointments, contact me at:

Lakshmi +91 8489764602, lakshmiprem369@gmail.com

Offered under Abhaya, Lakshmi



SHIATSU SEMINAR: AN ART OF TOUCH

Join us for a unique Shiatsu Seminar this November, exploring “Synching in” with yourself while giving and receiving the special Shiatsu Touch, discovering Energy-lines/Meridians and potentially new Health Routines from the wisdom of Traditional Chinese Medicine and the Five Elements.



- Thursday, 12th—Saturday, 14 December and
 - Thursday, 19th—Saturday, 21 December
 - 4 hours each day, mainly in the morning.
- Please come for all the sessions and come a little before the time.

- **Location:**
Budokan, Aikido Dojo in Dehashakti



Ulrike Urvasi,
mothersworkforthemotherswork@gmail.com,
+91 9751513906 (messengers please)

AN EVENING OF MEDITATIVE and Multilingual Songs

Sunday, 22 December, 5:45—7:15pm
@ CRIPA's Little Hall

Sweet family! We invite you to a special evening of meditative and multilingual songs from the Taizé tradition:



This gathering offers a space to come together in simplicity and harmony through shared songs. The multilingual songs from Taizé are simple, repetitive, and meditative, inviting stillness, reflection, and a sense of unity. Contributions are welcome if possible from your side. It would be wonderful if you could prepare a little bit in advance: contact us for further details. We look forward to your sharing and presence.

- **For prior informal practice evening** join us on Monday, 16 December, 5—6:30pm @ Hall of Light, Creativity

Ulrike

THE POWER OF VOICE AND MOVEMENT



Friday, 13 December, 11am—1:30pm
@ Anitya Community, Maloka Hall

Our voice is a powerful tool for our unique energy, resonating with a spiritual vibration when aligned in body, mind, and spirit. This universal language of sound connects us to higher consciousness and our primal selves.

Vocal Exploration and Body Movement

- **Unlocking Your Voice**
- **Emotional Release**
- **Heart Chakra Connection**
- **Creative Expression.**

Join us on this journey to explore, express, and embody your voice through sound and movement, connecting deeply with yourself and others.

Lakshmi, +91 8489764602
Lakshmiprem369@gmail.com

RELEASING FEAR AND ANXIETY

with Pranayama

14, 21 December, 9:15am—12pm @ Verite

Join us for a transformative session to release stored emotions of fear, anger, and anxiety. Using specific breathing techniques, we will address the liver, spleen, and kidneys to bring balance and emotional release.

Come and experience the power of breath to heal and restore inner peace.



Lakshmi

SINGING CIRCLE

Saturday, 21 December, 4—6pm
@ Hall of Light Creativity

Getting together for vocal improvisation, you need creativity, shared energy, and a love of music.

Some experience is needed

- Register 9443069335 WA

Aurovilians and Newcomers free

Lola



SITARA:

Meditation—Yin Yoga—Sound Journey

- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

This is a drop-in class, offered on donation.

- **Suggested donations:** ₹600 for Guests; ₹400 for SAVI Volunteers; ₹200 for Aurovilians.

The studio is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.

- <https://maps.app.goo.gl/Sv4DSk-BQsz7E8D5L7>

Sitara is living in Auroville for 22 years. Over time, she held many different transformational workshops, and recently she started to offer Yoga Teacher Trainings. To learn more about Sitara see

- <https://sitaramunay-kiyoga.org/sitara/>

In this class, accessible to all levels, she will teach her favorite combination of meditation, yin yoga and sound journey. Yin Yoga uses gentle, long-held poses to release deep tension and increase flexibility. Combined with sound healing, it brings a calming and restorative experience for body, mind, and spirit.

- [New Creation Studio](#) is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.
- **Hall of Light** is in the Creativity Community, in the center of Auroville.

Giovanni

SITARA MUNAY-KI:

Sacred Sound Journey to find your Mission

Every Monday, 5—6pm, Hall of Light, Creativity

₹600 for Guests; ₹400 for SAVI Volunteers; ₹200 for Aurovilians.

Only on registration:

- +393288181300 WA
- gp@auroville.org.in

Website: sitaramunay-kiyoga.org.

Sitara & Giovanni Munay-Ki



MUNAY-KI: SURYA KRIYA & TIBETANS RITES

- Wednesdays, 11:30am—1pm @ New Creation Studio
- Fridays, 10:30am—12pm @ Hall of Light in Creativity, from December 13 onwards

My combination of **ancient yogic and shamanic practices** is a drop-in class, offered on donation in New Creation Studio.

Suggested donations: ₹600 for Guests; ₹400 for SAVI Volunteers; ₹200 for Aurovilians.

