



# News Notes

#1059 A weekly bulletin for residents of Auroville 26 December 2024



A conscious being is in the centre of the self, who rules past and future; he is like a fire without smoke. . . That, one must disengage with patience from one's own body.


*Katha Upanishad*

These rays are directed downwards, their foundation is above: may they be set deep within us. . . .

O Varuna, here awake, make wide thy reign; may we abide in the law of thy workings and be blameless before the Mother Infinite.

*Rig Veda*

## Pondering



But we have supposed that there is a farther intention, — not only a revelation of the Spirit, but a radical and integral transformation of Nature. There is a will in her to effectuate a true manifestation of the embodied life of the Spirit, to complete what she has begun by a passage from the Ignorance to the Knowledge, to throw off her mask and to reveal herself as the luminous Consciousness-Force carrying in her the eternal Existence and its universal Delight of being. It then becomes obvious that there is something not yet accomplished, there becomes clear to view the much that has still to be done, there is a height still to be reached, a wideness still to be covered by the eye of vision, the wing of the will, the self-affirmation of the spirit in the material universe.

At the beginning the soul in Nature, the psychic entity, whose unfolding is the first step towards a spiritual change, is an entirely veiled part of us, although it is that by which we exist and persist as individual beings in Nature.

*The Triple Transformation, The Life Divine, Sri Aurobindo*



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*Happy New Year!*



# House of Mother's Agenda



(Sujata:) I also have a whole year of "Agenda" to catch up with.

Oh, the Agenda.... I keep talking on and on. He has a knack for making me talk—before he comes, I decide, "Today, I won't say anything," and then... I don't know, he doesn't say anything, doesn't ask anything, and I don't know what happens but I start talking!

All right, so we'll begin the revision of the *Synthesis* on the 4<sup>th</sup>. Is my handwriting difficult?

(Sujata:) No, no!

Oh, it's not so good any more. And while I was writing it, some strange things happened: one day, suddenly, I feel I've lost all control over my hand.... How do you write? And all at once, I start writing, and then I see: it's Sri Aurobindo's handwriting! And as it is illegible, I thought, "That's no great progress!" (laughter) So I really exerted myself, concentrated, wrote slowly, slowly, like a pupil in school, and it came back!

So you may come across some passages that aren't all that legible.

But the last part ["The Yoga of Self-Perfection"] is the longest, and it's difficult, too.

He didn't complete it.

He never completed the last chapter, he even told me, "You will complete it when I have completed my yoga," and then he went, left everything.

Afterwards, several times, he told me that I should be the one to complete it—I answered him that I didn't have the brain for it. Or else I would have to write it in a mediumistic way, but I am not a good medium, I am too conscious—the consciousness is immediately awake in the background and watches the phenomenon, so it stops working.

But your Agenda is the end of the "Yoga of Self-Perfection"!

Well, it'll be a long end! (Mother laughs) In other words, when it's over (we must first wait for it to be over), when it's over, with those notes, we could establish something—you'll have to wait for some time! There are still several years to go.

It doesn't matter, we aren't bored, are we? (To Sujata:) Are you bored? Tell me frankly, are you bored? (Sujata laughs) I don't need to ask HIM, I know the answer: "Oh, it's endless, it lasts forever, nothing happens, nothing takes place...." (laughter) Anyway, my children, that's the way it is. I am going as fast as I can, I am the one most con-

cerned! But you can't hurry, it's not possible. Not possible.

In fact, in *Savitri*, Sri Aurobindo went through all the worlds, and it so happens that I am following that without knowing it (because I never remember—thank God, I really thank heaven!—I asked the Lord to take away my mental memory and He took it away entirely, so I am not weighed down), but I follow that description in *Savitri* without mentally knowing the sequence of the worlds, and these last few days... I was in that Muddle of Falsehood (I told you last time), it was really painful, and I was tracking it down to the most tenuous vibrations, those that go back to the origin, to the moment when Truth could turn into Falsehood—how it all happened. And it is so tenuous, almost imperceptible, that deformation, the original Deformation, that you tend to lose heart and you think, "It's still really quite easy to topple over... the slightest thing and you can still topple over into Falsehood, into Deformation." And yesterday, I had in my hands a passage from *Savitri* that was brought to me—it's a marvel, but... it's so sad, so miserable, oh, I could have cried (I don't easily cry).

The world grew full of menacing Energies,  
And wherever turned for help or hope his eyes,  
In field and house, in street and camp and mart,  
He met the prowling and stealthy come and go  
Of armed disquieting bodied Influences.  
A march of goddess figures dark and nude  
Alarmed the air with grandiose unease;  
Appalling footsteps drew invisibly near,  
Shapes that were threats invaded the dream-light,  
And ominous beings passed him on the road  
Whose very gaze was a calamity:  
A charm and sweetness sudden and formidable,  
Faces that raised alluring lips and eyes  
Approached him armed with beauty like a snare,  
But hid a fatal meaning in each line  
And could in a moment dangerously change.  
But he alone discerned that screened attack.

(II.VII.205)

(to be continued next week)

The Mother's Agenda, December 31, 1963  
<https://incarnateword.in/agenda/4/december-31-1963>

With love and gratitude,  
Gangalakshmi (HOMA)

# Townhall Speaks

## HUMAN RESOURCES SERVICE (HRS):

### First Announcement to the Auroville Community

Dear Residents, Newcomers, Volunteers of Auroville, following the announcement of FAMC introducing the new Human Resources Service (HRS) team, we are happy to inform you that the HRS office is situated next to the SAVI office above the Multimedia Center, in the Town Hall complex.

- Our working hours for receiving people are from Morning 9am—12:30pm and afternoon 2—4:30pm Monday to Saturday.
- We can also be reached at [hqs@aurowille.org.in](mailto:hqs@aurowille.org.in)

### 1. Information regarding informing/ seeking permission for leaving Auroville

The Auroville Foundation (Residence Criteria) Standing Order, 2024 can be found here: <https://aurowille.org.in/article/99275>

The form to fill out for information and seeking permission for all travel outside Auroville [can be found here](#).

More information on leaving Auroville is covered in the below sections (a) and (b)

If you are absolutely not tech-savvy, you can drop into the office during working hours, or take an appointment with a member by email, and we will help you fill out the form.

We take the opportunity to remind all Residents, Newcomers and Volunteers that the spirit of the Standing Order is to ensure that Residents do not treat Auroville as a part-time residence; living and working full-time in Auroville are requirements to be an Aurovilian, which the Mother herself has been very clear about since her early talks on Auroville. While in the past decades, Auroville may not have focused on an organization that ensures that Residents live full-time in Auroville, it is imperative now, with the aim to further Auroville development at a faster rate than before, that all Residents comply with this first and foremost requirement.

#### a. Please note the following regarding your absence from Auroville:

- If you are leaving Auroville for less than 2 weeks (14 days), you need to inform HRS.
- If you are leaving Auroville for more than 2 weeks (14 days), you will need to obtain permission from HRS. You need to apply at least two weeks in advance to give HRS the time to process the request.
- If a Resident needs to leave Auroville in an emergency and could not inform/ seek permission beforehand they may send the necessary emails at the first opportunity after leaving Auroville, citing clear reasons as to why prior information could not be given/ permission could not be sought.
- If a Resident leaves with the intention of being back within two weeks but cannot return within two weeks for whatever reason, the Resident may remotely apply for permission as soon as he comes to know of the delay in return, with clear reasons cited.
- Excerpt from the Auroville Foundation (Residence Criteria) Standing Order, 2024:

*"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."*

### b. Please note the following regarding the occupancy of your residential Auroville asset in your absence:

- If your house is empty for more than one month, you are required to inform the Housing Service by email ([housing@aurowille.org.in](mailto:housing@aurowille.org.in)) with a copy to HRS, in accordance with the Housing Policy:

- Excerpt from the Housing Policy 2023 clause 5:

*"5. Temporary Absence from Auroville*

*5.1. An Auroville House User who wishes to leave Auroville for a period longer than one month, due to which the house or apartment in which the House User stays will be unoccupied, must intimate the Housing Service so that a temporary housesitter can be accommodated during the absence of the Auroville resident.*

*5.2. A suitable house sitter will be identified by the Housing Service in consultation with the Auroville House User. An agreement outlining the temporary stay of the housesitter will be prepared by the Housing Service. This agreement will be signed by the Auroville House User, the housesitter and the Housing Service and will state the pertinent details of the residential building, the house-sitting duration and any special instructions relating to the use of the house or apartment.*

*5.3. House-sitting agreements will have a maximum duration of one year, with the possibility of being extended with the mutual agreement of the Auroville House User and the Housing Service.*

*5.4. The Housing Service shall ensure that housesitters are selected on the basis of the same criteria that apply to Auroville House Users as outlined in this policy."*

### 2. Information regarding full-time work in Auroville

An online fillable form will be organized shortly for the same so that Residents, Newcomers, and Volunteers seeking for a place to serve Auroville, can fill out the required details.

**Important note:** If a Resident is doing business outside Auroville, we encourage you to write to us voluntarily and ask for a meeting to discuss the same.

### 3. Residents wishing to host a family member in an Auroville asset for longer than seven days

All Residents are requested to move their family members to a registered guest house for any stay beyond seven days. For those Residents who wish to host a Permanent Guest i.e. spouse, aged/ infirm parents, kindly write to us seeking special permission. Permission will be granted after assessment on a case-by-case basis and as per the Auroville Foundation (Residence Criteria) Standing Order, 2024.

We aim to create online forums where the above steps can be completed by Residents with a few clicks. In the meantime, please use email as the main source of communication.

*Submitted by Antim, Joel, Muriel, Raja, Sindhuja, Suresh  
for Human Resources Service  
Sub-department of the FAMC,  
a Section 16 committee of the Governing Board*

## AS THE NEW YEAR APPROACHES:

### Auroville Security & Emergency Services

As the end of the year approaches, we encourage you to usher in the New Year with fraternal gatherings. We strongly discourage any organisation of loud parties which is contrary to the spirit of Auroville and which would only attract unwanted crowds and create untoward incidents.

ASES team members will be patrolling but your collaboration is indispensable in maintaining peace and harmony in the Auroville area.

**Auroville Security & Emergency Services (ASES)**  
[ases@aurowille.org.in](mailto:ases@aurowille.org.in)  
Emergency: 9443090107

**STATUS OF RED ASSETS AND FENCING**



*L'avenir d'Auroville*

**Information for all Residents, Newcomers, Volunteers and Guests of Auroville, handing over of Red Assets**

Auroville is currently implementing its road network, which comprises the Crown, Radial Roads, and the Outer Ring Road. Consequently, all Red Assets connected to this project i.e. structures located on the road or on the rights-of-way will need to be demolished. Many of you have already been relocated, or have been invited to interactions on the same with the OSD of the Auroville Foundation. If the house or asset occupied by you falls within the right-of-way of these roads, and you have not been contacted already to facilitate your move, we urge you to please contact [re-location\\_avf@auroville.org.in](mailto:re-location_avf@auroville.org.in) at the earliest to arrange for alternate housing for yourself.

We encourage everyone to act promptly to ensure a smooth transition.

**Auroville without boundaries**

As announced earlier, all fences within and between neighbouring communities will be removed. This initiative seeks to manifest an open and walkable city, without any boundary demarcations, encouraging a more open and connected environment.

The removal will be carried out in a phased manner. The materials from the removed fences will be reused as necessary to reinforce or establish new fencing in areas requiring protection, such as green spaces or vulnerable boundaries. Please note that no fences can be claimed as private property—all fences are and will be treated as Auroville property and shall be reused/ removed/ recycled for public spaces.

As much as possible cow-protection will be maintained at the peripheral entry points, however, preventing cows from entering extensive private gardens is not a top priority. Once Auroville as a city is fenced and gated, cow intrusion into gardens will phase out on its own.

We appreciate your cooperation and understanding.

*Joel, Resource Person for L'avenir d'Auroville team*

*Appointed members: Govind, Hemant (inactive), Jaya, Ponnusamy, Prasad, Sindhuja & Toby  
Member-Secretary: Dr. G. Seetharaman*

*Community News*

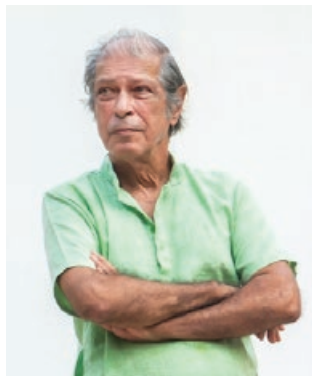
*Passing On*

**NAVROZ PASSES AWAY**

Navroz Kersasp Mody, a long time Aurovilian, has passed after facing health issues. Our gratitude to The Mother's fearless soldier, Navroz Mody.

He has bravely defended, often single handedly, Auroville's spirit and manifestation in many fields, through personal appearances, letters and articles, and in legal actions.

He has been instrumental in ecosystems restoration, environmental justice initiatives.



