



News Notes

#1060 A weekly bulletin for residents of Auroville 2 January 2025



Masters of the Truth-Light who make the Truth grow by the Truth. Three powers of Speech that carry the Light in their front, . . . a triple house of peace, a triple way of the Light. *Rig Veda*
Four other worlds of beauty he creates as his form when he has grown by the Truths. *Rig Veda*

Pondering



A light descends and touches or envelops or penetrates the lower being, the mind, the life or the body; or a presence or a power or a stream of knowledge pours in waves or currents, or there is a flood of bliss or a sudden ecstasy; the contact with the superconscious has been established. For such experiences repeat themselves till they become normal, familiar and well understood, revelatory of their contents and their significance which may have at first been involved and wrapped into secrecy by the figure of the covering experience. For a knowledge from above begins to descend, frequently, constantly, then uninterruptedly, and to manifest in the mind's quietude or silence; intuitions and inspirations, revelations born of a greater sight, a higher truth and wisdom, enter into the being, a luminous intuitive discrimination works which dispels all darkness of understanding or dazzling confusions, puts all in order; a new consciousness begins to form, the mind of a high wide self existent thinking knowledge or an illumined or an intuitive or an overmental consciousness with new forces of thought or sight and a greater power of direct spiritual realisation which is more than thought or sight, a greater becoming in the spiritual substance of our present being; No limit can be fixed to this revolution; for it is in its nature an invasion by the Infinite.

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



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Happy New Year!

House of Mother's Agenda



(continued from last week)

It makes you wonder.... It's like something gluey surrounding you, touching you all over; you can't go forward, you can't do anything without encountering those black and gluey fingers of Falsehood. It was a very painful impression.

And last night, there was the Answer, as it were. This morning, when I got up, I didn't remember clearly, but in the middle of the night I knew it very well. (It's not going from sleep to the waking consciousness: it is coming out of one state to enter another one, and when I came out of that state to enter the so-called normal one, I remembered very well.) I was as if made to live the WAY of turning that Falsehood into Truth, and it was so joyful!... So joyful. In the sense that it's a vibration similar to joy that is capable of dissolving and overcoming the vibration of Falsehood. That was very important: it isn't effort, it isn't righteousness, or scruple or rigidity, none of that, none of that has any effect on that sadness (it is a sadness) of Falsehood—it's something so sad, so helpless, so miserable... so miserable. And only a vibration of Joy can change it. It was a vibration that flowed like silvery water—it rippled and flowed like silvery water.

Which means that austerity, asceticism, even an intense and stern aspiration, all sternness, all that: no action. No action—Falsehood stays put in the background.... But it cannot resist the sparkling of joy. It's interesting.

(silence)

And in his text, Sri Aurobindo says that the Lord joins the contraries, the opposites, puts them together so they fight each other, and that this will and action give Him a sardonic smile (I am commenting).

A tract he reached unbuilt and owned by none:
There all could enter but none stay for long.
It was a no man's land of evil air,
A crowded neighbourhood without one home,
A borderland between the world and hell.
There unreality was Nature's Lord:
It was a space where nothing could be true,
For nothing was what it had claimed to be:

A high appearance wrapped a spacious void.
Yet nothing would confess its own presence
Even to itself in the ambiguous heart:
A vast deception was the law of things;
Only by that deception they could live.
An unsubstantial Nihil guaranteed
The falsehood of the forms this Nature took
And made them seem awhile to be and live.
A borrowed magic drew them from the Void;
They took a shape and stuff that was not theirs
And showed a colour that they could not keep,
Mirrors to a fantasm of reality.
Each rainbow brilliance was a splendid lie;
A beauty unreal graced a glamour face.
Nothing could be relied on to remain:
Joy nurtured tears and good an evil proved,
But never out of evil one plucked good:
Love ended early in hate, delight killed with pain,
Truth into falsity grew and death ruled life.
A Power that laughed at the mischief of the world,
An irony that joined the world's contraries
And flung them into each other's arms to strive,
Put a sardonic rictus on God's face.

(II.VII.206)

(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

RE-DISCOVER/ RE-KINDLE/ RE-NEW...

Your journey of Auroville together with new and young voices who want to re-vision the Dream and help it grow. We bring you the first bulletin of Aurovision to ring in the New Year. See attached.



Wishing everyone A Happy and Collaborative New Year! May we come together, speak together and work together for the Dream—"Calling the adventure of consciousness and joy" to realize Her city and a new humanity.

• [Aurovision: Link is here](#)

• **Paper version:** You can read Aurovision Bulletin in the end of the Issue

*The Working Committee,
Anu, Arun, Joseba, Partha, Selvaraj, Tine*

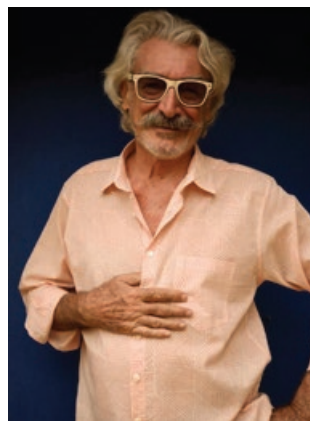
Community News

Passing On

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	Auriene Fator
Etsuko Shimabukoru	Maggi Lidchi-Grassi
Goupi	Bhabu (Bhabani)
Gajendran	Prosad Lahori
Kratu	Jonathan Lucksted
Lakshmanan	
Bindu Mohanty	
Yuval	
Marry Kroon	
Soham	
J.Jayaraman	
Auroshastri	
Jean-Luc Buro (Bureau)	
Victor Plotnikov	
Karuna Periyarwamy	
Richard Pierre Pérez	
Navroz Kersasp Mody	
Marco Feira	

MARCO PASSING



This is to inform the community that **Marco Feira, Sharnga,** passed away.

Liliana, Ambra, Alessio, Igor, Ramon, Diego

NAVROZ MODY



Navroz Mody, environmental activist, died in Pondicherry on Dec. 20, 2024. He was 79. Born and raised in Bombay, Navroz was the only son of Kersasp and Rati Mody. He attended the Cathedral School, where he was a great sportsman, Head Boy in 1964, and Palmer House Captain. He was awarded the Macdonald Medal for Leadership in 1963. From 1965 to 1969,

Navroz studied at Dartmouth College, New Hampshire, USA, under the mentorship of Hans Penner, noted scholar of comparative religion. Returning to India, he worked as Regional Editor for Oxford University Press from 1971-1980. Among his editorial projects were the late volumes of the Handbook of Birds of India and Pakistan by Salim Ali, the renowned ornithologist and natural historian. Their friendship inspired Navroz's developing passion for environmental conservation. During the 1970s, with Shyam Chainani and others, Navroz became a founding member of the Bombay Environmental Action Group (BEAG). For decades, through speaking, writing, and legal advocacy, he worked with BEAG to impact policy and effect change. At his death, he remained Honorable Secretary. In 1980, Navroz moved to Pondicherry to start his own business, Southend Typographics, and in Dec 1983, he joined the Auroville community. He developed a grant-funded project to enhance water and crop management for small farmers in the Palani Hills watershed. He played an integral role in the Palani Hills Conservation Council and was instrumental in legal battles to protect the region, including the landmark victory over Pleasant Stay Hotel in 1995. During the 1990s, Navroz worked with the global organization Greenpeace, helping to pursue legal action against the companies responsible for the gas leak disaster in Bhopal. In Kodaikanal, Navroz was instrumental in exposing mercury contamination and seeking justice for affected workers. In Auroville, he was known as a "fearless soldier" for environmental justice. Navroz will be remembered for his passion, his generosity, his concern for others, his capacity to articulate issues. For his surviving family, his wife Susan, his sons Nishq and Rik, his grandchildren Zoe and Zorion, and for his friends, his indelible spirit remains.

Submitted by Roy

Matrimandir News & Schedules

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
- 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
- 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

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 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 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

- 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

- 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
- 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*

AMPHITHEATRE—MATRIMANDIR Meditations at sunset with Savitri

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



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **New:** Guests with Aurocard wishing to attend must book at mmconcentration@auroville.org.in one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** 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 +919245445725 WA, ph. Mauna

MATRIMANDIR CALENDAR 2025



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

+91 9843984181 WA, +91 8903938649, Tine

Acres for Auroville

NEW YEAR'S CARD



*"If in the meaningless Void creation rose,
If from a bodiless Force Matter was born,
If Life could climb in the unconscious tree,
Its green delight break into emerald leaves
And its laughter of beauty blossom in the flowers,
If sense could wake in tissue, nerve and cell
And Thought seize the grey matter of the brain,
And soul peep from its secrecy through the flesh,
How shall the nameless Light not leap on men,
And unknown powers emerge from Nature's sleep!"*
Savitri, Book X, Canto IV

*"A new creation from the old shall rise,
A Knowledge inarticulate find speech,
Beauty suppressed burst into paradise bloom,
Pleasure and pain dive into absolute bliss.
A tongueless oracle shall speak at last,
The Superconscious Conscious on earth,
The Eternal's wonders join the dance of Time."*
Savitri, Book III, Canto III

With our greetings for 2025 and appreciation for your goodwill and collaboration, Lands for Auroville Unified (LFAU) and its two campaigns, Acres for Auroville (AAA) & GreenAcres (GA)

Dear friends of Auroville's bright future, the year 2025 is upon us! We, at the land fundraising team, take this occasion to create a New Year's card with the idea and hope to bring out something of Auroville's inspiration and its profound goal of human unity and spiritual evolution.