- [New Creation Studio](#) is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.
- **Hall of Light** is in the Creativity Community, in the center of Auroville. *Giovanni Munay-Ki*



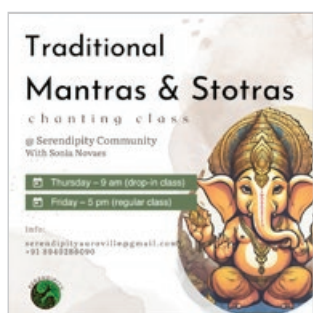
TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

- **Thursdays, 9am,** Drop-in class
- **Fridays, 5pm,** Regular class

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes. *Sonia*



serendipityauroville@gmail.com, +91 8940288090

SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

- By immersing yourself in the vibrations from a sound bed you will start to connect with your body's consciousness.

- By performing specific breathing exercises and deepening your connection with the chosen organ, you will be able to release negative emotions such as anger, sadness, and hate—and be able to invite joy, love, and stability into yourself. These exercises can be continued as a Self-Healing practice at any time in the future.

Contact 9385428400 call/ WA to book your session to-day! Donation Based *Submitted by Isha*



LEELA THERAPY

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery. Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

- For more details see www.innersightav.org or contact Kardash on 9940934875 WA. *Kardash*



DISCOVER A SPIRITUAL JOURNEY

With a Sencha Style Tea Ceremony

During this unique experience (acknowledged by renowned Asian Tea Masters especially in Taiwan), you will also explore the healing aspects of the tea of your choice (Organic teas only, tea blends with herbs/flowers also available. Awareness is key—you must allow the tea to infuse the body with its optimal effects.



This is a “once-in-a-lifetime” experience that will completely change your perspective on tea-drinking, especially if you are a tea lover,

- **The session can be conducted 1-on-1**, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.
- **Venue:** To be decided when you call to confirm your appointment. the ceremony can be conducted at your place of residence as well.
- Possibility to **buy the tea** after our session.
- Sessions are **donation-based** with the flow of Generosity. **+91 9385428400 Call/ WA, Isha**

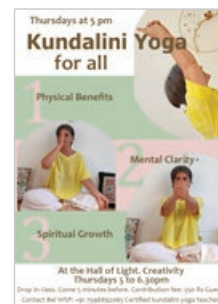
EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5pm @ Hall of Light, Creativity,

Elevate your spirit and awaken your inner energy through the transformative practices of breath, movement, and meditation. Kundalini yoga offers numerous benefits:

Physical Benefits: Kundalini Yoga can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health. Mental Clarity Regular practice can improve focus, reduce stress, and promote emotional well-being, leading to a calm and centered mind.

Spiritual Growth: Kundalini Yoga can help you connect with your inner self, expand consciousness, and experience a sense of deeper purpose and meaning.



- **Drop-in classes.** Please arrive 5 minutes early. Bring water and a cloth to cover your mat.
- **Contribution Fee:** ₹350 for guests ₹150 Savi volunteers
- **Contact:** +91 7598892065 WA *Bel*, a certified kundalini yoga teacher.

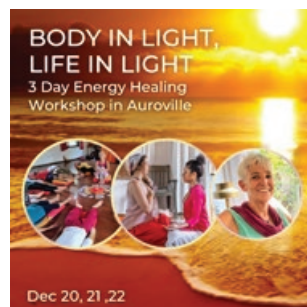
BODY IN LIGHT: ENERGY HEALING WORKSHOP

20, 21, 22 December, Friday to Sunday, 9am–5pm

@ Bhumika Hall, Bharat Nivas

In this 3-day workshop we explore the 3 paths to ascension:

- Healing old pains, patterns and programming,
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Strength, Harmony & Creation
- Dive into powerful techniques for self-healing, and explore Fundamentals, Principles and Universal Laws of energy healing.



Facilitator: Sandhya, Energy Healer & Guide since 25 years.

Register now: contact@auroville-jiva.com or +91 94436 19403 WA. *Sandhya*

ARKA WELLNESS CENTER
December 2024 Program
arka@auroville.org.in, 0413 2623799



Treatments

Treatments	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by appointment 9943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by appointment only: 9047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti English & French	Monday to Saturday by appointment only: 0413 2623767 antarcalli@yahoo.fr
Integral Regression therapy, integral reiki healing, Breathwork—the holotropic way	Niyati Thakkar (TOS)	Monday to Sunday by appointment only: 7041391995 niyatithakkar2112@gmail.com
Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity, helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines)	Olesya	by appointment only: +9159052743 olesya@auroville.org.in