*From Farewell, Submitted by Roy*

**RICHARD**

Richard (Richard Pierre Pérez) was born in southwestern France and spent much of his life in Paris with his partner Marie Christine.



They visited Auroville for the first time in 2008 and then returned every year for a short period of one month until their permanent settlement in 2017.

Richard had been working at the Botanical Garden since then, where his manual skills, generosity, and availability were fully expressed. His smile, his radiance, his simplicity, and his sincerity will remain in the hearts of all those who met him.

*Annemarie*

**REMEMBERANCE ALL THOSE who passed 2024**

*Remembrance all those who passed 2024*

Tatiana Tolochkova	Dominique Giraud
Franca Crocetti	Christel Quévieux
Sylvia Zimmerman	Eveline Preibsch
Shakuntala N. Patel	John Mandeem
Subramaniam M.	Aswathaman
Josette Tardivel	Chandrasekar
Lorraine Freeman	Prateek
Martin Zbinden	Agia Ram Lamba
M. Velmurugan	Kuppammal
Krishna	Danielle de Diesbach
Tia Pleiman	Vaishali
Mahalingam	Aurienne Fator
Etsuko Shimabukoru	Maggi Lidchi-Grassi
Goupi	Bhabu (Bhabani)
Gajendran	Prosad Lahori
Kratu	Jonathan Lucksted
Lakshmanan	
Bindu Mohanty	
Yuval	
Marry Kroon	
Soham	
JJayaraman	
Auroshastr	
Jean-Luc Buro (Bureau)	
Victor Plotnikov	
Karuna Periyarswamy	
Richard Pierre Pérez	
Navroz Kersasp Mody	

The list is split in two parts.

- From Tatiana to Navroz is all Aurovilians and newcomers who passed either in Auroville or abroad.
- The second list, from Dominique to Jonathan, are all friends of Auroville, born in Auroville, parents of Aurovilians that passed away in Auroville, AVI members etc.—some connection to Auroville.

*Lisa*





*Matrimandir News & Schedules*

**NEW YEAR AT MATRIMANDIR**

**31 December 2024**

*"In the vast golden laughter of Truth's sun  
Like a great heaven-bird on a motionless sea  
Is poised her winged ardour of creative joy  
On the still deep of the Eternal's peace."*

- **4:30—9pm:** The Inner Chamber will remain open for Aurovilians and Newcomers for their concentration before the New Year.
- **5—5:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree.
- **5:30—6.15pm:** "May we never forget..."—Sound Offering by Svaram Team at the Unity Pond. Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them.
- **11 pm—12:15am:** Matrimandir will remain open for midnight meditation for Aurovilians and Newcomers only. All are requested to be seated in the Inner Chamber latest by 11:45pm.



**1 January 2025**

- **6:30—7am:** New Year Meditation under the Banyan Tree. Entrance from the Office Gate, open at 6.15 am. Guests are requested to carry their Aurocard with them. Last entry for guests and Aurocard holders at 6:30 am.
- **Evening Program at the Amphitheatre**  
5:30—6pm: New Year music 1976

*" To Thee our infinite gratitude..."*

**Bonne Année and Happy New Year to All!**

*Antoine for Matrimandir team*

**MATRIMANDIR ACCESS INFORMATION**

Please note that the Matrimandir Access team has made **Some small changes to the Access Policy**

- Firstly all Pass Holders and Aurovilians bringing guests will have to sign into a register at the Office Gate.
- Secondly Aurovilians can bring their close family members to the Gardens 4:30—6:30pm daily as long as they inform before 11am on the day of the proposed visit to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)
- Thirdly, all guest houses and home stays please note: Guests only holding Aurocards, who wish to attend the Savitri Readings in the Amphitheatre on Thursday evenings will have to book one or two days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)
- The Matrimandir Access team also wishes to remind all Aurovilians acting as guides for visitors or guests that your guests can not be treated as friends and brought to the Park of Unity at any time. All Tours and guided individuals and parties should be taken to the Viewing Point.
- The Matrimandir Access team also wishes to remind anyone running workshops and camps that visits to Matrimandir or the Park of Unity are not to be included in the itinerary. All group visits should be to the Viewing Point only. Individuals attending these events who wish to concentrate in the Inner Chamber are welcome to make a booking in the normal way at [auroville.org](http://auroville.org)

**Access to the Park of Unity**

The Park of Unity:

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of **silence**.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens daily, 9am—3:30pm.
- Aurovilians wishing to bring close family to the Gardens at any other time should inform [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) before 11am on the day of the proposed visit.
- Savi registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) one or two days in advance.

**Access to the Inner Chamber of the Matrimandir**

The Matrimandir is a place for silent individual concentration. The Inner Chamber is open to Aurovilians and registered 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 members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)

- Any day except Tuesday & Sunday:  
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.

Auroville units can bring their staff to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in)

- Tuesday 8—8:30am.

**The Petals of the Matrimandir**

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

- Daily 7—8am, 5—6pm.

**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, or to go to the website: [auroville.org](http://auroville.org)

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

*The Matrimandir executive team,  
Antoine, Divya Karun, John H., Judith, Sundar K*

**NADAKA—GOPIKA—KESHAVA  
@ Matrimandir Amphitheatre**



*Submitted by Roy*

**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*

*Special Calendars 2025*

**THE MOTHER'S PAINTINGS  
wall calendar, 2025**

For the first time ever, a calendar of the Mother's paintings has been brought out. It depicts 14 of her paintings, some of them painstakingly digitally restored. The calendar has been printed on high-quality art paper at a specialised printing press to bring out their true beauty.

(The paintings have been taken from the forthcoming book, *The Mother as an Artist*, to be available later in 2025.)



The calendar is available from Sabda in Pondicherry. Cost in India: Rs.200 each including tax. Rs.175 each for 10 or more copies.

- It can also be ordered online (postage extra) at this page: <https://www.sabda.in/static/2025items.php>

- Supplies are limited.

From the explanatory text on the back cover: "...The Mother's artistic work was marked by a unique blend of emotional depth and spiritual insight, reflecting her inner experiences and her connection with higher planes of consciousness. Her paintings convey the subtle and invisible aspects of reality, aiming to express the deeper, unseen forces that shape the world."

- For more details, contact [kim@auromail.net](mailto:kim@auromail.net) +919245445725 WA, ph.

*Mauna*

**MATRIMANDIR CALENDAR 2025 IS AGAIN AVAILABLE**

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*.



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](mailto:tine@auroville.org.in)

+91 9843984181 WA, +91 8903938649, Tine

*Awakening Spirit*

**SAVITRI BHAVAN**



**Schedule, January 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 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.

**Synopsis:** Four billion years ago life on Earth started, and a subtle, fragile harmony of living substances and beings gradually developed. All organisms are linked with each other in a natural, delicate, and crucial balance.

Mankind is 200,000 years old. But in the last 60 years, it has brought enormous changes and destroyed the equilibrium of life.

The documentary by Yann Arthus Bertrand shows the diversity of life on Earth from the sky through beautiful aerial footage from 54 countries. It also demonstrates



how Earth's problems are all interlinked due to the pressure humanity has placed on the environment. Human activities and especially the burning of fossil fuels threaten the delicate ecological balance on our planet and cause climate changes with shifts in temperatures and weather patterns.

The film attempts to make us more conscious and to be careful with our beautiful blue and green home. Since the documentary was released in 2009, efforts have been made to grow in conscious awareness to be more concerned about the environment and to save nature. But still and always, much remains to be done.

Special thanks are going to the 88,000 employees of the Performance, Planning and Review (PPR) Group who supported the making of HOME.

◦ On [YouTube the film is accessible](#) under the title: HOME by Yann Arthus Bertrand—Full Movie (English version)—Documentary.

- **January 6: Meditations on Savitri, Book 4—The Book of Birth and Quest, Cantos 1—4: The Birth and Childhood of the Flame, The Growth of the Flame, The Call to the Quest, The Quest.** Savitri comes down from the transcendent planes and takes birth to take up her unfinished divine task. Duration: 43min.
- **January 13: Life After Life: A video documentation based on the research work and book Life After Life by Dr Raymond A. Moody.** People who were clinically dead, speak about their out-of-body experiences and how they came back to life. Duration: 59min.
- **January 20: Our Gratitude: A musical offering specially composed by Shobha Mitra for the centenary of the Mother's first meeting with Sri Aurobindo on 29 March 1914, performed by the Ashram Choir in the Savitri Bhavan Amphitheatre on 30 March 2014.** Duration: 35min.
- **January 27: Alexandra David Nèel: 1911—1924 Journey through India, China and Tibet.** This remarkable woman (1868-1969) was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1911. The film is in French with English subtitles. Duration: 104min.

### Full Moon Gathering

- **Monday, 13 January, 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 Shradhdhavan
- **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

### Savitri Yajna

- **31 December, 5am till 1 January, 11:30am IST**

**Savitri**  
B H A V A N

## SAVITRI YAJNA

complete recital of Sri Aurobindo's *Savitri*  
Both Online & Live

**From Dec 31, 2024 05.00am till Jan 1, 2025 12:00 noon IST**

Being fully within our present being, and offering it to The Mother and Sri Aurobindo as a preparation to herald the new year in Their Grace Light, let us recite together the complete text of Sri Aurobindo's *Savitri* and soak within the mantric words.

Participate in this collective prayer both online and live.  
If you wish to listen to and soak in *Savitri*,  
come and join us anytime.  
If you wish to recite kindly register and book your time slot.

What can be the best way to usher in the new year other than soaking in the mantric words of Sri Aurobindo's *Savitri*. This Yajna, the akhand path (continuous recital) of *Savitri* will take place live in Savitri Bhavan, Auroville and online on Zoom. Let us all come together and let The Mother and Sri Aurobindo's grace awaken the inner dawn on the occasion of this new year through *Savitri*.

Below are the links to reserve your slot: (this is mandatory)

- For [online reading on Zoom](#):
- For [live reading at Savitri Bhavan](#), Auroville:

Please go through the flyer and feel free to contact the given numbers for any query.

**\*Everyone who volunteers will read for 10 minutes at one time.**

**\*Each volunteer can reserve a preferred time slot.**

**\*Those desirous of listening can come and sit silently whenever possible for you.**

**\*Please use the link to reserve your time slot in the google spreadsheet given below by 29th December 2024.**

Zoom link for virtual (online) reading:  
**Meeting ID: 487 345 8811 | Passcode: maa**

For in-person recitation come and be present in Savitri Bhavan, Auroville.

**NOTE:**

**\*Do not overwrite on the filled slots**

**\* Please share your WhatsApp number for ease of communication**

**\*The invocation on 31st Dec. will begin both online & live at 04:45am IST. All are welcome to join!**

**\*Be present at Savitri Bhavan, Auroville for live, and for online join the link at least five minutes before your time slot to get in tune with the recitation.**

**\*If there is an emergency and you are unable to keep up with your reserved timing, kindly inform us ahead to find an alternative reader.**

**For more information contact:**  
Call / WhatsApp: Shweta: +91 9226635804 | Kavithanjali: +91 91594 14606  
Email: maadivinebody@gmail.com

Dhanalakshmi & Margrit  
for Savitri Bhavan

JOIN OUR UPCOMING HOLIDAY STEAM CAMP!



The banner features a cartoon illustration of a man in traditional attire riding a camel. To the right, another man in a turban and colorful clothing stands next to a chemical structure of a benzene ring with a methyl group (CH<sub>3</sub>). Mathematical diagrams include a right-angled triangle with labels for hypotenuse (hyp), opposite (opp), adjacent (adj), and angle (θ), along with the trigonometric identity  $\sin(\theta) = \frac{\text{opp}}{\text{hyp}}$ . Algebraic expressions  $\frac{\sin x}{\cos x}$  and  $(a+b)^2$  are also present. A QR code is located in the bottom right corner.

**Register Now**

WhatsApp Prema for registrations 9047705400

Sign up for all 8 days and pay upfront to receive a 10% discount!

- 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 Tenall, 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

**KULAI CREATIVE CENTRE**


Next to Auroville Bakery, Kulalapalayam  
[kulaicreativecentre.auroville@gmail.com](mailto: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 Naatiam, 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

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



BHARAT NIVAS  
 Scan for Location

**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 1, 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

**AUROVILLE MARGAZHI FESTIVAL 2025**

4—13 January

We are delighted to announce that the Auroville Margazhi Festival 2025 will take place from 4 to 13 January, 2025. You are cordially invited to join us at Sri Aurobindo Auditorium/ SAW-CHU for an enriching cultural experience.



- Entry is free for Aurovilians/ Newcomers/ volunteers and guests residing at Auroville's guest houses.
- We kindly request that you all arrive by 6:45pm to facilitate smoother coordination.

Janemejay Mohanty, Bharat Nivas Trustee



**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](mailto: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*



@ 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](mailto:aurokiya@auroville.org.in),  
[aurokiya@gmail.com](mailto:aurokiya@gmail.com)
- 8012305151 WA/ Mobile,  
[www.aurokiya.com](http://www.aurokiya.com)



Aurosugan, for Aurokiya

**WEEKLY BABY SUPPORT CIRCLE: LITTLE RED FEET**

Every Wednesday, 9am—12pm @ Humanscapes

Hello, wonderful parents! Join our Weekly Baby Support Circle hosted by Morning Star!