This year, we present images of the Matrimandir—the heart and soul of Auroville, and the manifestation of decades of dedicated commitment by Aurovilians and friends in support of that goal. The photos have been offered by Auroville photographer and architect Lalit Kishore Bhati.

The first page of our 2025 card shows a rainbow over the Matrimandir, accompanied by two extracts from Sri Aurobindo's messages and writings: "A rainbow dream, a hope for golden change!" and "The rainbow is a sign of peace and deliverance."

The picture on the 2nd page brings in the human element—a seeker in meditation below the branches of the Banyan Tree before the golden discs of the Matrimandir. The accompanying message from the Mother is worth remembering again and again, as it reads:

"The Matrimandir wants to be the symbol of the Divine's answer to man's aspiration for perfection. Union with the Divine manifesting in a progressive human unity."

These lines express the secret of and the path towards true human unity.

The Matrimandir reminds us that we are participating in a progressive manifestation for that goal, and the third page of our card carries two assurances in the quotes from Savitri that this progression is not just an ideal, human dream or aspiration, but a real emerging reality and a fundamental evolutionary fact.

"A new creation from the old shall rise...The Eternal's wonders join the dance of Time."

And on page 4, with the 2025 calendar and quote references, we have The Mother's practical reminder about being "a burning fire for progress".

As always, **we plan to send you a hard copy** of the attached card. Please contact us if you have changed your postal address in the past year—or—if you don't want to receive the card by post. In either case, please send us an email to lfa@auroville.org.in with the following choice of subject line, as the case may be:

- **either:** "My new postal address" and include your current address in the body of the text
- **or:** "Don't send 2025 card by post"

With warm appreciation, we are wishing you a light-filled transition to the new year ahead!

Aryadeep & Mandakini for the LFAU-A4A team

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

- **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.

Savitri takes birth in spring when all nature turns into a festival of beauty. Returning from the transcendent planes she takes up her unfinished divine task. Once more the Mother-Wisdom, which is constantly at work in Nature to make dumb Matter conscious of the divine, puts on a human shape.

The land where Savitri is born and grows up is full of the greatest works of God and man. It is the land of majestic mountains and wide plains spreading beneath the sun, where great influences and ancient Godheads surround the growing child.

A brooding world of reverie and trance, / Filled with the mightiest works of God and man, / Where Nature seemed a dream of the Divine / And beauty and grace and grandeur had their home, / Harboured the childhood of the incarnate Flame. (p.359)

Even the closest partners of her thoughts cannot match the measure of her soul. She is their leader and the queen of their hearts and souls, close to their lives and yet divine and far beyond their reach. Amongst these hearts, none can stand up as her equal and life partner.

On an exceptionally beautiful spring morning, in a moment of revelation, Savitri's father King Aswapati sees in his daughter the great spirit who has taken birth as his child. He is inspired to tell her that somewhere on earth her unknown beloved is waiting for her. He advises her to venture into the world to find her mate, to go where love and destiny call her, and that her soul has enough strength and does not need any other guide than the One within her. Her father's words, forming *The Call to the Quest*, enter Savitri like a mantra. She leaves the palace and turns to the world and the vastness not yet her own.

At first, her mind is absorbed by the strangeness of new scenes, but as she travels further a deeper consciousness wells up within her which takes all clans and peoples for her own, until the whole destiny of mankind becomes hers. The cities and rivers and plains she passes through come to her like memories from the past. She passes through the capitals of powerful city-states and slumbers in the palaces of kings. She travels through free and griefless spaces not yet troubled by human joys and fears and experiences the unspoiled childhood of the primeval earth. She halts in hermitages at night or rests in the open on the banks of rivers, in deserted spaces or solitary tracts. Months pass, and summer is approaching, but she has still not found the one predestined face she is seeking.

Still unaccomplished was the fateful quest; / Still she found not the one predestined face / For which she sought amid the sons of men. (p. 385)

A meditative film made of passages from Sri Aurobindo's epic poem *Savitri—A Legend and a Symbol* read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta made under the guidance and inspiration of the Mother. The film can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.

In the beginning there is also a short video of Huta speaking about her work with the Mother. Duration: 5min.

- **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
 - **Savitri Satsang, 4:30—5:15pm**
@ Savitri Bhavan, Square Hall

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**

- **Thursdays 4—5pm:** Videos of *The English of Savitri* led by Shraddhavan
- **Fridays 3—4pm:** Reflections on 'Release of Ego' part 2 of Ch.9 from *The Synthesis of Yoga* led by Dr. Jai Singh
- **Saturdays 5—6:30pm:** Satsang, led by Ashesh Joshi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm


Dhanalakshmi & Margrit for Savitri Bhavan

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



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



BRAHMANASPATI KSHETRAM
 The Mother Sri Aurobindo Centre

Happy New Year

Calendar of regular events of January 2025

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

9th & 23rd, Thursday 6:30 - 7.30pm, reading
“The Mother’s Questions & Answers- Vol-7”
 in English

13th, Monday at 6:30pm full moon, reciting
Sri Aurobindo’s Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
 Edayanchavadi, Auroville

Location



kshetram2014@auroville.org.in

DOMINIQUE DARR GRANT

For Young Aurovilians 14—30

We are happy to launch Dominique Darr’s Grant first edition. Through the Dominique Darr Grant, Centre d’Art wishes to encourage artistic expression of the Auroville youth and showcase their talent. The DD Grant is intended to support young artists in the production of an exhibition to be held at the Centre d’Art in August 2025. Photography and video will be the main mediums in tribute to Dominique Darr’s profession and passion.



Grant Info: Funding for an exhibition at Centre d’Art in August 2025

Eligibility: Open to Aurovilians from 14 to 30 years old

Categories: Video/ Photo

2025 edition theme: The sun, the moon and the truth—
 Three things cannot be long hidden. (Gautama Buddha).

Timeline

- 1 March 2025: Preliminary project submission deadline
- 15 March 2025: Announcement of the laureates
- 15 July 2025: Final production deadline
- 15 August 2025: Collective exhibition
- Please send an email to centredart@auroville.org.in if you wish to have more information.

Marco

KULAI CREATIVE CENTRE

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



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

Selva for KCC

AUROVILLE LIBRARY

Our Reading Circles

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

Auroville Library Contacts and Timings

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

Laura

Ecology

COME & CHECK ECO SERVICE TREASURES

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

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



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

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

Laura H. for Eco service team

Health Care



@ Arka, Monday—Saturday, 9am—5:30pm

Services Provided

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

Contact:

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



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

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

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

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

THE IMPORTANCE OF TREATING CAVITIES:

Aurodent Dental Clinic

Cavity treatment is essential to keep your teeth healthy and strong. When treated early, cavities stop spreading, which helps preserve your natural tooth structure and prevents more serious problems like infections or tooth loss. Cavities that are left untreated can worsen, causing pain and even damage to nearby teeth. By addressing cavities early, you can avoid complicated and expensive dental procedures later. Taking action not only protects your teeth but also ensures a healthier and happier smile. Don't wait for cavities to cause discomfort—treat them early to maintain your confidence and overall oral health!



List of Services: Complete dental checkup, X-rays (1-3) teeth, Dental cleaning, Filling treatments, Root canal Treatment, Extractions, Crowns (Zirconia, ceramic), Bridges, Acrylic/ cast-partial dentures, Flexible denture, Complete denture, Inlay/ Onlay treatment, Implant placement/ implant crown, Periodontal treatment., Teeth whitening, Night guard

Working Hours:

- **Monday to Friday:** 9am—5:30pm
- **Saturday:** 9am—1pm

For Appointments:

- 9629199328 WA, 0413 2622063 Landline
Sutha for Aurodent Dental Clinic, Auromode, Auroville

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, madhiashagan014@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

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 *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
Jisung on behalf of Youthlink



MAKER SPACE

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

This collaborative workspace is a hub for creativity, exploration, and skill development for makers of all ages. We have already had 30 participants engage in exciting projects, and we are looking to expand our offerings. Your generosity will help us provide a space where individuals can experiment, learn, and create in a hands-on, project-based learning environment.

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



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*



Books

THE NECTAR WITHIN THE NECTAR

Book launch of *The Nectar within the Nectar*

8 January, 5pm @ Tibetan Pavilion

On 8 January, 2025, at 5pm in the Tibetan Pavilion there will be a book launch. Alan Vickers, a pioneer Aurovillian that the Mother named 'Vikas', has put together some of his poems and writings in *The Nectar within the Nectar: poems, thought and a life inspired by Sri Aurobindo and The Mother*. The proceeds will go to Acres of Auroville for purchase of Auroville land.

The book launch will be accompanied by readings from the book. All are warmly welcome to attend the event.



Alan

International

Pavillon de France and Centre d'Art Present

A SERIES OF 3 CONFERENCES ON THE HISTORY OF ART

The Epic Stories of Hairstyles... Through Art!

Mondays 6, 13, et 20 January 2025 à 5pm

@ Centre d'Art—Citadines

Presented by Nathalie Schmitt,

lecturer for the National Museums, In French

In this unique series of three conferences, embark on a captivating journey through a virtual museum, unveiling famous paintings, iconic sculptures, literary texts, and timeless myths—all connected by one theme... hairstyles! Bringing together exceptional guests for the first time, these sessions promise a unique immersion blending charm, symbolism, and identity:

Mary Magdalene will reveal how hair became a symbol of allure and seduction... Samson and Delilah will revive the tales of magical powers linked to hair... A Dominican monk and Che Guevara will debate the cultural and identity impact of hairstyles through the ages... Marie Antoinette, in a burst of extravagance, will unveil the art of wigs as symbols of power and style... A few Indian deities will enrich this exploration with their spiritual and mythological symbolism.