Classes

Classes	Teachers	When
Pilates	Teresa	Tuesday & Thursday, 7:30—8:30am, Friday, 5:30—6:30pm by appointment only: 7867998952
Iyengar yoga	Olesya	Wednesday & Saturday 6:30—8am, Monday, Thursday, Saturday, 5—6:30pm. Or by appointment: 9159052743
Eye yoga and wellness Retreat	Aurosugan & Priyanka	Monday to Sunday: 7—8am by appointment only: 8012305151/ 9704258709

Ramana, Arka



A Healing Journey Through Movement

We warmly invite you to experience our transformative Cosmic Dance Wave, where the ancient art of healing merges with the freedom of dance. This unique journey guides you through four Divine energies:

- **Earth Energy—Mahasaraswati:** Ground yourself and connect to your physical light body and call in Divine manifestation
- **Water Energy—Mahalakshmi:** Leave your emotional baggage behind and flow into love, beauty and abundance
- **Fire Energy—Mahakali:** Find your true inner power and transform anger and fear through dynamic expression

- **Air Energy—Maheswari:** Clear your mental patterns and move into higher consciousness and create a Divine reality

Through this sacred practice, you'll experience:

- Deep healing across physical, emotional, vibrational, and mental planes
- Elevation of your personal frequency
- Connection to states of wholeness and higher consciousness. Integration of body, mind, and spirit

Sandhya

It Matters

Schedule from 13 to 21 December

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
- **Info:** [@auroville.curated](https://auroville.curated)

All activities are:

- Rs./600 for guests and
- Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers.
- Discount vouchers available, only for weekly activities, not for workshops.

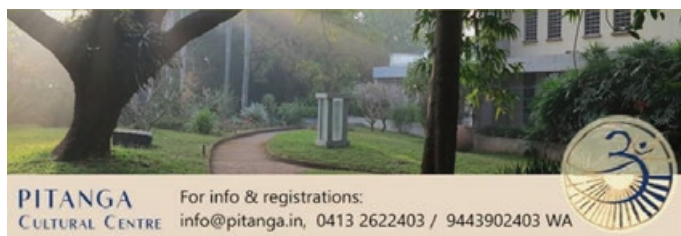
- **Workshop pre registrations:**

- itmatters@auroville.org.in, or +91 9344087925 WA

Date	Activity
13 December, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta the same day
14 December, Saturday, 9:15—11:15am	Intuitive Painting with Marie Claire Barsotti
14 December, Saturday, 11:30am—12:30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
14 December, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
16 December, Monday, 5:30—6:30pm	Science of Meditation with Matthias
19 December, Thursday, 4:15—5:15pm	Learn Native American Flute with Sitara
19 December, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kirubhakara
20 December, Friday, 4:15—5:15pm	Free Dance & Cacao Ceremony with Sitara
20 December, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta the same day
21 December, Saturday, 9:15—11:15am	Intuitive Painting with Marie Claire Barsotti
21 December, Saturday, 11:30am—12:30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
21 December, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
Date	Workshops in December
14 December, Saturday, 3—5pm	Journaling Through Relationships (Express & Evolve) with Dr. Mamta—Rs./900
21 December, Saturday, 3—5pm	Dating Mantra (Ethos & Ethics) with Akira—Rs./900

*Pre-registration for Workshops is mandatory/
 50% discount for Aurovilians and SAVI volunteers

Bhakti & Sandra



Program December 2024

Pitanga will be closed on Wednesday, 25 December and 1 January.

Drop-In Classes: Join without prior registration!

• **Please note:**

- Gala resumes her Yoga therapy classes on Monday, 16 December.
- Rachel will resume her Yoga classes on Monday, 23 December

Mondays	
7:30am–9am	Asanas mixed level with Rachel, restarts 23 December
8:30am–10am	Yoga Therapy with Gala, restarts 16
10:30am–12:30pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Tuesdays	
7:30am–8:45am	Self Practice with Rachel, restarts 24 December
7:30am–8:45am	Ojasana Hatha-Nada Yoga with Ojas
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F.
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel, restarts 8 January 2025
8:30am–10am	Yoga Therapy with Gala, restarts 18 December
2:15pm–4pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko’s tools with Marie-Claire (note: change of time from 11 December onward)
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar
Thursdays	
7:30am–8:30am	Lucid Journey – Immersive Guided Meditation with Malcolm
7:30am–9am	Yoga: Chakra Conditioning with Flowrina, starts 19 December
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina, starts 20 December
Fridays	
7:30am–9am	Asanas mixed level with Rachel, restarts 27 December
8:30am–10am	Yoga Therapy with Gala, restarts 20 December
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
5:15pm–6:15pm	Feldenkrais with Shari
5:30pm–6:45pm	Vinyasa Flow Yoga with Dinagar

Saturdays	
7:30am–8:45am	Ojasana Hatha-Nada Yoga with Ojas
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flowrina, starts 21 December
9am–10:30am	Asanas intermediate level with Rachel, restarts 28 December
11:00am–12:30pm	Kundalini Yoga with Bel
2:30pm–4:30pm	Truth Based Relationships—Practical Sessions with Juan Andrés
4pm–5pm	Odissi Classical Dance, a beginners’ class especially for children, with Agila, assisted by Rekha

Youth Activities

These are ongoing educational programs. If a child is interested, parents need to talk to the teacher before joining the class.