We warmly invite you to our Weekly Baby Support Circle, a nurturing space created especially for parents of newborns to one-year-olds. Come as you are, connect with other parents, and celebrate the journey of raising your little one. Here's what to expect:

- **Heartfelt Connections:** Share your joys, challenges, and stories with other parents who truly understand.
- **A Safe Haven:** A welcoming, nonjudgmental space for growth, encouragement, and community.
- **Inspiring Sessions:** Special guest speakers to guide and support you on topics that matter most.

We can't wait to welcome you and your baby into this circle of love and support. Let's grow together!

Rotem

**SANTÉ SERVICES**



**Schedule, January 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**

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



**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](mailto: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**

**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*

**ORTHOPAEDICS SERVICES**

**Available**

Dear community, this is Sruthi, 26 years old, an Aurovilian 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](mailto:auroshruthi@auroville.org.in) *Submitted By Sruthi*

*Youth Initiatives*

**AUROVILLE YOUTH**

**Integration (AVYI) Program 2025**

**22 February, Saturday, to 26 February, Wednesday, 9am—4pm**

Join Us for the 2025 Auroville Youth Integration (AVYI) Program! YouthLink is excited to announce another edition of the Auroville Youth Initiation (AVYI) during the Auroville Week of 2025! This program is designed for Auroville youth (ages 16-25) to explore Auroville's vision, history, and structure while also diving deeper into self-discovery and connection with their peers.



**Co-Create With Us!**

While we've prepared a range of exciting activities, we want this program to be shaped by YOU! If there's something specific you'd like to learn or experience, share your ideas with us. Let's create a meaningful and inspiring journey together!

- **Register [via link](#) or scan the QR code!**
- **Reach out to us: [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in)**

*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](mailto:Youthlink@auroville.org.in) or for in cash donations you can directly transfer to our account **251048**.

*Lucrezia & Youthlink team*

## 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*



## Animal Care

### DOG SHELTER: THE YEAR 2024 IN REVIEW

#### Monthly Transparency Report November & December

Due to Cyclone Fengal, which made landfall on the Pondicherry coast on the evening of 30 November and caused huge destruction in our shelter, we could not publish a transparency report for November.

#### Overview (November and December)

- New admissions: November 18, December 41 (381 since April 2023)
- Rabies confirmed case: 1
- Adoptions and Releases: November 2, December 12
- Vaccinations administered: approx. 150 (approx. 1050 since the start of the vaccination drive)
- ABC shelter dog sterilizations: November 25, December 0 (154 since February 2024)
- Deworming: approx. 50

#### Donations

Even though we prepared as well as possible for Cyclone Fengal, the destruction was immense. Thanks to the help from our partner organization, People For Animals Chennai, "Donatekart", an Indian fundraising platform, adopted our shelter to raise funds to rebuild the shelter. So far, Rs. 35 lakhs, which will be given in kind in the form of construction materials, medicines, and food. AVI USA launched its matching donation month in December and we are grateful for the many donations that have been received. The exact amount we will know in January.

We want to express our extreme gratefulness to hundreds of Aurovilian residents, dog lovers, and friends who have supported us with their donations, messages of hope, and prayers during the enormous challenge and destruction Cyclone Fengal brought upon our shelter. Some brave people even walked on the day after the cyclone on foot to the shelter to give our dogs rice and clothes. We will never forget your compassion, love, and help! Thank you so much!

#### Expenditures

- **Animal Food:** In November and December we fed each month our dogs 1.6 tons of rice, 2 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh. 250 kg of pedigree dry food has been donated besides milk powder and rice.

- **Staff Costs:** Total staff costs for this month for our workers paid animal care staff, 2 veterinarians, and volunteers were approx. Rs. 1 lakh for each month.

- **Medical Costs:** Thanks to a grant from the Department of Animal Husbandry and AWBI for food and medicine we were able to start restocking our medical supplies. An exact number we can provide in January.

- **Infrastructure Improvements:** Our new Serenity Building has been finished but it is not opened yet as we have been waiting for almost 2 months now to receive 50 truckloads of Earth from the Matrimandir Lake to lift the entire area, which turns into a lake. Constant rain prevented the delivery. We hope to open very soon.

## Project Sterilising 1000 Dogs in 1 Year

Despite the hardships we have been facing and lack of support from Auroville authorities, who still only support us with Rs. 50,000 per month, we are determined to realize our project goal to sterilize 1000 dogs in just one year, which will make an enormous difference in the entire area. Together with the Department of Animal Welfare, we have worked out a project plan and started to fundraise Rs. 15 lakh to turn our goal into reality. As the cyclone has destroyed our already rotten electrical system, we need to improve the infrastructure first to start this project. It requires an update to our surgery room with a power inverter, operation lights, and running water. To reach our goal of 20 sterilizations per week, we have to construct 13 additional ABC kennels for post-operation treatment and hire an experienced surgeon and veterinary assistant on a one-year contract. We are determined to achieve this goal, as mass sterilization is the only way to end the suffering of too many puppies being born and dumped all over Auroville.

### Rabies Dog Caught

On 19 December several distress calls reached us from AV residents that a female white dog was attacking and biting people and animals in the area of Bharat Niwas. Our rescue team raced to search for the dog and managed to catch it near the Tibetan Pavilion. The dog displayed several symptoms of rabies and was extremely aggressive, even biting one of our staff members. The next morning, the dog passed away, which indicates that it had been highly virulent already for at least 10 days. A specialized veterinary team from Mettupalayam College confirmed the rabies infection and submitted a report to the Department of Animal Husbandry. Immediately, we issued mass bulletins to inform everyone who had come in contact with the dog to seek medical help. The following day our team started a vaccination drive in the entire area going from house to house. Auroville has been declared a rabies outbreak area and despite having vaccinated over 1000 dogs and cats in the last few weeks, the danger of rabies is far from over.

### New Auroville Dog Shelter

The Auroville Dog Shelter's construction has stalled for nearly a year due to a withheld building permit and already allocated funds not being released. We cannot disclose details about the delay, but we are negotiating with the Auroville Foundation and are hopeful that we will soon find a solution to build the new shelter. We tried to submit the petition which had been signed by over 800 supporters to demand from FAMC that at least our basic monthly running costs be covered so that we can continue our essential service to the AV Community, but it has been rejected so far.

### The Year 2024 in Review

We are full of gratitude to the many dog lovers, friends, and supporters who have helped our shelter get through this tough year. We had hoped to have already been able to build our new dog shelter, but the construction of the shelter has been delayed now for almost a year. This brought upon us enormous challenges, especially with funding. Despite our best efforts, in some months, it just wasn't enough, and we had to survive day by day with barely sufficient food and almost no medicines. The big rabies outbreak for which we received no support from Auroville officials depleted our finances and medicines entirely but after the darkest hours, there is always light. Compassionate people, units, and organizations with enormous hearts stepped up and helped us to get through these tough challenges. The list would be too long, but we want to thank especially Auroville's young folks, from the Youth Centre and Youth Link who immediately stepped up to build dog houses for us and AVI USA, who not only supported us all year long but saved Auroville by providing instantly the necessary funds to start a mass vaccination drive in Auroville and in the surrounding villages to curb the rabies outbreak.



**Here is a small monthly overview of the year 2024**

- **January**—Arthur took on the responsibility as manager of the Auroville Dog Shelter. Our team worked hard and built out of recycled and scrap materials 15 dog houses to provide shelter for our residents

- **February**—On February 4th, we invited dog lovers to the first Auroville Puppy Fair, which we organized together with the Puppy Camp. Over 450 visitors made this event a tremendous success with children painting our dog houses. Watch out for Puppy Fair 2 in February 2025!

- **March**—On March 26th and 27th, the first Auroville Canine Care Camp took place under the honorable presence of the Dean of Mettupalayam (RIVER) College, Dr. V. Sejian who brought 15 veterinary students to support our team and volunteers to microchip, vaccinate, register and deworm all our dogs.

- **April**—Successful Inspection of the Department of Animal Husbandry who rewarded the shelter with several grants, allowing us to purchase an ambulance, and receive funds for food, medicine, and infrastructure improvements.

- **May**—As the infrastructure of our old shelter was deteriorating rapidly an electrical fire broke out in our clinic highlighting the urgent need to start constructing the new Auroville Dog Shelter.

- **June**—At the beginning of June, we launched a soft trial run of a new service we provide to the Auroville Community every Friday at the parking lot in front of Solar Kitchen. Our mobile vet clinic where we provide free veterinary service was an instant success with the AV Community. We are right now looking for a rain safe location to continue operations during monsoon. A MoU with the renowned Mettupalayam Veterinary College was signed turning the Auroville Dog Shelter into a place of education, learning, and research for veterinary interns and students.

- **July**—We are happy to enter a partnership with India's biggest Animal Care Organisation, Maneka Gandhi's "People for Animals".

- **August**—After having the privilege to visit Dr. Shiranee Pereira's shelter near Seethanjeri in northern Tamil Nadu, we are excited to enter into a partnership with her organization to help and support each other. The renowned animal lover and activist Dr. Shiranee Pereira is the head of People for Animals Chennai Charitable Trust and supports our shelter a lot. We are extremely grateful!

**End of August** we had caught within a few days several dogs in Auroville that had tested positive for rabies, and had bitten Auroville residents and also children. The danger of a huge outbreak in Auroville was imminent. As we did not have any funds to buy the necessary vaccinations and the Auroville Foundation simply ignored our pleas for emergency funding, we started a desperate call to fundraise. AVI USA, when they heard our call for help and realized the potential danger, instantly stepped up and provided us Rs. 5 lakh to buy the necessary vaccinations. Our team set up a mass vaccination drive in Auroville and many villages surrounding it, vaccinating over 1000 dogs and cats and providing basic veterinary care. Our initiative was monitored by the Department of Animal Husbandry and received a huge media echo and support by locals and Aurovilians for keeping Auroville safe.

- **September**—We are immensely grateful to Youth Centre and Youth Link for instantly agreeing to help us build 20 dog houses to help us keep our dogs dry from the incoming monsoon.

- **October**—Expansion of HOPE: Serenity Building Improvements and Sterilizations. Our team worked hard to clear a previously unused 0.3-acre area of the shelter from overgrowth and renovated and upgraded in record time an old building to turn it into a beautiful dormitory with private garden access for our dogs. This helps us tremendously to improve the living quality of our residents.

- **November**—We launched a change.org petition to demand Auroville to increase their meager funding of Rs. 50,000 to Rs. 3 lakhs per month to cover at least our basic running costs in order for us to maintain our services to the Community. Within a short time, over 800 residents, dog lovers, and friends have signed.

- **December**—Beginning of the month Cyclone Fengal brought devastation to the shelter. Many trees fell down, destroying several already crumbling facilities, injuring and killing some dogs, and taking out our infrastructure. Our team literally worked day and night to restore water, electricity and food supply for our dogs, clearing debris and restoring basic operations. We had to suspend our sterilizations in December but hope to continue in January 2025.

We are looking forward to continuing serving animals and the Auroville Community in the new year 2025 and have many projects lined up. Despite all the resistance and hardships we had to face this year, our spirit remains unbroken and we will not give up our daily fight to improve the lives of all animals for a better and brighter and more compassionate future of our beloved Auroville.

*Tine, Arthur, Mar for Auroville Dog Shelter*

*Theatre, Music & Arts*

**ART EXHIBITION NATHALIE EXTENDED**  
30 November—31 December 12pm @ Pitanga

Art Exhibition  
**Nathalie**  
30 November - 31 December 2024  
Exhibition timings: Daily, except Sundays  
8.30am - 12.30pm & 2.30pm - 5.30pm



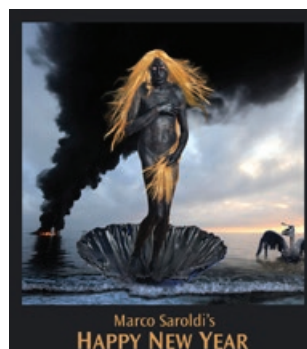
*Submitted by Roy*

**CENTRE D'ART, CITADINES**

**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 38<sup>th</sup> greeting card to a circle of family, friends and acquaintances who eagerly await each new creation and collect them with fervour. 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.