These conferences invite you to view art through a unique and original lens, with hairstyles as the central motif traversing eras, cultures, and styles.

Presented in French by Nathalie Schmitt, lecturer for the National Museums in France.

Vivekan



JOIN US FOR PÉTANQUE @ THE FRENCH PAVILION!

Every Sunday, 4—5:30pm, opposite Visitor Center

Discover Pétanque, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (cochonnet). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French!

Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!



Vivekan

WORLD PEACE MEDITATION

2 February, 7pm European time

Namaste Aurovillians, Namaste Working Committee, Namaste Matrimandir Team, Namaste News & Note Team. We, the organisation **For a better World**, would like to invite Auroville to an **online Global Peace Meditation** on 2 February, 7pm European time.

www.friends—better—world.de

The largest virtual peace movement that, to our knowledge, has ever existed in this form. We will work as a unit for peace! Imagine how many people—100.000 or even 200.000—men, do at the same time and send a wave of love and healing together. What a powerful energetic effect we can create! This love will not only promote peace in the world, but will also reach us.

BE THERE! Please share the peace meditation with the people in Auroville—we all need peace!

We need your heart power on 2 February at 7pm European time! Together for a peaceful World!

I would like to make a suggestion to the Matrimandir Team, to open the Amphitheater and Matrimandir for world peace meditation for the Aurovillians.

*Gabi Schörk & Thomas Frei,
Friends Academy GmbH and Rolf and Team*

SEEKING OUR INNER BEING

The 'Seeking our Inner Being' Project is happy to present you a few discussions in various languages and from various backgrounds, on the topic of: "Organisation from a Psychic Perspective."



Auroville, India
Innerbeing.world

Please, find below:

- [YouthLink](#)
- In [Tamil](#) (also in English version)
- In [French](#) (also in English version)
- In [English](#)
- [Women Circle](#)

Soon to come, the Italian, Korean, Spanish and German groups. Stay in touch through:

- <https://innerbeing.world>
- <https://www.youtube.com/@SeekingourInnerBeing>
- innerbeing.auroville@gmail.com

Dan for InnerBeing Team

Theatre, Music & Arts

BEGINNINGS

An Evening of Original Music

Featuring:

- Matt** Piano
- Shanks** Guitar
- Rolf** Bass
- Raul** Drums



CRIPA
January 4th, 7:30 pm

KALABHUMI GOES LIVE



KARAs
A.K.A. ELECTRO DERIVATIVES
ETHNIC ELECTRONIC

mors iiiors
CONTEMPORARY SHADOW PLAY
W / Merve Purde

FRIDAY JAN 3 2025
7:30-9:30 PM
KALABHUMI MUSIC STUDIO

Parking only at Bala Field / Clipsa back entrance
drugs/alcohol prohibited

Book your seat here!
QR code

KALALAPA

Her Music in the Art by Jyothimayee Bommannay

4—11 January @ Tibetan Pavilion
9:30am—12:30pm & 2:20—4:30pm
Closed on Sundays



Exhibition Opening: 4 January, 4—6pm
Priya for Art Service

CENTRE D'ART, CITADINES

Activities Open Call

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

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

The email should contain:

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



Who is seeing when seeing

- **Fourth lecture:** Tuesday, 7 January, 5pm:
Who is seeing when seeing: The Kena Upanishad and the Sensation of Logic by Christoph Kluebsch

Auro Art World organized a series of 6 lectures at the Centre d'Art multimedia room in Auroville. These lectures, conducted by Dr. Christoph Kluebsch, explores connections between art, philosophy, and spirituality, bridging Eastern and Western traditions to illuminate the enduring questions of existence, consciousness, and creativity. The series is offered on the first Tuesday of every month.



WHO IS SEEING WHEN SEEING
The Kena Upanishad and the Sensation of Logic
a lecture by Christoph Kluebsch
Tuesday 7th January 2025 at 5pm

Fourth of a series of lectures to explore connections between art, philosophy and spirituality, bridging Eastern and Western traditions to illuminate the enduring questions of existence, consciousness, and creativity.

Mont Sainte-Victoire - Paul Cézanne 1905

Multimedia Room / Centre d'Art, Auroville

Who in our consciousness experiences sensations? How are sensations synthesized? How do matter, vibration, consciousness, and self connect? And how can we share sensations through art? Aurobindo introduced the uncommon notion of intermixture at a central point in his interpretation of the Kena Upanishad. This concept invites deeper speculation about the power of art and provides a profound tool to understand postmodern theories like Gilles Deleuze's provocative reinterpretation of the notions of concept, percept, and affect. The Logic of Sensation (Deleuze) is an analysis of the forces in modern painting as an encounter. It will become clear that Aurobindo's interpretation of the Kena Upanishad as a key text of the Vedanta can hold space for one of the most profound rhizomatic postmodern thinkers.

On a deeper level, we want to explore how Aurobindo's idea that sensations can 'operate without bodily organs' relates to Deleuze's notion of body without organs (BwO). Both philosophers point at the forces of consciousness on a plane of immanence.

Submitted by Marco

BHARAT NIVAS, THE PAVILION OF INDIA, presents

Margazhi Festival 2025



We are delighted to announce that the Auroville Margazhi Festival 2025 will take place from 4 to 13 January.

You are cordially invited to join us at Sri Aurobindo Auditorium/SAWCHU for an enriching cultural experience.

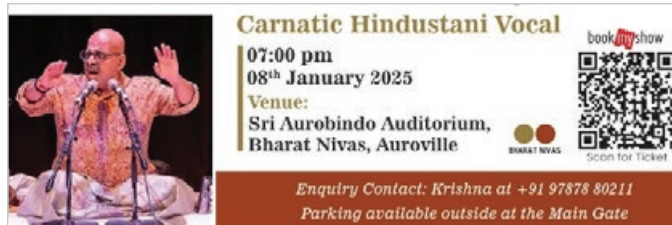
- Entry is free for Aurovilians/ Newcomers/ volunteers and guests residing at Auroville's guest houses.
- We kindly request that you all arrive by 6:45pm to facilitate smoother coordination.



Ulaga Mahakavi

07:00 pm
10th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville


Enquiry Contact: Krishna at +91 97878 80211
Parking available outside of the Main Gate



Carnatic Hindustani Vocal

07:00 pm
08th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
Parking available outside of the Main Gate



Let the beats fill your heart and the melodies inspire your soul.

07:00 pm
09th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
 Parking available outside at the Main Gate

The Emotion of Sound
 by Sheeya Devnath - Violin
 Praveen Sparsh - Mridangam

07:00 pm
07th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Triveni Kalakendra's
Salangai Pooja

07:00 pm
05th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Dr Sudha Raja's
Sargam Choir

07:00 pm
04th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Shakti - Anubhuti
 Odissi Dance offering
 by Yamamati Mishra

07:00 pm
11th January 2025
Venue:
SAWCHU,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
 Parking available outside at the Main Gate

Tamil Cultural Tappattam Folk Dance

07:00 pm
13th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
 Parking available outside at the Main Gate

Our Eternal Musical Tale
 A Fingerstyle Guitar Stringbending Concert
 Offering by Harshnarhar

07:00 pm
12th January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
 Parking available outside at the Main Gate

In Service of the Mother,
 Janemejay Mohanty

Nrtyasangama

NRTYASANGAMA
 Confluence of Odissi and Bharatanatyam
 By
Aneesh Raghvan
Swati Raghavan

07:00 pm
03rd January 2025
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville

Enquiry Contact: Krishna at +91 97878 80211
 Parking available outside at the Main Gate

**Celebration of New Year 2025
 and Auroville Festival 2025**

Dates: 12 January - 28 February 2025
Venue: Bharat Nivas, Auroville

Handicrafts, Food Catering, Handlooms, Apparel, Home Decor, Cosmetics

We are excited to invite the community to join us in celebrating the dawn of a new year and the vibrant Auroville Festival 2025! This is a time for unity, creativity, and spiritual connection as we come together to mark new beginnings. Be Part of the Celebration!

We invite you to participate in this joyous occasion and book your stalls in advance for various activities, including arts, crafts, food, performances and much more. Let's create an unforgettable experience for all!

Live Counters, Chats / Pasta, Fresh juice, Chops, Healthy lunch, Open mic, Music, Dance, Games, Activity Center, Handicrafts, Handlooms, Apparel, Home decors, Cosmetics
 Monisha for Bharat Nivas

Dance Activities

Dances of Universal Peace

Location:
CRIPA small hall
Sunday 5th January, 5:00 - 6:30 pm 2025

Dances of Universal Peace are simple moves in circles while singing sacred songs from around the world - a moving, intentful meditation. No previous experience necessary. By donation.

Kaia

DANCE CLASSES BY MANI

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

Salsa Dance

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

@Bakisata_dance

Embrace the Rhythm
 and Let Go!

Choose your Dance

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

SALSA DANCE CLASS

Register now +91 86376 33696

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

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

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

Maud



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,

+91 9486145072 WA, Sathya

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

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, 2nd Floor, UTSAV Bldg.

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

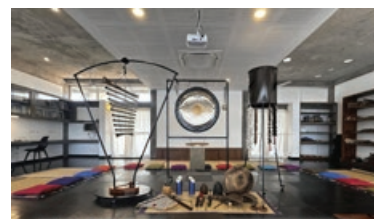


- For details please click the link or scan the QR Code to our webpage:

<https://svaram.org/the-quantum-karmic-multiverse/>

Svaram Atelier: Open for Creative and Healing Arts

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



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

Aurelio

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

Sports & Martial Arts

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

RUN FOR THE JOY OF RUNNING

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

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

Mark your calendars!