- **Asanas for Teenagers** with Lisbeth
Mondays, Wednesdays, 4pm–5:15pm

These classes are for the teenagers from AV schools and started in July.

- **Yoga for children**, from 9 yrs. +, with Gala
Saturdays 10am–11am, starts 21 December
- **Energy games for children**, 9 yrs. +, with Gala
Saturdays 11am–12pm, starts 21 December

Classes—By Prior Registration

- **Art Therapy** with Gala
 - Thursdays, 3–5pm for adults
 - Fridays, 3–5pm for families

Healing Space—By Appointment

- Acupuncture by Heidi S.
- Antigymnastique® individual session by Francesca F.
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Technique by Anne H.
- Shiatsu by Patricia G. (for Auroville residents only)
- Syntropy Insight Bodywork with Véronique D.
- Thai Yoga Massage by Juan
- Yoga Therapy with Nadia A.

New Activities

Kundalini Yoga with Bel

- **Saturdays 11–12:30am**

Kundalini Yoga is an ancient form of yoga practice which uses elements of movement, breath, sound, and meditation to help the practitioner into a balanced and harmonious state of being. The unique combination of repetitive movements followed by periods of stillness in Kundalini Yoga makes it different from other forms of Yoga practice. The skilful combination of these elements serves to re-educate the nervous system, allowing it to relax on a deep level enabling the participant to experience an elevated state of well-being. Other key benefits of this powerful practice are:

- **Physically:** Can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health
- **Mental clarity:** Regular practice can improve focus, reduce stress, and promote emotional well-being, leading to a calm and centred mind.
- **Spiritual growth:** Can help you connect with your inner self, expand consciousness, and experience a sense of deeper purpose and meaning.

We welcome Bel, Aurovilian, artist and certified Kundalini yoga teacher.

Yoga classes with Flowrina

- Prenatal Yoga circle
 - Mondays, 10:30am—12:30pm

A safe place for pregnant ladies to come together:

- to exercise and practice different techniques that are meant to tone, release and relax body and mind.
- share prenatal/postnatal experiences
- find support, direction, guidance and community

Practices:

- Yoga asanas, modified for your specific need/ trimester.
- Breath work, sound work, mantra chanting.
- Nidra Yoga practices, guided meditation meant to connect with your body and your baby.
- Other prenatal practices.

Note: If you want to participate in this class, please contact Flowrina before WhatsApp +40740185768. It is better to get to know you a little bit and learn about what are your expectations before you are coming to class.

- Yoga: Restore & Relax
 - Tuesdays, 4—5:15pm & Thursdays, 5:30pm—7pm
 - This is a drop-in class for all levels.

Main focus is to connect, release and relax through correct posture, alignment of the body, restorative asanas, conscious breath and deep relaxation.

- Yoga: Chakra Conditioning
 - Thursdays, 7:30am—9am
 - This is a drop-in class for all levels.

Main focus is to bring awareness and vitality into the main energy points (chakras) through different pranayama, asana, mantra or other yoga techniques. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

- Yoga: Prana Flow Conditioning
 - Saturdays 7:30am—9am
 - This is a drop-in class for all levels.

Main focus is to find the right balance of Vitality and Strength through different breath work practices and body work movements. Each class will end with a guided shavasana meant to tap into the fine line between concentration and relaxation.

We welcome Florina Padurau from Romania, volunteering with us in her capacity as a certified and experienced yoga teacher. In Auroville her name will be Flowrina.

Yoga Therapy sessions with Nadia A.

- Please contact us for an appointment.

Yoga therapy is a specialized application of yoga practices to help with physical, mental, and emotional well-being. Unlike group classes, individual yoga therapy sessions are tailored to address specific health issues or personal goals.

Benefits: It can be beneficial for a wide range of issues such as chronic pain, anxiety, depression, insomnia, digestive problems, and more. The therapist might incorporate specific poses or exercises that target the symptoms you're experiencing.

The aim is to create a balanced program based on your individual needs that's safe and effective for your specific needs.

For Giving Love with Marie-Claire

- Transmuting heavy emotions with Dr. Lasko
 - Wednesdays, 2:15pm—4pm
 - Please note the change of timing!
 - This is a drop-in session.