## 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](mailto:centredart@auroville.org.in) and write "Activity submission" as the subject of the email. The email should contain:



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*

## BHARAT NIVAS, THE PAVILION OF INDIA, PRESENTS

### A world music concert

by Surabhi Ensemble

**07:00 pm**  
29<sup>th</sup> December 2024

**Venue:**  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville





### 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, 07<sup>th</sup> December 2024**  
Venue: SAWCHU, Bharat Nivas, Auroville

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

*All are welcome*



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**




Painting Exhibition  
By  
Bipin Acharya

### Blossom Like a Flower

*Life must blossom like a flower offering itself to the divine*  
"The Mother"

**09:00 am to 4:30 pm**  
From 22<sup>nd</sup> December 2024

**Venue:**  
Kala Kendra,  
Bharat Nivas, Auroville




**Ojas**  
The Divine Choral Music Offering



**Bharatiya Vrund Gaan**  
The Indian Choir of England



**07:00 pm**  
Monday, 30<sup>th</sup> December 2024

**Venue:**  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville




Dr. Rakesh Joshi  
Artistic Director, Composer, Singer

*Monisha & Janmejya Mohanty, Bharat Nivas Trustee*

THE AUROVILLE THEATRE GROUP  
&  
**শ্রী**  
(Dishergarh Shadanga Art Space)  
Presents  
**TWO ARTISTS**

**29 December, 7:30pm @ CRIPA**

A Spiritual Journey Between the Artist and Soul with Nandalal Majumdar & Subharda Acharya.

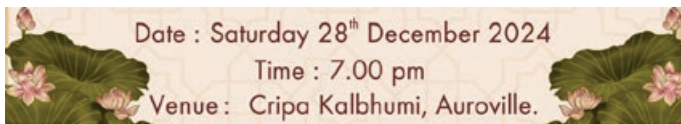
*Languages: English and Bengali*

The concept of "a spiritual journey between the artist and soul" is taken from a narrative called "Two Artists" by a renowned writer Shibabrata Barman. The story depicts a surreal concept of an artist, who realizes there's someone on the other side of the canvas, who slowly is developing the painting along with him. He says the canvas feels like a tunnel or a rope which is connected between two parallel worlds like an umbilical cord of twins. How we perceived the idea to give it a pictorial and kinetic form is what if two artists are not only living beings but also could be the inanimate symbol or the connection between a pure inner self and outer self or a submerged thought in the memory, looks like endless repetitive patterns which appears so often in dreams. We shall give it a non narrative shape with an intimate performance, background sound and a visual of a transparent sheet, which will gradually get abstract shapes. The performance will be a bodily and psychologically engaging representation where viewers also become part of the process. The process will be developed with time and zone following a meditative journey between the artists and the viewers.

*Jill*



**DHRUPAD CONCERT**



By Virginia: Flute and Vocal, Igino: Saxophone & Flute,  
Roman Das: Pakhavaj

Samvad, meaning “to speak together” in Sanskrit, is a unique musical duo blending Indian classical traditions with contemporary influences. Featuring Igino Giovanni Brunori and Virginia Nicoli, their music fuses Raga and Tala with instruments like the bansuri, silver flute, saxophone, and voice. Mentored by the Gundecha Brothers, they craft harmonious dialogues between East and West, tradition and modernity, with a deep focus on sound quality and microtonal detail.



Satyakam

*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!



**Tango Dance**

@ CRIPA, Auroville  
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

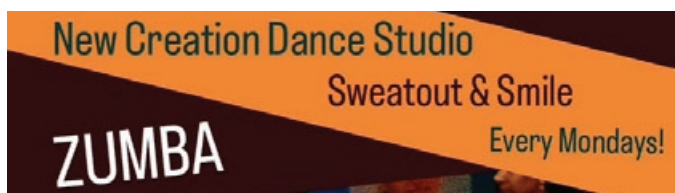


Submitted by Mani



@ New Creation Dance Studio Fleur, 9600225764

**ZUMBA WITH PREETI**



@ New Creation Studio,  
every Monday, 6pm

For regular classes DM: 8281746763

Vega

**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 Practica,  
8—Long Practice
- No partner required.  
Bring socks or dance shoes.  
And plenty of joy!



+91 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in)

Submitted by Maud

*Multiple Activities*

**BHARAT NIVAS**

BHARAT NIVAS  
भारत निवास ભારત્તું પ્રિવાસ  
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 1<sup>st</sup> 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

*Music & Art Activities*

**CREEVA ACTIVITIES**



- **Watercolor Landscape class** by Sathya
  - Monday, 5—7pm.
- **Figurative Drawing Session**
  - Tuesday, 5—7pm.
- **Flower Painting workshop** by Aparajita. 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](mailto:sathyacolour@auroville.org.in),  
 +91 9486145072 WA, Sathya

**SVARAM 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, 2<sup>nd</sup> Floor, UTSAV Bldg.

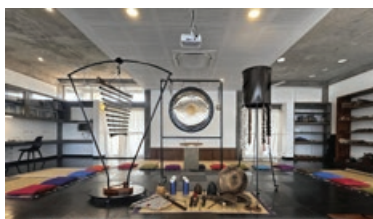
We invite you to discover the powerful connection between quantum mechanics and ancient wisdom with Nadim Hamdan, the author of The Quantum-Karmic Multiverse. Engage in group discussions, guided meditations, and visual presentations that bring these profound ideas to life.



- 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](mailto:svaramprograms@auroville.org.in) Aurelio

**PHOTO CIRCLE MEETS AGAIN**

Friday, 3 January, 5pm  
 @ Centre d'Art multimedia room, Citadines

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

You are all welcome.



Marco

**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

*Sports & Martial Arts*

**RUN FOR THE JOY OF RUNNING**

We are thrilled to announce that preparations for the 15<sup>th</sup> 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](mailto: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



**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*



**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 Aikido 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](mailto:budokan@auroville.org.in)
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

*Cristo, Rita, Surya & Philippe  
for Auroville Aikido*

**DEHASHAKTI NEW YEAR TOURNAMENT 2025**

**4 January 2025, 2:30—6:30pm @ Dehashakti  
Come for the Games, Stay for the AV Spirit!**

We are excited to announce the first ever Dehashakti New Year Tournament and everyone is warmly invited! Teams will be competing for Futsal, Basketball, Volleyball, Long Jump and Sprint 60 mtrs.

The Mother said this about A Good Sportsman:

- **Is Courteous** ...On the field he does not jeer at errors; he does not cheer at the opponent's defeat; he treats them as guests, not enemies.
- **Is Modest** ...On the field he works for the good of the team rather than for individual honour; he will even sacrifice his own prestige for his team; he is a gracious winner.
- **Is Generous** ...On the field he applauds the good play of his opponents.
- **Is Game** ...On the field he plays hard; he fights though he may be already defeated; he accepts adverse decisions; he is a good loser.
- **Is Obedient** ...On the field he observes the rules of the games.
- **IS FAIR** ...On the field he competes in a clean, hard-fought but friendly way; he helps an injured opponent.

We invite everyone to come and embody this spirit as spectators. Cheer and uphold the spirit of an excellent sport, a good player, a fair game! It is by example that we will inspire the next generation of Aurovillians.

*Nilima, Ruben and Saravanan  
for Dehashakti and AVPEB Teams*

**ABHAYA TEAM NEWS**

Abhaya Team is happy and proud to share that our academy/family is thriving and is increasingly sharing its values not only in Auroville but across India. 2024 has been an intense and rewarding year. After the Certification of our main coach Giacomo as an international MMA instructor and 1<sup>st</sup> level Tai Chi instructor, several of our students earned promotions, with some stepping into teaching roles for adults and kids in Auroville, delivering great results.



This year also saw us lead two transformative workshops in West Bengal. We proudly certified long-term students as instructors in our Darjeeling and Kalimpong branches, where we offer Self Defence and Self Esteem workshops to tea-estate female workers and victims of human trafficking.

Our collaboration with international NGOs continued marking the fifth year of providing Self Defence training to underprivileged girls in our bioregion. We were also delighted to partner with AVI Germany, delivering special Self Defence workshops for German volunteers.



Our community has grown significantly, with around 80 regular students each month across workshops, private classes, adult classes, and kids' classes. We now have a dedicated team of three teachers—Giacomo, Ruben, and Monica—alongside recognized assistant instructors in Auroville and four

basic instructors in West Bengal. Additionally, we welcome guest coaches, including Auroville youth who began their martial arts journey with us and have since refined their skills abroad.

We are proud to witness the growth, discipline, and commitment of our students—qualities that have made Abhaya a positive force not just in Auroville but beyond.

As we look ahead, we wish everyone, including our past, present, and future students and supporters, a meaningful 2025 filled with progress and new opportunities. Thank you for being an integral part of our journey!

*Giacomo for Abhaya*

**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



*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
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in), office: 0413 2622253

*Monisha for BN Team*



**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



**KALPANA GYM**

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

Submitted by Satyakam

*Bioregion, Craft & Nature Activities*

**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](mailto:wellnesswoodcraft@auroville.org.in)

Submitted by Anand

**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



8270071581/ 9159468946/ 0413 2963034

[enlight@auroville.org.in](mailto: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 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

We are happy to announce the first of the agriculture course series at AuroOrchard.

• [You can register here](#)

Please write to us if you have any questions and share this with people who might be interested.

Anshul for AuroOrchard

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

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](mailto:terrasoul@auroville.org.in)

**EGAI, ART OF GIVING**



+91 9159468946, [egai@auroville.org.in](mailto: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](mailto:egai@auroville.org.in), Anand

*Taxi Sharing*

**To Chennai Airport, 30 December**

Taxi sharing opportunity. 30 December, from Auroville to Chennai airport, reaching there at 6:40 am.

+49 1719355661 WA, Jagrata

*Lost & Found*

**Lost Puppy**

I am offering a reward of 8000Rs for anyone who knows the whereabouts of this puppy that has disappeared from Atithi Griha guesthouse. The puppy went missing anytime after the morning of Wednesday, 11 December. Someone must know something of what happened to this puppy and where it is. Please come forward with information as I am looking to adopt this puppy. Please note it is very frightened of people but will not bite. It is only about 8 weeks old. I am no longer in Auroville but can make arrangements to pick up the puppy when found.



[judydmojo@hotmail.com](mailto:judydmojo@hotmail.com) or 1 6045183523 WA, SMS

Judy



*Looking For*

**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](mailto:ulrikrishna@gmail.com), 9751513906 (messengers only). *Urvasi*

*Available*

**Available Medium-Sized Djembé and Acoustic Guitar**

**Djembé:** Medium size, **Acoustic Guitar:** ideal for beginners players. Both excellent condition.

*Sonia, 8248429962 WA*

**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](mailto: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](mailto:pandian@auroville.org.in) *Pandian for Auromode*

*Help Needed*



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](http://thamarai.org), [Film](http://Film) *Bridget for Thamarai*

**SUPPORT AUROVILLE SCHOOLS**

Dear Community, our Auroville schools are fundraising to cover their running expenses and continue providing quality education for our children. The schools participating are: *Nandanam Kindergarten, Transition School, Future School, Last School, Deepanam, Pre-Creche, Kindergarten and more...* You can find all the schools listed on the AVI USA fundraising page: <https://aviusa.org/av-schools/>.

- If you have any difficulty accessing the website, please contact +91 7598087947 for assistance.

Your support can make a big difference in sustaining these schools that nurture learning, creativity, and growth. Please consider donating and helping to support our community.

*Thank you for your generosity! Fanny Avier*

**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*

*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: <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.

*Alain, Abha, Anbu, Moris and Nadia*

*Work Opportunities*

**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.

- [info@earth-auroville.com](mailto:info@earth-auroville.com),
- +91 0413 2623330/ 2623064. *T.Ayyappan*

**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](mailto: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](mailto:maha@ecofemme.org) with your updated CV. Looking forward to hearing from you!

Maha Prabhu

**FILMMAKER NEEDED**

Looking for an Aurovilian/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](mailto:aware@auroville.org.in)

<https://awareauroville.com/>



Isabella for Aware

*Honorary Voluntary*

**VOLUNTEERING @ ECOSERVICE**

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**



**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
- **Languages:** English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- [Submit your application through this link](#) or scan the qr code and submit your application.
- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079, 04132190757, 04132622667 **Balu**



**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: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@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](mailto: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](mailto:martuvam@auroville.org.in)

Shivaraj, +91 9345454232, call/ WA



**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](mailto:kuilaicreativecentre@auroville.org.in)
  - WA: + 91 8608473385/ 9843195290 Selva for KCC

*Foods, Goods & Services*

**LIVING ROOM CAFE NOW OPEN!**



8am—4pm, closed on Wednesdays  
Opposite the Auroville Library

All are welcome to enjoy delicious meals and coffee in a cozy and inviting atmosphere at The Living Room Cafe, located opposite the Auroville Library. We are now serving breakfast and lunch to Aurovilians, Newcomers, Volunteers, and Guests every day of the week except Wednesdays.

We look forward to serving you!  
Debo for The Living Room Cafe Team

**THE SPOUT NEW TIMINGS**

Daily, 7am—4pm



Thank you to everyone who visited The Sprout in the evening and shared the experience with us.

We would like to inform you that starting from 25 December, The Sprout will return to its regular schedule, open daily from 7am to 4pm until further notice.