Auroville Marathon: 16 February 2025

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

For Auroville Community Members and Residents of the Bioregion

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

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

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

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

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

Prabhu & Marathon Team

AIKIDO CLASSES

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



Adult 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
- 8300643963 WA, Philippe G.
- 9952812843 WA, N. Murugan

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

ABHAYA MARTIAL ARTS

Abhaya Martial Arts has trained more than 500 students of all genders, age and levels of experience, hosting also Muay Thai coaches, Black belts of BJJ and exposing our students to a series of highly transformative practices. We took our students to national competitions and also started to give to our students official belts and degrees recognized by **Shou Dao School**, a martial art academy recognized by the Olympic Committee.



Our regular classes for adults

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

Contribution required. Be punctual, short nails. in sportswear and no jewelry. Stay home if you are sick or if you have open wounds.

If you wanna be updated about these changes and know how to participate, please contact +91 9487340778 WA

Brazilian Jiu-Jitsu classes for kids!

Abhaya Martial Arts is happy to share that after overwhelming requests, we have resumed kids Brazilian Jiu-jitsu classes in Dehashakti Gym.

- We welcome kids from 4—13 on Tuesdays and Thursdays, 4—5pm.

Contribution required.

Send your kids in sportswear, with a bottle of water and a big smile.

The class will be led by Monica, an experienced assistant instructor very well known and loved by kids. Abhaya teaches Brazilian Jiu-jitsu for kids in a non competitive way, focusing on discipline and self-control, giving them a practical and realistic basis for a martial art journey. Brazilian Jiu-jitsu is the closest to real life self defence training and it has proven results in building cognitive skills and fine motor development, especially for kids.

For more information and to be part of the WA group contact +91 8448077070

Giacomo

AUROVILLE ULTIMATE FRISBEE

11 & 12 December @ Gaia Field

Auroville Ultimate Frisbee is excited to announce that we will be hosting the **Southeast Regionals**, a key event in India's National Championship Series!

This is a single-gender tournament which will bring together both men's and women's teams from the Southeast. Come cheer on the players, enjoy the energy, and witness teams battling it out for glory in their respective categories!

Do reach out to us with any questions: [@rhino.ultimate](https://www.instagram.com/rhino.ultimate)

*Uttara for
The Auroville Women's Ultimate Frisbee Team (Rhinos)*

SWIMMING CLASS

Swim to Serenity: Waves of Strength!

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

[@watersport_mani](https://www.instagram.com/watersport_mani)

Book Now: +91 8637633696

Package swimming class



Mani

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*

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,
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 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

KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm
◦ Monday to Saturday

All are welcome!

Submitted by Satyakam

Bioregion & Nature Activities

AGRICULTURE COURSE SERIES @ AUROORCHARD

AGRICULTURE COURSE SERIES



Join us in this introductory series to explore the art and science of farming, to connect with the world beneath our feet, to discover the life of plants and learn to grow your own food.

Course #1

Understanding Soil

Day 1: What is Soil?
Day 2: Soil Food Web
Day 3: Soil Regeneration

COURSE FEES

Rs. 4,500
15 spots available

**8-9-10
JANUARY
2025**

8:00am - 12:30pm

To register, scan the QR code
For more details, write to
auroorchard@auroville.org.in



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*



Terrasoul Community Permaculture - New Arboriculture

Saturdays, 8am—12pm
@ Terrasoul Farm Community

Hands-on Saturday

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

BHARAT NIVAS KALA KENDRA PATHWAY: EGAI

Invites to the Coconut shell Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville



Ready to spark your coconut creativity? Your creativity in a hands-on! Experience and learn the art of designing unique crafts made from eco friendly materials. In this workshop you create either Pendant, Earrings, Keychains, or bowls through new and unique techniques and carry your product with you as a souvenir.



- Inauguration at Kala Kendra, Bharat Nivas, 3 January, 3pm.

What you Learn? Eco-friendly crafting, Designing techniques, Creative craftsmanship, Sustainable artistry, Hands-on Creation

Invites to the Incense Stick Workshop

- 10am—4pm, Monday—Saturday @ Kala Kendra, Bharat Nivas, Auroville

Master the art of aromatic creation? Awaken Your Senses with Every Stick! Experience and learn the art of making two different types of Incenses (Agarbattis and Cone shaped Incense). In this workshop you will be able to make your own best natural Incense in an easy way and carry your product with you as a souvenir.



- Inauguration at Kala Kendra, Bharat Nivas, 3 January, 3pm.

What you Learn? Incense Crafting Basics, Agarbatti Making, Cone Incense Techniques, Natural Ingredients Usage, Hands-on Creation. *Monisha, BN Team*

AUROVILLE BAMBOO CENTRE January Program 2025

Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration one day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch



- 11:30am—12:30pm, every Saturday
- Registration one day in advance.

Special Bamboo Lunch for Groups in week days

- 11:30am—12:30pm, every day except Sunday
- Registration two day in advance.

Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

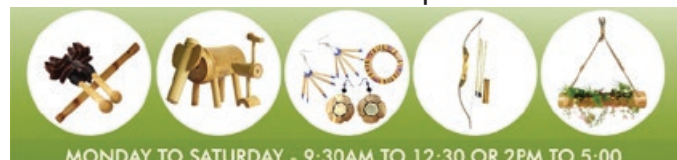
Daily, Make and Take Hands-on Workshops Experiences

One-Day, Make and Take Workshops



- Registration one day in advance.
- **Furniture Workshop:** This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Export.
- **Bamboo Lampshade:** Come and learn to make your own Bamboo Lampshade at Bamboo centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Giraffe:** Come and learn to make your own Bamboo Giraffe at Bamboo centre and take home your own hand made lampshade at the end of the workshop.
- **Bamboo Bicycle (For Kids):** Are you ready to bring your cycling aspirations to life? Join our immersive 1-day Bamboo Bicycle frame-building experience and embark on a journey that goes beyond just assembling a cycle.

3 Hours Make and Take Workshops



- Walk-in registration available
- **Bamboo Toys:** Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.
- **Bamboo Musical Instruments:** We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.
- **Bamboo Jewellery:** Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewellery at the end of the workshop.
- **Bamboo Planter:** Come and learn to make your own Bamboo Planters at Bamboo centre and take home your own hand made Planter at the end of the workshop.
 - 10am—12:30pm or 2:30pm—5pm
- **Bamboo Archery:** Come and learn to make your own Bamboo Archery at Bamboo centre and take home your own hand made Archery at the end of the workshop. This course provides you with the opportunity and guidance for create their own bamboo archery and bow from start to end. All tools and materials provided in the cost of course.
 - 10am—12:30pm or 2:30pm—5pm

Upcoming Workshops—January 2025

HYPERBOLIC PARABOLOID DOME WORKSHOP

Come and experience with The Magical Grass in Earth "BAMBOO"



23,24,25 JANUARY -2025

Rs: ₹ 10,700

This workshop focuses on Bamboo Hyperbolic Paraboloid Dome building construction from bamboo and various natural materials. The Bamboo Hyperbolic Paraboloid Dome workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

BAMBOO & WOOD FURNITURE DESIGN WORKSHOP

Come and experience with The Magical Grass in Earth

"BAMBOO"



29 TO 31 -JANUARY 2025

Rs: ₹ 9000

This workshop focuses on small scale furniture making from bamboo and wood combination for example chairs, tables, shelves, etc... The Bamboo Furniture workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

For more information, special requirement, and pre-booking contact:

- Preferred: bambooworkshop@auroville.org.in or bamboocentre@auroville.org
- or telephone number: +91 8300949081, 0413 2623806/ 2964727
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081
- www.aurovillebamboocentre.org

Archana from Bamboo Team.

MOHANAM PROGRAM



MOHANAM PROGRAM

For more information and registration for all the tours, workshops, classes and events:

mohanamprogram@auroville.org.in,

Call/WA: 8300949079

Office: 10am—4pm, Monday to Saturday

Auroville Bio-region hub for art, craft and culture to bridge and promote Local Tamil culture

1 day advance booking is necessary.

Tour Activity	Duration
Village Tour	3 hours
Munnur & Perumukkal Visit	6 hours
Kaluveli Tank Visit	6 hours
Bio-region Village Temple Tour	4 hours
Navagraha Temple Visit (Moratandi Navagraha Temple & Prithyangara Temple)	3 hours
Wood Fossil Visit and Quarry Shower	6 hours

Classes at Mohanam Campus

1 day Advance booking of classes is necessary:

Classes and Workshops

Cooking Class

Saree Workshop

- **Cooking Class:** Learn how to cook traditional South Indian food and snacks with this cooking class. You'll start your experience by choosing what you want to make from around 10 different dishes, with lots of vegetarian options available.
 - 3am—5:30pm, Monday to Saturday
 - Sunday: 10am—12:30pm
- **Siddha's Ongara Five Elements Chanting:** Choose a saree and Veshti from a variety of beautiful sarees and Vashtis in our library. Get your traditional south Indian look with help of our women's group members who will assist you to drape/wear the saree & Veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience.
 - 10am—4pm, Monday to Saturday

Make & Take Workshop @ Mohanam Campus

Make & Take Workshops

Pottery Making

Kolam Mandala Painting

Candle Making

Incense Making

Soap Making

...and more, including Traditional leaf craft, bamboo jewellery, and dream catchers. Manifest your inner artist and try your hand at traditional handicrafts

*One day advance booking necessary

- Try your hand at traditional handicrafts by joining our various art and craft workshops. Manifest your inner artist using various materials and forms through creative techniques—and take your self-made creation back home as a souvenir or thoughtful gift.