Marie-Claire invites you to an inner dialogue with yourself that helps you to let go of all heavy emotions and release energy patterns that could otherwise drain your energies.

Dr Laskow's tools guide you through a process of forgive-

ness to complete your own healing. Forgiveness does not mean forgetting or accepting what has been done. It does not mean loving others, which may or may not happen in the process. It's simply taking back the energy that you have bound up with your feelings about certain people, releasing energy patterns that might otherwise contribute to illness.

Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless.

If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!

Pitanga Cultural Centre
2622403/ 9443902403 WA,
info@pitanga.in,
Andrea for Pitanga Team

QUIET HEALING CENTER



Woga® (Yoga in Water) Class with Friederike & Tamara

- Monday, 16 December, 3:30am—5pm

Discover the benefits of yoga in warm water!

WOGA is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalent on land: breathing, warm-up exercises, a series of poses, and a relaxation period.



The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Watsu® 1 Transition Flow (TF) with Dariya

- 23—27 December, 8:45am—6pm, 34 hours

In this follow-up course, you will be taught to connect the movements and positions you've learned in Watsu Basic with long, gracefully flowing transitions and to adapt your work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.



On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others. By attending this course, you'll have completed the first level of Watsu's 3-tier training program.

- **Prerequisites:** Watsu Basic

Guido for Quiet, +91 9488084966,
www.quiethealingcenter.info/
quiet@auroville.org.in

VÉRITÉ, DECEMBER

Please contact Vérité @ 0413 2622045,
2622606, 9363624083



or programming@verite.in, www.verite.in

Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Hatha Vinyasa Yoga	5–6pm	Andres
	Deep Sound Bath	5–6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Hatha Yoga Essentials	10:45–11:45am	Dev
	Shamanic Breathwork & Free Movement	5–6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30–8:30am	Dev
	Hatha Vinyasa Yoga	5–6pm	Andres
	Cosmic Dance Wave: a Healing Journey through Movement	5–6:30pm	Sandyra & Marco
Thursdays	Hatha Yoga Essentials	7:30–8:30am	Dev
	Yin Yoga: Deep Tissue Release (beginning 12 December)	9:15–10:15am	Radhika
	Open Heart Space Meditation	3:30–4:30pm	Samrat
	Deep Sound Bath	5–6pm	Satyayuga
Fridays	Pranayama & Meditation (beginning 13 December)	7:30–8:30am	Radhika
	Hatha Vinyasa Yoga	5–6pm	Andres
	Free Flow Dance & Movement	5–6:30pm	Vega
Saturdays	Strengthen & Align Yoga	7:30–8:30am	Dev
	Deep Sound Bath	5–6pm	Satyayuga
	Sivananda Yoga	5–6pm	Mani

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 13 December	Awareness Through the Body: Exploration of the Element Space	9:15am–12pm	Amir
Saturday, 14 December	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
Saturday, 14 December	Food is Medicine: Remedies for Health Issues	2–4pm	Parvathi
Friday, 20 December	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Saturday, 21 December	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
Saturday, 21 December	Panchakarma: Ayurvedic Purification Techniques	2–4pm	Dr. Geeta
Friday, 27 December	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am–12pm	Radhika
Saturday, 28 December	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi

Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Mamta	Face & Neck Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Integrated Energy Healing & Holistic Foot Reflexology

Workshops (pre-registration required)

Awareness Through the Body: Exploration of the Element Space with Amir

- Friday, 13 December, 9:15am–12pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In the next sessions, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way. Explore tools, opportunities and space, to reconnect with yourself and increase your capacity to be present.

Releasing Fear & Anxiety with Pranayama with Lakshmi

- Saturday, 14 December, 9:15am–12pm

Learn a 'kriya' (a set of cleansing, purifying breathing practices) specifically designed to promote the healthy flow of prana (life force) to the liver, spleen and kidneys, the key organs of the body that, according to Yogic science, are directly related to the experience of stress, anger and anxiety. This sequence can powerfully transform your practice and help to release fear, reduce anxiety, and clear emotional blockages.

Food is Medicine: Remedy for Health Issues with Parvathi

- Saturday, 14 December, 2–4pm

Learn how to use food as a natural remedy for common health concerns. Discover targeted nutrition strategies and healing foods that can help manage conditions like inflammation, digestive issues, hormonal imbalances, and more. Gain insights on restoring gut health, reducing symptoms, and creating personalized dietary plans to support your body's healing processes.

Master Class: Yoga to Enhance Strength and Flexibility with Dev

• Friday, 20 December, 9:15am—12pm

A blend of yogic strength, flexibility and relaxation techniques to rejuvenate body, mind and spirit. We explore the dynamic interplay between expansion & contraction, fluidity & structure, and breath & movement, allowing us to experience the feeling of being in each posture, rather than just achieving a posture. Feelings of stress and anxiety can diminish as we develop the sense of space and balance.