Monica for The Sprout team,  
[www.thesprout.in](http://www.thesprout.in)

**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 Aurovilians.

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

**HEMPLANET**

**Explore the Benefits of Hemp!**

Visit Hemplanet for a range of hemp-based products, including hemp oils, protein powders, hemp foods like granola bars and pasta, and body care products. All products are eco-friendly and perfect for a healthy lifestyle.



- Location: First Floor, Building 1, Auroville Main Road, Reve Area, Auroville
- Opening Hours: Monday to Saturday, 10am—4:20pm
- Contact: +91 8098021280/ +91 7824975821. Davide

**GASTRONOMICA: FRESH FLAVORS EVERY DAY!**

Visit Gastronomica for a wide selection of fresh bread, focaccias, sliced pizza romana, and sandwiches. We also offer quality cured meats, cheeses, homemade sauces, and sweets in jars, all available for takeaway. Additionally, we have a full range of handcrafted pasta, including tagliatelle, penne, fusilli, and more. Our daily lunch specials feature dishes like ravioli, lasagna, or roast chicken. Whether you're looking for a quick meal or premium ingredients to take home, we have something for everyone!



- Monday to Saturday: 9am—7pm  
Sunday: 10am—3pm
- Location: right opposite Auroville Bakery, Kuilapalayam
- Contact: +91 70102 883943 Davide

**UPDATE FROM PTPS CANTEEN**

We are excited to announce that the PTPS Canteen is now ready to accept UPI and other digital payments (please note, no cash payments will be accepted), in addition to FS and Aurocard payments.

We look forward to serving you with delicious food and drinks!

Iyyappan & Kumaran for PTPS



**SUDHA'S KITCHEN**

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

We are 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](mailto:sudhaskitchen14@gmail.com)



Sudha

**COFFEE BREAK OPEN ON TUESDAYS**

Coffee Break will be open on Tuesdays now

We are open every day, 8am—6pm

Dinesh



**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. 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 Aurovilians in the Outlet Store**

Maroma is happy to announce that it is offering all products at reduced-price to all Aurovilians 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



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](mailto: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.

**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](mailto:its@auroville.org.in)  
Rajesh.D for Shared Transport Service

**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 (Humvee) 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](mailto: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

Sarvam Computers is located in Utsav Complex. 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](mailto:sarvamcomputers@auroville.org.in)

Bala

**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:

- [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)
- +91 98438 46458 WA, Phone

Iyyappan



**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](mailto:rapidcare@auroville.org.in)
  - **Secondary Email:** [rcsrapidcareservice@gmail.com](mailto:rcsrapidcareservice@gmail.com)
  - **Instagram handle:** @rapidcare1 **Balaji & Arun**

**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](mailto:rupavathijoy@gmail.com)

Rupavathi

**OPEN HOUSE AT ECOFEMME**

Every Thursday at 10:30am



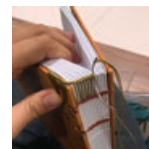
Dear Friends, come join our Open House. We hold these at our office in Auroshilpam, just behind Auromode. We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and period panties! See you soon!

Regards, Merve

**BOOK BINDING**

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

8940648542, Michel



*Poetry*

**CHIMES OF FREEDOM**

For Navroz

*Far between sundown's finish and midnight's broken toll  
We ducked inside a doorway as thunder went crashing  
As majestic bells of bolts struck shadows in the sounds  
Seeming to be the chimes of freedom flashing  
Flashing for the warriors whose strength is not to fight  
Flashing for the refugees on the unarmed road of flight  
And for each and every underdog soldier in the night  
And we gazed upon the chimes of freedom flashing  
Through the city's melted furnace, unexpectedly we  
watched*

*With faces hidden as the walls were tightening  
As the echo of the wedding bells before the blowin' rain  
Dissolved into the bells of the lightning  
Tolling for the rebel, tolling for the rake  
Tolling for the luckless, they abandoned and forsaked  
Tolling for the outcast, burning constantly at stake  
And we gazed upon the chimes of freedom flashing  
Through the mad, mystic hammering of the wild ripping  
hail*

*The sky cracked its poems in naked wonder  
As the clanging of the church bells blew far into the  
breeze  
Leaving only bells of lightning and its thunder  
Striking for the gentle, striking for the kind  
Striking for the guardians and protectors of the mind  
And the poet and the painter far behind his rightful time  
And we gazed upon the chimes of freedom flashin'  
In the wild cathedral evening the rain unraveled tales  
For the disrobed faceless forms of no position  
Tolling for the tongues with no place to bring their  
thoughts*

*All down in taken-for-granted situations  
Tolling for the deaf and blind, tolling for the mute  
For the mistreated, mate-less mother, the mis-titled prosti-  
tute*

*For the misdemeanour outlaw, chained and cheated by  
pursuit*

*And we gazed upon the chimes of freedom flashing*

B. Dylan

**ALAS—WINGS**

*Alas Alas Alas.  
A amor—Love  
L libertad—Freedom  
A amistad—Friendship  
S silencio—Silence  
Alas Alas Alas  
Alas.*

Anandi ayun, Realization

### PILES OF COW DUNG

Piles of cow dung  
 Excretions of the past  
 Abundant compost  
 For a new dawn.  
 With joyful Gratitude, Anandi Z.

### GREAT BIRDS

Where are the great birds that fly all night into the night?  
 Why do they cry? Who are they?  
 Why do the birds cry in my sleep?

Sleep, child, sleep.

These are the carriers of the deep thoughts.

These are the carriers of the dream,

Over the ocean of the dark they fly into the dark

To weave the lighting the night,

Delight into sorrow,

To shed the tender flame,

To wed yesterday to tomorrow.

They remember the sunken beginning

And with cries of victory pluck

Jewels from the forgotten rock,

Carry rubies of fire to set stars and oceans singing.

With the dip of their wings

They signal the message of the

Friend to the friend.

While we sleep they beat

Their hard wings within us

And fly over the deserts of our fears

To spread their radiance in the core of midnight

And draw forever

In their great bills the golden thread

Of the secret fabric that drains the word of tears.

Maggi Lidchi-Grassi

### Voices & Notes

### AUROVILLE RADIO & TV

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.6.](#) (Music)
- [Exploring Education in Arts, Animation and Film-making-Ep.40 "What Is Color Contrast In Art?"](#) (Arts & Culture)
- [Seeking Our Inner Being Group Discussion, Ep. 3 \(French, Part 3\)](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.474](#) (Integral Yoga)
- [Seeking Our Inner Being Group Discussion, Ep. 2 \(French, Part 2\)](#) (Spirituality)
- [Soul Tracks S.6, Ep.5](#) (Music)
- [Marlenka's weekly Offering – Ep.124.](#) (Literature)

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

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

Sai Priya  
for Auroville RadioTV

### A LIVING SYMBOL

A creative Consciousness-Force envisions a symbol and begins to manifest it.



With a sculptor as a symbolic example of a creative Consciousness-Force, a Creative Power, the question follows: Is the intentional progressive damage done to the original raw stone not part of the evolutionary process of the perfection of the envisioned symbol?

Now apply that to a One and Only Eternal and Infinite Source, a Divine Consciousness-Force, and Its ongoing sculpting of Its own perfected symbol, starting from scratch—a 'Big Bang', a 'Let there be Light', an 'In the beginning was the Word', a 'Let the Games begin', a 'Start from Zero'—hammered in increasing complexity, reaching the current yet transitional as still imperfect human form that has become aware of its Source, consciously and progressively unfolding towards an eventual Divine Manifestation, a living Symbol of Its own inherent perfect divinity.

- [Sculpture reference here](#)

Zech, 2024.12.22

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

### APPRECIATION

Big Thanks to the Earth Institute and to Satprem. For bringing this earth house to Auroville.

A cyclone, big wind, big rain...Not one drop of water inside the house. Bliss

Anandi ayun, Realization

### Classes, Workshops & Healing Arts

### MINDFULNESS

#### 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](http://innersightav.org)

#### 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](http://innersightav.org)



### 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



Helen

### NEW YEAR SPECIAL:

#### World Game—Sandplay for adults

As we step into the New Year, I'd love to invite you for a special World Game—Sandplay session. It's a beautiful, creative way to reflect, dream, and set intentions for the year ahead—like crafting your own vision board, but in the sand! This is my free gift to you for this January month.

- Priority will be given to long-term Aurovilians.

Maybe you remember exploring this game in the early days of Auroville? It's a chance to reconnect with that spirit and rediscover the magic of this simple yet profound practice.

Curious to play? Contact me to schedule your session.

**Aikya, 9488084952 WA only chat, no calls please**

### 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](https://allthingsvedic.link/astrology101_interested)

For more details of my practice, pls visit [allthingsvedic.in](https://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 [simoniverse@gmail.com](mailto:simoniverse@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

### 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

### JOURNEY TO INNER PEACE:

#### Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's Centerfield, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being



- **Location:** Anitya Community, Centerfield, Auroville (500m after Center Gh)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WA messages).

#### Thai Yoga Bodywork with Andres

- **Contact:** +91 9751607501

Combining elements of yoga, acupuncture, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

#### Ayurvedic Massage with Elene

- **Contact:** +91 7904143719

A relaxing full-body oil massage that melts away tension and revitalizes prana by gently focusing on the head, back, stomach, and feet.

#### Integral Unfoldment Coaching with Dave

- **Contact:** +44 7564119728

A transformative life coaching approach blending Internal Family Systems (IFS), Focusing, and the Diamond Approach to explore your inner world, integrate all parts of yourself, and unfolding your unique potential for personal transformation.

#### Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 7094716136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

#### Mindfulness Meditation with Helen

- **Contact:** +91 7094753054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self.

#### Women Circles with Prem Shakti

- **Contact:** +91 9489244823

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences.

Mathilde for JOI Anitya

## SITARA MUNAY-KI YOGA

### 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.

Sitara has been 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.



### Sitara Munay-Ki: Sacred Sound Journey to find your Mission

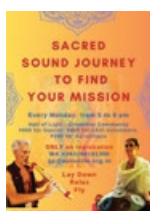
- Every Monday, 5—6pm,  
@ Hall of Light, Creativity

Only on registration:

- +393288181300 WA
- [gp@auroville.org.in](mailto:gp@auroville.org.in)

Website: [sitaramunay-kiyoga.org](http://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.



#### Note:

- **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.

*Submitted by Giovanni Munay-Ki*

## 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 today! Donation Based

*Submitted by Isha*

## AUROMODE YOGA SPACE

### Aurothaima—Hospitality Trust

### Yoga Schedule—January 2024

Pre-registrations is a must for all the program through Email or WA. Write to us to know more about the fees structure and other details:

- [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com)
- +91 98926 99804 WA only



### Evening Vinyasa Flow Yoga with Bala or Arun

- Every day, Monday to Sunday, 5:30—7pm

This evening session offers a well-rounded Vinyasa Flow Yoga class led by either Bala or Arun. It is designed to help you release tension from the day, improve balance and mobility, and find inner calm through fluid, breath-centered movements.



### Gentle Hatha/Yin Yoga with Cora

- Tuesday to Sunday, 10:30—11:45am

This gentle yoga class combines Hatha Yoga postures with the restorative and meditative aspects of Yin Yoga. Led by Cora, this session is perfect for those seeking relaxation, stress relief, and improved flexibility. Ideal for all levels, including beginners.

### Dynamic Somatic Yoga with Dr. Linda Lee

- Every Saturday, 9—10:30am

Join Dr. Linda Lee for an engaging session of Dynamic Somatic Yoga, which blends gentle, mindful movements with deep awareness of the body. This class is designed to release tension, improve posture, and promote overall well-being. Suitable for all levels.

### Harmony of Sound, Vibration & Marma Head Massage

- By Appointment

Experience a unique and deeply relaxing therapy session combining sound healing, vibration techniques, and marma head massage. These ancient practices help balance energy, relieve stress, and restore harmony to mind and body. Book your appointment for a personalized session.

### 22 days—200-Hour Yoga Teacher Training Course (Intensive)

- 8 to 29 January, 6:30—9:30am & 3:30—7pm

This intensive 200-hour Yoga Teacher Training Course (TTC) is designed for aspiring yoga teachers and dedicated practitioners looking to deepen their practice. The course covers asana, pranayama, meditation, philosophy, anatomy, and teaching methodology. Upon completion, participants will receive a certification to teach yoga. Pre-registration required. Internationally valid Yoga Alliance Certification is issued for successful participants.