Craft Activity	Duration
Pottery Making	1 hour
Kolam Mandala Painting	2 hours
Coconut Shell Craft	3 hours
Incense Making	1.5 hours
Lampshade Making	3 hours
Paper Marbling	1 hour
Candle Making	1.5 hours
Soap Making	2 hours or 1 day
Traditional Leaf Craft	2 hours
Bamboo Jewellery	2 hours
Dreamcatcher	2 hours

Tours inside Auroville

Auroville Northwest Tour | **Mohanam Campus Tour**

10:30am - 1:00pm Monday - Saturday Experience the beauty and richness of Tamil culture, tradition and heritage

10:00am - 4:00pm Monday - Saturday Taste local food, tour the bamboo farm, attend art and craft workshops with local artisans & more

*One day advance booking necessary

1 day advance booking is necessary:

- **Auroville Northwest Tour:** Experience the beauty and richness of Tamil culture, tradition and heritage in the north-west zone of Auroville. Hear the inspiring stories of various entrepreneurship units and the way they are carrying forward age-old traditions with modern techniques.
 - 10:30am—1pm, Monday to Saturday
- **Mohanam Campus Tour:** Come and visit Mohanam Village Heritage Centre to experience Tamil culture with all your senses. Taste local food, tour the bamboo experiential farm, attend art and craft workshops with local bio-region artisans, and buy products directly from the artisans at the Lively One-Village Boutique.
 - 10am—4pm, Monday to Saturday

AUROVILLE PONGAL FESTIVAL 2025

MOHANAM CAMPUS

- Bhakti yoga festival
- Kolam competition
- Dance and music
- Cultural programs
- Traditional games
- Sharing circle (on Tamil connection to Asia and world)

14-15 JANUARY, 2025

CONTACT US:
CALL: 0413-2190757
CALL/WHATSAPP: +91 8300949079
mohanamprogram@auroville.org.in

MOHANAM
Rajaguru Cultural Heritage Centre

FOR LOCATION SCAN

Volunteers Invitation

Join the Mohanam Team—Make a Lasting Impact!

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, Word-Press Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc., Social media handling—instagram, facebook, youtube and linkedin

Volunteering Duration

- **Short term volunteers:** Minimum 3 months
- **Long term volunteers:** Minimum 6—12 months

Language you must know: English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi

Campus Timings: 8:30am—5pm, Monday to Saturday. We might require you to be there on Sunday in case of special programs/events.

Do you share our passion for empowering village children, youth, artists, artisans and girls, while appreciating Tamil culture? Yes! We invite you to contribute your expertise and make a real difference in our community.

Benefits of Volunteering with Mohanam: Be part of a meaningful cause. Help fulfil mother's vision of bridging auroville and villagers. Gain valuable experience and develop new skills. Work in a supportive and collaborative environment. Campus lunch and beverages

- [Submit your application through this link](#) or scan the qr code and submit your application.



Thiruvannamalai Eco & Spiritual Services

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening / spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

Balu for Mohanam Program

Taxi Sharing

To Chennai, Monday, 6 January, early morning
From Chennai to AV, 8 or 9 January

Wali, +43 6802199955 WA

Looking For

Seeking Collaboration magazine

Dear community, does anyone have some recent issues of **Collaboration magazine** (Journal of the Integral Yoga of Sri Aurobindo and the Mother) that PRISMA can have or borrow? We will be grateful. Please stop by the PRISMA office in Aurelec or email kristen@auroville.org.in. *Kristen*

Looking for Yoga Mats

Dear ALL, Happy 2025. I am looking for 2 thick yoga mats (or something similar) for exercises for my spinal cord problem. Shall give it back to you at the end of march.

If you are leaving for a couple of months or have any spare and wish to share them, please contact.

Sunny, +34685673777 WA or srmaa221@gmail.com

Looking for a Sewing Machine

An Aurovilian lady, passionate about creating innovative clothing, is looking for a sewing machine to further her exploration in stitching and design.

If you have a sewing machine that you no longer use and are willing to offer or sell at a reasonable price, please get in touch at +91 90472 40618 or +91 94896 01312.

Shivaya

Available

Available 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 Siva for ADPS Trust

Office Space Available: Auromode

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



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

Help Needed

Thamarai Educational Projects



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

- Donation link <https://give.aviusa.org/page/Thamarai>
- Auroville FC account 251633
- Website link thamarai.org, Film Bridget for Thamarai

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

FINANCIAL HELP FOR GIUSEPPE

Dear Auroville family and dear guests and visitors, We turn to you again for financial help for Giuseppe, an old Aurovilian without personal resources.

- His Indian Stay Visa fees of Rs 16500 have to be paid within next week, and we have no funds for it.
- We also need support to pay the caregivers that are looking after him from morning 6am till evening 7pm. (Rs 35,000—40,000 per month) We have presently not a single Rupee left on the Financial Service account.

Any amount is hugely appreciated.

- Giuseppe's Financial Service Account is FS acc. 102518 With much gratitude and best wishes for the New Year,

Enrica and Shivaya

For more information, please call either of us +91 9840031935, +91 9489601312

CAREGIVERS/ PRESENCE FOR GIUSEPPE

- We are looking for 1 or 2 people (Aurovilians, Newcomers, volunteers) to take up the early afternoon shift from 1—3pm, preferably 6 days a week.
- We also often need a person that steps in when one of the caregivers is not able to attend.
- Additionally on Saturday and Sunday presence is necessary and often we lack people.

Please contact Enrica, +91 98400 31935 Shivaya

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

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

KULAI 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
or call us 8608473385 Selva for KCC

GAU SEVA

at Sadhana Forest!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

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

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...

- kulaicreativecentre@auroville.org.in
- WA: + 91 8608473385/ 9843195290 Selva for KCC

Work Opportunities

KINDERGARTEN HEAD @ Mohanam, Auroville

Join our team at Mohanam, Auroville, as a dedicated Kindergarten Head. We’re seeking a passionate educator to lead our thriving kindergarten program.

Responsibilities: Curate current curricular, Manage teachers, Ensure student well-being, Manage resources, Collaborate with parents, Report and documentation

Qualifications: Master’s degree in early childhood education or B.Ed, 3+ years experience, Strong leadership, communication, and organization skills, Passion for child development.

Apply now: mohanameducation@auroville.org.in
Submitted by Balu

Foods, Goods & Services

TASTE OF YOGA VERITE CAFE



vérité
VEGAN CAFE
TASTE OF YOGA

Raw | Gluten-free | No added sugar

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats, light lunch & drinks have been designed with utmost care, integrating sattvic principles to promote overall well-being.

Monday to Saturday
08:30 - 16:30



Vérité Integral Learning Center

Kathir



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.

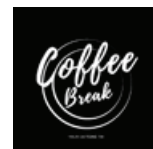
We would like to inform you that starting from 25 December, The Sprout will return to its regular schedule, open daily from 7am to 4pm until further notice.

Monica for The Sprout team, www.thesprout.in

COFFEE BREAK OPEN ON TUESDAYS

Coffee Break will be open on Tuesdays now

We are open every day,
8am—6pm



Dinesh

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

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!
lyyappan & Kumaran for PTPS

FOODLINK

Market open every day



Monday—Saturday, 9:30am—12:30pm

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

- **For more info,** call/ WA +91 83002 68804 or pass by.
- [FoodLink basket order form here](#)

Temporary Unavailability of Packaged Milk

FoodLink will be pausing the supply of packaged milk (packets & bottles) to PTDC and Hers Supermarket from 1 January 2025 onwards for approximately 2 weeks as we improve our processes and update our compliances.

We will still be able to offer unpacked/unbottled raw milk directly to the community, who are invited to collect it in their own containers or have it packed/bottled on the spot at our office (next to PTDC in the Solar Kitchen campus).

- **Please use our basket order form,** e-mail us at foodlink@auroville.org.in or WA us on +91 8300268804 to place orders for raw milk.



We would be happy to respond to any questions or concerns. Thank you for your cooperation and support.
Nidhin and Aumurto, FoodLink

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, Kulapalayam
- **Contact:** +91 70102 883943
 Davide

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

WELCOME TO THE FREESTORE



The Free Store has been a space to share our pre-loved things. This takes care of the community's basic needs and rotates the excess.

We invite you to bring more consciousness to this gifting culture. Here are some simple suggestions to achieve this

- all clothes must be washed and in good condition
- put old/ damaged clothes in the bin created specifically for this (inside the FREE Store). Its further used as a cleaning cloth e.g. dog shelter etc
- DO NOT offer broken toys/ electronics/ shoes etc
- Refrain from dumping your gifts outside the store during closed hours. Its an unpleasant site and also adds to our workload.

Thank you for reading and supporting us in serving the community better.

Timings

- **Mondays—Saturdays:** 9am—12:30pm
- **Tuesdays and Thursdays:** 2:30—4:30pm

At Her service, Kamala for the Free Store Team

REDUCED-PRICE MAROMA PRODUCTS

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



Looking for an Auroville experience?

Come and visit Eco Femme's open house

- **Thursday, 10:30—11:30am** to learn about menstrual health, cycle tracking and our social enterprise.
- Organic cloth pads, nappies and cups available at special rates.

Merve for Eco Femme, Auroshilpam, Auroville



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

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

Lakshmi for UTS Transport Service Team

INTEGRATED TRANSPORT SERVICE



Best Wishes from ITS! As we enter this exciting new year, we extend our warmest wishes to the entire Auroville community, our valued customers, and our ever-supportive partners. Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone.