Releasing Fear & Anxiety with Pranayama with Lakshmi

• Saturday, 21 December, 9:15am—12pm

Learn a 'kriya' (a set of cleansing, purifying breathing practices) specifically designed to promote the healthy flow of prana (life force) to the liver, spleen and kidneys, the key organs of the body that, according to Yogic science, are directly related to the experience of stress, anger and anxiety. This sequence can powerfully transform your practice and help to release fear, reduce anxiety, and clear emotional blockages.

Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 21 December, 2—4pm
• Cancelled

Anandhi for Vérité programming

TASTE OF YOGA @ VÉRITÉ

Monday to Saturday, 9am—12pm & 13—16:30pm

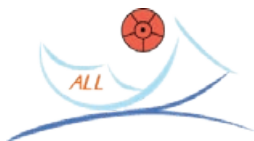
Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (all free from animal products, gluten, caffeine, and added sugars) have been designed with integrating principles to promote overall wellbeing.

Anandhi for Verité



Languages

AUROVILLE LANGUAGE LAB



Tomatis

We still have two (2) spaces for Aurovilians, Newcomers and Volunteers (adults, teenagers and kids) to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at Alfred Tomatis Method—Auroville Language Lab for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguagelab.org.

- Resonance, the book! Check it out at <https://books.aurovillelanguagelab.org>
- To enquire or register: tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

Film Shows

Two documentary films, one on the Alfred Tomatis method (48 minutes) and one on the special features of the Language Lab building (27 minutes) are available on our new website, and at the Lab. You are welcome to watch them at the Lab. All are welcome.

Current Schedule of Classes as of 12 December

Language	Level	Time	Day(s) of Classes
English	The English of Shakespeare	9:30–10:30am	Tuesday & Thursday
	Pre-Intermediate & Intermediate	11m–12pm	Tuesday & Thursday
	Creative Writing	9:30–10:30am	Monday & Wednesday
	Learn English through theatre	11am–12pm	Monday & Wednesday
French	Beginner	4:30–5:30pm	Started 17 November, Monday & Wednesday
	Conversation—Intermediate	2:30–3:30pm	Started 19 November, Tuesday & Thursday
	Conversation—Pre-Intermediate	11am–12:30pm	Friday, Starting 29 November
Tamil	Spoken Beginner	9:30–10:30am	Started 5 November, Tuesday & Friday
German	Level A1 Beginner	5–6:30pm	Started 5 November, Monday, Tuesday & Friday
Spanish	Beginner	2:30–3:30pm	Monday & Wednesday
Italian	Beginner	TBA	TBA
	Advanced	4–5:30pm	Wednesday
Didgeridoo	Beginner	4:45–5:45pm	Tuesday & Thursday

Registration is required for all classes

Send an email to

- info@aurovillelanguagelab.org
- or call 0413 2623661, +919843030355 WA.

Catch updates here

- [Language Lab Latest Schedule of Classes](#)

Reminder about our free Evening Programs

The evening conversation classes are a chance for all to practice speaking with native speakers offering their time. Barring indicated exceptions, these sessions happen weekdays from 5 to 6pm as follows:

- **Mondays:** French with Patricia and Isabelle
- **Tuesdays:** Spanish with Gloria and Tamil with Prithivi
- **Wednesday:** Sanskrit Chanting of the Lalitasaahasra-naama (1,000 Names of the Goddess), with Ramesh 5:30 to 6:30pm
- **Thursdays:** English with Amy
- **Fridays:** We are still looking for native speakers to facilitate German, Italian and Hindi conversation. Actually, any weekday from 5 to 6pm is open for people to offer their language.

Volunteers Needed

- English teachers
- Idea organisers/project managers
- App development advice
- Fundraising collaboration

Please send an email to info@aurovillelanguagelab.org with a copy to mita@aurovillelanguagelab.org

Louis for Auroville Language Lab

**ECO FILM CLUB:
Every Friday at Sadhana Forest**

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30 Tour of Sadhana Forest
- 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
- 20:00 Dinner is served
- 21:15 Free bus from Sadhana Forest back to Solar Kitchen



Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest.

- For more information about the bus service please contact Sadhana Forest at 8525038274.
- **Note:** Families and children are welcome! Dinner for children will be served at 19:00. :)

Friday, 13 December

Urban Mining—Gold in our trash

40 mins/ English/ 2015/ Frank Wiering

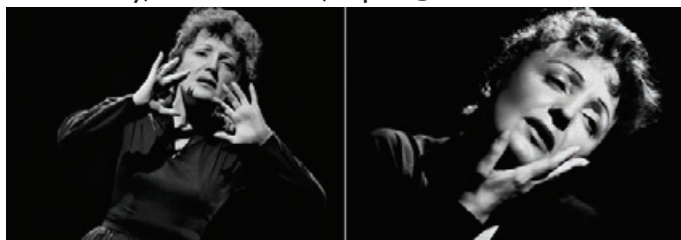
A ton of broken mobile phones, computers or other electronic waste contains sixty times the amount of gold a ton of gold ore has. Moreover, it is easier to get at. It is estimated that 30 to 40 percent of total world demand for rare metals can be covered by urban mining and this is only the beginning.