**Find:** [Yoga Shala](#) [Auromode Apartments](#)

*Submitted by Balu*

## 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](mailto:lakshmiprem369@gmail.com)

*Offered under Abhaya, Lakshmi*



**ARKA WELLNESS CENTER**

**Program**

[arka@auroville.org.in](mailto: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 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>
Integral Regression therapy, integral reiki healing, Breathwork—the holotropic way	Niyati Thakkar (TOS)	Monday to Sunday by appointment only: 7041391995 <a href="mailto:niyatithakkar2112@gmail.com">niyatithakkar2112@gmail.com</a>
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 <a href="mailto:olesya@auroville.org.in">olesya@auroville.org.in</a>

**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

**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](mailto:serendipityauroville@gmail.com),  
+91 8940288090



**It Matters**

**Schedule from 26 December to 4 January**

Weekly Activities—A/C Room

- **Location:** It Matters, Auroville Main Road
  - **Info:** @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](mailto:itmatters@auroville.org.in), or +91 9344087925 WA

Date	Activity
26 December, Thursday, 4:15—5:15pm	Learn Native American Flute with Sitara
26 December, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kirubhakaran
27 December, Friday, 4:15—5:15pm	Free Dance & Cacao Ceremony with Sitara
27 December, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta same day
28 December, Saturday, 9:15—11:15am	Intuitive Painting with Marie Claire Barsotti
28 December, Saturday, 11:30am—12.30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
28 December, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
30 December, Monday, 5:30—6:30pm	Science of Meditation with Matthias
2 January, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kirubhakaran
3 January, Friday, 4:15—5:15pm	Free Dance & Cacao Ceremony with Sitara
3 January, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta same day
4 January, Saturday, 9:15—11:15am	Intuitive Painting with Marie Claire Barsotti
4 January, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
Date	Workshops in January
28 December, Saturday, 3—5pm	Block Printing Introduction (Heritage Craft) with Sandra, Rs./900
4 January, Saturday, 3—5pm	Intro to Karamayoga (Inner Attitude) with Matthias, Rs./900

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

Bhakti & Sandra

**LEELA THERAPY**

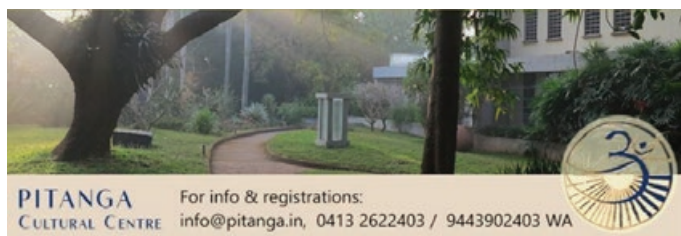
A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.



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](http://www.innersightav.org) or contact Kardash on 9940934875 WA.



**Program January 2024**

Pitanga will be closed on Wednesday, 1 January.

**Drop-In Classes: Join without prior registration!**

- **Please note:**
  - During the school’s term-break the following classes are paused:
  - Yoga for children with Gala
  - Yoga for teenagers with Lisbeth
  - Odissi dance for children with Agila

Mondays	
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
10:30am–12:3pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Hatha Yoga with Priyamvada
Tuesdays	
7:30am–8:45am	Self Practice with Rachel
7:30am–8:45am	Ojasana Hatha-Nada Yoga with Ojas
4pm–5:15pm	Yoga: Restore & Relax with Flowrina, not on 31 December
5:30pm–7pm	Antigymnastique® with Francesca F., not on 31 December
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel, restarts 8 January 2025
8:30am–10am	Yoga Therapy with Gala
2:15pm–4pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko’s tools with Marie-Claire
5:30pm–6:45pm	Hatha Yoga with Priyamvada
Thursdays	
7:30am–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
6:45am–8am	Pranayama with François & Namrita, for former “The Art of Living” course participants
7:30am–9am	Asanas mixed level with Rachel
8:30am–10am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder, not on 27 December and 3 January
5:15pm–6:15pm	Feldenkrais with Shari
5:30pm–6:45pm	Hatha Yoga with Priyamvada

Saturdays	
7:30am–8:45am	Ojasana Hatha-Nada Yoga with Ojas
7:30am–8:45am	Yoga: Prana Flow Conditioning with Flowrina
9am–10:30am	Asanas intermediate level with Rachel
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, not on 28 December and 4 January

**Youth Activities**

- **Classes for children and teenagers are paused till 5 January.**

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
- **Energy games for children**, 9 yrs. +, with Gala  
Saturdays 11am–12pm

**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.



### Hatha Yoga with Priyamvada

- Monday, Wednesday, Friday, 5:30—6:45pm

During Dinagar's absence the Vinyasa Flow yoga classes are paused. Priyamvada offers for a month-long Hatha Yoga class for all levels during the same timings.

Priyam is a young certified teacher. We welcome another Auroville youth in our team. These classes are very good for very beginners as the classes just started!

### 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
  - 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 forgiveness 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!*

2622403/ 9443902403 WA,  
[info@pitanga.in](mailto:info@pitanga.in), Andrea for Pitanga Team



### 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

Sandyra

### DISCOVER A SPIRITUAL JOURNEY With a Sencha Style Tea Ceremony

During this unique experience you will also explore the healing aspects of the tea of your choice. 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, 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

## KUNDALINI CLASSES

**will take a break!**

Merry Xmas!!

No Kundalini sessions on 2 and 9 January  
I will resume the sessions on 16 January. *Bel*



## QUIET HEALING CENTER

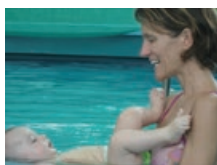


### Watsu® for Babies with Dariya

• 4 January 2025, 8:45am—6pm, 8 hours

Watsu for Babies is a beautiful and spontaneous way to experience the early years of childhood.

In this course, you will discover that emotions arising from spontaneous movements in water can open extraordinary borders. These moments allow us to be in the present moment, simply listening to the baby's breathing while being supported by the healing power of water. Thanks to the collaboration with Gianni De Stefani, a senior WABA instructor, Dr. Riccardo Palumbo has developed a new massage, which is introduced in this course to bring Watsu into the world of babies. Through Tantsu and Ai-Chi exercises, you will begin to listen to yourself and to the baby you hold. You will also learn possible transitions of the Watsu sequence in order to expand it creatively for babies.

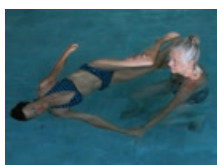


- **Prerequisites:** Watsu Basic or a degree to work with babies in water.

### OBA 2—Aquatic Body with Nirvano

• 5—10 January, 8:45am—6pm, 50 hours

Building on the experience of OBA 1, this course allows you to deepen your practice using neck and knee cushions, learn a full-body massage, and exchange various new underwater techniques that are deeply relaxing and energizing.



Being surrounded by water creates a supportive environment for uncovering physical holding patterns and releasing withheld emotions. Your perception, touch, and intuition will be refined. We will discuss the body's water balance in relation to warm water and delve into the benefits and contraindications of the OBA 2 techniques. Integration of the water experience and background knowledge are taught through both theory and practice.

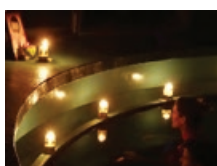
**Oceanic Bodywork® Aqua** is a journey back to your origins in the endless blue depths of your inner ocean.

- **Prerequisites:** OBA 1

### Watsu® & Meditation with Dariya

• 16—17 January, 8:45am—6pm, 15 hours

Meditation is an important tool for listening, accepting and knowing ourselves, as well as becoming more intuitive towards others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, enabling us to connect with our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, complementing the rational mind. This can help us make choices from a deeper place. Essentially, meditation helps in our personal growth and enhances our ability to deeply listen to and be fully present with the person we float during a Watsu session.



- **Prerequisites:** Watsu Basic

## Prana Yoga Immersion Classes with Ananda

• 16—25 January, 7—8:30am

Prana is the universal life energy. Yoga is tuning body-mind-spirit into wholeness. Prana Yoga Immersion classes are based on Hatha Yoga, Pranayama, Meditation & Siddha.



Through conscious postures, breathing, movement & stillness you will open and tune your self-enhancing, transforming, and healing energy flow to rejuvenate your body-mind-spirit, build your immunity, enrich your self-healing, enhance your sensitivity and perception, expand your awareness, and open higher states of consciousness.

In this training, you will learn, practice and experience: warmup & asana sequences for a healthy body, spine & energy flow; basic & advanced Pranayama practices & awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness & meditations; modern science of respiratory, nervous and lymphatic systems; and inner science of energy: Nadi, Vayu, Chakra, Mudras, Bandhas.

## Holistic Rebalancing Massage Training with Ananda

• 16—25 January, 9am—5pm, 60 hours

Holistic Rebalancing is a powerful healing and balancing tool for body-mind-energy through massage. It has 5 kinds of tools to enhance and balance 5 elements in our system: water, fire, air, earth, and space. It has ancient roots from the Indian system of Yoga, Varma & Ayurveda. In contemporary times, it has techniques integrated from deep tissue massage, joint release, myofascial work, cranio-sacral work, Tibetan pulsing, energy work, reflexology, vital Varma points, breath work and holistic science.



- **Module 1** focuses on developing expertise with spine, sacrum and neck.
- **Module 2** extends on the foundation of Module 1 (prerequisite).

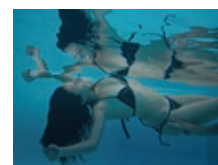
This training is for anyone who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with people through healing touch, wants to share love and healing touch with family / friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and want to make it more effective and effortless.

- A **certificate** will be provided on successful completion of this training.

## OBA 3—Oceanic Body with Nirvano

• 18—23 January, 8:45am—6:30pm, 50 hours

This training in **Oceanic Bodywork® Aqua 3** includes advanced techniques for both surface and underwater work. The focus on slowness, silence, love, and compassion, as well as the expression of emotions, allows for a deeper and more authentic connection between the giver and receiver, helping them explore their oceanic body and consciousness.



OBA 2 techniques will be reviewed and refined under supervision, while new OBA 3 techniques, both above and below water, will be introduced to create a seamless flow of movement. The deep and intimate nature of this bodywork can evoke emotions, necessitating a safe space both in water and on land for sharing and acknowledging these feelings. The training will include both theoretical and practical instruction on managing emotions.

Receiving and giving Oceanic Bodywork Aqua sessions is a transformational journey that offers deep relaxation, joyful experiences, and a dissolving of boundaries.

- **Prerequisites:** OBA 2.



### Watsu® Yoga Round with Fred & Roberto

- 24 January, 3—6:30pm

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken, and celebrate the energy of your being.



When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

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

### Liquid Flow Essence with Dariya & Daniel

- 25—31 January, 8:45am—6pm, 50 hours

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Auroville, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.



This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work. Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

- **Prerequisites:** Watsu & OBA Basic

### Oceanic Bodywork—Fire & Earth Intro with Nirvano

- 27—28 January, 8:45am—6:30pm, 15 hours

Body Rhythm & Loving Touch. An introduction to Oceanic Bodywork® Fire & Earth. Immerse yourself in the rhythmic heartbeat of your body, enveloped in the loving atmosphere of healing hands. Experience the relaxation and enjoyment of massaging and being massaged with scented oil.

This introduction focuses on learning the simple massage and breathing techniques of Oceanic Bodywork Fire & Earth, along with an introduction to aromatherapy and incense, and group singing & dancing. Guided meditations and awareness exercises will accompany the journey. No previous knowledge of massage and bodywork is required.

- **Please bring** two sheets that can become oily, wear comfortable clothing for dance and active meditations and for oily, and sarong or lungi.

### Prana Yoga Immersion Classes with Ananda

- 31 January—6 February, 7—8:30am

Prana is the universal life energy. Yoga is tuning body-mind-spirit into wholeness. Prana Yoga Immersion classes are based on Hatha Yoga, Pranayama, Meditation & Siddha.



Through conscious postures, breathing, movement & stillness you will open and tune your self-enhancing, transforming, and healing energy flow to rejuvenate your body-mind-spirit, build your immunity, enrich your self-healing, enhance your sensitivity and perception, expand your awareness, and open higher states of consciousness.

In this training, you will learn, practice and experience: warmup & asana sequences for a healthy body, spine & energy flow; basic & advanced Pranayama practices & awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness & meditations; modern science of respiratory, nervous and lymphatic systems; and inner science of energy: Nadi, Vayu, Chakra, Mudras, Bandhas.

### Holistic Reflexology Training with Ananda

- 31 January—6 February, 9am—5pm

Holistic Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence, loving energy & by activating and relaxing nerve endpoints, lymphatic nodes and energy points in hands and feet, we support harmonizing internal organs, blood circulation, nervous, hormonal, lymphatic systems and boost immunity.



This training is for anyone who wants to heal oneself, is an intuitive healer and wants to learn an effective art and science of healing, wants to work professionally with people through healing touch, wants to share love and healing touch with family / friends, wants to learn the mysteries of body, energy and right tools to heal or is already into healing and want to make it more effective and effortless.

- A **certificate** will be provided on successful completion of this training.