From E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services, we are honored to serve the diverse and vibrant needs of this incredible community.

In 2025, we remain steadfast in our mission to promote sustainable, efficient, and people-centered transport solutions. Together, let's continue to move forward toward a greener, more connected, and harmonious future.

Thank you for being an integral part of our journey. May this year bring you joy, success, and memorable experiences. Let's make 2025 extraordinary—together!

Rajesh I.T.S.

SUNRISE TAXI SERVICE

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



It is an Auroville Unit.

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

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

SHARED TRANSPORT SERVICE

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



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

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

Contact: 8098776644/ 9442566256, its@auroville.org.in
Rajesh.D for Shared Transport Service

RAPID CARE SERVICES

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



Services offered

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

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

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

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
- +91 98438 46458 WA, Phone

lyyappan

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 (Aurovilian) with decades of experience.

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

Govindaraj & B for Qutee Electric Scooter Service

RUPAVATHI JOY ACTIVITIES

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

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

Thai Massage & Tailoring

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

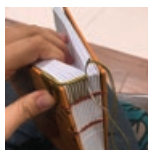
- For any of the above services, contact :
- 8098845200 WA/ ph., rupavathijoy@gmail.com

Rupavathi

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

I THOUGHT I WAS

*I thought I was
Playing with the child
Accompanying her to grow
Somewhere along the way
It dawned on me —
She was playing with me
Accompany me to finally grow*

A reversal?

The Reality?

With joyful Gratitude, Anandi Z.

MOONRISE

Grub-white mulberries redden among leaves.

*I'll go out and sit in white like they do,
Doing nothing. July's juice rounds their nubs.*

This park is fleshed with idiot petals.

*White catalpa flowers tower, topple,
Cast a round white shadow in their dying.*

*A pigeon rudders down. It's fantail's white
Vocation enough: opening, shutting*

White petals, white fantails, ten white fingers.

*Enough for fingernails to make half-moons
Redden in white palms no labor reddens.
White bruises toward color, else collapses.*

*Berries redden. A body of whiteness
Rots, and smells of rot under its headstone
Though the body walk out in clean linen.*

*I smell that whiteness here, beneath the stones
Where small ants roll their eggs, where grubs fatten.*

Death may whiten in sun or out of it.

Death whitens in the egg and out of it.

I can see no color for this whiteness.

White: it is a complexion of the mind.

*I tire, imagining white Niagaras
Build up from a rock root, as fountains build
Against the weighty image of their fall.*

*Lucina, bony mother, laboring
Among the socketed white stars, your face
Of candor pares white flesh to the white bone,*

*Who drag our ancient father at the heel,
White-bearded, weary. The berries purple
And bleed. The white stomach may ripen yet.*

Sylvia Plath

LIKE ANXIOUS MOTHS

Like anxious moths

That sense the light

We batter nervously

Against the top

Of our own minds

Until half mad

We crack the straight laid tiles of thought...

And lift in flight

To gain the other side

And immolate ourselves:

Delight, delight.

Maggi Lidchi-Grassi

Voices & Notes

ZOO

Dima (Dimitrii) organised an entomological exhibition in a kindergarten. I applauded him with great enthusiasm. We have in Auroville a botanical garden, but no zoo or zoo magazine. Aurovilians care about plants, nature cares about fauna.



In India there are 45000 species of plants and 91000 species of animals. I think in Auroville fauna is much richer than flora. We don't have any books about the city's plants but Tim Wrey published a book about Auroville fauna (Footsteps through the salad. Wildlife profiles and natural phenomenons of Auroville 2012.)

Plants and animals cannot live separately. They organise ecosystems together. For example, Banyan and Peepal need, for pollination, small insects (chinna puchi in Tamil), tiny wasps. Biophilia is the love of living creatures. Asuric force creates technocrats.

The Mother wrote: "Flowers speak to us when we know how to listen to them. It is a subtle and fragrant language." Flowers speak to biophils, not to technocrats.

Boris

DESPITE THE HORROR OF DETAILS

"One suddenly sees... It's a certain region, there, a region in the earth atmosphere, vast and imperishable, where things take on a new importance, which sometimes belies appearances, and one sees a sort of great, immense current carrying circumstances and events along towards a goal... always the same goal, and through very unexpected paths. It becomes very vast, and despite the horror of details, as a whole it takes on a very smiling Rhythm....

Now I know, I remember, this whole experience came after I saw a book that was published quite recently in India, in English, which they entitled The Roll of Honour, and in which there is a photo and a short biography of all those who died in the fight against the British, for India's freedom. There were photos everywhere, lots of them (some were only photos the police took after they had just been killed and were lying on the ground). And it all brought a certain atmosphere: the atmosphere of those disinterested good willed people who meet with a tragic fate. It had the same impression on me as the horrors of the Germans during the war over there. These things are obviously under the direct influence of certain adverse forces, but we know that the adverse forces are, so to say, permitted to work—through the sense of horror, in fact—in order to hasten the awakening of consciousness. So then, that experience, which was very strong and was very like the one I had when I saw the photographs of German atrocities in France, put me in contact with the vision of the human, terrestrial, modern error (it's modern: it began these last one thousand years and has become more and more acute in the last hundred years), with the aspiration to counterbalance that: How to do it?... What is to be done?... And the answer: "That's why you have created Auroville."

There is a perception of forces—the forces that act directly in events, material events, which are... illusory and deceptive. For instance, the man who fought for his country's freedom, who has just been assassinated because he is a rebel, and who looks defeated, lying there on the edge of the road—he is the real victor. That's how it is, it clearly shows the kind of relationship between the truth and the expression. Then, if you enter the consciousness in which you perceive the play of forces and see the world in that light, it's very interesting. And that's how, when I was in that state, I was told, clearly shown (it's inexpressible because it isn't with words, but these are facts): "That's why you have created Auroville..." It's the same thing as with that photo.

There, you'll keep this.

A note on Auroville by Mother:

"Humanity is not the last rung of terrestrial creation. Evolution continues and man will be surpassed. It is for each one to know whether he wants to participate in the advent of the new species. For those who are satisfied with the world as it is, Auroville obviously has no raison d'être."

<https://incarnateword.in/agenda/7/september-21-1966>

"But something has happened in the world's history which allows us to hope that a selected few in humanity, a small number of beings, perhaps, are ready to be transformed into pure gold and that they will be able to manifest strength without violence, heroism without destruction and courage without catastrophe.

But in the very next paragraph Sri Aurobindo gives the answer: "If man could once consent to be spiritualised." If only the individual could consent to be spiritualised... could consent."

<https://incarnateword.in/cwm/09/27-march-1957>

We just need a conscious few willing to be cast in the midst of the Auroville Crucible for the Triple Transformation.

Here as a reminder for our aspired Deva Sangha, some references to other cosmic players that are a bit adverse and hostile, and the proper attitudes to take. This yogic knowledge of the unseen beings and forces is essential in the triune Bhakti-Jnana-Karma Yoga (Divine Love-Knowledge-Action) for any proactive change-maker sincerely aspiring for a more Divine World:



<https://incarnateword.in/cwm/05/10-june-1953>

<https://incarnateword.in/cwsa/28/the-hostile-forces-and-hostile-beings>

Zech, 2024.12.28

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

Classes, Workshops & Healing Arts

FOR GROWN UP AUROVILIANS: A World Game Session Gift

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

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

Vikram, 9843948288

MINDFULNESS OFFERINGS IN JANUARY WITH HELEN

Miksang, mindful photography exploration in the forest

- **Tuesdays, 7 & 21 January, 4—6pm**
@ Revelation Forest

Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.



It is a practice to align our eye, mind and heart together in a single moment. It can help you open more fully to the present and see the ordinary magic of the world erupt in front of you.

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

Mindfulness Kindfulness, half day retreat

- **Saturday, 25 January, 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 practicing 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 WA Helen on 7094753054 or visit innersightav.org

Weekly Mindfulness Practice Session

- **Tuesdays, 7:15—8am @ Maloka Hall, Anitya**

Join for this weekly guided mindfulness practice. No need to book, just turn up.

- For details on location etc. WA Helen on 7094753054

Helen

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, acupressure, 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

**FREE YOGA CLASS
IN ANITYA COMMUNITY**

**Saturday January 4 - 5 to 6 pm
Sunday January 5 - 10 to 11 am**

**STRAIGHTEN YOUR SPINE,
BALANCE YOUR MIND & EMOTIONS**

With Asanas, Pranayamas & Yoga Nidra, you will come out more relaxed, refreshed and energized!

For all levels.
Free classes. Donation for the space welcome.

Location: Maloka Hall, Anitya community.
Center Field, follow the ANITYA signs after Center gh

SITARA MUNAY-KI YOGA

Sitara: Meditation—Yin Yoga—Sound Journey

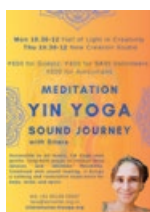
- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

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

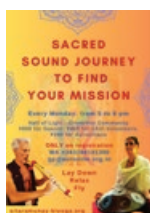
- Every Monday, 5—6pm,
@ Hall of Light, Creativity

Only on registration: +393288181300 WA

- gp@auroville.org.in

Website: sitaramunay-kiyoga.org.