Submitted by Aviram

PAVILLON DE FRANCE

Presents a film La Vie En Rose (2007)

Saturday, 14 December, 4 pm @ Cinema Paradiso



The extraordinary life of Edith Piaf

Directed by Olivier Dahan, Starring Marion Cotillard

- French with English Subtitles

Skipping back and forth in time, [Olivier Dahan](#)'s elaborate mosaic of events delves into the hard life and times of French singer [Édith Piaf](#). Her moving songs, filled with evocative lyrics about love's sorrows and joys, made her an icon: *From her childhood to her rise to fame, from her victories to her hardships, from Belleville to New York, the extraordinary journey of Édith Piaf. Through a destiny more incredible than a novel, discover the soul of an artist and the heart of a woman. Intimate, intense, fragile yet indestructible, devoted to her art to the point of sacrifice, here is the most immortal of French singers...*

- [Trailer](#)

Exceptionally we will start the film at 4pm. It is in French with English Subtitles.

Vivekan

AUROFILM

Presents @ Multi Media Centre Auditorium, Town Hall

Friday, 13 December, 8pm

"Mustang"

Directed by Deniz Gamze Ergüven, France, Germany, Turkey, 2015

ACADEMY AWARD® NOMINEE
— BEST FOREIGN LANGUAGE FILM 2016 —

With: Güneş Şensoy, Doğa Doğuşlu, Elit İşcan, Tuğba Sunguroğlu, İlayda Akdoğan



Synopsis: It is the beginning of summer. In a remote village in Turkey, Lale and her four sisters come home from school playing with boys and trigger a scandal with unexpected consequences. The family home gradually turns into a prison, homemaking classes replace school and marriages begin to be arranged. The five sisters, driven by the same desire for freedom, circumvent the limits imposed on them...

Presented at the Directors' Fortnight of the 2015 Cannes Film Festival, Mustang then won a shower of awards at various prestigious festivals, including four Césars in 2016: Best Original Screenplay, Best Editing, Best Music and Best First Film.

Original Turkish version with English subtitles. Duration: 1h37'

Friday, 20 December, 8pm

Special program for Christmas time!

"The Grinch"

Directed by Scott Mosier, Yarrow Cheney, United States, 2018

The Grinch, also known as Dr. Seuss' The Grinch, is an American animated Christmas film produced by Universal Pictures and Illumination. Based on the children's book by Dr. Seuss *How the Grinch Stole Christmas!*



Synopsis: It follows the Grinch, a cranky, solitary creature who attempts to thwart the public's Christmas plans by stealing Christmas gifts and decorations from the homes of the nearby town of Whoville on Christmas Eve. Miraculously, the Grinch realizes that Christmas is not all about money and presents...

Funny, heartwarming, and visually stunning, it's a universal story about the spirit of Christmas and the indomitable power of optimism!

Original English version with English subtitles. Duration: 1h25'—For all ages !

- **Note: Contributions are very welcome!**
Aurofilm Collection Acc. No. 252658

Susana and team



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
16—22 December 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time. A reminder not to use cell phone for any reason while the program is on, and no food/ beverage to be taken inside the hall.

Indian—Monday 16 December, 8pm
Qala

India, 2022, Writer-Dir. Anvita Dutt w/ Tripti Dimri, Babil Khan, Swastika Mukherjee, and others, Drama-Music, Psychological Drama-Music, 119mins, Hindi w/ English subtitles, Rated: NR

Set in the 1940s, this gripping tale unravels the tumultuous relationship between aspiring singer Qala (meaning 'art') and her domineering mother, Urmila. Haunted by visions of her stillborn brother, Qala battles her mother's harsh treatment and jealousy over the talented orphan, Jagan. With fame Qala faces betrayal, guilt, and heartbreaking tragedy. It is a compelling story of ambition, familial bonds, and the haunting shadows of the past. *Trivia: This is the debut feature of Babil, the son of Irrfan Khan. This is rescheduled after earlier cancellation due to weather.*

Potpourri—Tuesday 17 December, 8pm
The Iron Giant

USA-Czech Republic-UK, 1999, Writer-Dir. Brad Bird w/ Eli Marienthal, Harry Connick Jr., Jennifer Aniston, and others, Hand-drawn-Animation-AI, 86mins, English w/ English subtitles, Rated: PG