Guido for Quiet, +91 9488084966,  
[www.quiethalingcenter.info/](http://www.quiethalingcenter.info/) [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

### VÉRITÉ, JANUARY

Please contact Vérité @ 0413 2622045,  
 2622606, 9363624083

or [programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



### Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga	5—6pm	Andres
	Deep Sound Bath	5—6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Transformational Yoga	9:15—10:15am	Lakshmi
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30—8:30am	Dev
	Hatha Vinyasa Yoga (begins January 8)	5—6pm	Andres
	Cosmic Dance Wave: A Healing Journey through Movement	5—6:30pm	Sandyra
Thursdays	Hatha Yoga Essentials	7:30—8:30am	Dev
	Yin Yoga: Deep Tissue Release	9:15—10:15am	Radhika
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Yoga Asana: Deep Stretch & Relaxation	5—6pm	Radha
Fridays	Deep Sound Bath	5—6pm	Satyayuga
	Pranayama & Meditation	7:30am—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

## Treatments and Therapies

Therapist	Therapies (by appointment only)
Andres	Thai Yoga Massage Bodywork
Auromira	Shamanic Naturopathic Healing
Dev	Personalized Yoga Sessions
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

## Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
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
Friday, 3 January	Yoga for Lower Back Pain	9:15am–12pm	Dev
	Introduction to Ayurveda & its Lifestyle	2–4pm	Dr. Geeta
Saturday, 4 January	Introduction to Shamanic Journeying	9:15am–12:15pm	Auromira
	Panchakarma: Ayurvedic Purification Techniques	2–4pm	Dr. Geeta
Friday—Sunday, 10–12 January	Self-Awareness & Love (3-day workshop)	9:15am–4:45pm	Ananda
Friday, 10 January	Food is Medicine: Remedies for Health Issues	2–4pm	Parvathi
Friday, 17 January	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am–12pm	Radhika
Saturday, 18 January	ATB (Awareness Through the Body) Explorations	9:15am–12pm	Amir
	Introduction to Shamanic Journeying	1:45–4:45pm	Auromira
Friday, 24 January	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Saturday, 25 January	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi
	<b>Special Event:</b> Pizza Pop-Up	6–8pm	Chetana & Radha
Friday, 31 January	Harness Your Inner Strengths: A Self-Awareness Journey	9:15am–12pm	Lakshmi

## Understanding Pranayama & Practice in Asanas & Meditation with Radhika

- Friday, 27 December, 9:15am–12pm

Pranayama is a system of breathing techniques that helps us harness the power of our life energy. In this workshop we will focus our attention on the breath and discover the effects of the different practices. We will explore a variety of pranayama techniques, using some in a sequence of asanas, and learn and experience how to maintain observation of our breath through guided meditation.

## Food is Medicine: Lifestyle Health Daily Practices with Parvathi

- Saturday, 28 December, 2–4pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi shares her knowledge of traditional herbal healing practices through herbal cooking sessions, emphasizing the idea that food can be medicine. She will also demonstrate the proper way to prepare decoction/ infusion teas.

## Yoga for Lower Back Pain with Dev

- Friday, 3 January, 9:15am–12pm

A guided series of gentle yet powerful poses, breathing techniques, and relaxation methods designed to alleviate back pain, improve posture, and enhance range of motion and overall well-being. You will learn about the causes of back pain and how yoga can help. Personalized attention and modifications will be given to safely accommodate everyone's needs, and you will receive a comprehensive handout so that you can continue to practice at home.

## Introduction to Ayurveda and its Lifestyle with Dr. Geeta

- Friday, January 3, 2–4pm

Ayurveda, the ancient Indian medical system, offers simple lifestyle practices for self-care and healing. Learn the principles and practices of diet, exercise, sleep and relaxation which help to detoxify, rejuvenate, and restore balance to body, mind and spirit, according to your own nature.

## Introduction to Shamanic Journeying with Auromira

- Saturday, 4 January, 9:15am–12:15pm

An experiential introductory workshop to learn the art and practice of shamanic journeying. This practice is calming and supportive and helps to reconnect with your true Self and receive spiritual guidance. This workshop covers the step-by-step process to safely enter a non-ordinary reality using a steady drumbeat. Suitable for complete beginners.

## Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta

- Saturday, 4 January, 2–4pm

For human health and healing purposes, Ayurveda has a Panchakarma, which is a set of five cleansing procedures. Through this workshop you will learn about these 5 types of cleansing and purification processes. You will learn about internal cleansing as well as external physical body cleansing.

## Regular Events—January 2025

**Classes:** 0413 2622045, +91 9363624083 WA, [programming@verite.in](mailto:programming@verite.in)

## Yoga for Happy Hips: Stretch, Strengthen & Improve Flexibility with Dev

- Monday & Wednesday 7:30–8:30am

Happy Hips explores yogic postures designed to stretch, strengthen and improve flexibility in the hip joints and pelvic muscles. This series helps improve blood circulation in the reproductive organs, stretches the hamstring muscles and flexes the spine, which helps to keep the body light.



**Hatha Vinyasa Yoga: Balance Body, Mind & Emotions with Andres**

- Monday, Wednesday & Friday 5—6pm  
no class 1 January

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

**Deep Sound Bath: Frequencies for Deep Relaxation with Satyayuga**

- Monday, Thursday & Saturday 5—6pm

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being and align the body, heart and soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystical chanting.

**Yoga Asana: Deep Stretch & Relaxation with Radha**

- Tuesday 7:30—8:30am & Thursday 5—6pm

Mindful movement to help release tension from the body and mind. We start with Pranayama (breath work), then gently progress to Asana (postures). The dynamic flow of the asana sequences activates the muscles, providing a vigorous, full body stretch while also promoting mental stability. The flow helps build stamina, strength, and flexibility. Each session concludes with Dharana (meditation) and Dhyanā (concentration), leaving the practitioner feeling both energized and relaxed. The class is suitable for beginners to advanced level practitioners.

**Transformational Yoga: Holistic Health & Clarity with Lakshmi**

- Tuesday 9:15—10:15am

Going beyond physical practice, Transformational Yoga is an integral approach to physical health, emotional balance, mental and spiritual clarity. You will learn and practice Hatha Yoga asanas, Pranayama breathing, mantra chanting and meditation techniques as tools to make a difference in your everyday life. This synthesis of yogic systems aims to awaken all aspects of the being to experience an enhanced state of physical health and stamina, emotional balance, and higher mental guidance. Enjoy your inner discovery.

**Dance of the Chakras: Movement for Health & Clarity with Lakshmi**

- Tuesday 5—6:30pm

A vibrant movement journey, combining rhythmic motion, intentional breathing, and energy alignment to activate and balance the seven chakras. Through guided movement and music, we attune to the unique frequency of each chakra, grounding with earthy steps for the root chakra, flowing with creative expression for the sacral, and rising into empowerment, love, and clarity as we ascend through the energy centers. No dance experience required, just your willingness to connect with your inner energy!

**Hatha Yoga Essentials: Asanas with Breath Awareness with Dev**

- Thursday 7:30—8:30am

Hatha Yoga Essentials follow a traditional approach through asanas (postures), pranayama (breath work), relaxation and meditation to increase flexibility, de-stress, and calm the mind. This practice helps to achieve balance between mind and body, supporting healing, rejuvenation, and the experience of inner peace and happiness.

**Cosmic Dance Wave: A Healing Journey through Movement with Sandhya**

- Wednesday 5—6:30pm

Cosmic Dance Wave is a bodily-experienced healing journey designed to elevate our frequencies through joy and ease. Together, we dance into inner alignment, to free ourselves from unhealthy patterns and embrace our Cosmic Soul.

**Yin Yoga: Deep Tissue Release with Radhika**

- Thursday 9:15—10:15am

A quiet and relaxing practice, Yin Yoga focuses on passive seated postures to mobilize and strengthen joints, ligaments and deep fascia networks while providing a restful context for meditation.

**Open Heart Space Meditation: Embrace with Awareness with Samrat**

- Thursday 3:30—4:30pm

A simple practice including meditation, mantra chanting, yoga, and interactive dialogue to become aware of reality as it is, without judgment, interpretation or reaction. Learning to embrace and release each experience as it arises and subsides helps the mind to fall silent and allows us to sink into open-heart space, a doorway to unity-consciousness, where the inner and outer worlds meet.

**Pranayama & Meditation: Re-Balance your Nervous System—with Radhika**

- Friday 7:30—8:30am

You will be guided in breathwork techniques such as Suka, Nadi Shodhana and Kapala Bhati as well as meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

**Free Flow Dance & Movement: Expressing Freedom with Vega**

- Friday 5—6:30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

**Strengthen & Align Yoga: Efficient, Stable Movement with Dev**

- Saturday 7:30—8:30am

The main aim of Strengthen and Align yoga is to develop ideal body posture, which allows us to experience ease and freedom in movement. We work on the group of core muscles that help bring stability, endurance and control to the spine, muscles and bones. Proper alignment helps release tension and rigidity, supporting more efficient movement with far less effort and stress.

**Sivananda Yoga: Pranayama, Asanas & Relaxation with Mani**

- Saturday 5—6pm

A classic Sivananda session, including basic pranayama (breathing) and surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

**Therapies: By appointment:** [treatments@verite.in](mailto:treatments@verite.in)  
+91 413 2622606, +91 9363624083 WA

**Thai Yoga Massage Bodywork with Andres**

Improving energy flow involves combining acupressure to balance meridians and boost circulation, stretching to enhance flexibility and reduce tension, pulling techniques to decompress muscles and joints, and rocking movements to promote relaxation and overall circulation. Together, these methods provide a holistic approach to enhancing physical well-being and energy flow.

### **Shamanic Naturopathic Healing with Auomira**

Shamanic energy work is an ancient practice for overall well-being that helps to find the root cause of illness or imbalance. Shamanic energy work is supported by naturopathic modalities such as nutritional suggestions, herbal remedies and homeopathy.

### **Personalized Yoga Sessions with Dev**

One-to-one yoga classes are customized to address everyone's specific needs. Suitable for all levels and aspects of yoga, these sessions facilitate growth, as you will be encouraged and supported to safely explore progressively challenging options. Emphasis is placed on precise alignment, with detailed guidance offered throughout to refine technique and enhance overall practice.

### **Biodynamic Craniosacral Therapy with Mila**

Biodynamic Craniosacral Therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance and stimulate the healing capacity of the body.

### **Food is Medicine: Lifestyle Health Practices Consultation with Parvathi**

Nutrition and lifestyle modifications consultation to transform health through personalized guidance. Learn about your body's constitution (Tridosha) and the plants, foods, spices and lifestyle practices that benefit your constitution and help prevent health complications.

### **Healing Facial Therapy: An 8-Step Skin Care Treatment with Indigenous Herbs with Parvathi**

A treatment which helps to cleanse the facial skin, remove dead cells, improve skin collagen, reduce wrinkles, treat acne and help the skin to glow, in smoothness and softness. The indigenous herbs used in this treatment are natural products chosen to suit your skin type/ dosha.

### **Ayurvedic Massage: Detoxifying & Energy Balancing with Radha**

Ayurvedic massage therapy is a core part of Ayurvedic healing practices, designed to enhance both physical and mental well-being. Using warm herbal oils and specific massage techniques, it helps the body heal, relieves stress, boosts energy, and promotes deep relaxation. This therapy is not just about relaxation but also aims to rejuvenate the body, improve circulation, flush out toxins, and bring the body's energies into balance, making it beneficial for overall health.

### **Swedish Massage with Radha**

Swedish massage is a relaxing, therapeutic full-body treatment designed to support overall well-being. It focuses on gently working the muscles and soft tissues throughout the body to promote healing, reduce tension, and create a calming effect on the nervous system. The massage involves smooth, flowing strokes with the use of oil, making it soothing and comfortable. It's a gentle technique suitable for everyone, from babies to older adults, and is perfect for restoring balance.

### **Integrated Craniosacral & Foot Reflexology with Radhika**

This integrated therapy provides the benefits of both Craniosacral Therapy and Foot Reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep. Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulate the healing capacity of the body.

### **Birenda Massage with Radhika**

A relaxing, full body oil massage using a unique technique developed in the 1950s by Birenda of the Aurobindo Ashram. This gentle yet profound message facilitates an inner journey during which energy blockages and tensions can be recognized and transformed.

### **Craniosacral Therapy with Radhika**

Craniosacral therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulate the healing capacity of the body.

### **Foot Reflexology with Radhika**

Foot reflexology involves applying pressure points and massage on different areas of the foot. Among its many benefits, it reduces stress, improves digestion, and promotes sound sleep.

### **Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja**

A massage that integrates elements from Acupressure (application of pressure on specific points on the body), Deep Tissue (sustained, slow, deep strokes to target the inner layers of muscles and connective tissues) and Heart Healing (a gentle, relaxing technique that improves the delivery of oxygen to the heart).

### **Healing Sound Bath with Tuning Forks—Satyayuga**

Sound Healing is a gentle yet powerful method to help you reconnect with your own innate high-level vibration. The vibration of the tuning forks and Tibetan bowls helps to recalibrate and free blocked energy, balance the right and left brains, and harmonize the chakras. This resonance supports the recalibration of our energy system, allowing creativity and peace to flow.

### **Heart-Centered Resilience with Susan**

Drawing from Heart Math and Positive Psychology, Heart-Centered Resilience offers scientifically validated techniques for regulating our response to life and its stressors. Easily learned, these simple, effective skills can then be deepened through self-practice.