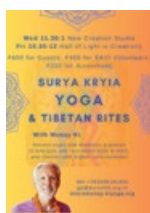
Sitara & Giovanni Munay-Ki



Munay-Ki: Surya Kriya & Tibetans Rites

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

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



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

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
- +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

Offered under Abhaya, Lakshmi

ARKA WELLNESS CENTER

Program

arka@auroville.org.in, 0413 2623799



Treatments

Treatments	Therapist, When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe, Monday to Saturday, by appointment +919943410987
Cranio-sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana, Monday to Saturday, by appointment only: +919047654157
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French), Monday to Saturday, by appointment only: 0413 2623767 antarcalli@yahoo.fr
Integral Regression therapy, integral reiki healing, Breathwork—the hylotropic way	Niyati Thakkar, Monday to Sunday, by appointment only: +917041391995 niyatithakkar2112@gmail.com
Visceral massage (it uses manual abdominal pressure to improve health, metabolism, and immunity, helping with conditions like gastritis, diabetes, bronchitis, cystitis, hormonal disorders, and migraines)	Olesya, by appointment only: +9159052743 olesya@auroville.org.in
Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice	Shruti, by appointment only: +917904769496 auroshruthi@auroville.org.in

Classes

Classes	Teachers	When
Pilates	Teresa (TOS)	Tuesday & Thursday 7:30—8:30am. Friday 5:30—6:30pm by appointment only: 7867998952
Iyengar yoga	Olesya (TOS)	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
Hata Yoga	Priyamvada	Monday & Friday: 7:30—8:30 or by appointment, 9486261640

Services

Services	Description	Contact Details
Aurokya	Eye care center	Monday & Saturday 9am—12:30pm, 1:30—5pm 8012305151 aurokya@auroville.org.in
Maatram	Phycological & Emotional consultation	By appointment: 9159052743 maatram@auroville.org.in
Convalescence Facility	Post-surgical and care facility	Please contact Arka 0413 2623799 arka@auroville.org.in (for Aurovilians only—max. stays 3 weeks)
Emergency Services	Ambulance & emergency service	9442224680 ambulance@auroville.org.in
Swasty	Homeopathic consultation	By appointment: 9428429642 adititva@auroville.org.in
Health & Healing Trust	Administration office	Health & Healing Trust healthhealingtrust@auroville.org.in

Ramana, Arka

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, on +43 6801603829 WA, or message/call +91 8580972590.



Simon

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*

NATURE IMMERSION AND FOREST THERAPY

4 and 5 January, Saturday and Sunday, 4—5pm
@ Revelation Forest, Auroville

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

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

Facilitator: Rahul; Contributions: welcome.

Text Rahul to join us: 8349917282

Carolyn Rebecca for Revelation

TRADITIONAL MANTRAS AND STOTRAS

Chanting Classes

@ Serendipity Community with Sonia Novaes

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

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



Sonia

serendipityauroville@gmail.com,
+91 8940288090

It Matters

Schedule from 2 to 11 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.

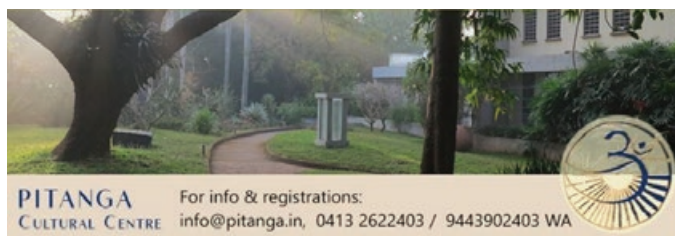
- **Workshop pre registrations:**

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

Date	Activity
2 January, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kiru
3 January, Friday, 5—6:15pm	Free Dance & Cacao Ceremony with Sitara
4 January, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
6 January, Monday, 5:30—6:30pm	Science of Meditation with Matthias
9 January Thursday, 4.15—5:15pm	Laughter Yoga & Relaxation with Ancoli
9 January, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kirubha
10 January, Friday, 4—5pm	Learn Native American Flute with Sitara
10 January, Friday, 5—6:15pm	Free Dance & Cacao Ceremony with Sitara
11 January, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
Date	Workshops in January
4 January, Saturday, 3—5pm	Intro to Karamayoga (Inner Attitude) with Matthias—Rs./900
11 January, Saturday, 3—5pm	Learn the Ancient Art of Henna (A Bindu to Wonders)—Rs./900

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

Bhakti & Sandra



Program January 2025

Pitanga will be closed on Wednesday, 15 and Thursday, 16 January for Pongal.

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

Drop-In Classes, join without prior registration!

Mondays	
7:30am—9am	Asanas mixed level with Rachel
8:30am—10am	Yoga Therapy with Gala
10:30am—12:30pm	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
4pm—5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm—7pm	Antigymnastique® with Francesca F
Wednesdays	
7:30am—9am	Asanas mixed level with Rachel
8:30am—10am	Yoga Therapy with Gala
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 3 January
5:15pm—6:15pm	Feldenkrais with Shari
5:30pm—6:45pm	Hatha Yoga with Priyamvada
Saturdays	
7:30am—8:45am	Yoga: Prana Flow Conditioning with Flowrina
9am—10:30am	Asanas intermediate level with Rachel,
11am—12:30pm	Kundalini Yoga with Bel, not on 4 and 11 January
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 4 January

Youth Activities

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

Classes for children and teenagers are paused till 5 January.

- **Asanas for Teenagers with Lisbeth**
 - Mondays, Wednesdays, 4pm–5:15pm
 - These classes are for the teenagers from AV schools.
- **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.
- Shamanic Healing by Auomira
- 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

Shamanic Healing by Auomira

For appointments, please contact Pitanga
Shamanic healing is an ancient practice that reconnects us with the wisdom of our soul and the healing power of nature. By addressing the energetic roots of imbalance, shamanic healing supports enhanced well-being, clarity and a deeper connection with yourself and purpose.

Auomira, a naturopathic doctor and shamanic practitioner with over 20 years of experience in health and wellness, offers an integrative and supportive approach. Her practice is fully inclusive and trauma informed, all are welcome!

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 are your expectations before you are coming to class.

- **Yoga: Restore & Relax:**
 - Tuesdays 4pm—5:15pm and
 - 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.*

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, 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

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.

- **Please note:** for Aurovilians, Newcomers and SAVI volunteers contribution is of own choice.
- Leela therapy is offered by Kardash in **person or on-line**.
- For more details see www.innersightav.org or contact Kardash on 9940934875 WA.

Kardash

DISCOVER A SPIRITUAL JOURNEY With a Sencha Style Tea Ceremony

During this unique experience 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 9 January

I will resume the sessions on 16 January. *Bel*



QUIET HEALING CENTER

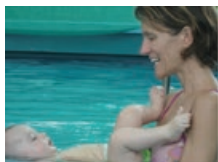


Watsu® for Babies with Dariya

- 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.

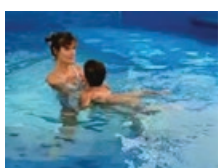


- **Prerequisites:** Watsu Basic or a degree to work with babies in water.

Watsu® for Babies with Dariya

- Saturday 4 January 2025, 2:45—4:30pm

Dear Parents of Little Ones (3 months to 2 years max), we warmly invite you to join us in a warm water embrace on Saturday, 4 January at 2:45pm as part of our Watsu® for Babies training course.



During this session, either you or our students will flow with your baby in the water, guided and supported by us with care and suggestions.

- Please bring towels and bottom-closed swimming pants for your baby.
- Kindly call or WA Quiet Healing Center: 94880884966 (email: quiet@auroville.org.in)

We look forward to welcoming you and your little one to this special experience!

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.

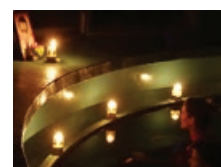
Oceanic Bodywork@ Aqua is a journey back to your origins in the endless blue depths of your inner ocean.

- **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.quiethealingcenter.info/
quiet@auroville.org.in



VÉRITÉ, JANUARY

Please contact Vérité @ 0413 2622045,
2622606, 9363624083

or programming@verite.in, 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
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	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
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage
Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Integrated Energy Healing & Holistic Foot Reflexology

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
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
	Special Event: Pizza Pop-Up	6—8pm	Chetana & Radha
Friday, 31 January	Harness Your Inner Strengths: A Self-Awareness Journey	9:15am—12pm	Lakshmi

Workshops

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 it's Lifestyle with Dr. Geeta

- Friday, 3 January, 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 Auomira

- Saturday, 4 January, 9:15am—12:15pm

A three-hour experiential introduction 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.

Self-awareness and Love with Ananda

- Friday to Sunday, 10—12 January, 9:15am—4:45pm

Experiential Inner journey course for Self-discovery, Healing & Expansion with Awareness Exercises, Active & Passive Meditations, Psychology, Inner Science & Love. Learn tools and processes to integrate in daily life for clarity, presence, flow, health, happiness, peace & evolution.

Food is Medicine: Remedy for Health Issues with Parvathi

- Friday, 10 January, 2—4pm

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

Anandhi & Aparna for Vérité programming

Languages



NEWS FROM AUROVILLE LANGUAGE LAB
26 December, 2024

New Courses

- **New Private and small group classes for English**
- **New Sanskrit Course on Sanskrit Grammar, Vedic & Classic.** Introducing a text-oriented Sanskrit method for spiritual seekers.
- **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@aurovillelanguagelab.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

From 5 to 6pm

- **Mondays:** French with Patricia and Isabelle. We are looking for two anchors starting January.
- **Tuesdays:** Spanish with Gloria
- **Wednesday:** Sanskrit Chanting of the Lalitasahasra-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!

Communication with the Lab

- **For language-related matters:** +91 9843030355WA.
- **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

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.aurovillelanguagelab.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@aurovillelanguagelab.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.aurovillelanguagelab.org>
- To enquire or register: tomatis@aurovillelanguagelab.org or call 0413 2622467 or 3509932.