This acclaimed film, partly inspired by the tragic loss of the director's sister Susan to gun violence, explores the question: "What if a gun had a soul and didn't want to be a gun?" Based on a book by Ted Hughes, the film is set during the Cold War in 1957. It follows a young boy named Hogarth Hughes who discovers and befriends a giant alien robot. With the help of beatnik artist Dean McCoppin, Hogarth tries to protect the Giant from the U.S. military and the paranoid federal agent, Mansley. *Rescheduled after earlier cancellation due to weather.*

Selection—Wednesday 18 December, 8pm
Hornblower: Loyalty

UK, 2003, Dir. Andrew Grieve w/ Ioan Gruffudd, Robert Lindsay, Paul McGann, and others, Adventure-War, 125mins, English w/ English subtitles, Rated: NR (PG-13)

In this acclaimed film, struggling Lieutenant Horatio Hornblower is promoted to Commander of HMS Hotspur. Joined by loyal shipmates, he uncovers an impending invasion and faces treachery within his crew. As he navigates these challenges, he also deals with the affections of Maria, his landlady's daughter. *This tale of bravery, betrayal, and naval adventure is a must-watch. Rescheduled after earlier cancellation due to weather.*

Interesting—Thursday 19 December, 8pm
Planet Earth III (Episodes 7 & 8)

UK, 2023-24, Dir. Abigail Lees (S1Ep7) and Steve Greenwood (S1Ep8) w/ David Attenborough, Tom Greenhalgh, Fredi Devas, and others, Mini-Series-Documentary, 116 mins (58mins each), English, Rated: PG

David Attenborough's third natural history series uncovers unseen locations, stunning landscapes, and amazing animal behaviors. Episode 7, "Humans" explores how animals adapt to human-dominated environments. Episode 8, "Heros" highlights conservation heroes risking everything to save wildlife.

International—Saturday, 21 December, 8pm
The New Boy

Australia, 2023, Dir. Warwick Thornton, w/ Aswan Reid, Wayne Blair, and others, Drama-Fantasy, 96 mins, English w/ English subtitles, Rated: R

A young Aboriginal Australian orphan, brought to a Christian monastery, grapples with his faith and heritage. Unable to speak English and resistant to Western customs, he gradually gains acceptance. Throughout his journey, he reveals mysterious supernatural abilities, healing animals and humans. This emotional and physical transformation showcases his inner strength and the mystical powers he possesses.

Children's Matinee—Sunday, 22 December, 4pm
200% Wolf

Australia-Germany-Spain-Mexico-USA, 2024, Dir. Aless Stadermann w/ Ilai Swindells, Elizabeth Nabben, Jennifer Saunders, and others, Animation-Adventure, 98mins, English w/ English subtitles, Rated: PG

When Freddy Lupin's wayward wish transforms him into a werewolf and deposits a mischievous moon sprite on earth, Freddy must restore the cosmic order before the earth and moon collide.



Sidney Lumet Cinema @ Ciné-Club
Ciné-Club Sunday 22 December, 8pm
Dog Day Afternoon

USA, 1975, Dir. Sydney Lumet, w/ Al Pacino, John Cazale and others, Drama—Thriller, 125 mins, English w/ English subtitles, Rated: R

Three amateur robbers plan to hold up a Brooklyn bank. A nice, simple robbery: Walk in, take the money, and run. Unfortunately, the supposedly uncomplicated heist suddenly becomes a bizarre nightmare as everything that could go wrong does. Based upon a real-life incident that occurred in August 1972 in which a Chase Manhattan Bank branch in Gravesend, Brooklyn, New York, was held siege by Sonny, a Vietnam veteran turned bank robber.

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 kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us to look for a new one. We request you to financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

Nina, MMC/ CP Group Account# 105106,
mmcauditorium@auroville.org.in

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Security & Emergency Services (ASES)—9443090107
- Auroville Police Station—0413 2677318
- Kottakuppam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health:

- Health Center—0413 3509942 & 3509943
- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

*Roy & Agnijata, News & Notes,
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Editors' Note



Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery is rain on Friday.

*Light and Peace,
Roy and AgniJata*

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



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 —Roundabout	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—Roundabout	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

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- Rs.800: **For All** (10 single trips)
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- Rs.1200: **Student Monthly pass**

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- Rs.100: **One way trip**—for all
- Rs.200: **Round trip**—for all.

Bus passes are available

At Auroville Vehicle Service, Townhall, Auroville.

- 9am—12:30pm & 2—5pm

Contact

- 0413 2623302

Below link to join WhatsApp group

of Auroville Bus to get the regular updates of the bus:

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