### **Holistic Foot Reflexology with Vyshnavi**

In Foot Reflexology manual pressure is applied to specific "reflex points" of the feet to assist in restoring the flow of life energy to support self-healing. Reflexology increases circulation, bringing more oxygen & nutrients to the cells, & helps reduce stress, improve digestion & promote sound sleep.

### **Energy Healing Reiki with Vyshnavi**

Reiki is an energy healing technique that promotes physical, emotional, and spiritual well-being by channeling universal life energy through the practitioner's hands. Based on the belief that a "vital energy" flows through the body, a Reiki practitioner gently places their hands on or near the client's body to help guide this energy to stimulate natural healing processes and reduce stress. This non-invasive therapy aims to enhance overall balance and harmony. Founded by Mikao Usui in the early 1900's, the term comes from two Japanese words: "rei", which means universal, and "ki", which is the life force energy present in all living things.

### **Integrated Energy Healing & Holistic Foot Reflexology with Vyshnavi**

This therapy combines elements of Pranic Healing (energetic cleansing), Reiki ("divine healing" through innate intelligence), & Foot Reflexology to internalize, integrate, & circulate channeled energy.

*Anandhi  
for Vérité programming*





*Languages*

**Tomatis:** We still have some spaces for Aurovilians, New-comers 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 <https://www.aurovillelanguage.org/alfred-tomatis-method/> 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@aurovillelanguage.org](mailto:tomatis@aurovillelanguage.org). Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

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

**New Courses**

- **New Private and small group classes for English**

**Rupam:** Our private and group classes are tailored to meet the unique needs of each student. However, please note that learning is not confined to the hour you spend with me. To truly develop a new skillset, it must become a part of your lifestyle. Be prepared to engage in various exercises that will challenge you to step out of your comfort zone and overcome your inhibitions.

**Vismai:** offers English conversation lessons one-on-one and to small groups limited to 2-3 learners. Her classes are customized according to each individual's level and pace. Each class is divided into several segments focusing on aspects such as pronunciation, tuning the ear to various accents, fluency in conversation, basic grammar, reading comprehension, idiomatic expressions, and sentence construction. The lessons make use of poetry, film, song, and quiz to allow an easy assimilation of the language. Enquire for timings.

- **New Sanskrit Course on Sanskrit Grammar, Vedic & Classic.** Introducing a text-oriented Sanskrit method for spiritual seekers.

For the past five years, Nishtha developed a systematic Sanskrit grammar that from the beginning incorporates the earlier Vedic grammar along with that of the later Classical period. This method is especially meant for students that are interested to study the main source texts of the Indian spiritual tradition, from the Rig Veda via the early and later Upanishads to the Bhagavad Gita.

Some highlights of the introductory sessions will be

- appreciating the historical background of the Sanskrit language by looking at the rich Vedic contribution to Sanskrit grammar
- introducing the first paradigms of verb conjugation and stem declination by the complete grammatical analysis of the much-known shlokas "sarveṣāṃ svastir bhavatu", and "sarve bhavantu sukhinah"
- study of basic Sanskrit pronouns (Sa, Sā, Tad, Tvam, Aham) with their subtle psycho-spiritual application in text-samples from Veda, Upanishad and Gita
- proper metrical recitation of the Vedic poetry
- a thorough explanation of what is called the Vedic accent with many text-samples.

This class takes place once a week during the free evening sessions.

- **New 10-Day Urdu Course**

Registration open for a 10-day introductory course in Urdu, which will take place daily, Monday to Friday, for the first two weeks of January 2025.

Register now: [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org).

**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, where you are welcome to come and watch them. All are welcome.

**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. We are looking for two anchors starting January.
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasaahasra-naama (1,000 Names of the Goddess), with Remesh 5:30 to 6:30pm
- **Thursdays:** English with Amy. We are looking for one more anchor starting January.
- **Fridays:** Urdu with Nabila. And Tamil with Delpina. These are welcome new additions, for a month!

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. Big thanks to Darren for his time and presence for English the last few months, and to Isabelle and Patricia for French.

**Communication with the Lab**

Our BSNL phone numbers 2623661 (Lab) and 2622467 (Tomatis) are not functioning since Cyclone Fengal.

- **For the language-related matters** please use +91 9843030355 WA.
- **For Tomatis** please use the 350-9932.

**Current Schedule of Classes as of 26 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

*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, 27 December**

**The Secret Life of Trees**

35 Minutes / 2020 / Artur Homan

The documentary reveals how trees communicate, support each other, and form complex networks. It highlights their role in ecosystems and their surprising ability to interact with and protect one another. Aviram



Presents @ Multi Media Centre Auditorium, Town Hall

Reminder: **Friday, 27 December, 8pm**

**Cinema Paradiso (Original title: Nuovo Cinema Paradiso)**

Directed by Giuseppe Tornatore, Italy, 1988

With: Philippe Noiret, Jacques Perrin, Antonella Attili, Pupella Maggio, Salvatore Cascio

**Synopsis:** Rome, at the end of the 1980s, Salvatore has just learned of the death of his old friend Alfredo. With this news, his entire childhood comes back to the surface: his native village in Sicily, when he was called Totò and he divided his free time between the church (where he was an altar boy) and the parish cinema, where Alfredo reigned, the projectionist who, through the films he showed, taught him about life and reveals to him the mysteries of moviemaking, beginning his lifelong love affair with cinema... "Here is the masterpiece of Giuseppe Tornatore which represents in itself a moving slice of life and a dazzling cinematic interlude. Indeed it was very difficult to tell a story whose main actor is the 7th art! But it was without counting on the talent of the filmmaker to juxtapose this story of love with passion on the big screen"



It was nominated for 11 BAFTA Awards and won five; including Best Actor, Best Original Screenplay, and Best Foreign Language Film.

The film will be introduced by Dr. Alexander Pereverzev!  
 Original Italian version with English subtitles. Duration: 2h35'

Aurofilm presents "CINE-master class"

**Sunday, 29 December, 5—7:45pm**

**THE ISLAND by Pavel Lungin, Russia**

@Aurofilm (Kalabhoomi, next to CRIPA)

If you like to discuss, share and learn more about cinema, we invite you to our Cine-Master classes! Welcome to this chapter led by Dr. Alexander Pereverzev on THE ISLAND by Pavel Lungin, Russia (2006)



Pavel Lungin is one of the filmmakers who added some luster to Russian cinema at the dawn of the 90s.

**Overview:** Alexander will present the film before screening, which will be followed by more insights and a discussion.

**Synopsis:** During World War II, the sailor Anatoly and his captain, Tikhon, are captured by the Nazis when they board their barge and tugboat carrying a shipment of coal. The Nazis blow up the ship but Anatoly survives and is rescued by Russian Orthodox monks the next morning. He survives and becomes a stoker in a small island monastery in the Russian North. He lives an unusual life and his bizarre conduct often confuses his fellow monks while the pilgrims visiting the island believe that he has the power to heal, exorcise demons, and foretell the future...

The film closed the 63<sup>rd</sup> Venice International Film Festival and was praised by the Russian Orthodox Church leader Patriarch Alexis II.

Original Russian version with Eng. subtitles. Duration: 1h.52'

Alexander Pereverzev was born in St.Petersburg, Russia. He was associated with painter Nicholas Roerich's organizations and museums in Russia in the 1990s. Having studied Indian languages at the St. Petersburg State University, he went on to study Sanskrit in India, at the University of Delhi, obtaining a PhD degree in 2010. His professional interests include Indian philosophy. He likes travelling and visiting places of historical and religious importance, particularly in the Indian subcontinent. He works at Savitri Bhavan, Auroville, and is also an avid film enthusiast!

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

Susana and team

**ANSELM TO BE SCREENED AGAIN**

**Monday, 30 December, 5pm**

@ Multimedia room, Centre d'Art.

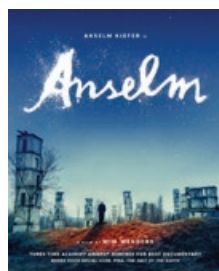
Due to the heavy rain of the upcoming cyclone, the last screening of the movie was attended by 4 people only. So we will screen it again this Monday, the last new moon day of the year.

- **New Moon Movie:** Every New Moon Day, Art movie screening at Centre d'Art.

**ANSELM, by Wim Wenders, 2023, 93 min.**

In Anselm, Wim Wenders creates a hypnotic portrait of Anselm Kiefer, one of the most innovative and important painters and sculptors of our time.

The film presents an immersive cinematic experience of the German artist's work, which explores the overwanging beauty of human existence, landscape, and myth while confronting the horrors of his country's history and seeking to undo the postwar silence in which both artist and director came of age.



Everybody is welcome.

Marco





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**30 December 2024 to 05 January 2025**

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 30 December, 8pm**  
**Kishkindha Kaandam**

India, 2024, Dir. Dinjith Ayyathan w/ Asif Ali, Vijayaraghavan, Aparna Balamurali, and others, Mystery-Thriller, 133mins, Malayalam (primarily) w/ English subtitles, Rated: R

In this highly acclaimed film, in a monkey-inhabited village, strange events prompt newlyweds Ajay Chandran and his wife Aparna to investigate. They uncover hidden truths about Ajay's father, Appu Pillai, a widowed ex-military man hiding his cognitive impairment. The plot reveals the mystery behind Ajay's missing child from a previous marriage. [For the uninitiated, in the Ramayana, one of India's major epics, Kishkindha Kand or Kaandam is the section where Lord Rama meets his disciple Hanuman, and the events that follow. Present-day Anegundi in Karnataka was known as Kishkindha].

*Two days in a year, 31 December and 1 January  
 Cinema Paradiso remains closed.  
 We will resume on 2 January 2025.*



'... let all thyself be light.  
 This is thy goal.'  
 Sri Aurobindo



Multimedia Center- Cinema Paradiso Team Wishing you  
 a healthy, peaceful, and harmonious New Year



**Interesting—Thursday 2 January, 8pm**  
**I Am: Celine Dion**

Canada-USA, 2024, Dir. Irene Taylor w/ Céline Dion, Nelson Angélil, Eddy Angélil, and others, Biography-Documentary, 103mins, English-French w/ English subtitles, Rated: NR (PG)

This is a raw and honest behind-the-scenes look at the iconic superstar's struggle with a life-altering illness. Serving as a love letter to her fans, this inspirational film highlights the music that has guided her life while also showcasing the resilience of the human spirit. A film to watch!

**International—Saturday, 4 January, 8pm**  
**The Braid**

France-Canada-Italy-Belgium, Writer-Dir. Laetitia Colombani w/ Mia Maelzer, Sajda Pathan, Nehpal Gautam, and others, Drama, 121mins, English-Italian-Hindi w/ English subtitles, Rated: NR (PG-13)

Three women's lives intertwine across different continents: an Indian woman facing widowhood and caste discrimination, an Italian lawyer battling cancer, and a Canadian hairdresser seeking self-discovery. Their journeys of resilience and hope connect through a shared symbol: a braid of hair, representing strength and unity.

**Children's Matinee—Sunday, 5 January, 4pm**  
**Fireheart**



France-Canada-UK, 2022, Dir. Theodore Ty & Laurent Zeitoun w/ Alice Pol, Vincent Cassel, Valérie Lemercier, and others, ComputerAnimation-Comedy, 92mins, English-Spanish w/ English subtitles, Rated: NR (PG)

Georgia Nolan, 16yrs old, dreams of being the world's first-ever female firefighter. When a mysterious arsonist starts burning down Broadway, New York's firemen begin vanishing. The Mayor of New York calls Georgia's father Shawn out of retirement to lead the investigation into the disappearances. Desperate to help her father and save her city, Georgia disguises herself as a young man called "Joe" and joins a small group of misfit firefighters trying to stop the arsonist.

**David Lean Film Festival @ Ciné-Club**

An English film director, producer, screenwriter, and editor widely considered one of the most important figures of British cinema. He directed the large-scale epics. He also directed the film adaptations of Charles Dickens novels as well as the romantic dramas.

**Ciné-Club Sunday 5 January, 8pm**  
**Brief Encounter**

UK, 1945, Dir. David lean, w/ Celia Johnson, Trevor Howard and others, Drama-Romance, 86 mins, English w/ English subtitles, Rated: NR.

At a café on a railway station, Laura Jesson meets Dr. Alec Harvey. Although they are both already married, they gradually fall in love with each other. They continue to meet every Thursday in the small café, although they know that their love is impossible.

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](mailto: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](mailto: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,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)*

*Editors' Note*



**Dear authors!**

As it is a New Year we are cleaning up old repeat postings. If you wish to post something for this New Year please send in a new Updated submission.

- Mail us: [newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in).

*Light and Peace,  
Roy and Agnijata*

*Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto: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

**Bus passes: No bus on 1 January**

- Rs.800: **For All** (10 single trips)
- Rs.850: **One-Way Monthly** (Workers/Volunteers)
- Rs.1200: **Student Monthly pass**

**AV account/ Cash/ UPI Transfer :**

- 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/Lt43wBCBno1E6CTwoUt2x>