*Louis
for Auroville Language Lab*

AUROFILM

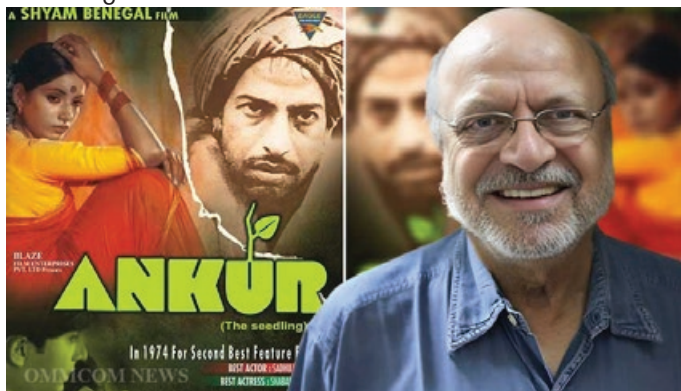
Presents @ Multi Media Centre Auditorium, Town Hall

• **Reminder: There will be No film screening on Friday, 3 January 2025.**

Happy New Year!

Friday, 10 January 2025, 8pm

Special screening! In memory of the legendary Indian filmmaker "Shyam Benegal" who passed away recently, Aurofilm pays tribute to his great contribution to the seventh art, screening one of his first feature films.



Directed by Shyam Benegal, India, 1974

Cast: Shabana Azmi, Sadhu Meher, Anant Nag...

Synopsis: In a small village in Andhra Pradesh still marked by feudalism, Lakshmi lives a poor lifestyle along with her husband, Kishtaya, a deaf-mute with a penchant for the bottle. Both work for a wealthy landlord. The landlord's son, Surya, having to stop his studies, returns home to look after the estate as well as to formalize his pre-arranged marriage to the young Saroj. When Kishtaya is punished for a petty theft and absconds from the place, Lakshmi is left alone to fend for herself... Shyam Benegal creates a sublime and provocative examination of hypocrisy, economic disparity, and the social status of women in Ankur. The film was highly acclaimed and went on to win 43 prizes including the Golden Bear at the 24th Berlin Film Festival. It also happens to be the debut feature film of Shyam Benegal, introducing the actors Anant Nag and Shabana Azmi. Original Hyderabad (from Andhra Pradesh) version with English subtitles—Duration: 2h.18'.

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

Susana and Aurofilm team

AUROVILLE FILM INSTITUTE WORKSHOP



Greetings for the new year! Film Institute @ Auroville is delighted to introduce a workshop at the Auroville Film Institute,



India Space, Bharat Nivas. The Workshop is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows.

Upcoming Schedule

This week, the Auroville Film Institute invites participants to a workshop centered on spatial thinking and community engagement. The workshop will explore how individuals perceive and connect with different spaces in Auroville, using various mediums such as text, visuals, and audio,

and engage in discussions. Participants are encouraged to bring text, photographs, or videos capturing their connection to a specific place, adding a personal dimension to the exploration.

Actuality

In the workshop, we take a deeper dive into actuality and how it acts as a form of spatial documentation preserving the sensory and emotional texture of a particular place and time.

Through this workshop, we hope to explore how we as individuals and as a community perceive, communicate, and form relationships with different spaces.

Auroville Film Institute, India Space, Bharat Nivas

Saturday, 4 January, 10am—12pm	Workshop	Spatial memory, Actuality and deeper engagement with spaces.
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• For more information write to:
info@aurovillefilm.institute.com,
+919160365377, +919342414141

Sai Krishna for AVFI Team

ECO FILM CLUB:

Every Friday at Sadhana Forest

Schedule of Events

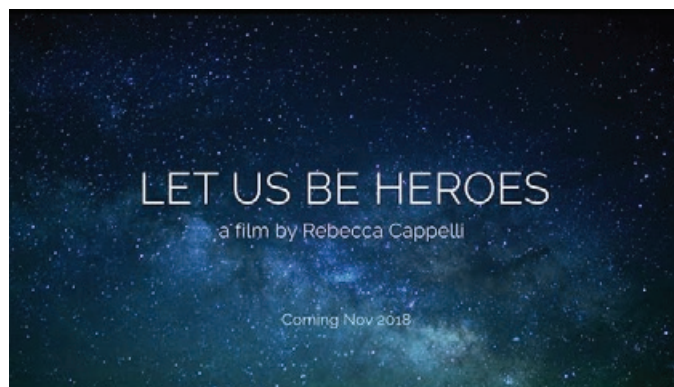
- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with "previews" of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from 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, 3 January

Let Us Be Heroes



2018/ 41 minutes/ Rebecca Cappelli

The film explores the impact of our food and lifestyle choices on our health, our home planet and our values. It shares inspiring stories from athletes, food and fashion entrepreneurs, a public speaker and an ocean environmentalist working to protect people, planet and animals.

Aviram



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
6 January 2024 to 12 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.

With so many years of thinking, watching, and selecting films, Marco had many favorites. This isn't an exclusive selection, but in this new year, a new journey, we dedicate this week to films we remember Marco loved.

Indian—Monday 6 January, 8pm
Bioscopewala

India, 2017, Writer-Dir. Deb Medhekar w/ Danny Denzongpa, Geetanjali Thapa, Adil Hussain, and others, Drama, 91mins, Hindi w/ English subtitles, Rated: NR (PG-13)

After an Afghan immigrant, Rehmat Khan, dies in a plane crash, his old bioscope finds its way to Minnie, a filmmaker. As she delves into his past, she unravels the touching bond between her late father and Rehmat, rediscovering forgotten memories. Inspired by Tagore's famous *Kabuliwala*, this journey reveals the power of storytelling and nostalgia, bridging cultural and generational gaps.

Potpourri—Tuesday 7 January, 8pm
Harold and Maud

USA, 1971, Dir. Hal Ashby w/ Ruth Gordon, Bud Cort, Vivian Pickles, and others, Quirky Comedy, 91mins, English w/ English subtitles, Rated: PG

Harold Chasen, a young man obsessed with death, stages fake suicides and attends strangers' funerals, much to his wealthy mother's frustration. At a funeral, he meets Maude, an almost 80-year-old who loves life and pursues experiences over possessions. Through their unique friendship, Maude teaches Harold to truly live, and he falls in love with her, learning profound lessons about life and death.

Selection—Wednesday 8 January, 8pm
Beasts of the Southern Wild

USA, 2012, Writer-Dir. Benh Zeitlin w/ Quvenzhané Wallis, Dwight Henry, Levy Easterly, and others, Supernatural-Fantasy-Adventure, 93mins, English w/ English subtitles, Rated: PG-13

Six-year-old Hushpuppy lives in a ramshackle bayou community with her hot-tempered father, Wink. Facing his fading health and environmental challenges, she embarks on a journey of courage and love. As ancient aurochs are unleashed by melting icecaps, Hushpuppy learns to navigate her world with resilience and hope.

Interesting—Thursday 9 January, 8pm
Séraphine (Seraphine)

France-Belgium, 2008, Writer-Dir. Martin Provost w/ Yolande Moreau, Ulrich Tukur, Anne Bennent, and others, Biography-Drama, 125mins, French-German-Latin w/ English subtitles, Rated: NR (PG-13)

Séraphine Louis, a humble housemaid in early 20th century France, discovers her extraordinary talent for painting. Despite facing severe mental struggles, her vibrant and mystical works captivate art critic Wilhelm Uhde, who becomes her patron. This film portrays the poignant journey of an artist whose brilliance and turmoil are inseparably intertwined.

International—Saturday, 11 January, 8pm
La Chimera

Italy-France-Switzerland-Turkey, 2023, Writer-Dir. Alice Rohrwacher w/ Josh O'Connor, Carol Duarte, Vincenzo Nemolato, and others, Period-Drama-Romance, 130mins, Italian-English-French-Portuguese-German w/ English subtitles, Rated: NR (R)

After being released from jail, English archaeologist Arthur reconnects with his old crew of grave-robbers in Italy. Together, they loot Etruscan tombs, but Arthur's journey to retrieve a mysterious artifact becomes a deeper quest for meaning and redemption.

Children's Matinee—Sunday, 12 January, 4pm
The Mitchells Vs The Machines

USA-HongKong-Canada, 2021, Writer-Dir. Michael Rianda & Jeff Rowe w/ Abbi Jacobson, Danny McBride, Maya Rudolph, and others, ComputerAnimation-RoadTrip, 114mins, English w/ English subtitles, Rated: PG

A quirky, dysfunctional family's road trip is upended when they find themselves in the middle of the robot apocalypse and suddenly become humanity's unlikeliest last hope.

David Lean Film Festival @ Ciné-Club
Ciné-Club Sunday 12 January, 8pm
Great Expectations

UK, 1946, Dir. David lean w/ John Mills, Valerie Hobson and others, Drama—Adventure, 118 mins, English w/ English subtitles, Rated: R

In this Charles Dickens adaptation, Orphan Pip discovers through lawyer Mr. Jaggers that a mysterious benefactor wishes to ensure that he becomes a gentleman. Reunited with his childhood patron, Miss Havisham, and his first love, the beautiful but emotionally cold Estella, he discovers that the elderly spinster has gone mad from having been left at the altar as a young woman, and has made her charge into a warped, unfeeling heartbreaker.

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

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

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

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



Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

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

*Roy & Agnijata, News & Notes,
Media Centre, Town Hall,
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.

*Light and Peace,
Roy and Agnijata*

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 9443074825



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

Bus passes:

- 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>